

# SEMPER ALWAYS READY PARATUS



*U.S. Coast Guard photo by Petty Officer 1st Class Jon-Paul Rios*

**The Coast Guard is strong because of **YOU**.  
Tobacco use gets in the way of readiness.**

**Smoking or chewing tobacco puts your health and our mission at risk.** Smoking causes cancer, heart disease, stroke, lung diseases, diabetes and chronic obstructive pulmonary disease (COPD), and increases the risk for tuberculosis, certain eye diseases and problems of the immune system.\*

\*Source: U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General

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