



Smoking fact sheet:



This fact sheet is in Easy Read.



The first time we write a hard word we will write:

- the word in **bold**
- what the hard word means.



What you need to know

This fact sheet will tell you:

- what is in a cigarette
- why smoking is bad for:
 - your **health**. Health means how well your body and mind are working
 - the health of the people around you
- how to get help to quit smoking if you do not speak English.



What is in a cigarette?



A cigarette is a small paper tube filled with dried leaves from a plant called **tobacco**.

People light one end of the cigarette and breathe in the smoke from the other end.

Tobacco has a chemical in it called **nicotine**.

Nicotine can make people **addicted**.

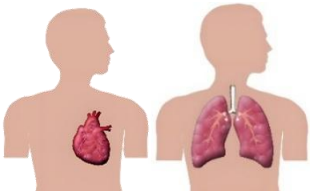
This means it is very hard for people to stop smoking even when they know it is bad for them.



Nicotine can make your brain think in ways that make you want to keep smoking.

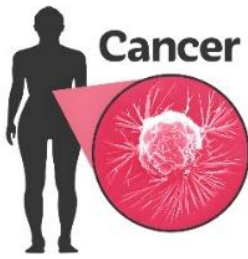


The smoke from a cigarette has a lot of chemicals in it that are bad for your body if you breathe it in.



These chemicals can get into your lungs and blood.

They can go around inside your body and can hurt important parts like your lungs and heart.



Some of these chemicals can make you sick, with **cancer** and other **diseases**.

Cancer is a very bad illness, when some parts inside your body grow the wrong way and stop working how they are meant to.

Diseases can make people very sick and some people might die.



Roll-your-own tobacco

Smoking cigarettes that you roll are just as bad for your health as smoking any other cigarettes.

They all have the same chemicals that can make you sick and hurt your health.



Shisha

Shisha is:

- wet tobacco that is heated in a waterpipe and smoked

Shisha is not safe to smoke it has:

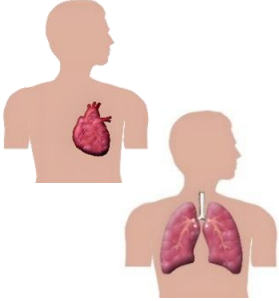
- chemicals from burning tobacco and **charcoal**.
Charcoal is made when wood and other things are burnt
- nicotine that can make people addicted.



Smoking shisha can be very bad for your health.

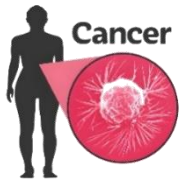
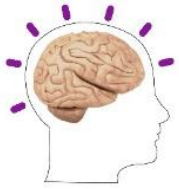
It can make the same health problems as smoking cigarettes.

Smoking can harm your health and other people around you



The chemicals in smoke from cigarettes, roll-your-own tobacco and shisha can give you:

- **heart disease.** This means there is something wrong with how your heart works. Your heart pumps blood around your body
- **lung disease.** This means something is wrong with your lungs. This can make it harder for you to breathe or make you cough more
- **stroke.** A stroke is when blood stops going to parts of your brain. This can harm your brain and make it hard to move, speak, or think
- **cancer.** Cancer is a very bad illness, when some parts inside your body grow the wrong way and stop working how they are meant to
- a lot of other health problems.



If you are near or can smell smoke from someone's cigarette, roll-your-own or shisha, this is bad for your health.

It can harm your lungs and health even if you do not smoke.



It is very bad for babies and children to be around the smoke from cigarettes, roll-your-own or shisha.

Children who live with people who smoke are more likely to get **asthma**. Asthma is an illness that makes it hard to breathe sometimes.



It does not matter if you smoke a cigarette or shisha, all smoking is bad for people's health.

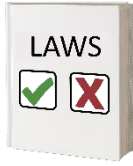
Even smoking a little bit is not good for your health.

The good things about quitting smoking

When you quit smoking:



- your lungs get healthier
- you are less likely to get heart disease, stroke or cancer
- you save money
- you show your family, children and friends how to do things in a healthy way
- you help keep your family and the community healthy.



Smoking laws in Australia

Australia has laws to keep people safe from tobacco smoke.

A lot of places are **smoke-free**.

Smoke-free means:

- you cannot smoke in these places
- people should have clean air where they work, travel, study, eat and play.



Here is a list of places that are smoke-free:

- places where people work inside
- office buildings
- shopping centres
- trains, buses, trams, planes and airports or their waiting areas
- schools, childcare centres, playgrounds
- cars when children are inside
- hospitals
- indoor and outdoor areas in restaurants, cafes, and pubs



How to get help to quit



You can talk to people who will help you find the best way to stop smoking.

These people are a:

- doctor
- nurse or
- **pharmacist**. Pharmacist is another name for a chemist.



A doctor, nurse or pharmacist can help you get special medicine to make quitting easier, like:

- nicotine patches
- nicotine **lozenges**. A lozenge is like a lolly that has medicine in it. Your doctor or pharmacist can tell you how to use the nicotine lozenge in the right way.
- nicotine mouth spray
- nicotine gum.



They can also help you get nicotine patches that do not cost too much.

Talk to Quitline



Quitline is a free service that can help you stop smoking.

When you phone Quitline, you speak with a **counsellor**.

A counsellor is someone you can talk with about your smoking.



A counsellor can talk to you about:



- how you are feeling about your smoking
- what to do if you are trying to stop smoking
- how to keep going with quitting
- what to do if your child or someone you care about is smoking.



You can phone Quitline on 13 7848.



If you do not speak English

Tell Quitline:

- the language you speak
- that you need an interpreter.

They will get an interpreter on the phone for you.



You can also go to quit.org.au for more information.



Our website has written information in other languages.

They are:

- Arabic
- Vietnamese
- Simplified Chinese
- Hindi
- Greek
- Tagalog
- Italian
- Sinhalese.





To listen to information in your language, click the **Recite Me** button on our website.

Our website is: www.quit.org.au



A partnership between:



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