

Smokeless Tobacco

What is Smokeless Tobacco?

Smokeless tobacco is any tobacco that is used without burning it. The tobacco goes in the mouth and the nicotine soaks in through the lining of the mouth and gets into the blood.

Types of Smokeless Tobacco

Chew: comes in larger leaves that are loose or packaged into plugs (bricks) or ropes.

Snuff: finely cut tobacco and comes in loose form, pouches, lozenges (like cough drops), or strips.



Smokeless tobacco:

- Can cause cancer
- Is addictive
- Can lead to heart disease and stroke
- Is dangerous to unborn babies because nicotine in a pregnant person's bloodstream harms the baby's nervous system
- Is dangerous to youth because tobacco companies push addictive, flavored products to attract new, young customers

Need help quitting?

Smokeless tobacco is not an approved quitting aid. Find out more about quitting aids by talking to your doctor, calling **1-800-QUIT-NOW**, texting **READY to 34191**, or logging onto **equitnow.com**.