

- Short of breath
- Can't walk so far
- Baby sick
- Die young

# Remember

Most people give up smoking by themselves!  
Most people try a few times  
before they stop smoking!



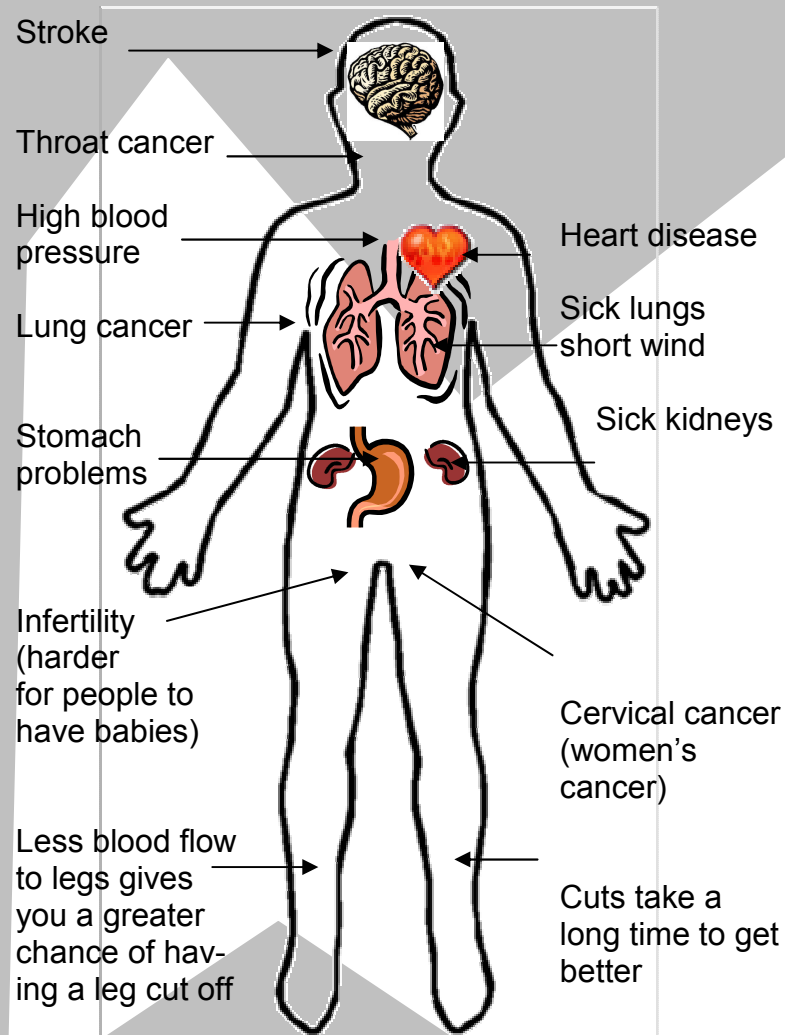
Your health  
centre can help  
with a nicotine patch  
or gum.  
Just ask!

Erik Tikoft - Respiratory Educator, Alice Springs  
Phylis Hanna - Artist





# What does **smoking** do to my **body?**



## How do I **quit?**

1. Set a day to quit.
2. Get your family to help you—they may even want to try to quit, too!
3. Ask your Aboriginal Health Worker or staff at your health centre for advice and for nicotine patches or gum.

## When you quit think of the 4 Ds

1. Delay lighting up



2. Deep breathe & relax



3. Drink water or tea



4. Do something else

