

TobaccoCostsYou.com

Text Blocks for Emails/Newsletters

Tobacco Free Nebraska – Nebraska Department of Health & Human Services – Division of Public Health



25 Words

You know cigarettes and chew aren't cheap, but that isn't the only reason you should quit. Check out TobaccoCostsYou.com for fun, interesting and truthful facts.

OR

A pack-a-day smoker who quits will save enough money in two months to buy a new smartphone. For more interesting facts visit TobaccoCostsYou.com.

50 Words

Did you know: using tobacco not only hits you in the wallet (it costs A LOT to buy cigarettes & chew!), but it can also affect your health, your social life and your future. Check out the facts at TobaccoCostsYou.com. To stay connected, follow @TobaccoCostsYou on Twitter.

100 Words

It's not a secret that using tobacco costs you a lot. Cigarettes and chew ARE expensive. But your wallet isn't the only thing that takes a hit when you use tobacco. It also affects your health, your social life and your future.

Consider:

- 1) Smoking harms *every* organ in your body.
- 2) There's a good chance that person you've been eyeing across the room doesn't want to date a smoker or chewer.
- 3) Some employers have tobacco-free hiring policies, so you won't even get your foot in the door.

Check out these and other facts at TobaccoCostsYou.com.

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200 Words

It's not a secret that using tobacco costs you a lot. Cigarettes and chew ARE expensive after all.

Think about this ... if you're a pack-a-day smoker and you decide to quit, in one month you'll have saved enough money to buy:

- Four tanks of gas for your gas-guzzling car.
- A fancy coffee maker to make the lattes you can't start your day without.
- Two months (or more) of smartphone service.

But your wallet isn't the only thing that takes a hit when you use tobacco. It also affects your health, your social life and your future.

Consider:

- 1) Smoking harms *every* organ in your body. Seriously ... Every. Single. Organ.
- 2) While your friends are inside having a good time, you're outside – in the cold, heat, rain, wind, snow – smoking. Plus, there's a good chance that person you've been eyeing across the room doesn't want to date a smoker or chewer.
- 3) Going to a job interview smelling like smoke can be a turnoff to potential employers and may even keep you from getting a job.

Check out these and other facts at TobaccoCostsYou.com. For regular tips, news and trends follow [@TobaccoCostsYou](https://twitter.com/TobaccoCostsYou) on Twitter.