

## **Tips in case of an emergency!** **15/12/2005**

I don't want to start smoking but I'm often asked and sometimes I'd like to try!– Never forget that it's you and you alone who are responsible for your decisions. You have the choice not to smoke, respect that choice!

- Always keep in mind the damage caused by smoking to your health and beauty.
- Ask smokers among your entourage how much their "tobacco budget" is and imagine the savings you could make ...
- Eating fruit, drinking a glass of water, chewing sugar-free chewing gum can stop you wanting a cigarette.
- Public places, restaurants, bars, nightclubs ... always favour non-smoking areas.

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