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World No Tobacco Day 2006: Are you ready to do it?

Every year on May 31st countries around the world participate in [World No Tobacco Day](#) to raise awareness of the devastating human toll of smoking. Smoking kills over 1500 people a year in South Australia – that's 4 South Australians every day.

Manager of Quit SA, Mr David Edwards said "World No Tobacco Day is a time for smokers to think seriously about the impact of their smoking. They stand to loose up to 20 years of their life and their children are twice as likely to take up smoking."

"Since January 2000, over 70,000 people have called the Quitline in South Australia.

The Quitline phone number is one of the most important numbers a smoker can know. Think 13 QUIT 13 7848. Our service provides free high quality support and guidance to help smokers wanting to quit," said Mr Edwards.

Quitline's top 5 quitting tips

- Set a date to quit. It's important to have a goal to work towards.
- Plan your quit attempt. Think about what triggers the urge to smoke for you and be clear about your reasons for quitting.
- Lay the groundwork for quit day by making your home and car smokefree.
- Being motivated is really important – write down your reasons for wanting to quit . This will help you stay motivated when you're tempted to slip up.
- Get your friends and family to support you.

In short, not smoking makes life longer and healthier. Make World No Tobacco Day May 31st your target date to quit. The best way to start is by calling the Quitline on 13QUIT 13 7848 and ask for a free Quit Pack, full of useful information about the quitting process. You can also call the Quitline and ask to speak to one our specially trained adviser who can help you work out the best way to plan and support your quitting process.

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