

# ENJOY FRESH AIR HERE



## THANK YOU FOR NOT SMOKING

If you'd like to start your journey to quit smoking and/or vaping, speak to your GP 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** 

# WE CARE FOR YOUR HEALTH



## HAVE YOU THOUGHT ABOUT MAKING A QUIT ATTEMPT?

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HEALTH AND OTHERS

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# WE'RE WORKING TOWARDS BEING SMOKE-FREE



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# TOBACCO IS VERY EXPENSIVE



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# WELCOME, THIS AREA IS SMOKE-FREE



## THANK YOU FOR RESPECTING OUR POLICY

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## 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

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