Many young adults smoke cigarillos such as Black & Milds or Swisher Sweets. Unlike traditional cigarettes, cigarillos come in multiple flavors, are sold individually or in smaller packs, cost less and are sometimes easier to buy because they sit in bright packages next to cash registers. Although cigarillos might seem like a better option, they are not a safe alternative to cigarettes. Just like cigarettes, cigarillos can negatively impact health and readiness, lead to nicotine addiction and produce harmful secondhand smoke.

If you notice Military Service members smoking cigarillos, help them understand the risks and ways to quit. Use these talking points to get the conversation started:

- Smoking of any kind can impact your workout. You put a lot of time and effort into staying physically fit, and cigarillos could be holding you back. Check out some tobacco cessation resources to help you quit tobacco.

- Ask yourself: Why do I use cigarillos? If you smoke cigarillos to help you deal with stress, depression or weight management, there are plenty of tools out there to help you address these concerns. I can point you in the right direction.

- Quitting tobacco products like cigarillos can be hard, especially because of nicotine withdrawal. Have you thought about trying approved medicines to help you deal with withdrawal symptoms as you go through a quit?

THE CAMPAIGN
Check out new content on the UCanQuit2 website. Share the “Resources to Help You Quit” page with Military Service members, and access previous Quit Briefs, resource guides and more on our updated “Health Professionals” page.

THE LATEST IN TOBACCO
New research shows that daily e-cigarette use can nearly double your odds of a heart attack. Share our new e-cigarette infographic with Military Service members who use these devices so they understand the risks.

ONE LAST THING
Help your Military Service members stay quit! They worked hard to quit, but it can be tempting to use tobacco again under stress or peer pressure. Remind them how to handle sticky situations so they can continue to live tobacco-free.