

# SMOKELESS TOBACCO

Smokeless tobacco is as unsafe as smoking cigarettes.

## HIGH SMOKELESS TOBACCO USE



## TYPES OF SMOKELESS TOBACCO



ORAL SNUFF



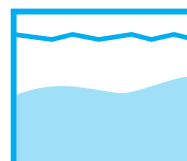
NASAL SNUFF



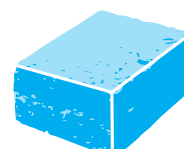
SNUS



DISSOLVABLE TOBACCO



LOOSE LEAF CHEWING TOBACCO



PLUG CHEWING TOBACCO

## TIPS FOR QUITTING

GUM, MINTS, TOOTHPICKS AND STRAWS CAN HELP KEEP YOUR MOUTH BUSY WHILE QUITTING.

WORK WITH A QUIT COACH AND USE QUIT MEDICATIONS TO HAVE THE BEST CHANCE OF QUITTING TOBACCO FOR GOOD.

NICOTINE REPLACEMENT THERAPY (NRT) SUCH AS GUM AND LOZENGES CAN HELP STOP CRAVINGS.

For more information, visit [njhealth.org/quittobaccohelp](http://njhealth.org/quittobaccohelp)