



# HOW CAN E-CIGARETTES HELP ME TO QUIT SMOKING?



# ARE THEY SAFE?

- > E-cigarettes are not completely risk-free, but trapping 95% less harmful than smoking
- > While nicotine is the addictive substance in cigarettes, it is the tar that has more
- > The harmful chemical in tobacco smoke, including those that cause cancer, are fewer

# WHERE CAN I GET MORE INFORMATION?

Have a look at our webpage for more information

[www.worcestershire.gov.uk/stopsmoking](http://www.worcestershire.gov.uk/stopsmoking)