

# WORLD NO TOBACCO DAY

MAY 31ST 2019



## NEED HELP?

FOR A CONFIDENTIAL  
CALL CONTACT THE  
NATIONAL QUITLINE  
ON:

13 78 48  
(13 QUIT)

## Join us on Friday the 31st of May as we say **NO** to tobacco.

Every year smoking and its harmful effects kills many Australians. With over 7000 chemicals, and 70 known carcinogens, there are immediate health benefits as soon as you quit smoking.

So why not start today? To cope with cravings, try the four D's:

1. **Delay** acting on the urge to smoke. After five minutes, the urge to smoke will weaken.
2. **Deep** breathe in and out, slowly and deeply and repeat three times.
3. **Drink** water, sipping slowly, holding in the mouth a little longer to savour the taste
4. **Do** something else. Listen to music, exercise or talk to a friend. After quitting smoking, being more active is the best thing you can do for your health and wellbeing.

**CanDo**