



**KATHERINE WEST
HEALTH BOARD**
Aboriginal Corporation

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



**Tackling
Indigenous
Smoking**

How to use the **Nicotine Lozenges.**





1

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

2

Put the lozenge **between your gum and cheek** and roll it around the mouth until it dissolves. **DO NOT** chew, suck, or swallow the lozenge.



3



Come back to the clinic in one week to yarn about how the nicotine lozenges are going.

No more than _____ lozenges per day.

Date: _____