

1

Peel **nicotine patch** off from paper.



2

Put the patch on **upper arm or upper back** that is clean, dry and not hairy or sore. Press onto skin for **20 seconds**, then wash hands with water.



3

Leave the patch on **all day**.



4

Take the patch off **before going to bed** and put the patch in the bin.



5

Every morning, put a **new patch** on a different part of the upper body.



6

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



Date: _____



**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**
Patch.

