

WORLD

NO



TOBACCO DAY

31st May, 2021

Theme-Commit to quit

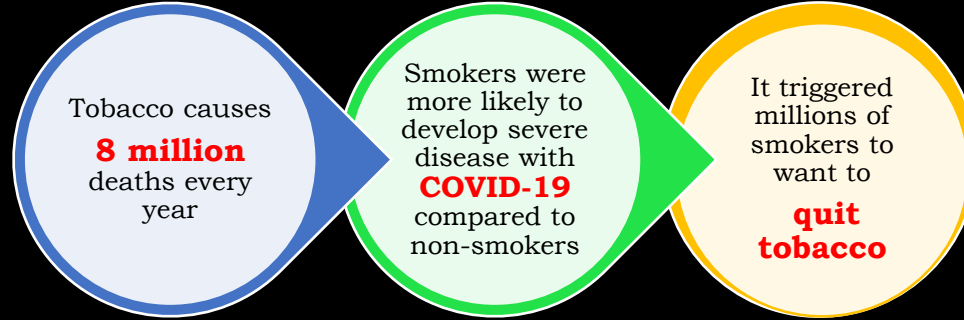
The COVID-19 pandemic has led to millions of tobacco users saying they want to quit.

Nearly **60%** of tobacco users around the world want to quit smoking,

But only **30%** of the global population have access to quality tobacco cessation services.

Currently, only **23** countries provide comprehensive cessation service to help tobacco users to quit.

This yearly celebration informs the public on the dangers of using tobacco. It is an opportunity to raise awareness on the harmful and deadly effects of tobacco use.



The Government has established a National level **tobacco** cessation **Quitline** in Vallabhbhai Patel Chest Institute (VPCI), New Delhi with a toll free number (1800-112-356)

How To Quit Tobacco

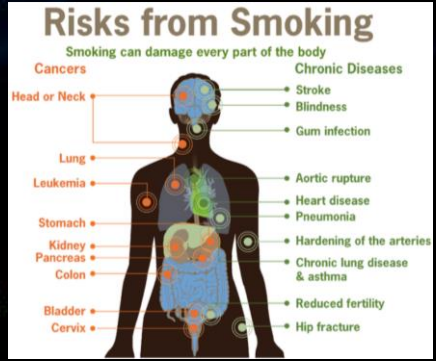
Smoking kills

- 1. Deal with Urges-** Whether mental or physical, learn your triggers & make plan to address them
- 2. Get Active-** Physical activity can help manage stress & cravings
- 3. Handle Stress-** Meditate & learn healthy ways to stay stress free like yoga
- 4. Get Support-** A friend or support can help quit smoking
- 5. Stick With It-** Reward yourself when you reach milestones



Composition of tobacco

Tobacco products contains around 5000 toxic substances.⁵ Most important and dangerous constituents are:
1. Nicotine
2. Carbon Monoxide
3. Tar



Choose Health not Tobacco