

What will YOU gain from quitting?

- WITHIN 24 hrs your risk of stroke & heart attack go down
- Breathing EASIER in 3 days
- Coughing LESS in 2 weeks
- Risk of heart disease is HALVED after 1 year
- EVERY CIGARETTE YOU DON'T SMOKE IS DOING YOU GOOD



I'm too young to smoke

Smoke-free Homes and Cars

- Help start a smoke free culture
- Smoke outside away from others
- It is illegal to smoke in cars with under 16's

NO SMOKES NORTH COAST

Funded by Department Health & Ageing
Contact Project Officers on 02 66515774



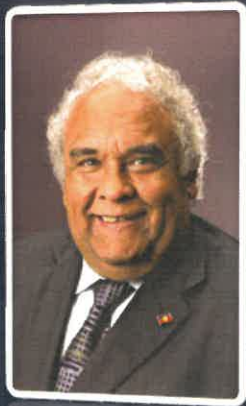
MAKE 2011 THE YEAR YOU GIVE UP THE SMOKES

NO SMOKES NORTH COAST

Supported by Many Rivers Alliance
and Aboriginal Health NSW Health

“One in two of our people smoke and one in five die from smoking related diseases.”

Dr Tom Calma, National Coordinator, Tackling Indigenous Smoking



Smoking is the number 1 cause of illness and death in Aboriginal people.



Where do I start if I want to quit smoking?

Nicotine patches are available on prescription

Champix and Zyban are also available

Any of these medicines at least double your chances of quitting!

Your GP will yarn to YOUR best treatment

There is no need to have unpleasant withdrawal effects from quitting!

MAKE IT EASY ON YOURSELF!