



## WHAT IS TOBACCO?

Tobacco is made from the dried leaves of the tobacco plant. It can be made into cigarettes, cigars, and shisha. Tobacco contains the stimulant drug nicotine.

## EFFECTS

The effects start very quickly and can continue for up to 30 minutes from one cigarette.

First time users often feel dizzy or sick. Regular smokers often say it helps them to concentrate, relax combat boredom and reduce anxiety.

## RISKS

Although some people smoke occasionally, most become dependent and smoke regularly.

Cigarettes contains nicotine, tar, carbon monoxide and other toxic compounds.

It is estimated that there are 74,600 deaths attributable to smoking in the UK each year.

Smoking during pregnancy can damage an unborn child.

Breathing in a second-hand smoke causes about 10,000 deaths each year in the UK. Babies, children are especially susceptible health problems.

## THE LAW

You must be over 18 years to buy cigarettes in the UK. If you are under 16 the police have the right to confiscate your cigarettes.

## TOP TIP

**Contact the Wirral Stop Smoking Service to get help and free resources to stop.**

**Phone: 0151 541 5656**

**Email: [wiccg.ablwirral@nhs.net](mailto:wiccg.ablwirral@nhs.net)**