Put it out!
The Great American Smokeout

#blackouttobacco
Visit pima.gov/blackouttobacco for more resources.

Take a stand
Make the decision to quit tobacco for the day- or better yet- for good.
If you don’t use tobacco, encourage a loved one to quit today.

Keep in touch
Make sure to let those around you know of your new lifestyle and ask for support when needed. Call 520-724-7904 for additional quitting resources.

What about money?
Think about this:
The average cost for a pack of cigarettes in Arizona is $7.06. Buy a pack a day for one month and you’re out more than $210.
Think of better alternatives for spending money typically spent on tobacco.
- Plan for a vacation
- Donate to a local cause
- Treat your friends and family to some ice cream or coffee

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After
20 minutes: blood pressure drops.
12 hours: oxygen level rises to normal.
1 year: risk of coronary heart disease decreases to half of that of a smoker.

Congrats!
Hooray! You’ve taken a huge step towards a better and healthier life for you and those around you. Be proud of yourself. 

By age 14 adolescents who experience numerous highly stressful events have a greater risk of initiating tobacco use.

Over 500
E-cigarette brands and approximately 7,700 flavors have been created.
Fruity and candy flavors are most appealing to minors.

In light of these facts, we invite you to quit tobacco for the day, or encourage a loved one to quit.

You will be joining hundreds of youth and community members in Pima County by Blacking Out Tobacco for the day- or for good! Be a part of the movement!

We all know that tobacco is an addictive and harmful product, but did you know....

$9 Billion
is spent on advertising and promotional expenses in the U.S. alone by cigarette and smokeless tobacco companies.

7,000
chemicals have been found in secondhand smoke, 70 of those are known to cause cancer.

NOT SO FUN FACTS

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