

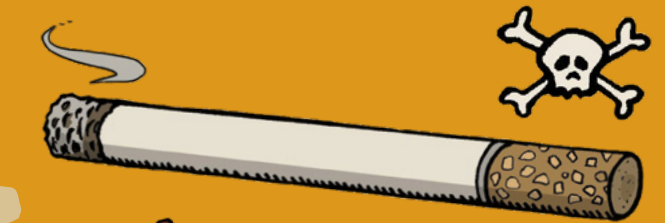
What's in a cigarette?

Cigarette smoke contains around 7,000 different chemicals. Some of them are:

- Paint thinner (turps)
- Butane (used in lighter fluid)
- Arsenic (insecticides)
- Ammonia (chemical cleaner)
- Acetone (nail polish remover)
- Lead (toxic metal)

Second-hand smoke

Second-hand smoke is the smoke which people breathe out or smoke that comes off the end of a burning cigarette. This smoke is harmful to those around you who breathe it in.



How to protect yourself and your loved ones from second-hand smoke

- Choose not to smoke in the house
- Have a designated smoking area away from the house
- Don't smoke in the car
- Use signs or stickers so family and friends know the appropriate place to smoke
- If you're a visitor ask where you can smoke
- Take extra care around our elders, pregnant mothers and especially our children

Quitline 13 7848

or text 0477 765 007 for a callback

The following people can also offer quit support:

- Doctor or GP
- Nurse
- Pharmacist
- Aboriginal Health Practitioner / Worker
- Tackling Indigenous Smoking Educator
- Family and friends



In association with
Aboriginal Health Council
of Western Australia



Government of Western Australia
Department of Health

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Quitline
Aboriginal
Liaison Team

Second-hand smoke Protecting everyone around you



Illustrations: Patrick Bayly
AHCWA_QALF_Flyer_JAN20

Our family rules about smoking:

1. Don't smoke near our kids

2.

3.

4.

5.

6.

7.

8.

