

# Good Things About Giving Up Smoking

## TESTIMONIALS FROM NO DURRI FOR THIS MURRI™ PROGRAM PARTICIPANTS

### 48 year old male

Gave up smoking because it was a burden on his health and wanted a healthier life. Used patches to quit and stopped smoking after just 3 weeks. NCACCH support worker helped build confidence, provide direction and support. Health has improved and children happy to have smoke free parents.

### 59 year old female

Learnt about program through a brochure at her doctors surgery. Quit 5 months ago through hypnotherapy. Weekly contact from NCACCH Support Worker helped her stay on track. Had great support from her family and her grandchildren are very proud of her quitting.

### 40 year old female

Joined the program for her children and to lead a healthy life. Since quitting she has had a whole lifestyle change. Used patches, acupuncture and hypnotherapy and has been smoke free for 3 years. Found the chemist staff and the NCACCH worker very helpful and supportive.

### 50 year old female

Gave up for her health, her children and her grandchildren. Quit 5 months ago using hypnotherapy. Highly recommends the program and feels the support worker is a valuable asset. She said her skin looks better, food tastes and smells better, her hair and clothes don't smell anymore and she is saving

## Smoking Cessation Painting Story

The painting highlights the "No Durri for This Murri"™ Smoking Cessation Program. The 6 outer circles represent the different communities NCACCH covers across the Sunshine Coast and Gympie regions. The smaller "U" shaped symbols around these circles represent the participants currently engaged in the program. The larger inner circle represents NCACCH who, through it's extensive network, links our community into the program. The larger black and white "U" shaped symbols represent the NCACCH Smoking Cessation Support Worker and the Quit Coaches working with the participant to support them in their quit journey. The stars represent the deadly participants who have successfully quit.



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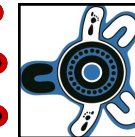
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**NCACCH** | North Coast Aboriginal Corporation for Community Health

No Durri For This Murri™

Keep Our Kids Smoke-Free



This brochure aims to provide our community with advice, tips and education around the harmful effects of passive smoking and smoking in the house and car around our young ones

## What Is Passive Smoking?

Passive smoking (second-hand smoke) means breathing in other people's tobacco smoke from cigarettes, cigars, pipes and other sources.

Second-hand smoke is a danger to everyone, but children, pregnant women and the partners of smokers are most vulnerable.

A smoker's exhaled smoke is called "exhaled mainstream smoke". The smoke drifting from their lit cigarette is called "sidestream smoke". The combination of mainstream and sidestream smoke is called second-hand smoke and is very harmful to your family

### Some facts about second-hand smoke and children:

- \* *Babies whose mothers smoked during pregnancy often weigh less than those whose mother did not smoke*
- \* *Children who spend one hour in an extremely smoky room inhale enough toxic chemicals to equal smoking 10 cigarettes*
- \* *Children face a higher risk than adults of the negative effects of second-hand smoke*



## Going Smoke Free

Smoking whilst a child is in the room isn't the only way to expose our young ones to second-hand smoke. There are invisible gases in tobacco smoke that spread quickly to all areas of the house and car and can linger long after you put your cigarette out.

### Why go smoke free?

When you smoke whilst pregnant or around children you increase their risk of:

- Sudden Infant Death Syndrome (SIDS)
- Getting croup, bronchitis and pneumonia during their first 18 months of life
- Developing asthma during childhood
- Glue Ear (infection and swelling of the ear)
- Meningococcal disease (can cause death, mental disability, hearing loss or loss of limb)



## Top 10 tips to make your home and car smoke free

- \* **Get the family to agree on a date to make the home smoke free**
- \* **Remove all ashtrays and lighters from indoor areas**
- \* **Display a "no smoking" sign/sticker on the fridge and at the front door**
- \* **Ask other family and friends to smoke outside when they visit**
- \* **Wear an old shirt/jumper when you smoke and take it off when you come back inside**
- \* **Clean out the ashtray and remove the cigarette lighter from the car**
- \* **Display a "no smoking" sticker on the dashboard or ashtray**
- \* **Step out of your car to smoke**
- \* **Don't take your cigarettes with you in the car**

### REMEMBER

**It is illegal to smoke in the car with a child under 16**