

Stop the spread of COVID-19 (germ)!

2. Call us or we'll call you.

Yarn with us about your smoking story or how to quit during self-isolation on 13 78 48.

3. Avoid sharing smokes, lighters or smoke packets.

Sharing these items can spread COVID-19 (germ).

4. Avoid butts or bumpers.

Using butts or bumpers may increase your risk of COVID-19 (germ).

1. Give up the smokes.

The combination of COVID-19 (germ) and smoking can increase your risk of severe symptoms and put you at a greater risk of getting sick.

5. Keep your Mob safe.

Protect our Elders. Stay at home. Keep your distance (two arms length). Smoke away from others.



“We’re all in this together.”



Quitskills
Aboriginal and Torres Strait Islander
Quitskills Program



**Cancer
Council**