CARE ABOUT YOURSELF . . .

Say "NO" to smokeless tobacco. It's not always easy to say "NO," but only you can choose to do what's best for you. When someone pressures you to use tobacco, say "NO" and WALK AWAY - or CHANGE THE SUBJECT - or EXPLAIN YOUR REASONS for not using tobacco.

It takes courage, but you have a right to say "NO". You don't have to use tobacco just because a friend wants you to use it. A real friend wouldn't ask you to do something that's bad for you. Remember, A PINCH IS NOT SAFER THAN A PUFF.

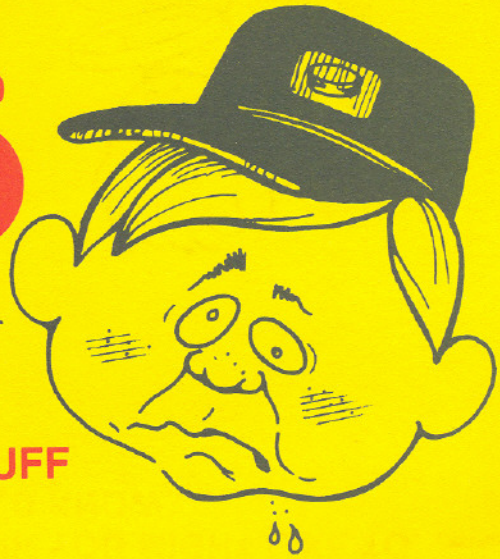
SAY 'NO' TO TOBACCO -- IN ANY FORM!

Costs associated with this publication are available from the Idaho Department of Health and Welfare.
IDHW-5,000-11009-3/95. Cost per unit is $.10.

FOR MORE INFORMATION, CONTACT:

Dental Health Program
Division of Health
Idaho Department of Health and Welfare
P.O. Box 83720
Boise, Idaho 83720-0036
(208) 334-5966

SMOKELESS TOBACCO

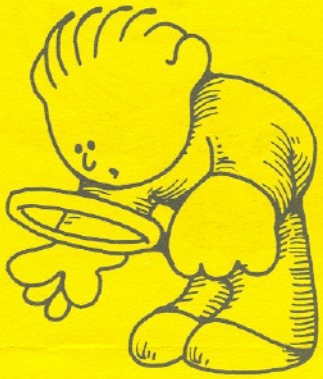


A PINCH IS NOT SAFER THAN A PUFF

IF YOU USE SMOKELESS TOBACCO, OR THINK YOU MIGHT LIKE TO, THERE'S SOMETHING YOU SHOULD KNOW . . .

TOBACCO IS UNHEALTHFUL,
whether it's smoked or chewed.

BAD BREATH
Stained teeth
Gum problems
Worn teeth



INCREASES HEART RATE

RAISES BLOOD PRESSURE

ADDICTIVE
Once you have a tobacco habit, it's hard to quit.

CARCINOGENIC
Smokless tobacco causes cancer, too.

WARNING LABEL
Required by federal law since February, 1987.

POISONOUS
Nicotine & other chemicals in tobacco are poisons to the body. First-time users feel stinging in the mouth, nausea and dizziness.

A 'GROSS' HABIT
Users are constantly spitting.

ILLEGAL
to use under age 18.

SO WHY USE IT?