31 MAY WORLD NO TOBACCO DAY 2019

DON’T LET TOBACCO TAKE YOUR BREATH AWAY

MORTALITY
Tobacco kills more than 8 million people every year. Over 1 million of those deaths are caused by second-hand smoke exposure.

LUNG CANCER
Tobacco smokers are up to 22 times more likely to develop lung cancer in their lifetime, compared to non-smokers.

ASTHMA
Children who breathe second-hand smoke are more likely to develop asthma and experience frequent and more severe asthma attacks.

PAHO #NoTobacco
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**TUBERCULOSIS**
Tobacco smoking more than **doubles the risk** of developing **tuberculosis** disease and increases the risk of dying from respiratory failure.

**CHRONIC OBSTRUCTIVE PULMONARY DISEASE**
1 in 5 tobacco smokers will develop chronic bronchitis and/or emphysema in their lifetime.

**IT'S NEVER TOO LATE TO QUIT**
Within **2 weeks** of quitting tobacco, lung function increases. After **10 years**, the risk of lung cancer is half that of a smoker.

For more information, visit
[www.who.int/tobacco/en](http://www.who.int/tobacco/en)

#NoTobacco