



**DON'T LET  
TOBACCO  
CONTROL YOU**

JUST BE YOU—FREE FROM TOBACCO



**Public Health**  
Prevent. Promote. Protect.

Frederick County Health Department

# You may already know tobacco can hurt your health, but how can it control you in other ways?

Before you make any decision, check to see how much you really know.

## Facts:

- 82% of Frederick County Public School students say smoking does NOT make you look cool or fit in. No need to smoke to look cool—just be you.
- Nicotine addiction can control your life—3 out of 4 teen smokers become adult smokers, even if they planned on quitting.
- Keep your look on point! You can avoid stained teeth, wrinkles, yellow finger nails, and bad breath by being free from tobacco.
- Don't miss out on that hot date because of tobacco—9 out of 10 people prefer to date non-smokers.
- Tobacco can steal all your cash—smoking half a pack a day can cost about \$1,000 a year.

Stay in the Know by visiting [www.stayintheknow.org](http://www.stayintheknow.org)

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