

THE BENEFITS OF QUITTING SMOKING:

Being smoke-free will benefit the people closest to you as well as yourself. Quitting smoking at any age is the best thing you can do for your health.

BETTER HEALTH

You will feel the benefits of quitting as your body repairs itself

MORE MONEY

A 25 pack a day smoker spends over \$9,000 a year

FRIENDS & FAMILY

Give your kids the best start to life by keeping your home and car smoke-free

If you would like more information please contact the NCACCH Tackling Indigenous Smoking (TIS) Team on (07) 5346 9800



NCACCH



North Coast Aboriginal Corporation
for Community Health

This program is funded by



Australian Government
Department of Health

ihca

supporting excellence

CERTIFICATION

ISO 9001:2015
QUALITY CERTIFIED
ORGANISATION

BIRTINYA OFFICE

8/8 Innovation Parkway
BIRTINYA, QLD 4575

P: (07) 5346 9800 | F: (07) 5346 9899

PO Box 479, Cotton Tree QLD 4558

E: admin@ncacch.org.au

W: www.ncacch.org.au

GYMPIE OUTREACH OFFICE

Shop 4/4 Horseshoe Bend
Gympie, QLD 4570

P: (07) 5375 2011



NO DURRI®

...FOR THIS MURRI...

Tackling Indigenous Smoking

The No Durri For This Murri® TIS Team aims to provide information about tobacco dependence, reducing the harm of smoking and making a safe smoke-free environment.

"Your Pathway to Better Health"

HOW WE'RE HELPING OUR COMMUNITY!

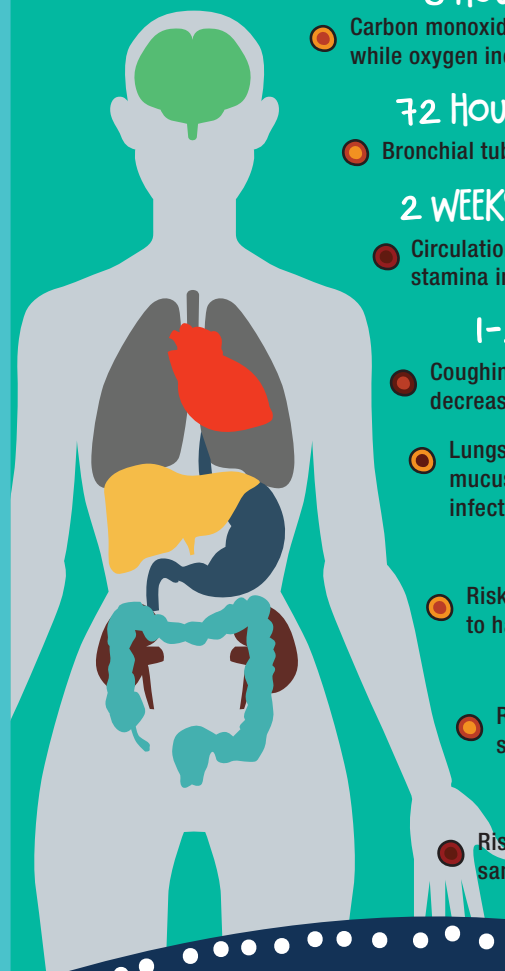
- Raising awareness of the health risks of tobacco use
- Supporting community to start their quit journey
- Quitline referrals
- Quit information packs
- Providing tobacco stalls at community events, sporting events and schools
- Holding information and education sessions with a focus on interactive displays
- Monthly prize draws, incentives and promotional items for achieving certain milestones

"LET'S CLEAR THE AIR" SMOKE-FREE PLACES

- Support community to create smoke-free environments; e.g. homes, cars and workplaces
- Sign a smoke-free pledge
- For more information please visit the NCACCH Tackling Indigenous Smoking page at www.ncacch.org.au



WHAT QUITTING DOES TO YOUR BODY



8 HOURS

- Carbon monoxide in your blood drops while oxygen increases

72 HOURS

- Bronchial tubes relax

2 WEEKS-3 MONTHS

- Circulation, lung function and stamina improve

1-9 MONTHS

- Coughing and sinus congestion decrease
- Lungs are better able to clear mucus, keep clean and reduce infection

1 YEAR

- Risk of heart disease drops to half that of a smoker

5 YEARS

- Risk of a stroke is the same as a non-smoker

15 YEARS

- Risk of a heart attack is the same as a non-smoker

HOW QUITLINE CAN SUPPORT YOU!

- Access to a dedicated team of Aboriginal and Torres Strait Islander counsellors, both men and women
- Expert advice, encouragement and resources to help you quit
- Tailored support to suit your specific needs
- Download the 'QuitBuddy' app to track your quitting journey. With a touch of a button, you will have 24/7 access to support and encouragement
- If you're pregnant or planning to be, you can download 'Quit for you - Quit for two', a free app that provides support and encouragement to help you give up smoking
- Access to free Nicotine Replacement Therapy

To find out what other support is available, please talk to your Doctor or Pharmacist


Quitline
13 7848