

Second Hand Smoke

**Did you know
your smoking isn't just
annoying to those
you live or work with?**

**It's unhealthy
for them as well.**

**Exposures
to cigarette smoke
can be hazardous
to non-smokers
with heart disease,
asthma, and can even
cause lung cancer
in non-smokers.**



**It's time to quit to protect your health
and the health of those you care about.**

***Talk to your VA provider today
about what works to help you
quit and stay quit. We can help.***



Department of Veterans Affairs