

From the 1st March 06
smoking is banned at
all underage music
and dance events
in Victoria
(both indoor & outdoor)

For more information
on these laws visit
www.health.vic.gov.au/tobaccoreforms

for extra
help call

Quitline

1 3 QUIT

or visit
quit.org.au

Tips to overcome cigarette cravings

Try to do something else for at least 5 minutes, as the urge will pass.

- ★ Slowly sip water
- ★ Dance off your craving
- ★ Put something in your mouth instead eg gum, a mint, sugar-free lollipop
- ★ Slowly suck on some ice

More ways to overcome a cigarette craving

- ★ Play with a straw
- ★ Walk to a less congested area of the venue and take some deep breaths of fresh air
- ★ Talk to a friend
- ★ Go to the toilet or wash your hands
- ★ Tell yourself 'I can deal with this craving'

My ways of overcoming a craving for a cigarette

1 Don't carry a lighter, matches or cigarettes when going to an underage event

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To help overcome a craving to have a cigarette.

Do something else for at least five minutes.

The urge will pass.

Get tips on how to manage your smoking or learn how to quit for good.

Ring Quitline
13 QUIT [13 7848]

Why not check out the Quit website?
Visit it today
www.quit.org.au

Want more info?
Check out
www.thequitcoach.org.au



Things are changing