

REMEMBER... T.A.R.S.

Tobacco	Cigarette smoke contains over 4000 toxic chemicals.
Addiction	Nicotine is as addictive as heroin or cocaine.
Refer	Ask all smokers if they would like help to quit.
Second-Hand Smoke	Invisible and seriously damages health.

REMEMBER...

T.A.R.S.

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NHS Lanarkshire premises and grounds are now smoke free.

Referring a smoker to the NHSL Stop Smoking Service could seriously **improve** their health.

NHS Lanarkshire Stop Smoking Service

It works!

Support and treatment proven to help you quit

Make your home and car smoke free.

Keep smoke and cigarettes away from children.

Removing tobacco smoke can cut down asthma attacks, coughs and ear infections in children.