



Little Cigars & Cigarillos

What are little cigars and cigarillos?

Little cigars are slightly larger than cigarettes, while cigarillos resemble full-sized cigars, but are smaller. Both contain pipe tobacco wrapped in tobacco leaves and come in flavored varieties. They are available with and without a filter and/or tip. Brands include Swisher Sweets, Black & Mild and Optimos.



Photo courtesy of Wake Forest Baptist Health

Little cigars and cigarillos are **NOT** safer than cigarettes.

Little cigars and cigarillos contain many of the same toxic ingredients as cigarettes. Smoking little cigars and cigarillos can increase the risk of mouth, throat and lung cancers, as well as heart disease, gum disease and tooth loss.

Little cigars and cigarillos are **NOT less addictive than cigarettes.** Little cigars and cigarillos have more nicotine than cigarettes, and can be just as addictive. Even if you don't inhale the smoke, you can absorb the nicotine through the lining of the mouth.

Removing the liner does **NOT make them less harmful.** Taking the liner paper out of the tube of cigarillos (also called hyping or freaking) does not make them less harmful.

Even if you don't inhale you are still putting yourself at risk. Smoking little cigars and cigarillos directly exposes your lips, mouth and throat to smoke and its harmful chemicals. You also still breathe in large amounts of smoke from the lit end of the cigar. Whether or not you inhale, you are still at risk for lung cancer, heart disease, lung disease and oral problems.

Just being around smokers is dangerous. Little cigar and cigarillo smoke is very harmful even to non-smokers around them. Secondhand smoke exposure is associated with lung cancer, heart disease and premature death.

THE BOTTOM LINE: CHOOSE **NOT** TO SMOKE.



For free help to quit smoking or using tobacco call 1-800-QUIT-NOW or visit www.smokefree.gov.

For more information about Tobacco Free Colleges or for assistance in adopting and implementing tobacco-free policies and promoting cessation visit www.tobaccofreecollegesnc.com.

Sources: National Cancer Institute (1998). Smoking and tobacco control monographs. Monograph 9: Cigars: Health effects and trends, Bethesda, MD. NIH Pub. No. 98-430; U.S. Department of Health and Human Services (2006). The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Rockville, MD: U.S.