

How the NCACCH Tackling Indigenous Smoking Team can support you:

- Support you with your quit journey
- Link you with Quitline and other services
- Provide information, support and awareness of secondhand smoking
- Can support individuals and organisations to make their environments Smoke-Free places
- Support groups
- Community events

For more information please contact the NCACCH Tackling Indigenous Smoking Team on 5346 9800

How QUITLINE can support you:

- Access to dedicated Aboriginal and Torres Strait Islander support staff
- Help you with your Quit plan and provide one on one support
- Help to understand the benefits of quitting/reducing
- Provide you with 3 months of Nicotine Replacement Therapy (NRT)
- Support with accessing and using interactive Quit apps

For more information please contact the NCACCH Tackling Indigenous Smoking Team on 5346 9800

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ihca

supporting excellence

CERTIFICATION

ISO 9001:2015
QUALITY CERTIFIED
ORGANISATION

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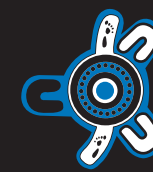
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NCACCH



North Coast Aboriginal Corporation
for Community Health

NO DURRI®



...FOR THIS MURRI...

"Let's Clear The Air"

"Let's Clear the Air"
aims to provide support
and awareness to help you and
your family make your house
and car Smoke-Free.

"Your Pathway to Better Health"

MAKE A SMOKE-FREE PLEDGE

A pledge shows your commitment to making your house and care Smoke-Free.

WHY SIGN THE PLEDGE?

- "Let's Clear the Air" and look after your family, by improving you and your family's health
- Reducing the harmful effects from second-hand smoke
- Breaking the cycle of smoking amongst our mob
- Helping your family live longer
- Being a positive role model

HOW TO SIGN THE PLEDGE?

1. You can contact the NCACCH Tackling Indigenous Smoking Team on 5346 9800
2. Go to the Tackling Indigenous Smoking page at www.ncacch.org.au
3. Go to the Tackling Indigenous Smoking facebook page @ND4TM

Everyone who signs a pledge will receive a No Durri for this Murri[®] "Let's Clear the Air" pack and go into the draw to win great prizes!

WHAT IS PASSIVE SMOKING (SECOND-HAND SMOKING)

Passive smoking is when someone breathes in the combination of:

- smoke exhaled by a smoker and
- smoke from the end of a burning cigarette

Some facts about Second-Hand Smoke:

- Second-hand smoke exposure can be just as harmful to the unborn baby as the mother herself smoking during pregnancy
- In one hour, a person in an extremely smokey room, inhales enough toxic chemicals to equal 10 cigarettes
- There is no safe level of second-hand smoking - Second-hand smoke poses a risk to all those around you, even to your pets too!
- There are over 7000 chemicals found in second-hand smoke
- Second-hand smoke can be more toxic than the smoke inhaled by a smoker

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TOP TIPS TO MAKE YOUR HOME AND CAR SMOKE-FREE:

- Encourage your family to agree on a date to make the home Smoke-Free
- Remove all ashtrays and lighters from indoor areas
- Display a NCACCH "Let's Clear the Air" magnet on the fridge and a sticker at the front door
- Ask family and friends to smoke outside when they visit
- Hang a NCACCH "Let's Clear the Air" air freshener in your car
- Don't take your cigarettes with you in the car
- Clean out the ashtray and remove the cigarette lighter from the car
- Encourage everyone to smoke outside of the car

REMEMBER!!

It is illegal to smoke in the car with a child under 16