

Queensland has tough tobacco laws to protect the public's health.

Remember, it is against the law to smoke cigarettes (including e-cigarettes):

- In cars carrying children under the age of 16 years
- Within 10 metres of a children's playground
- At under-18 sporting events
- Within 10 metres of skate parks
- Within 10 metres of high visitor areas of National Parks (e.g. picnic tables, BBQ areas and occupied campsites).

Where can I get support to quit?

- **Call Quitline (13 QUIT)** for a tailored approach to help you quit for good.
- **Talk to your GP** or other health professional.
- **Use quit smoking products**
Research shows using products will give you the best chance of quitting for good. Nicotine replacement therapy (NRT) and prescribed medications are the recommended product types available to help you quit.
 - NRT such as patches, gum, lozenges and mouth mist work by replacing some of the nicotine from cigarettes, without passing on the harmful chemicals found in tobacco smoke. They also help to reduce withdrawal symptoms such as cravings and anxiety. NRT products are available over the counter, or your GP can prescribe patches at a discounted rate.
 - Non-nicotine medications, such as Bupropion Hcl and Varenicline are also effective in helping smokers to quit. These products are only available on prescription and your GP can help decide if they are suitable for you.
- **Combine counselling from Quitline** with quit smoking products to give yourself the best chance of quitting.
- **Download the free MyQuitBuddy app** (available from the Google Play Store, Apple iTunes online store and Windows Phone Store). For further information on MyQuitBuddy visit www.quitnow.gov.au

Further information

www.qld.gov.au/health/staying-healthy/atods/smoking

Important information for fathers who smoke



If your partner is planning a pregnancy, is currently pregnant or breastfeeding, now is the time for you to quit for good.

Did you know that smoking can affect your fertility and sexual function?

Smoking has been associated with having a lower sperm count and volume, and an increased likelihood of sperm abnormality. If you smoke, starting a family (or adding to your family) can be a great reason to quit.

Smoking is a cause of erectile dysfunction. Cigarette smoke alters the blood flow necessary for an erection, affecting sexual performance and reproduction.

Smoking around pregnant women

Exhaled tobacco smoke contains chemicals that are harmful to people around you. If a pregnant woman inhales this smoke, a number of these chemicals will enter her bloodstream and pass on to the unborn baby. For example, carbon monoxide (which is found in cigarette smoke) reduces the amount of oxygen available to both her and the baby. Other chemicals can increase the baby's heart rate and limit the baby's growth.

Smoking around a pregnant woman may lead to a greater chance of:

- Miscarriage
- Birth complications
- Premature birth
- Having an underweight baby, making them more vulnerable to infections and health problems in adulthood
- Sudden Infant Death Syndrome (SIDS).

Smoking around babies and children

Young children are very susceptible to the health effects of tobacco smoke because they have smaller and more delicate lungs than adults, and their immune systems are still developing.

Babies and children exposed to tobacco smoke are at serious risk of:

- Sudden Infant Death Syndrome (SIDS)
- Bronchitis, Pneumonia and other lung or airway infections
- Middle ear disease (glue ear)
- Asthma.

Having cigarettes around the home also exposes children to danger. A baby or child who eats a cigarette, or even a cigarette butt, can become very sick. Lit cigarettes and cigarette ash can inflict burns and eye injuries, and lighters and matches may cause serious injuries as well.



Quitting smoking is the best thing you can do for your family

Be a good role model for your kids

Children with parents who smoke are more likely to try cigarettes with some of them going on to become regular smokers. Stop the cycle with you.

Parents are role models for their children, so setting an example by not smoking can reduce the likelihood of your children taking up smoking.

