

Are You Addicted To Nicotine?

Take the Test!

1. Do you smoke your first cigarette within 30 minutes of waking?
2. Is it tough for you to NOT SMOKE when it is not allowed? (for example church, library, movies)
3. Do you smoke 20 cigarettes (one pack) or more each day?
4. When you are sick enough to stay in bed, do you still smoke?
5. Do you smoke more frequently during the first hours after waking than the rest of the day?

Two or more “YES” answers may mean you’re addicted!



Ask your health care provider for more information



www.smokefreevalley.org



Allentown Health Bureau
610-437-7513

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610-865-7087

