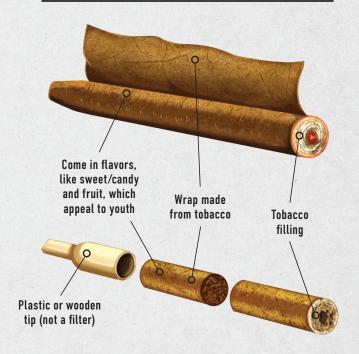
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## Smoking a cigarillo is smoking tobacco



## Any amount of tobacco smoking—even an occasional cigar—is harmful.

Lighting up a cigarillo is lighting up tobacco. Cigarillos can deliver similar or greater amounts of nicotine as cigarettes and expose your body to thousands of harmful chemicals.



For more info and free materials, visit https://digitalmedia.hhs.gov/tobacco or scan the QR code.

