

TACKLING INDIGENOUS SMOKING

Nicotine

Children and pets who eat or otherwise ingest Nicotine by accident can die from Nicotine Poisoning within hours. Its not safe.

NICOTINE USE IS AN ADDICTION. THERE IS NO SHAME IN NEEDING HELP IN ENDING THE ADDICTION.

HOW WAS NICOTINE ORIGINALLY USED?

Ancestors used bush Tobacco for the Nicotine content to keep hunger away, treat pain and give them energy on long journeys. It was most often chewed, not smoked.

Many Aboriginal and/or Torres Strait Islander families were paid from employment with Tobacco this meant they would become addicted and always go back to work.

Nicotine is colourless, odourless and tasteless. It is highly toxic and can cause your body to react straight away.

Immediate effects are high blood pressure, fast heart rate and a drop in the oxygen in your body.

Nicotine crosses the membrane of your brain in 7–10 seconds releasing dopamine and adrenaline beginning the addiction to the feeling that comes from this.

Nicotine is commonly sourced from Tobacco plants used for cigarettes, pouch tobacco, vapes and NRT—Nicotine Replacement therapy which means that at each step of the way the growers of tobacco benefit.

- Nicotine withdrawal symptoms can be:
- Feeling angry or irritable
- Sad, anxious or depressed
- Unable to concentrate
- Insomnia
- Mouth ulcers
- Constipation
- Headaches
- Among many more.

Overcome your Nicotine addiction today

- Quit smoking
- See your GP or midwife for access to NRT (patches, gums, lozenges etc.) these are safer than continuing to smoke
- Tell your friends and family you're quitting
- Get your partner in on the act too if you can
- Practice the 4Ds - Delay, drink water, distract yourself and practice deep breathing
- Call the Quitline on

137 848

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The best view comes after the hardest climb. ~ unknown

