

**STOP SMOKING**

Cigarette smoking releases toxic air pollutants, such as carbon dioxide, methane, and other noxious chemicals, into the atmosphere. The key ingredient in the manufacture of cigarettes is tobacco, most of which is grown in rainforest areas, where it contributes to major deforestation in the planting process. The cigarette butts also litter the environment, and the toxic chemicals in the residues seep into and pollute soils and waterways.