



Do you want to quit smoking?

In the Centers for the Treatment of Smoking you can find valid help

THE FACT THAT SMOKE IS ARMFUL IS WELL KNOWN...

... and in fact many people choose not to smoke or have chosen to quit.

Even if we do not consume tobacco directly, we can still be exposed to this harmful substance through passive smoking and third-hand smoke

PASSIVE SMOKE: BUT IS IT REALLY THAT HARMFUL?

Yes, it is the main polluting factor in indoor environments and causes more than 600,000 deaths per year worldwide.

THIRD-HAND SMOKE: WHAT IS IT?

It is the smoke that is deposited on hair, clothing, furniture, curtains, sofas... and cars.

Exposure to this type of smoke occurs through ingestion, inhalation and skin absorption of gases and particles that remain impregnated in the environment in which people smoked.

It is very difficult to get rid of

HOW TO PROTECT YOURSELF?

- Stop smoking
- Respect and enforce the ban in public and work places
- Do not smoke or allow smoking indoors, such as in rooms in the house or in the car



QR Code

Sistema Socio Sanitario



Regione
Lombardia

ATS Brescia

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