

THE BENEFITS OF QUITTING SMOKING:

Being smoke-free will benefit the people closest to you as well as yourself. Quitting smoking at any age is the best thing you can do for your health.

- **BETTER HEALTH**

You will feel the benefits of quitting as your body repairs itself

- **MORE MONEY**

A 25 pack a day smoker spends over \$9,000 a year

- **FRIENDS & FAMILY**

Give your kids the best start to life by keeping your home and car smoke-free

If you would like more information please contact the NCACCH Tackling Indigenous Smoking (TIS) Team on (07) 5346 9800

This program is funded by



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ihca

supporting excellence

CERTIFICATION

ISO 9001:2015
QUALITY CERTIFIED
ORGANISATION

BIRTINYA OFFICE

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E: admin@ncacch.org.au

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GYMPIE OUTREACH OFFICE

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Gympie, QLD 4570

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NCACCH

North Coast Aboriginal Corporation
for Community Health



NO DURRI®

...FOR THIS MURRI...

Tackling Indigenous Smoking

The No Durri For This Murri® TIS Team aims to provide information about tobacco dependence, reducing the harm of smoking and making a safe smoke-free environment.

"Your Pathway to Better Health"

HOW WE'RE HELPING OUR COMMUNITY!

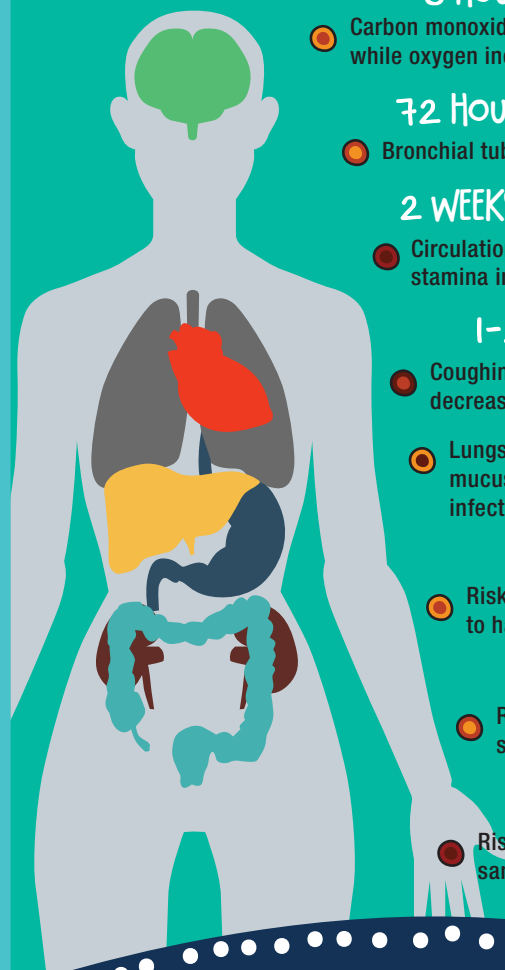
- Raising awareness of the health risks of tobacco use
- Supporting community to start their quit journey
- Quitline referrals
- Quit information packs
- Providing tobacco stalls at community events, sporting events and schools
- Holding information and education sessions with a focus on interactive displays
- Monthly prize draws, incentives and promotional items for achieving certain milestones

"LET'S CLEAR THE AIR" SMOKE-FREE PLACES

- Support community to create smoke-free environments; e.g. homes, cars and workplaces
- Sign a smoke-free pledge
- For more information please visit the NCACCH Tackling Indigenous Smoking page at www.ncacch.org.au



WHAT QUITTING DOES TO YOUR BODY



8 HOURS

- Carbon monoxide in your blood drops while oxygen increases

72 HOURS

- Bronchial tubes relax

2 WEEKS-3 MONTHS

- Circulation, lung function and stamina improve

1-9 MONTHS

- Coughing and sinus congestion decrease
- Lungs are better able to clear mucus, keep clean and reduce infection

1 YEAR

- Risk of heart disease drops to half that of a smoker

5 YEARS

- Risk of a stroke is the same as a non-smoker

15 YEARS

- Risk of a heart attack is the same as a non-smoker

HOW QUITLINE CAN SUPPORT YOU!

- Access to a dedicated team of Aboriginal and Torres Strait Islander counsellors, both men and women
- Expert advice, encouragement and resources to help you quit
- Tailored support to suit your specific needs
- Download the 'QuitBuddy' app to track your quitting journey. With a touch of a button, you will have 24/7 access to support and encouragement
- If you're pregnant or planning to be, you can download 'Quit for you - Quit for two', a free app that provides support and encouragement to help you give up smoking
- Access to free Nicotine Replacement Therapy

To find out what other support is available, please talk to your Doctor or Pharmacist

