



What Do You Know About Tobacco?

Name: _____

Please review the facts on the back and answer the questions below

How many Americans die each year from cigarette smoking? _____

Carbon monoxide attaches itself to what type of cells in the body? _____

Processed tobacco contains how many pesticides and preservatives? _____

The pesticides and preservatives in processed tobacco are banned from where? _____

What chemical turns the lungs black when someone smokes a cigarette? _____

What do nicotine and heroin have in common? _____

What is the number one trash item found on beaches? _____

Spending an hour in the car with someone who smokes is like smoking _____ of cigarettes

How many people die a year from second hand smoke? _____

What is the leading cause of fire fatalities in the United States? _____

How much money does the tobacco industry spend on advertising each year? _____

True or false - A woman who is pregnant can damage her baby if she smokes _____

True or false - Carbon monoxide is found in cigarette smoke and fumes from a car tailpipe _____

True or false - Someone who pressures you to do something you don't want to is not being a true friend _____

True or false – The tobacco industry spends over \$12.4 billion per year on advertising _____

True or false - Some people start using cigarettes because their friends do _____

True or false – Third hand smoke is residue from second hand smoke _____

True or false - Tobacco makes a person's heart beat faster _____

True or false - Nicotine is the active ingredient in tobacco _____

True or false – Nicotine causes high blood pressure in people who smoke _____

Parent signature _____

Inhaled smoke

Smokers inhale a gaseous cocktail that contains 50 different carcinogens, or cancer-causing compounds. A pregnant mother who smokes passes toxic chemicals into the lungs of her baby. Cigarette smoking causes 420,000 deaths per year in the United States.

Carbon Monoxide

Cigarette smoke contains the same poisonous gas that comes out the tailpipes of cars. The carbon monoxide attaches itself to the red blood cells that deliver oxygen to the body, replacing the oxygen the body needs and increasing the risk of heart attack or stroke.

Tobacco

Processed tobacco leaves contain more than 700 pesticides and preservatives, many of which are banned by the government from the food we eat. Some of these toxic chemicals are even banned from being dumped into landfills.

Tar

A person who smokes two packs of cigarettes a day more than a half pound of black, sticky tar per year. This goop is a combination of thousands of chemicals. It collects in the deepest parts of the lungs, coating them with sludge and damaging their natural cleansing mechanism.

Nicotine

A drug as addictive as heroin, nicotine rides deep into the bloodstream on the back of tar particles. Nicotine causes blood pressure to shoot up and blood vessels to narrow, making it harder for blood to flow.

Filters

They're supposed to reduce the level of tar a smoker inhales. But tiny fibers from the filter break off and are often inhaled into the lungs. Cigarette butts are also the number one trash item found on America's beaches

Second hand smoke

Secondhand smoke comes both from the tip of a burning cigarette and through the mouth of an exhaling smoker. These fumes contain thousands of chemicals, including 43 different carcinogens. Ninety percent of Americans inhale it. Fifty thousand people die from it every year. Spending an hour in a car with a smoker is like smoking three cigarettes yourself.

Third hand smoke

A new study reveals that the residue of nicotine that lingers on surfaces can react with another chemical in the air to form potent carcinogens — chemicals linked to various cancers. While first-hand smoke is that inhaled directly by the smoker and second-hand is the smoke exhaled (and inhaled by others), third-hand smoke is the residue from second-hand smoke.

Fires

Cigarettes are the leading cause of fire fatalities in the United States; resulting in 25% of all deaths by residential fires. In fact, a report from researchers at the University of Wisconsin Medical School says that smoking fires kills more young children than all other unintentional injuries combined. Almost every day, someone in America dies from a fire caused by a cigarette – and many of these deaths are toddlers, infants or the elderly.

Advertising

The tobacco industry spends more than \$12.4 billion per year - over \$34.1 million a day - marketing its deadly products in the U.S. alone, many of these advertisements reaching kids.