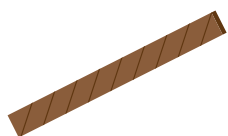


YES! THAT'S A TOBACCO PRODUCT

You may think using some of these products is harmless, but remember, **THERE IS NO SUCH THING AS A SAFE TOBACCO PRODUCT.**



Cigarettes
(including menthols)



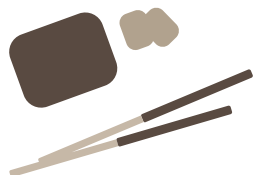
**Cigarillos, little cigars
and cigars**



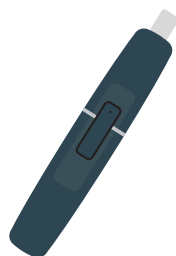
Pipes



Smokeless tobacco
(including chewing tobacco,
snuff, chew, dip and snus)



Dissolvables
(including lozenges, orbs,
sticks and strips)



Heated tobacco products
(including IQOS, TEEPS,
PAX, TECH and Glo)



All e-cigarettes
(including vape pens, e-pipes,
e-cigars, tank devices, mods and
mod pods, rechargeable e-cigarettes
and disposable e-cigarettes)



**Hookah and
water pipes**

OTHER TOBACCO PRODUCTS NOT PICTURED INCLUDE:
roll-your-own tobacco, bidis and kreteks, nicotine gels and future tobacco products

REMINDER

ONLY USE TOBACCO PRODUCTS IN DESIGNATED TOBACCO USE AREAS

Learn more: Tricare.mil/UCanQuit2

Contact us: dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil



QUIT TOBACCO
TRICARE.mil/UCanQuit2

