



TOBACCO AND E-CIGARETTES

Using tobacco has devastating health effects. It can cause cancer, a number of lung diseases and other potentially fatal illness.

Smoking even one cigarette a day:

- causes your heart rate and blood pressure to increase, and your major blood vessels to become smaller, causing your heart work harder
- slows your ability to heal
- reduces the amount of oxygen in your bloodstream, making you short of breath
- decreases your taste and smell
- causes your blood to clot faster; smokers have a higher chance of heart attack, stroke and circulatory problems.

AT HOME ACTIVITY

Tobacco use also has financial costs. Together with your child, figure out how much it would cost to smoke a pack a day for a year, 5 years, 10 years and 25 years. Use the average cost of \$7.50 a pack. Talk about other things you could do as a family with that amount of money.

Adding Up the Cost – Financial Facts

Smoking one pack each day, at \$7.50 per pack costs:



- \$7.50 a day
- \$52.50 a week
- \$210 a month
- \$2,730 a year
- \$13,650 in 5 years
- \$27,300 in 10 years
- \$68,250 in 25 years.

BAD BREATH: WHAT TO DO ABOUT IT



Bad breath, it can be so uncomfortable and embarrassing, but it's really very normal. There are some easy things to do to help prevent or get rid of it.

1. Brush your teeth and your tongue...as far back as you can. Removing bacteria is one of the best ways to freshen up. A lot of them can live on your tongue, something you don't always think about when brushing.
2. Floss your teeth regularly. This also removes food particles and bacteria.
3. If you can't brush or floss right away and you are concerned about your breath, use mouthwash or chew gum until you are able to clean your mouth.
4. Drink plenty of water. Water helps rinse away bacteria. Staying hydrated also helps your digestive system run smoothly which can also prevent bad breath.
5. Don't use tobacco.