

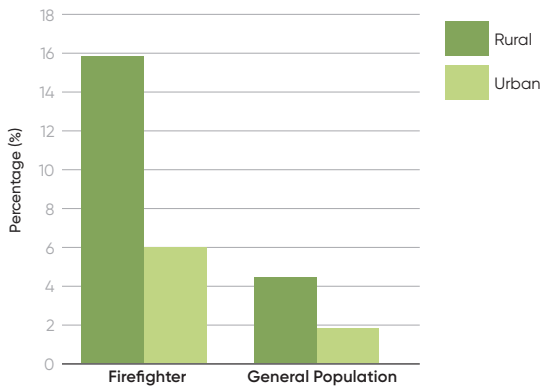
Your health matters to the people you protect. **BE TOBACCO FREE**



Firefighters face serious risks on the job. By not using tobacco products, you can **avoid extra health risks off the job.** You can reduce both short- and long-term health risks by not using tobacco.

While the cigarette smoking rate among firefighters is lower than the general public, the rate of using smokeless tobacco (chew, dip, and snuff) is higher, especially in rural areas.¹

SMOKELESS TOBACCO USE²



Tobacco Use Supplement to the Current Population Survey, 1992–2019.

SMOKELESS TOBACCO HURTS FITNESS & OVERALL HEALTH

People who dip or chew get about the **same amount of nicotine as people who smoke,**³ which can:

- Decrease muscle strength.
- Hurt high-intensity fitness performance and recovery.
- Weaken blood flow in and around the heart.⁴

Smokeless tobacco **contains more than 30 toxic chemicals** that can increase the risk of:³

- Dental disease.
- Heart disease and stroke.
- Cancers of the mouth, neck, and pancreas.



FREE HELP TO QUIT TOBACCO

Contact Kick It California to get free, confidential, personalized help to quit tobacco and nicotine.

Call **1-800-300-8086** | Visit **KickItCa.org**

REFERENCES

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2. Data courtesy of Dr. Kelvin Choi. Data from Tobacco Use Supplement to the Current Population Survey, 1992–2019.
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