

Stop Alcohol & Smoking Abuse

Kick it in the butt!
Smoking is a leading cause of preventable, non-communicable South African, Tobacco kills 44 000 South Africans every year* - that's more than motor car accidents!

South African Law & Smoking...

- The ban on restaurants, pubs, bars and workplaces from the fiscal year 2010/2011 for allowing smoking in a non-smoking area.
- No smoking is allowed in publicly selected public places, such as council public worksites, balconies, walkways, parking, etc.
- Adults may not smoke in a car when a passenger under 15 years is present. Smoking is not allowed in premises including private premises used for commercial, educational, or recreational purposes, or in any other public place. It may also be allowed in designated smoking areas. The practice of pouring liquids into ashtray areas of restaurants is prohibited.
- The sale of tobacco products to any person under the age of 18 years is prohibited. It is also prohibited to sell tobacco products to any person who is visibly intoxicated or who is under the influence of any drug.
- Cigarette vending machines must sell tobacco products and cannot be used for other products like chocolate, etc. The vending machines can only be located in areas to which minors do not have access.

*Source: Department of Health, 2010

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P001 - New Smoking Laws

10 tips to quit smoking... before it's too late!

1. Get a quit plan. Write down your reasons for quitting and your goals. Tell your family and friends about your plan.
2. Remove triggers. Get rid of things that remind you of smoking, like ashtrays, lighters, and packs of cigarettes.
3. Tell your doctor. Your doctor can help you with your quit plan and may be able to prescribe medication to help you quit.
4. Reward yourself. Give yourself a small reward for every day you don't smoke.
5. Avoid stress. Stress can make it harder to quit. Find ways to deal with stress, like exercise or meditation.
6. Stay away from people who smoke. If you can't avoid them, don't smoke with them.
7. Don't give up. It's normal to have cravings. Remember that each day you don't smoke is a success.
8. Consider your health. Smoking causes serious health problems, like heart disease and lung cancer. Quitting now can greatly reduce your risk.
9. Get help. There are many resources available to help you quit, including quitlines, support groups, and medications.
10. Celebrate your success. You've done it! Treat yourself to something special.

Need help to quit smoking?
Free quitline: 1-800-QUIT-NOW
Text QUIT to 47888
Visit www.quitnow.gov

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P030 - Quit Smoking Tips

DON'T DRINK YOUR LIFE AWAY!

Seek Help!!

Alcohol abuse is a leading cause of preventable death and disability in South Africa. It is a major cause of liver disease, heart disease, and mental health problems. Alcohol abuse is also a leading cause of family violence and child abuse. If you or someone you know is struggling with alcohol abuse, please seek help. There are many resources available to help you, including support groups, counseling, and medication. For more information, visit www.alcoholhelp.org.

For National Alcoholism Anonymous South Africa, 066 1432711

P049- Stop Alcohol Abuse & Seek Help.