

**KATHERINE WEST
HEALTH BOARD**
Aboriginal Corporation

Yarn with your **local
clinic mob** for more
information on
quitting smoking.



what's your
SMOKE FREE ?
story 



Tackling
Indigenous
Smoking

How to use
the **Nicotine**
Gum.



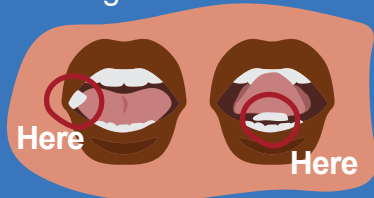


1

Use **one** nicotine gum **at a time** when you feel like a smoke.

2

Put the gum into the mouth and **chew 4 – 5 times**, then leave the gum **between the gum and cheek or under the tongue**. Chew again when you get another craving.



Do not swallow the gum.



3

Throw the gum in the bin when the flavour is gone or **after 30 minutes**.



4

Come back to the clinic in one week to yarn about how the nicotine gum is going.

No more than _____ gum per day.

Date: _____