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# WORLD NO TOBACCO DAY

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LIVE WELL  
SAN DIEGO

# Tobacco: Threat to our Environment

World No Tobacco Day is an annual celebration that informs the public on the dangers of using tobacco, the business practices of tobacco companies, what the World Health Organization (WHO) is doing to fight tobacco use, and what people around the world can do to claim their right to health and healthy living.

The Member States of the World Health Organization created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes.



For more information on World No Tobacco Day, visit:

**<https://www.who.int/campaigns/world-no-tobacco-day/2022>**

# World No Tobacco Day

## Key Messages

- **Tobacco harms the environment:** Growing, manufacturing, and using tobacco poisons the water, soil, beaches, and city streets with chemicals, toxic waste, and cigarette butts—including microplastics and e-cigarette waste.
- **Quit tobacco to save the planet:** Tobacco products, including smoking cigarettes, negatively affects the earth's natural resources for a healthy ecosystem.
- **Help tobacco farmers switch to sustainable crops:** Support the transition of farmers from growing tobacco to growing more nutritional alternatives, such as fruits and vegetables.

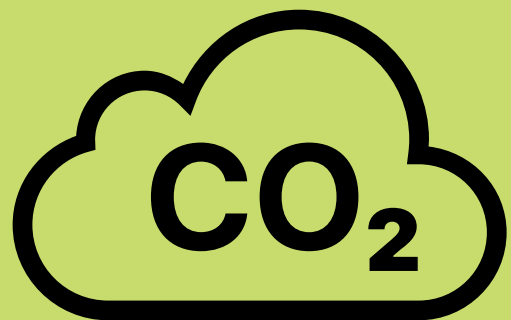


#CelebrateSafelySD

# Throughout its lifecycle, tobacco pollutes the planet & damages the health of all people



600,000,000 trees have been chopped down to make cigarettes



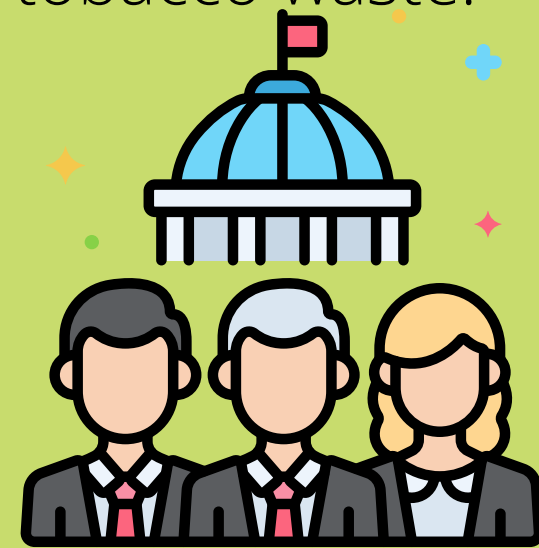
84,000,000 tons of  $\text{CO}_2$  Emissions have been released into the air raising global temperatures



22,000,000,000 liters of water have been used to make cigarettes

# How to participate in World No Tobacco Day

- Give tobacco users an extra reason to quit. Quitting tobacco benefits everyone's health and the environment.
- Learn about the hazardous effects of single use plastics, including cigarette butts, smokeless tobacco pouches, and electronic waste.
- Raise awareness of the tobacco industry's greenwashing tactics.
- Support and participate in local and global initiatives to help protect the environment.
- Support the reduction of harsh chemicals hurting the environment; reduce carbon footprint to protect the younger generation from the ill effects of environmental tobacco waste.



# Everyday Tips to #BeCOVIDSafe

- Get your COVID-19 and flu vaccines. If you're fully vaccinated, remain up to date by getting your boosters, if eligible.
- Wash your hands with soap and water for at least 20 seconds.
- Wear a well-fitted mask over your nose and mouth.
- Avoid crowds and poorly ventilated indoor spaces.
- Stay 6 feet apart from others who are sick and people outside of your home.
- Consider using a COVID-19 self-test before joining indoor gatherings with others who are not in your household.
  - If you test positive, isolate and wear a well-fitting mask if you must be around others.
- Get tested if you are experiencing symptoms to prevent the spread of infection to others.

For more information on COVID-19, visit:

**Coronavirus-SD.com**



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