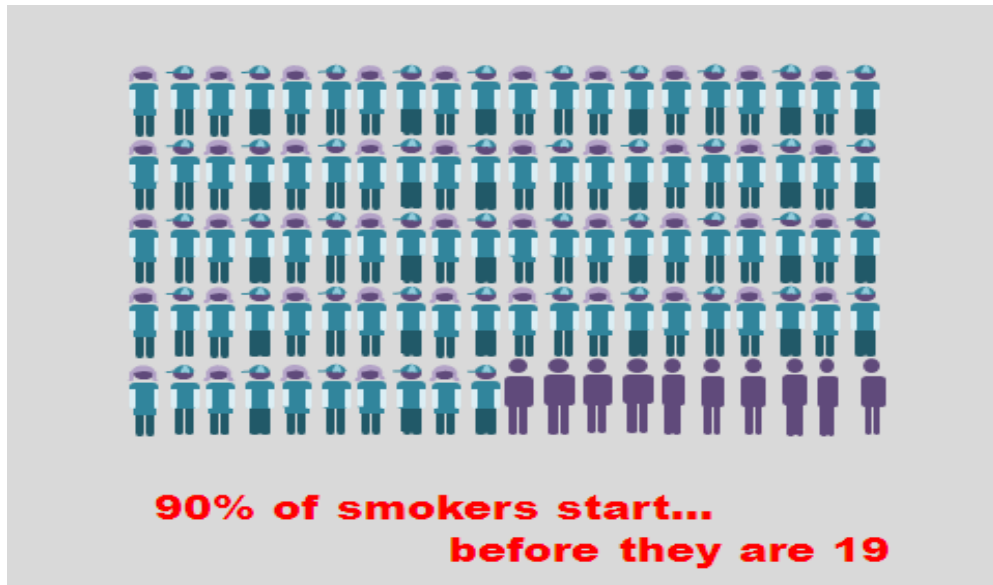


“Adults don’t start smoking, children do.”

- Young smokers will start to notice skin damage such as wrinkles in their **20-30’s** making them look much older
- Smoking can affect your **sex** life
- Smokers tend to store more **fat** around the waist and chest than their hips
- **Nicotine** hits the brain receptor within **7 seconds**; this is much quicker than drugs such as heroine or crack cocaine.

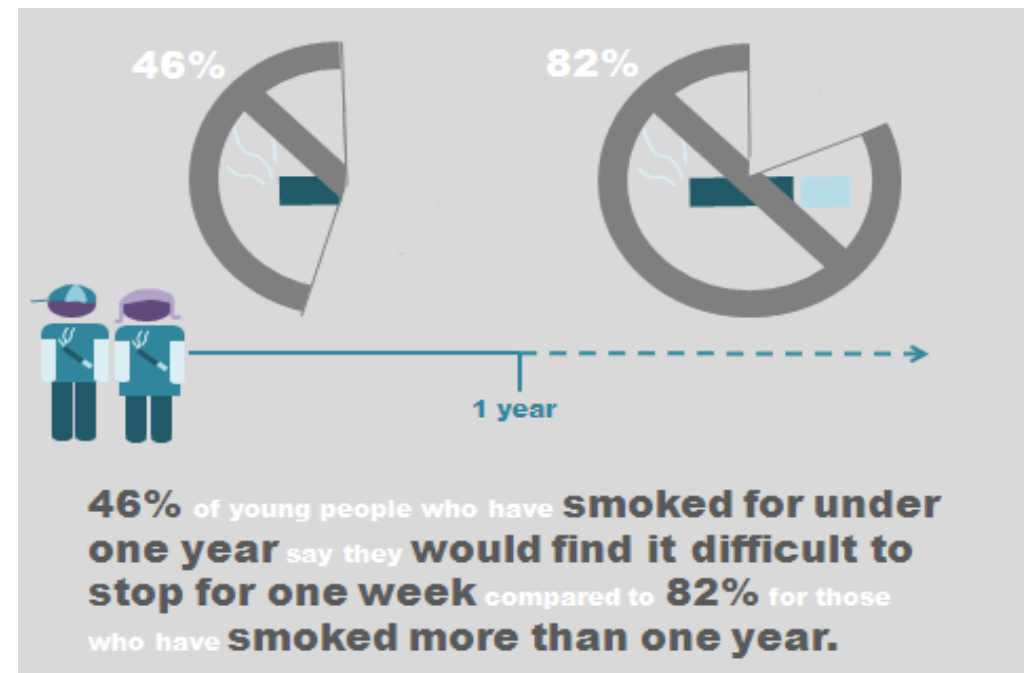


Electronic cigarettes

Electronic cigarettes are not the same as cigarettes as they do not contain tobacco. It would be recommended that quitting use of all nicotine products is the most appropriate option for smokers.

Where can you get help to quit smoking?

- Text QUIT to 65000
- Smokefree Norfolk - 0800 0854 113
- Great Yarmouth and Waveney - Stop Smoking Service - 0800 652 3477
- Contact your GP
- Go to your local Pharmacy, check out Norfolk's Living Well to find your nearest: <http://www.norfolklivingwell.org.uk/>



Fake tobacco and the harms

Fake tobacco can come under different terms;

- illicit whites
- counterfeit
- bootlegged

How I can identify fake tobacco?

- Foreign language health warnings
- Poor quality packaging e.g. spelling mistakes, incorrect logos or poor print quality
- Cost will be much cheaper around £2.50-£3.50

If discovered who can I report to?

Contact: Trading Standards on 08454 04 05 06 or trading.standards@norfolk.gov.uk