

World No Tobacco Day

31st May 2021



THEME: Commit to quit

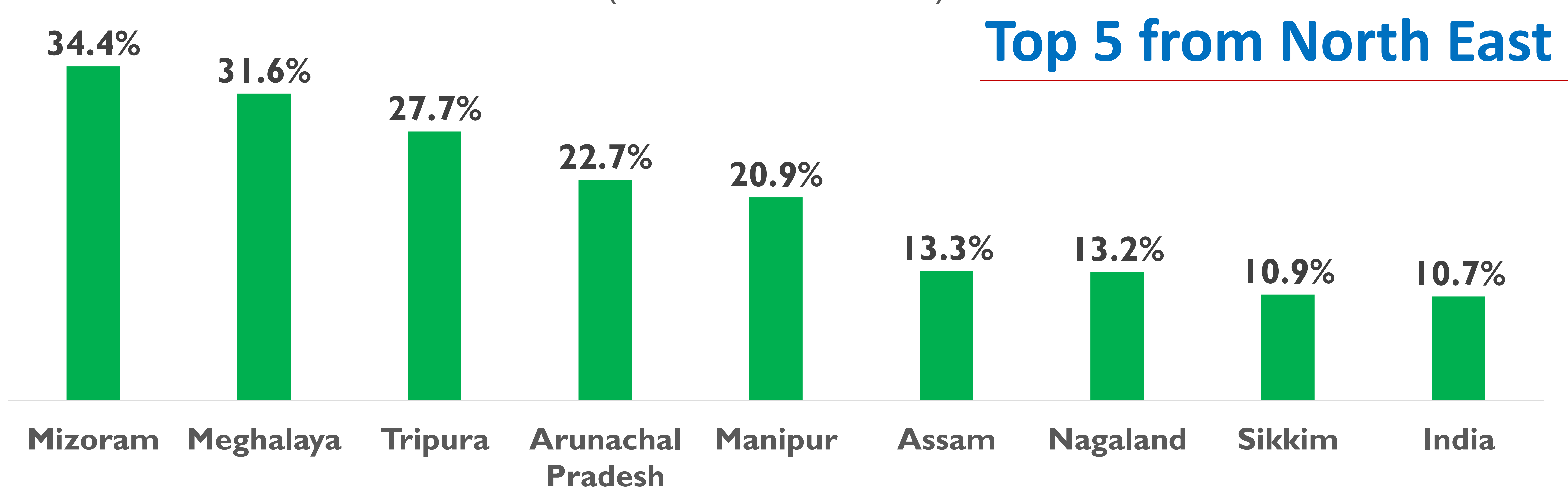
The COVID-19 pandemic has led to millions of tobacco users saying they want to quit. Commit to quit today

Quick tips to curb your cravings:

- Delay as long as you can before giving in to your urge.
- Take 10 deep breaths to relax yourself from within until the urge passes.
- Drinking water is a healthy alternative to sticking a cigarette in your mouth.
- **Do something else to distract yourself:** Take a shower, read, go for a walk, listen to music!

Globally >8 million people die due to tobacco consumption including 1.2 million due to second hand smoke.

Trends of **current smokers** in North-Eastern states and India
(GATS 2016 – 17)



Courtesy: Dept. of Community Medicine, NEIGRIHMS

Quit with millions
around the world

#CommitToQuit



Quitting tobacco
improves the lives
& health of people
around you

#CommitToQuit

