

Ramadan, **une occasion propice pour** **arrêter de fumer**

**Comment arrêter de fumer pendant
le mois du ramadan ?**

**Penser aux dangers
du tabac et à ses
effets nocifs sur la
santé**

**Faire des activités
de distraction :
sport, TV, lecture, ...**

**Remplacer le fait
de fumer par
d'autre habitude**

**Consulter un
spécialiste ou
des centres
spécialisés en la
matière pour
l'accompagner**

**Boire
abondamment
de l'eau pendant
la rupture du
jeûne**

**Eviter tout ce
qui peut exciter
le fumeur pour
fumer**

**Eviter les
espaces des
fumeurs**



Jarrecircte De Fumer Jarrecircte

L Darling-Hammond



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