



**Republika e Kosovës**  
**Republika Kosova - Republic of Kosovo**  
*Qeveria – Vlada - Government*

*Ministria e Shëndetësisë - Ministarstvo Zdravstva – Ministry of Health*

**ADMINISTRATIVE INSTRUCTION (Health) NO. 05/2023**  
**COMBINED WARNINGS**

## **Minister of Ministry of Health,**

The Minister of Health, pursuant to article 6 paragraph 13, 18 and 19 of the Law No. 04/L-156 On Tobacco Control (Official Gazette no. 13, 07/05/2013), Annex 1, paragraph 6, sub-paragraph 6.1 of Regulation 14/2023 on the areas of administrative responsibility of the Office of the Prime Minister and Ministers and Article 38 paragraph 6 of the Rules of Procedure of the Government Nr.09/2011 (Official Gazette no. 15, 12.09.2011),

Issue:

### **ADMINISTRATIVE INSTRUCTION NO. 05/2023 COMBINED WARNINGS**

#### **Article 1 Purpose**

1. This Administrative Instruction determines rules for the use on tobacco packages of colour photographs or other illustrations and text on the tobacco products packs to:

1.1.increase consumer knowledge of health effects relating to the use of tobacco products;

1.2.ensure the continuing effectiveness of health warnings on the packaging of tobacco products;

1.3.encourage the cessation of the use of tobacco products, and to discourage uptake or relapse.

2. This Administrative Instruction is partially approximated with Directive 2014/40/EU of the European Parliament and of the Council of 3 April 2014 on the approximation of the laws, regulations and administrative provisions of the Member States concerning the manufacture, presentation and sale of tobacco and related products and repealing Directive 2001/37/EC Official Journal No. L 127/1.

#### **Article 2 Field of application**

This Administrative Instruction shall apply on the packages of all types of tobacco products for smoking, smokeless tobacco products and novel tobacco products.

#### **Article 3 Definitions**

1. For the purposes of this Administrative Instruction, the definitions in Article 2 of the Law on tobacco control no.04/L-156 shall apply. The following definitions shall also apply:

1.1. 'outside packaging' means any packaging in which tobacco or related products are placed on the market and which includes a unit packet or an aggregation of unit packets; transparent wrappers are not regarded as outside packaging;

1.2. 'unit packet' means the smallest individual packaging of a tobacco or related product that is placed on the market;

1.3. 'pouch' means a unit packet of roll-your own tobacco or other, either in the form of a rectangular pocket with a flap that covers the opening or in the form of a standing pouch;

1.4. 'additional warning' means the text explaining the photography in combined warning presented in the library of health warnings;

1.5. 'combined warning' means the warning consisting of a photograph or other illustration and the corresponding text of the additional warning provided for in library of health warnings;

1.6. 'library of health warnings' means of the document files made available by the Ministry of Health containing combined, general warnings and information message;

1.7. 'pipe tobacco' means tobacco or tobacco products that can be consumed via a combustion process and exclusively intended for use in a pipe;

1.8. 'roll-your-own tobacco' means tobacco or tobacco products which can be used for making cigarettes by consumers or retail outlets;

1.9. 'waterpipe tobacco' means tobacco or tobacco products that can be consumed via a waterpipe;

1.10. 'smokeless tobacco product' means a tobacco product not involving a smoking process, including chewing, tobacco, nasal tobacco and tobacco for oral use;

1.11. 'tobacco product for smoking' means tobacco products other than a smokeless tobacco product including but not limited to: cigarettes, heated tobacco products, roll-your-own tobacco, pipe tobacco, waterpipe tobacco, cigars and cigarillos;

1.12. 'novel tobacco product' means a tobacco product which:

1.12.1. does not fall into any of the following categories: cigarettes, heated tobacco products, roll-your-own tobacco, pipe tobacco, waterpipe tobacco, cigars, cigarillos, chewing tobacco, nasal tobacco or tobacco for oral use; and

1.12.2. is placed on the market after entry into force of this Administrative Instruction.

**Article 4**  
**The library of health warnings**

1. With the entry into force of this Administrative Instructions, the Ministry of Health will provide the library of health warnings containing three annexes:

Annex 1: Combined health warnings, general health warnings and information message,

Annex 2: Illustrations of the placement of health warnings on the packaging of tobacco products, and

Annex 3: Health warnings for tobacco products for smoking in cuboid-shaped packages.

2. The technical specifications for printing of health warnings shall be in compliance with Article 9 of this Administrative Instruction.

3. The technical specifications for printing may be modified by the Ministry of Health only.

4. The library of health warnings shall be updated on yearly basis by the decision Minister of Health.

5. The library of health warnings shall be provided as Annex to this Administrative Instruction.

**Article 5**  
**General warnings and information messages on tobacco products for smoking**

1. Each unit packet and any outside packaging of tobacco products for smoking shall carry:

1.1. general warning according to the library of health warnings;

1.2. information message: 'Tobacco smoke contains over 70 substances known to cause cancer';

1.3. the general warning and information message shall be printed in both languages, Albanian and Serbian language.

2. For packets of tobacco products for smoking in the form of a cuboid the general warning shall appear on the bottom part of the lateral visible surface of the unit packets, and the information message shall appear on the bottom part of the other lateral visible surface.

3. For packets of tobacco products for smoking in the form of a pouch with one flap the general warning shall appear on the upper part of the inner surface of the flap and the information message shall appear on the upper part of the front side of the pouch.

4. For packets of tobacco products for smoking in the form of a pouch with two flaps the general warning shall appear on the upper part of the inner surface of the flap and the information message shall appear on the upper part of the front side of the pouch.
5. For packets of tobacco products for smoking in the form of a standing pouch the general warning shall appear on the one half of the base of the standing pouch and the information message shall appear on the other half of the base of the standing pouch.
6. For packets of tobacco products for smoking in the form of a cylinder, the general warning shall appear on the outside surface of the lid and the information message shall appear on the inside surface of the lid.
7. For packets of tobacco products for smoking in the form of a hinged shoulder box, the general warning shall appear on the upper part of the visible front surface of the unit packet and information message shall appear on the upper part of the visible lateral surface of unit packet. The warnings shall be printed on the upper part of the surface reserved for them, right after the lower lip of the lid.
8. For packets of tobacco products for smoking in the form of a shoulder box with removable lid, the general warning shall appear on the upper part of the back visible surface of the unit packet and information message shall appear on the upper part of the visible lateral surface of unit packet. The warnings shall be printed on the upper part of the surface reserved for them, right after the lower lip of the lid.
9. For packets of tobacco products for smoking in the form of a tube for cigars, the general warning shall appear at the 65% of the overall surface of the tube.
10. The general warning and the information message shall cover 65% of the surfaces on which they are printed
11. The general warning and information message shall be:
  - 11.1. printed in black Helvetica bold type on a yellow background;
  - 11.2. printed at the center of the surface reserved for them and occupy the greatest possible proportion of the surface reserved for these warnings;
  - 11.3. Printed in parallel to the lateral edge of the unit packet and of the outside packaging in the form of cuboid.
12. The general warning should correspond to the combined warnings as they appear in the library of the health warnings.
13. The appearance and placement of the general warnings and information message on the packaging should be made as it is illustrated in the library of health warnings.

**Article 6**  
**Combined health warnings on tobacco products for smoking**

1. Each unit packet and any outside packaging of tobacco products for smoking shall carry combined warnings.
2. The combined warning besides colour photograph and the additional warning, may include smoking cessation information such as telephone numbers, email address ose Interent sites to inform consumers about the programmes that are available to support persons who want to stop smoking. This information can only be posted when determined and requested by the Ministry of Health.
3. The combined warning on the front side shall be in Albanian language and on the backside shall be in Serbian language.
4. The combined health warning must cover 65% of the visible surface of the front side and 65% of the visible surface of the backside of the unit packet and any outside packaging.
5. The combined warning shall appear at the upperpart of a unit packet and outside packaging, and be positioned in the same direction with other information appearing on that surface of the packaging.
6. With the excpetion from the above paragraph, in unit packages of cuboid tobacco products with a "flip top" lid, the combined health warnings must be presented on the lower part of the package.
7. For packets of tobacco products for smoking in the form of a cuboid the combined warning shall appear on the visible front and back side of the unit packet and any outside packaging.
8. For packets of tobacco products for smoking in the form of a pouch with one flap the combined warning shall appear on the visible front side of the pouch (outer surface of the flap) and on the visible backside of the pouch.
9. For packets of tobacco products for smoking in the form of a pouch with two flaps, the combined warning shall appear on the visible front side of the pouch (upper part) and on the visible backside of the pouch (upper part).
10. For packets of tobacco products for smoking in the form of a standing pouch the combined warning shall appear on the visible upper part of the front side and backside of a standing pouch. For the standing pouches with zip lock or any other lock, they shall be positioned below the zip lock or any other lock.
11. For packets of tobacco products for smoking in the form of a cylinder, bothcombined warning shall be positioned equidistantly from each other and each of them shall cover 65% of the half of the overall surface of the cylinder packet. The warnings shall be printed on the upper part of the surface reserved for them, right after the lower lip of the lid.

12. For packets of tobacco products for smoking in the form of a hinged horizontally standing box, the combined warning shall appear on the visible front side of the unit packet (outer surface of the lid) and in the inner surface of the lid. The warnings shall be printed on the upper part of the surface reserved for them.

13. For packets of tobacco products for smoking in the form of a hinged horizontally standing box with removable lid, the combined warning shall appear on the visible front side of the unit packet (outer surface of the lid) and in the inner surface of the lid. The warnings shall be printed on the upper part of the surface reserved for them.

14. Regardless of the size of unit packets of cigarettes, the combined health warning have to follow these dimensions:

14.1. height: not less than 44 mm;

14.2. width: not less than 52 mm.

15. The combined warnings shall:

15.1. each of the combined warnings shall be printed in the equal number of unit packets;

15.2. all combined warnings shall be printed in the equal number of unit packets inside an outside packaging, to be different from each other.

16. Additional warning shall be:

16.1. printed in white Helvetica bold type on a black background;

16.2. printed at the center of the surface reserved for them and occupy the greatest possible proportion of the surface reserved for these warnings.

17. The appearance and placement of the combined warnings on the packaging of the tobacco products should be made as it is illustrated in the library of health warnings.

## **Article 7**

### **Health warnings for smokeless tobacco products**

1. Each unit packet and any outside packaging of smokeless tobacco products shall carry the following general health warning: 'This tobacco product damages your health and is addictive.'

2. The health warning laid down in paragraph 1 shall comply with the requirements specified in Article 5, paragraph 11 of this administrative instruction. The text of the health warnings shall be parallel to the main text on the surface reserved for these warnings. In addition, they shall:

2.1. appear on the two largest surfaces of the unit packet and any outside packaging;

2.2. cover 32% of the surfaces of the unit packet and any outside packaging.

**Article 8**  
**Novel tobacco products**

Novel tobacco products that may be placed on the market should respect the requirements of this Administrative Instruction.

**Article 9**  
**Visual integrity of the health warnings**  
(Combined health warnings, general warnings and information message)

The health warnings on a unit packet and any outside packaging shall be irremovably printed, indelible and fully visible, including not being partially or totally hidden or interrupted by tax stamps, price marks, security features, wrappers, jackets, boxes, or other items, when tobacco products are placed on the market. On unit packets of tobacco products other than cigarettes, heated tobacco products and roll-your-own tobacco in pouches, the health warnings may be affixed by means of stickers, provided that such stickers are irremovable. The health warnings shall remain intact when opening the unit packet other than packets with a flip-top lid, where the health warnings may be split when opening the packet, but only in a manner that ensures the graphical integrity and visibility of the text, photographs and cessation information. The editing of the size of the combined warning must be done in the proportional scale. The photography and text shall be clear and readable without distortion and fading of the quality in any way.

**Article 10**  
**Mandatory fines and penalties**

Subjects, who violate the provisions of this Administrative Instruction, will be punished according to article 21 paragraph 1 of the Law on tobacco control.

**Article 11**  
**Implementation**

1. All tobacco products imported or produced to be placed in the territory of the Republic of Kosovo, no later than six (6) months after the entry into force of this Instruction, must contain health warnings as defined in this Administrative Instruction.
2. All tobacco products marketed in the territory of the Republic of Kosovo, twelve (12) months after the entry into force of this Instruction, must contain health warnings defined in this Administrative Instruction.
3. Twelve (12) months after the entry into force of this AI, all tobacco products without health warnings defined in this Administrative Instruction in the territory of the Republic of Kosovo are prohibited.

**Article 12**  
**Annexes**

Annex 1: Combined health warnings, general health warnings and information message,

Annex 2: Illustrations of the placement of health warnings on the packaging of tobacco products,  
and

Annex 3: Health warnings for tobacco products for smoking in cuboid-shaped packages.

**Article 13**  
**Entry into force**

This Administrative Instruction shall enter into force seven (7) days after being signed by the Minister of Health and published in the Official Gazette.

Dr. Arben Vitia

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Minister of Health  
21.09.2023

## Library of health warnings - ANNEX 1

### COMBINED HEALTH WARNINGS, GENERAL HEALTH WARNINGS AND INFORMATION MESSAGE

#### Instructions:

- i. Combined health warnings and general health warnings must correspond to each other as presented below in this document, grouped into 10 types of remarks arranged by ordinal number from 1 to 10.
- ii. Each package of tobacco products for smoking must contain the combined warning, general warning and information message.
- iii. The information message is identical for all packaging of tobacco products for smoking: **"Tobacco smoke contains over 70 substances known to cause cancer"**.
- iv. Every package of smokeless tobacco products must carry the general health warning: **"This tobacco product damages your health and is addictive"**.
- v. Health warnings for cuboid packaging of tobacco products for smoking must be taken from Annex-3 of the library of health warnings. These warnings have high resolution and high quality format.
- vi. The manner of placement of health warnings for different forms of packaging of tobacco products is illustrated in appendix-2 of the health warnings library.
- vii. High-quality pictures of the combined health warnings for all packaging of tobacco products, except of those for cuboid packages (these are taken from appendix number 3), may be downloaded at the link <https://msh.rks-gov.net/Documents/Index/270> or requested from the Ministry of Health at the email address [msh.info@rks-gov.net](mailto:msh.info@rks-gov.net)

## **WARNING 1**

General warning:

**SMOKING CAUSES THROAT CANCER**

Combined warning:

(a) Picture



(b) Additional warning

This smoker has throat cancer. His larynx has been removed and he can now only breathe through the cavity in his throat.

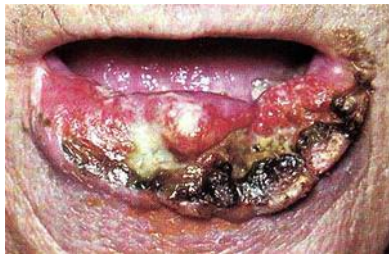
## **WARNING 2**

General warning:

**SMOKING CAUSES MOUTH CANCER**

Combined warning:

(a) Picture



(b) Additional warning

Smoking causes cancer of the tongue, lips and other parts of the mouth. Medical treatment includes surgeries that can deform your face.

### **WARNING 3**

General warning:

**SMOKING CAUSES BLOOD VESSEL DISEASE**

Combined warning:

(a) Picture



(b) Additional warning

Smoking narrows and blocks blood vessels, reducing the flow of blood and oxygen to your limbs. Over time, this causes pain, open sores and gangrene that leads to limb amputation.

## **WARNING 4**

General warning:

**PROTECT CHILDREN FROM TOBACCO SMOKE**

Combined warning:

(a) Picture



(b) Additional warning

Children exposed to the secondhand smoke may suffer from dangerous lung diseases, ear infections and experience asthma attacks.

## **WARNING 5**

General warning:

**SMOKING HARMS UNBORN BABIES**

Combined warning

(a) Picture



(b) Additional warning

Smoking during pregnancy reduces blood flow to the placenta, limiting oxygen and other nutrients to the baby. Smoking increases the risk of miscarriage, premature birth and raises the possibility that the child may be born with a smaller brain and body.

## **WARNING 6**

General warning:

**SMOKING CAUSES LUNG CANCER**

Combined warning:

(a) Picture



(b) Additional warning

Smoking causes lung cancer, emphysema and other respiratory problems. Emphysema destroys the air sacs of the lungs. Over time, breathing becomes difficult. You begin to slowly die from the lack of air.

## **WARNING 7**

General Warning:

**SMOKING KILLS**

General Warning:

(a) Picture



(b) Additional warning

This is how death from lung cancer looks like. Barb Tarbox has died at the age of 42 from lung cancer caused by smoking.

## **WARNING 8**

General warning:

**SMOKING CAUSES HEART ATTACK**

Combined warning:

(a) Picture



(b) Additional warning

Smoking causes heart disease by damaging blood vessels and the blood supply to your heart. One year after quitting smoking, the risk of heart disease is reduced by half.

## **WARNING 9**

General warning:

**SMOKING IS ADDICTIVE**

Combined warning:

(a) Picture



(b) Additional warning

Nicotine is addictive. After a short time, you will find it difficult to control the amount of tobacco you smoke or to quit smoking. Many people do not realize they are addicted to smoking until they try to quit.

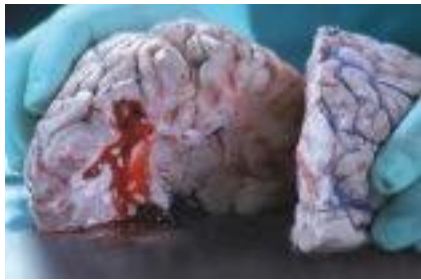
## **WARNING 10**

General warning:

**SMOKING CAUSES STROKE**

Combined warning:

(a) Picture



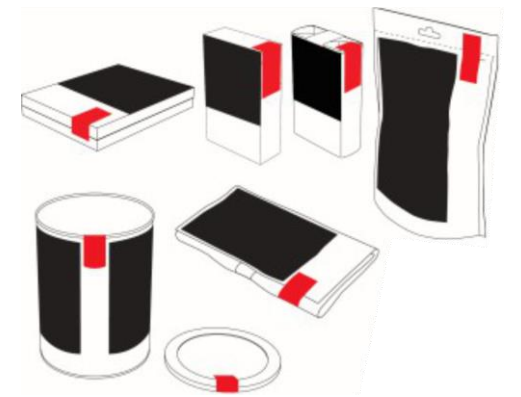
(b) Additional warning

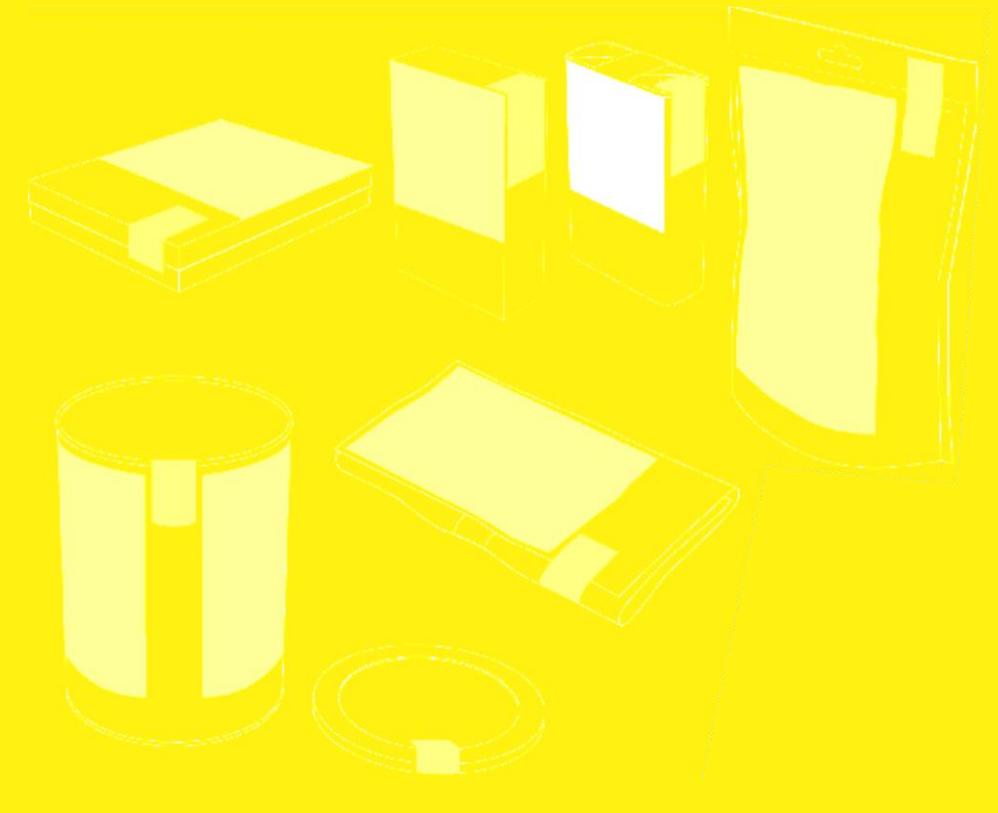
Smoking narrows and blocks the arteries in your brain. Blockage of arteries causes stroke. A stroke leads to permanent paralysis, impairs speech, and causes disability and death.

Libraria e Vërejtjeve Shëndetësore - SHTOJCA 2  
Knjižara zdravstvenih upozorenja - ANEKS 2

Ilustrimet e vendosjes së vërejtjeve shëndetësore në paketimet e produkteve të duhanit

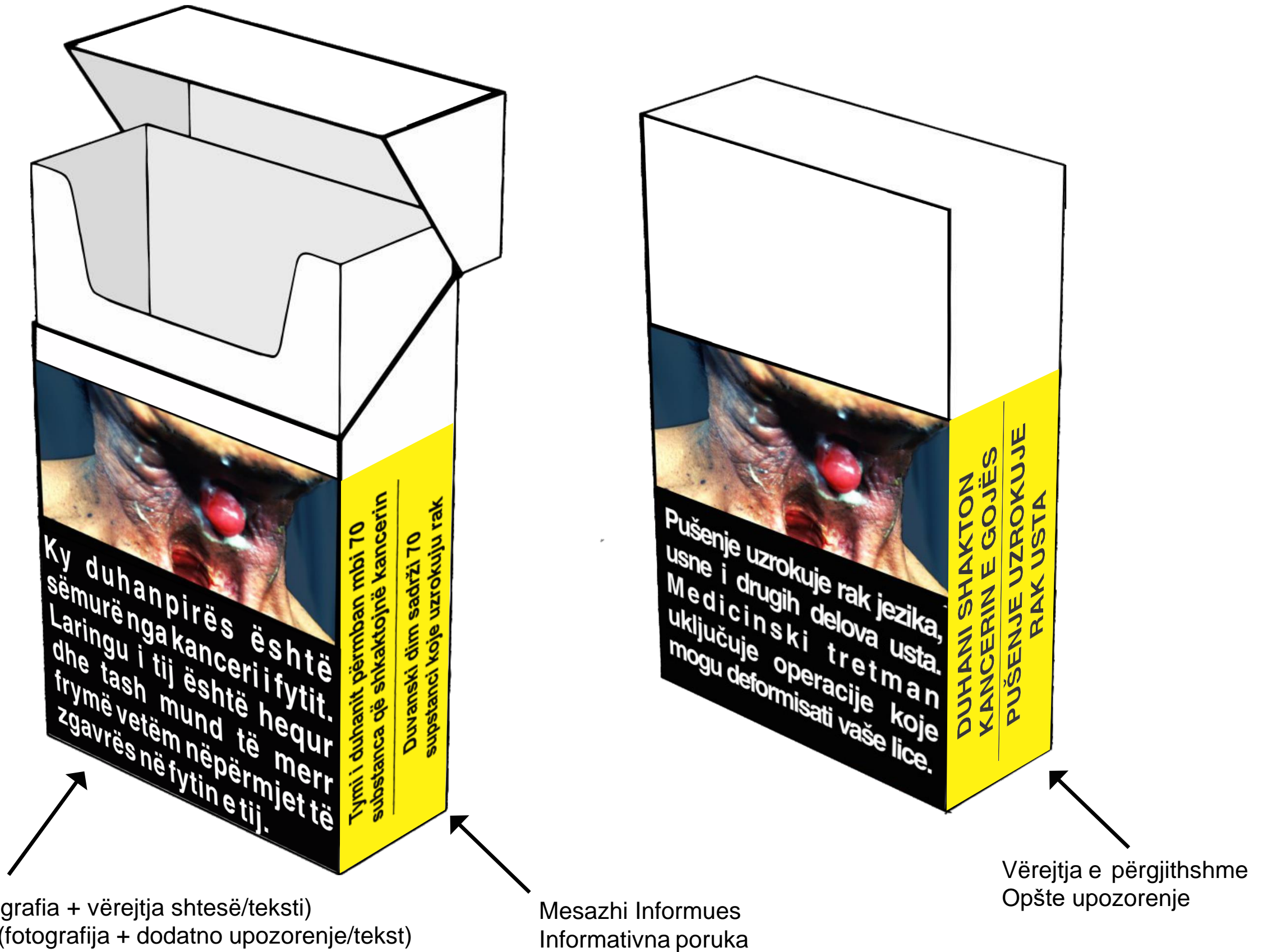
Ilustracije postavljanja zdravstvenih upozorenja na pakovanja duvanskih proizvoda

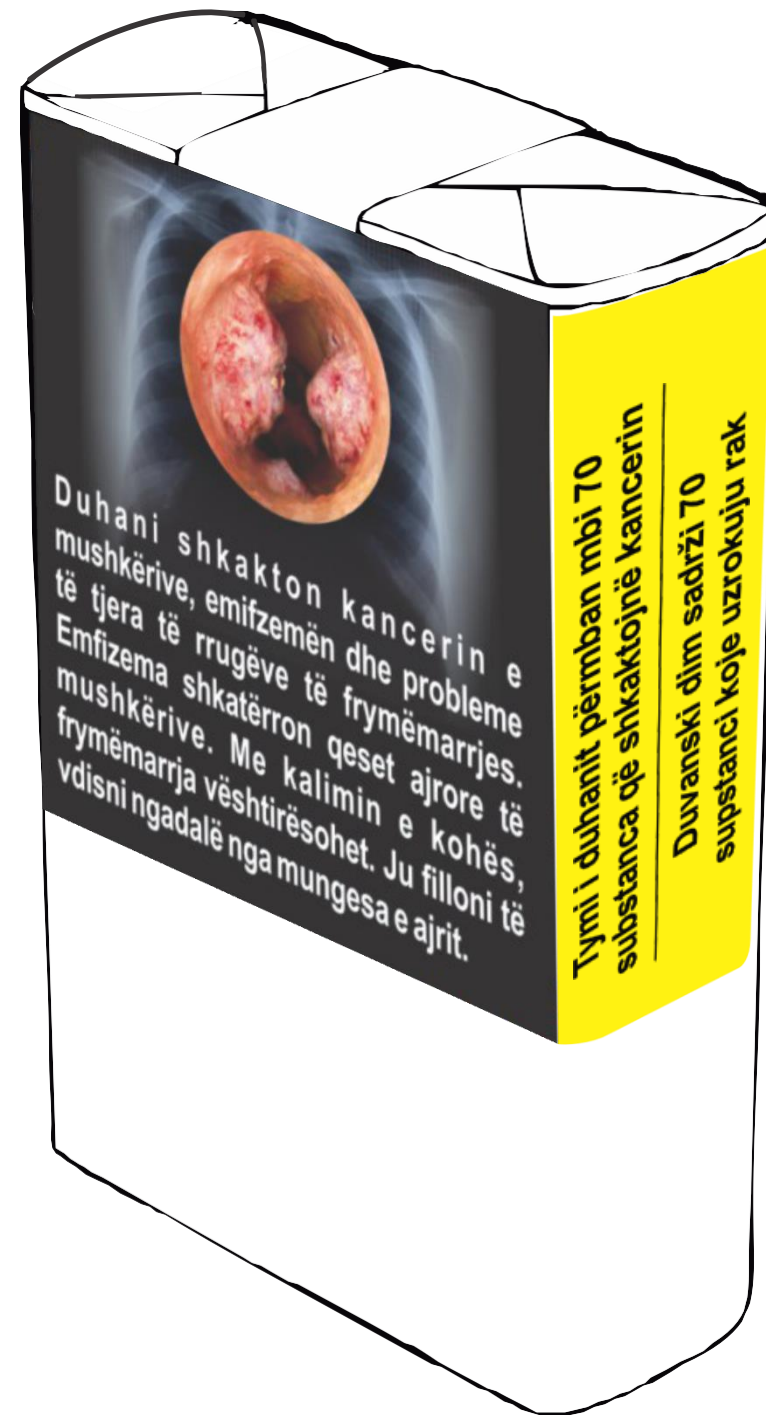




- 1.1 Paketimet në formë kuboide me kapak flip top
- 1.2 Paketimet në formë kuboide
- 1.3 Paketimet në formë të qeses së xhepit me një palosje
- 1.4 Paketimet në formë të qeses së xhepit me dy palosje
- 1.5 Paketimet në formë të qeses së xhepit që qëndron vertikalisht
- 1.6 Paketimet në formë cilindrike
- 1.7 Paketimet në formë të kutisë krah me kapak që varet
- 1.8 Paketimet në formë të kutisë krah me kapak që hiqet
- 1.9 Paketimet në formë të tubit cilindrik njësh për puro
- 2.0 Paketimet e jashtme

1.1 Paketimet në formë kuboide me kapak flip top

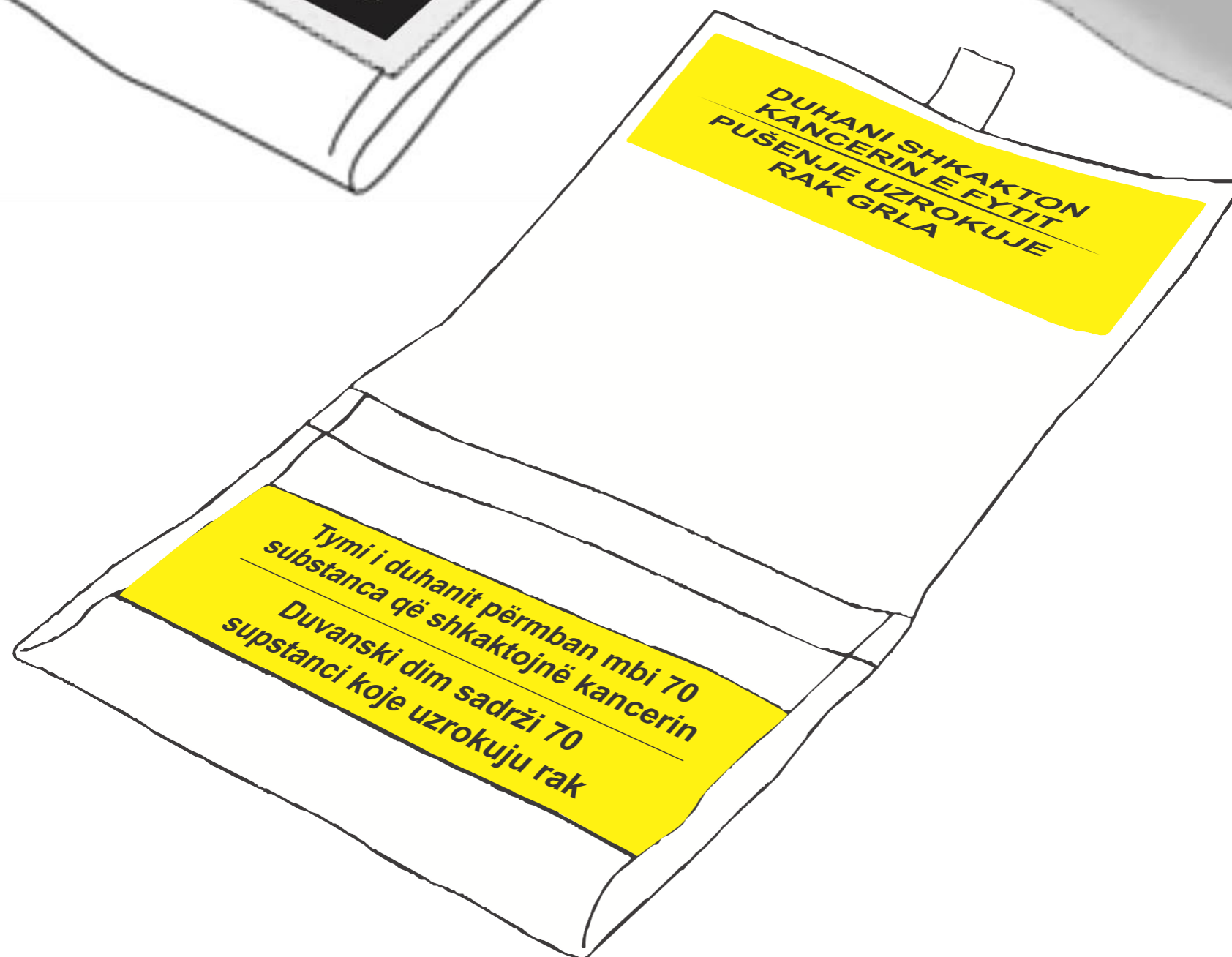




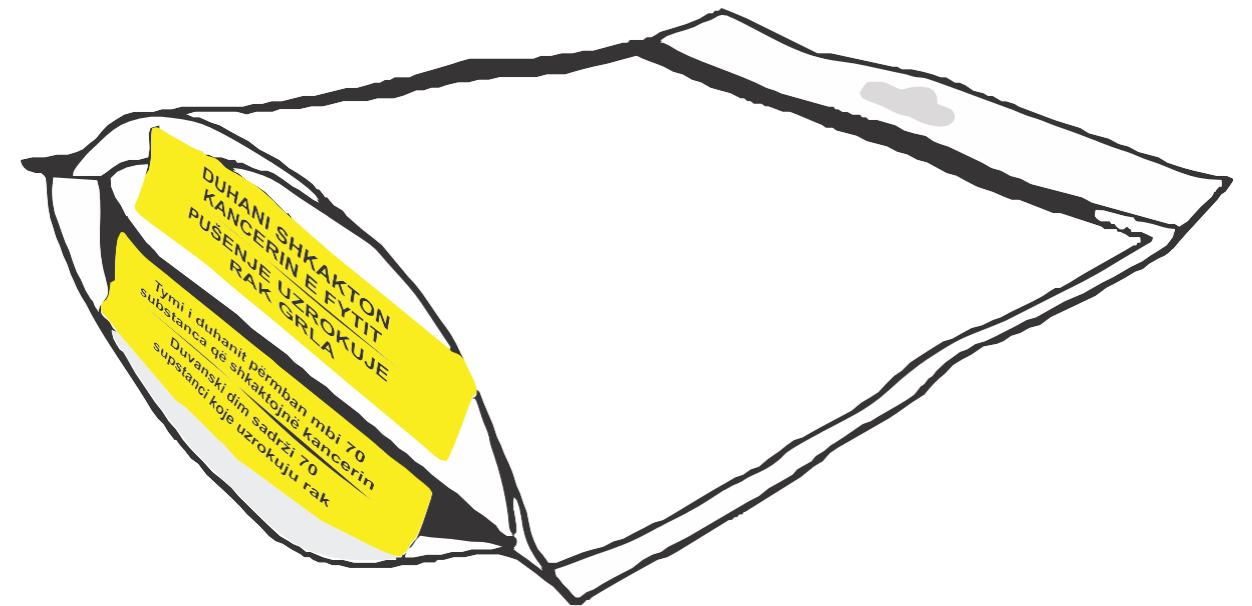




1.4 Paketimet në formë të qeses së xhepit me dy palosje



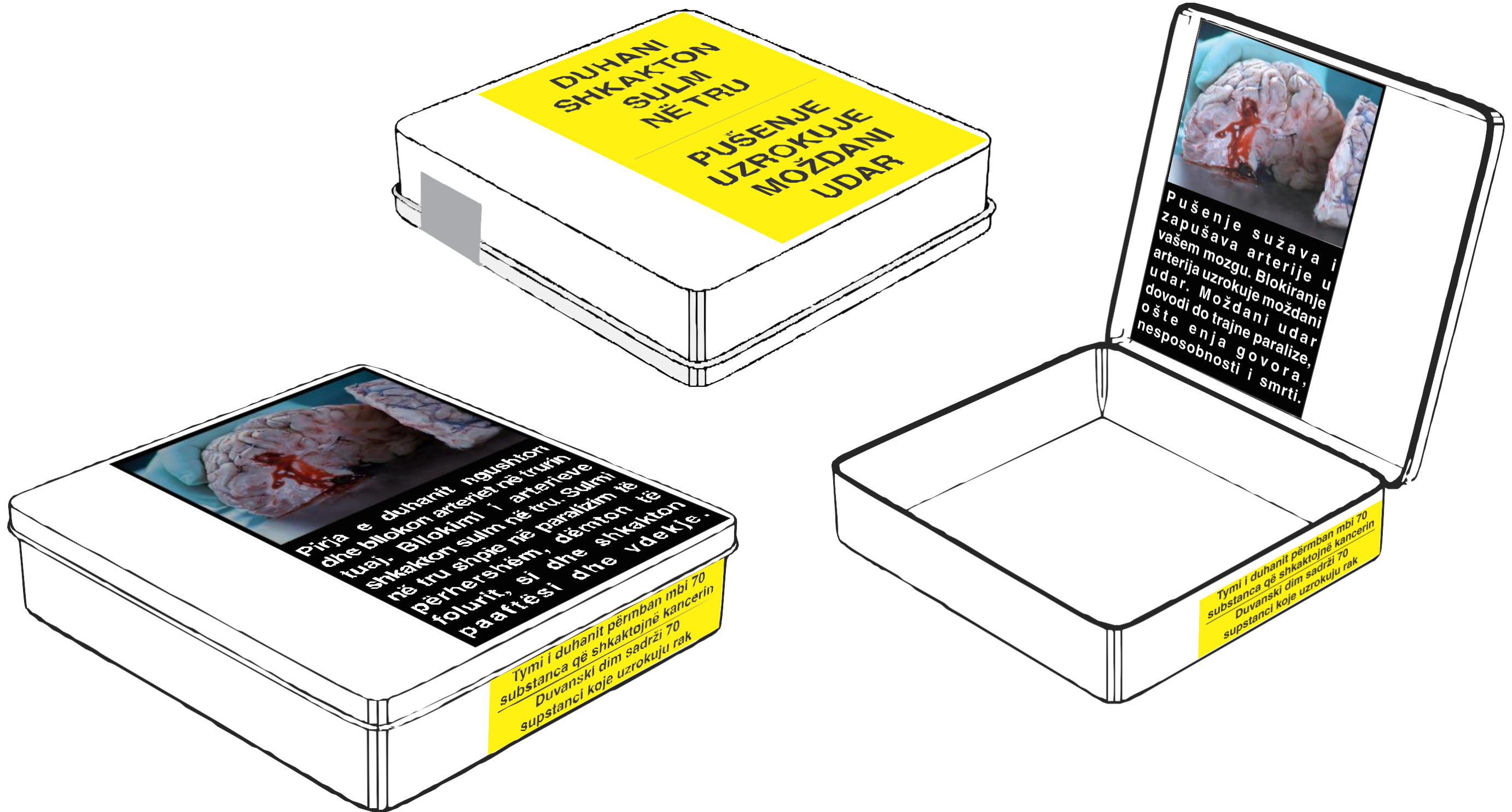
1.5 Paketimet në formë të qeses së xhepit që qëndron vertikalisht

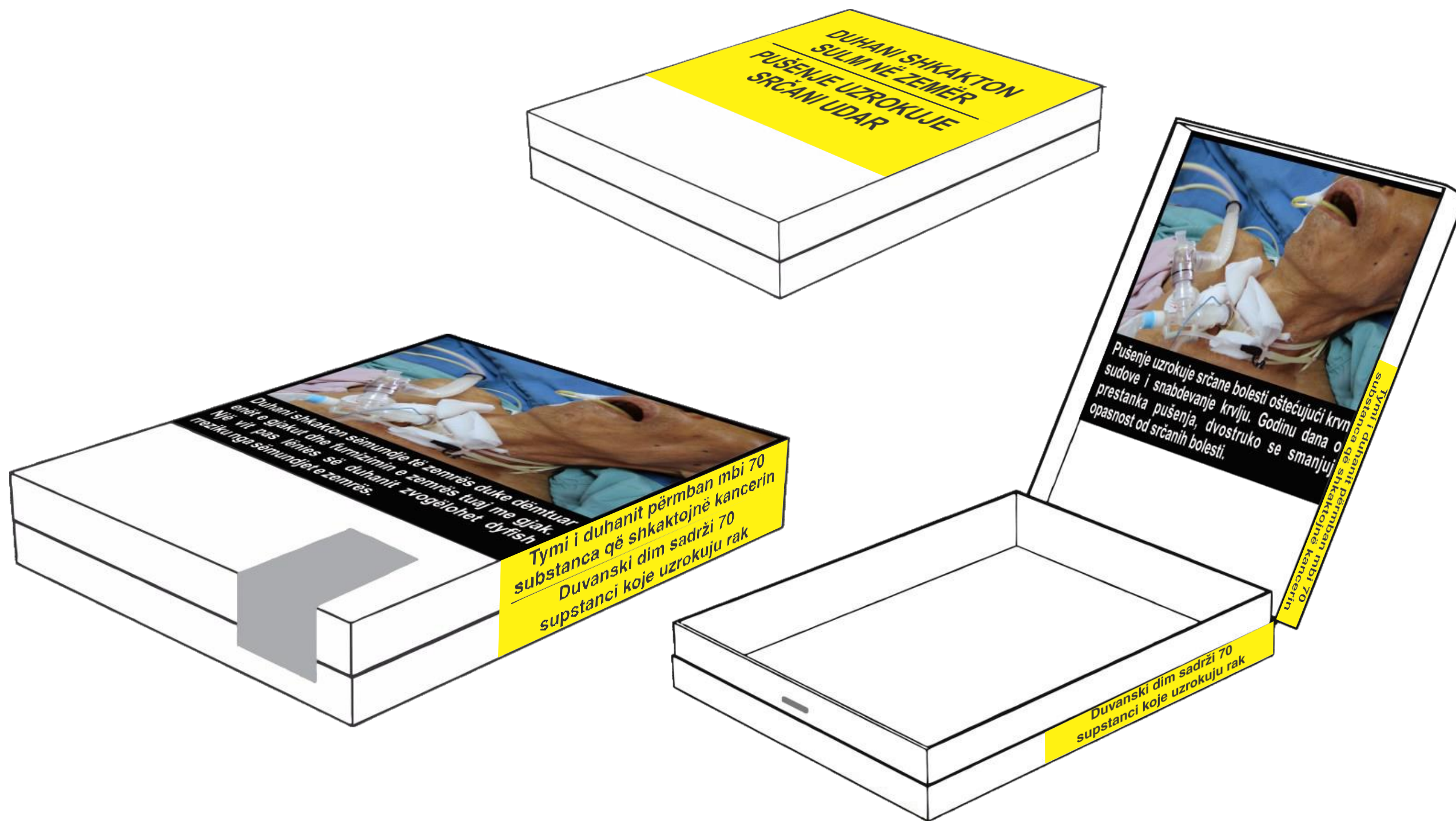




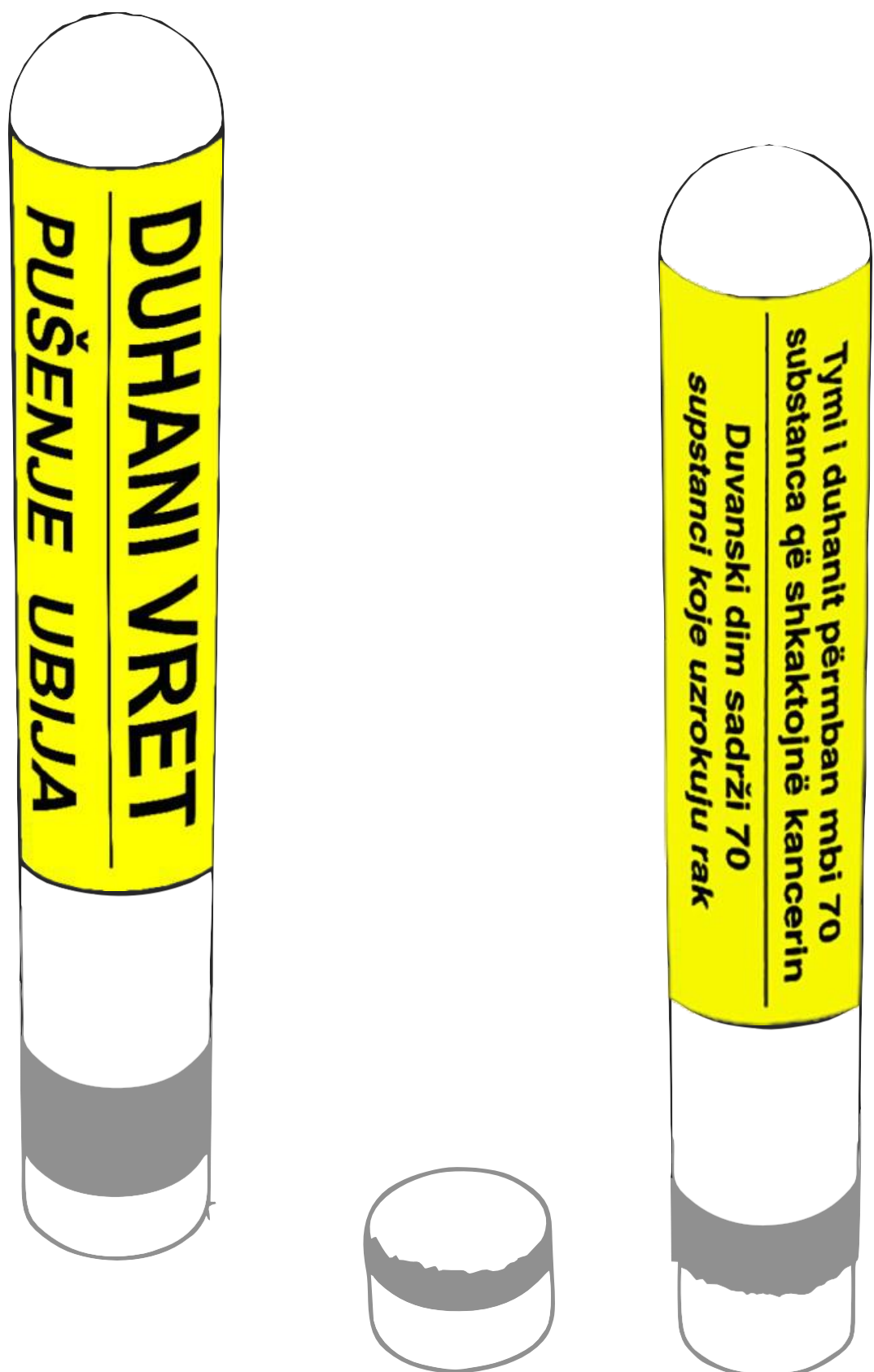








1.9 Paketimet në formë të tubit cilindrik njësh për puro





Vërejtjet shëndetësore për paketimet e produkteve të duhanit për tymosje në formë kuboideZdravstvena upozorenja za kuboidna pakovanja duvanskih proizvoda za pušenje



**DUHANI SHKAKTON  
KANCERIN E FYTIT  
PUŠENJE UZROKUJE  
RAK GRLA**



Ky duhanpirës është sëmurë nga kanceri i fytit. Laringu i tij është hequr dhe tash mund të merr frymë vetëm nëpërmjet të zgavrës në fytin e tij.



Ovaj pušač je oboleo od raka grla. Njemu je grkljan uklonjen i sada može disati samo preko otvora na njegovom grlu.

Tymi i duhanit përmban mbi 70  
substanca që shkaktjnë kancerin

Duvanski dim sadrži 70  
supstanci koje uzrokuju rak

**DUHANI SHAKTON  
KANCERIN E GOJËS  
PUŠENJE UZROKUJE  
RAK USTA**



Konsumimi i duhanit shkakton kancerin e gjuhës, buzëve dhe pjesëve të tjera të gojës. Trajtimi mjekësor përfshinë operacione që mund të deformojnë fytyrën tuaj.



Pušenje uzrokuje rak jezika, usne i drugih delova usta. Medicinski tretman uključuje operacije koje mogu deformisati vaše lice.

Tymi i duhanit përmban mbi 70  
substancia që shkaktojnë kancerin

Duvanski dim sadrži 70  
supstanci koje uzrokuju rak

**DUHANI SHKAKTON SËMUNDJE  
TË ENËVE TË GJAKUT**

**PUŠENJE UZROKUJE  
ZAÇEPLJENJE KRVNIH SUDOVA**



Konsumimi i duhanit ngushton dhe bllokton enët e gjakut duke e reduktuar qarkullimin e gjakut dhe oksigjenit në gjymtyrët tuaja. Me kalimin e kohës, kjo shkakton dhimbje, plagë të hapura dhe gangrenë që shpie në amputimin e gjymtyrëve.



Pušenje sužava i začepljuje krvne sudove, smanjujući protok krvi i kiseonika u vašim udovima. Tokom vremena, ovo uzrokuje bolove, stvarajući otvorene rane i gangrenu što dovodi do amputacije udova.

**Tymi i duhanit përmban mbi 70  
substancë që shkaktojnë kancerin**

**Duvanski dimi sadrži 70  
supstancë që shkaktojnë kancerin**

**MBRONI FËMIJËT  
NGA TYMI I DUHANIT  
ZAŠTITITE DECU OD  
DUVANSKOG DIMA**



Fëmijët që i ekspozohen tymit të duhanit preken nga sëmundje të rrezikshme të mushkërive, infeksione të veshit dhe përjetojnë sulme astmatike.



Deca koja su izložena duvanskom dimu su pogođena opasnim plućnim bolestima, infekcijama uva i napadima astme.

**Tymi i duhanit përmban mbi 70  
substancia që shkaktojnë kancerin**

**Duvanski dim sadrži 70  
supstanci koje uzrokuju rak**

**DUHANI DËMTON FËMIJËT  
ENDE PA LINDUR**

**PUŠENJE ŠTETI  
NEROËNOM DETETU**



Duhani gjatë shtatzënisë zvogëlon qarkullimin e gjakut në placentë, kufizon oksigjenin dhe ushqyesit e tjerë të fëmija. Duhani shton rrezikun për abortim, lindje të parakohshme dhe mundësinë që fëmija të lind me tru dhe trup më të vogël.



Pušenje u trudnoći smanjuje protok krvi u posteljicu, ograničava kiseonik i druge hranljive materije za bebu. Pušenje povećava rizik od pobačaja, prevremenog porođaja i mogućnost rođenja deteta sa manjim mozgom i telom.

**Tymi i duhanit përmban mbi 70  
substanca që shkaktojnë kancerin**

**Duvanski dim sadrži 70  
supstanci koje uzrokuju rak**

**DUHANI SHKAKTON  
KANCERIN E MUSHKËRIVE  
PUËNJE UZROKUJE  
RAK PLUÇA**



Duhani shkakton kancerin e mushkërive, emfizemën dhe probleme të tjera të rrugëve të frymëmarrjes. Emfizema shkatërron qeset ajrore të mushkërive. Me kalimin e kohës, frymëmarrja vështirësohet. Ju filloni të vdisni ngadalë nga mungesa e ajrit.

Tymi i duhanit përmban mbi 70  
substancë që shkaktojnë kancerin

Duvanski dimi sadrži 70  
supstanci koje uzrokuju rak

**DUHANI VRET  
PUŠENJE UBIJA**



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Kështu duket vdekja nga kanceri i mushkërive. Barb Tarbox ka vdekur në moshën 42 vjeçare nga kanceri i mushkërive i shkaktuar nga pirja e duhanit.



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Ovako izgleda smrt od raka pluća. Barb Tarbox je umro u 42 godini zbog raka pluća kojeg je uzrokovalo pušenje.

Tymi i duhanit përmban mbi 70  
substanca që shkaktojnë kancerin

Duvanski dim sadrži 70  
supstanci koje uzrokuju rak

**DUHANI SHKAKTON  
SULM NË ZEMËR  
PUŠENJE UZROKUJE  
SRÇANI UDAR**



Duhani shkakton sëmundje të zemrës duke dëmtuar enët e gjakut dhe furnizimin e zemrës tuaj me gjak. Një vit pas lënies së duhanit zvogëlohet dyfish rreziku nga sëmundjet e zemrës.



Pušenje uzrokuje srčane bolesti oštećujući krvne sudove i snabdevanje krvlju. Godinu dana od prestanka pušenja, dvostruko se smanjuje opasnost od srčanih bolesti.

Tymi i duhanit përmban mbi 70  
substancia që shkaktojnë kancerin

Duvanski dim sadrži 70  
supstanci koje uzrokuju rak

## DUHANI ËSHTË VARËSI

PUŠENJE  
STVARA ZAVISNOST



Nikotina shkakton varësi. Pas një kohe të shkurtër ju do ta keni të vështirë të kontrolloni sasinë e duhanit që tymosni ose të lini duhanin. Shumë njerëz nuk e kuptojnë se janë të varur nga duhani deri në momentin kur provojnë ta lënë duhanin.



Nikotin stvara zavisnost. Nakon kratkog vremena teško ćete kontrolisati količinu duvana koju pušite ili prestanak pušenja. Mnogi ljudi ne shvataju da su zavisni od duvana sve dok nisu suočeni sa prestankom pušenja duvana.

Tymi i duhanit përmban mbi 70  
substanca që shkaktojnë kancerin

Duvanski dimi sadrži 70  
supstanci koje uzrokuju rak

**DUHANI SHKAKTON  
SULM NË TRU  
PUŠENJE UZROKUJE  
MOŽDANI UDAR**



Pirja e duhanit ngushton dhe bllokton arteriet në trurin tuaj. Bllokimi i arterieve shkakton sulm në tru. Sulmi në tru shpie në paralizim të përhershëm, dëmton të folurit, si dhe shkakton paaftësi dhe vdekje.



Pušenje sužava i zapušava arterije u vašem mozgu. Blokiranje arterija uzrokuje moždani udar. Moždani udar dovodi do trajne paralize, oštećenja govora, nesposobnosti i smrti.

**Tymi i duhanit përmban mbi 70  
substancia që shkaktojnë kancerin**

**Duvanski dim sadrži 70  
supstanci koje uzrokuju rak**