

No smoking with kids under 14
in the car, it's the law.



Don't get a ticket!

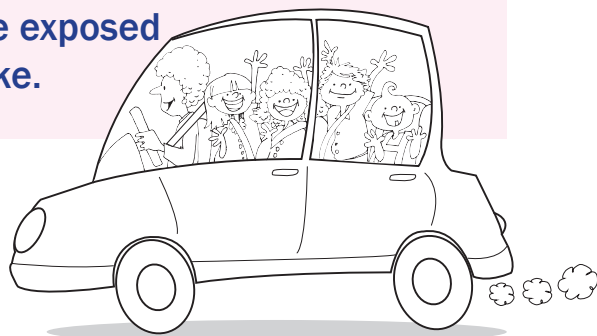
For help quitting, visit www.bewellarkansas.org or call 833-283-WELL

Some Facts

Tobacco and nicotine use is not healthy. Smoking, vaping, dipping, or chewing causes many health problems and harms your body. Secondhand and thirdhand smoke is very dangerous and causes many health problems for those who are exposed to smoke.



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Find the Hidden Words in the Puzzle

R	N	E	V	E	R	U	S	E	K	E	B	W
D	Q	A	T	O	B	A	C	C	O	A	O	R
I	S	U	O	N	O	S	I	O	P	L	S	I
S	L	E	T	H	R	O	A	T	F	B	R	N
E	A	I	R	N	C	E	K	D	U	A	O	K
A	N	O	A	L	A	L	O	I	G	N	U	L
S	D	V	E	W	Z	O	X	L	E	G	D	E
E	J	D	H	P	L	Q	Y	W	Z	Y	T	D
R	C	P	I	B	N	Z	G	U	M	S	Z	S
S	E	L	O	C	R	E	E	J	M	P	I	K
Z	H	T	E	E	T	P	N	V	O	U	F	I
N	P	M	W	K	Q	I	S	Y	N	B	C	N
K	A	R	N	T	H	G	O	Y	E	R	S	W
T	H	G	U	O	C	C	L	N	Y	G	E	A

Use the words from the hidden word puzzle list to complete the sentences (Use each word only once).

- Tobacco is _____.
- Tobacco makes people _____.
- Tobacco restricts _____.
- Tobacco causes _____.
- Tobacco stains _____.
- Tobacco causes _____.
- Tobacco takes away _____.
- Tobacco costs _____.
- Secondhand smoke also causes _____.
- Tobacco causes health problems like _____, _____, and _____ disease.
- Smokeless tobacco can cause _____ disease.

Word List

gum
poisonous
cough
oxygen
heart
teeth
addiction
wrinkled skin
throat
lung
blood flow
money
disease

Definitions:

Vaping - inhaling and exhaling the vapor produced by an electronic cigarette or similar device

Secondhand smoke - smoke inhaled from tobacco being smoked by others

Thirdhand smoke - nicotine and other chemicals left on indoor surfaces and clothing by tobacco smoke

Find the hidden wellness message in the puzzle above.

(HINT: It doesn't appear on the word list.)

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