

# THANK YOU FOR NOT SMOKING



## RESIST THE URGE BY:



### DELAYING

Delay for 1-2 minutes and the urge will pass



### DRINKING WATER

Sip it slowly



### DEEP BREATHING

Take three slow, deep breaths of fresh air



### DOING SOMETHING ELSE

To take your mind off smoking

If you'd like to start your journey to quit smoking and/or vaping, speak to a member of our staff or call 13 7848 or text 'call back' to 0482 090 634 to speak with a Quitline counsellor. They'd love to help.



Scan the QR  
code for more tips  
and support.

MAKE SMOKING  
**HISTORY**



# THANK YOU FOR NOT SMOKING



WE CARE FOR YOUR  
HEALTH AND OTHERS

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MAKE SMOKING  
**HISTORY**  <sup>®</sup>

# THIS IS A FRESH AIR SITE



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MAKE SMOKING  
**HISTORY** 

# THIS IS A SMOKE-FREE SITE



THANK YOU FOR  
RESPECTING OUR POLICY

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MAKE SMOKING  
**HISTORY** 

# TOBACCO IS VERY EXPENSIVE



HAVE YOU THOUGHT ABOUT  
MAKING A QUIT ATTEMPT?

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MAKE SMOKING  
**HISTORY**  <sup>®</sup>

# WE CARE FOR YOUR HEALTH



## HAVE YOU THOUGHT ABOUT MAKING A QUIT ATTEMPT?

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MAKE SMOKING  
**HISTORY** 

# WELCOME, THIS IS A FRESH AIR SITE



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# WELCOME, THIS IS A SMOKE-FREE SITE



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MAKE SMOKING  
**HISTORY**



# WE'RE WORKING TOWARDS BEING SMOKE-FREE



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**HISTORY** 