

## HOW THE NCACCH TACKLING INDIGENOUS SMOKING TEAM CAN SUPPORT YOU:

- Support you with your quit journey
- Link you with Quitline and other services
- Provide information, support and awareness of secondhand smoking
- Can support individuals and organisations to make their environments Smoke-Free places
- Support groups
- Community events

For more information please contact the NCACCH  
Tackling Indigenous Smoking Team on 5346 9800

## HOW QUITLINE CAN SUPPORT YOU:

- Access to dedicated Aboriginal and Torres Strait Islander support staff
- Help you with your Quit plan and provide one on one support
- Help to understand the benefits of quitting/ reducing
- Provide you with 3 months of Nicotine Replacement Therapy (NRT)
- Support with accessing and using interactive Quit apps

For more information please contact the NCACCH  
Tackling Indigenous Smoking Team on 5346 9800

*This program is funded by*



Australian Government  
Department of Health

**ihca**

supporting excellence

**CERTIFICATION**

ISO 9001:2015  
QUALITY CERTIFIED  
ORGANISATION

## BIRTINYA OFFICE

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E: [admin@ncacch.org.au](mailto:admin@ncacch.org.au)

W: [www.ncacch.org.au](http://www.ncacch.org.au)

## GYMPIE OUTREACH OFFICE

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Gympie, QLD 4570

P: (07) 5483 6511



**NCACCH**



North Coast Aboriginal Corporation  
for Community Health

**NO DURRI®**



...FOR THIS MURRI...  
“Let’s Clear The Air”

“Let’s Clear the Air”  
aims to provide support  
and awareness to help you and  
your family make your house  
and car Smoke-Free.

*“Your Pathway to Better Health”*

# MAKE A SMOKE-FREE PLEDGE

A pledge shows your commitment to making your house and care Smoke-Free.

## WHY SIGN THE PLEDGE?

- "Let's Clear the Air" and look after your family, by improving you and your family's health
- Reducing the harmful effects from second-hand smoke
- Breaking the cycle of smoking amongst our mob
- Helping your family live longer
- Being a positive role model

## HOW TO SIGN THE PLEDGE?

1. You can contact the NCACCH Tackling Indigenous Smoking Team on 5346 9800
2. Go to the Tackling Indigenous Smoking page at [www.ncacch.org.au](http://www.ncacch.org.au)
3. Go to the Tackling Indigenous Smoking facebook page @ND4TM

Everyone who signs a pledge will receive a No Durri for this Murri® "Let's Clear the Air" pack and go into the draw to win great prizes!

## WHAT IS PASSIVE SMOKING (SECOND-HAND SMOKING)

Passive smoking is when someone breathes in the combination of:

- smoke exhaled by a smoker and
- smoke from the end of a burning cigarette

## Some facts about Second-Hand Smoke:

- Second-hand smoke exposure can be just as harmful to the unborn baby as the mother herself smoking during pregnancy
- In one hour, a person in an extremely smokey room, inhales enough toxic chemicals to equal 10 cigarettes
- There is no safe level of second-hand smoking - Second-hand smoke poses a risk to all those around you, even to your pets too!
- There are over 7000 chemicals found in second-hand smoke
- Second-hand smoke can be more toxic than the smoke inhaled by a smoker

For more information please contact NCACCH Tackling Indigenous Smoking Team on 5346 9800

## TOP TIPS TO MAKE YOUR HOME AND CAR SMOKE-FREE:

- Encourage your family to agree on a date to make the home Smoke-Free
- Remove all ashtrays and lighters from indoor areas
- Display a NCACCH "Let's Clear the Air" magnet on the fridge and a sticker at the front door
- Ask family and friends to smoke outside when they visit
- Hang a NCACCH "Let's Clear the Air" air freshener in your car
- Don't take your cigarettes with you in the car
- Clean out the ashtray and remove the cigarette lighter from the car
- Encourage everyone to smoke outside of the car

REMEMBER!!

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