

In Canada,  
**58%**  
of smokers said the warnings made them think more about the health effects of smoking.

In Brazil,  
**67%**  
of smokers said the warnings made them want to quit; 54% said they made them change their opinion about the health consequences of smoking.

In Singapore,  
**28%**  
of smokers said the warnings made them smoke fewer cigarettes, and one out of six said they avoided smoking in front of children.

In Thailand,  
**44%**  
of smokers said the warnings made them "a lot" more likely to quit over the next month, while 53% thought "a lot" about the health risks.

### BENEFITS OF NOT SMOKING:

- Live longer.
- Stronger Immune system.
- Prevention from diseases.
- Increased fitness and appetite.
- More appealing physical appearance.
- Protecting others from second hand smoke.
- Good role model for your children.
- More disposable income.

### AND WHEN YOU FEEL THE URGE TO SMOKE:

- Take three deep breaths slowly.
- Chew on gum or fruits but avoid anything sweet.
- Wash your hands – you can't pick up a cigarette with wet hands.
- Delay lighting up for 5 minutes or longer.
- Drink lots of water. Avoid coffee and tea.
- Distract yourself! Keep busy, exercise, meditate or take a shower.
- Stay away from situations, areas or friends who smoke.

### HOW TO MAINTAIN YOUR 'QUIT' (SMOKE-FREE) STATUS:

- Think positive and always say "I can do it!"
- Focus your attention on the benefits.
- Reward yourself for quitting with something you've always wanted.
- Eat a proper diet based on the Ministry of Health's food pyramid.
- Exercise at least 30 minutes three times a week to maintain a healthy lifestyle.
- If you need help to overcome the urge to smoke again, call our Infoline Berhenti Merokok.

### TIPS ON HOW TO QUIT SMOKING:

- Admit you need help.
- Pick a quit date and work towards it.
- Get support from family and friends.
- Ask your doctor for advice.

### WHAT YOU CAN DO!

- Know the truth about the hazards of smoking and passive smoking.
- Let everyone know that you support the picture warnings on cigarette packs.
- On World No Tobacco Day, decide on your quit day.
- And if you're a non-smoker, tell your loved ones and friends who smoke about quitting smoking today.

**Q. What do you think of the picture warnings?**  
"Very good! It scared me and many others too. Now I'm trying my best to quit."  
- En. Salim, 45

**Q. Why did you quit smoking?**  
"When I started coughing blood, so I completely stopped smoking. It's been 4 years since I've quit and I never felt like smoking again."  
- En. Kalek, 54

**Q. What are your rights to smoke-free air?**  
"Demand that smokers stop smoking in public. And have more public areas that prohibit smoking."  
- Ms Shireen, 24

**REMEMBER, IF YOU DON'T SMOKE, WHY START!**



CALL INFOLINE BERHENTI MEROKOK  
**03-8883 4400**  
Mon - Fri, 8am - 5pm  
[www.infosihat.gov.my](http://www.infosihat.gov.my) | [www.myhealth.gov.my](http://www.myhealth.gov.my)

**QUIT NOW**  
SMOKING DOESN'T PAY.  
**Tak nak!**  
Merokok