31 MAY · WORLD NO TOBACCO DAY

SMOKE-FREE IS THE LAW. QUIT TODAY.



1



NOT HERE

Smoke only in the designated outdoor area, if there is one.

2



PROTECT OTHERS

There is no safe level of second-hand smoke.

3



QUIT

Ask for support to quit. Help to quit works.

TOBACCO HARMS



Your lungs



Your heart



Cancer risk



People near you



Support to quit works

Ambulance from a landline **10177**

Emergency from a cellphone **112**

Care Net clinics are not emergency services. In an emergency, call these first.

For support to quit, speak to: _____

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Sources: WHO tobacco fact sheet; Global Adult Tobacco Survey South Africa 2021; Tobacco Products Control Act and 2012 regulations; Western Cape Government emergency numbers.

CARE NET CONSULTANTS
Your Partner in Workplace Health

General health information only, not medical advice. Speak to a healthcare professional about your own health.