



Rauchfrei
Telefon

0800 810 013

www.rauchfrei.at



Free from tobacco and nicotine

For you, your family and your environment.

The smoke-free helpline is an initiative of the social insurance carriers, the states and the Ministry of Health. The Austrian Health Insurance Fund operates the smoke-free helpline for all of Austria.



What are the effects of tobacco and nicotine?

All tobacco and nicotine products contain toxic ingredients and are addictive.

It doesn't matter whether you smoke, vape, or use nicotine pouches or tobacco heaters: any form of tobacco or nicotine is addictive and harmful to your health.

→ **Our lungs are designed to breathe clean air – nothing else!**



Smoking and the consumption of nicotine weaken the immune system, increase blood pressure and lead to numerous illnesses in the long term, the most common of which being cardiovascular disease, lung disease, cancer and diabetes.

Every day, 10 people in Austria die from the effects of tobacco consumption. On average, the life expectancy of smokers is 7 years shorter than that of non-smokers.

Many people believe it is healthier to replace cigarettes with a different kind of nicotine product from time to time, but this is not the case. Mixing the consumption of cigarettes and e-cigarettes even increases the risk of secondary diseases by a factor of three to five.

Nicotine pouches / snus are highly addictive and can cause visible damage to the gums in the short term.



Did you know that nicotine is an insecticide?

Nicotine is not just an addictive substance, but also an insecticide. The leaves of the tobacco plant contain nicotine to ward off predators. In one day, tobacco harvest workers absorb as much nicotine as they would by smoking 50 cigarettes; this is known as "Green Tobacco Sickness", and it results in nausea, vomiting, diarrhoea, sweating and circulatory problems.



**Avoid the consumption
of tobacco and nicotine
products!**

Free yourself from tobacco and nicotine

Plan your path to a nicotine-free future.

What are your personal reasons for giving up nicotine?

Note down at least three reasons for and advantages of a life without tobacco and nicotine.

When do you consume tobacco or nicotine?

For three days, note when and where you consume nicotine products. Use a pen and paper to write this down. Before each nicotine consumption, write down the time of day, place, importance, situation or occasion.



What do you crave when you have a cigarette?

Do you have a smoke to start the day? Do you smoke when you have a coffee, or after a meal? Do you smoke to reward yourself, or to relax? Or perhaps when you take a break, after work or when you meet up with friends? ...

Are you physically dependent on nicotine?

Have you ever gone 24 hours without a nicotine product, because you forgot to have one?

Were you unable to answer this question with a clear “yes”? That would be a sign of a physical dependence on nicotine.

Nicotine replacement products from a pharmacy and medication for nicotine withdrawal can help you quit smoking. You can ask your pharmacy or your doctor for advice.

Choose your first nicotine-free day.

Mark the day on your calendar.

Create a nicotine-free environment for yourself:

Get rid of anything that reminds you of smoking. Make your environment a nicotine-free zone (home, car).



Think in small steps:
**“I will not have any
nicotine today!”**

Helpful tips for a life free from tobacco and nicotine

How to kick the nicotine habit.

When you crave nicotine, keep these principles in mind:

- **Delay:** If you feel any cravings, wait a few minutes. The cravings will often just go away.
- **Distract:** If the cravings persist, find a way to distract yourself: wash your hands, drink a glass of water or listen to some good music. Stretch and extend your body.
- **Deflect:** In some situations, it is better to avoid the craving and change location.

Try out new healthy behaviours:

Ventilate the room and take deep breaths. Drink tea instead of coffee. Make yourself some freshly-squeezed orange juice. Eat fruit or vegetables. Rinse your wrists with cold water. Brush your teeth. Focus on breathing consciously for a few minutes. Use scented oils or spices to have a nice smell around you.

Get help:

Do you have someone who supports and motivates you? Perhaps the two of you can give up smoking together.

Say no:

If you're invited to consume nicotine, respond clearly and unambiguously: "No, thank you!"

Give yourself time!

Switching to a nicotine-free life requires a lot of practice at first. You have to practice new behaviours so that they turn into habits.

For example, **how do you put on a sweater?** Do you put your head in first? Or do you put the sleeves on first? **Next time, try to do it the other way around.** You may forget to do this the next time you put on a sweater. In that case, take it off again, then put it on again in the way you're not used to doing it. Take note of how long it takes until you get used to doing this a different way.



Second-hand smoke and vapour are harmful!

All tobacco and nicotine products that are inhaled produce second-hand smoke or vapour.

Passive smoke and passive vapour pollute the air. The pollutants are inhaled by everyone in the same room.

The short-term effects of passive smoking include watery eyes, throat irritation, dizziness and headaches.



In the long term, passive smoking leads to the same negative health outcomes as the active consumption of tobacco and nicotine. In Austria, three people die every day as a result of passive smoking.

The **pollutants accumulate everywhere**: on furniture, curtains, walls and car seats and in clothing. These pollutants will stubbornly remain even when the smoking or vaping has stopped.

Ventilation alone is not enough! Even a tornado wouldn't be strong enough to clean all the pollutants from rooms where people have been smoking.

These pollutants are **particularly dangerous for children**, as their immune systems are not yet fully developed.

Keep all rooms free from passive smoke and vapour. Make your home, car and workplace a pollution-free zone.



Protect yourself, the people around you and your pets from passive smoke and passive vapour!

Protect your environment

Tobacco and nicotine products are not just harmful to health. They also pollute the environment.

Tobacco and nicotine are harmful during production, use and disposal.

Numerous cigarette butts and nicotine pouches end up in waterways and in the sewage system, poisoning them.



Carelessly discarded cigarette butts result in enormous disposal costs every year.

Electronic nicotine delivery systems are classified as hazardous waste, but they are mostly disposed of in residual waste and often cause fires and other damage.

The Poisons Information Centre keeps receiving reports of **poisoning caused by tobacco and nicotine** over and over again.

Dispose of all tobacco and nicotine products properly. Keep them out of the reach of children.



**More information
on the environmental
damages caused by
tobacco can be found at
unfairtobacco.org**



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The smoke-free hotline 0800 810 013

Monday to Friday, 10:00 a.m. to 6:00 p.m.
A health psychology team will advise you over
the phone free of charge.

Medieninhaber und Herausgeber:

Österreichische Gesundheitskasse,
Wienerbergstraße 15–19, 1100 Wien
☞ www.gesundheitskasse.at/impressum

Redaktion / Gestaltung:

Rauchfrei Telefon,
Kremser Landstraße 3, 3100 St. Pölten

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Grafische Gestaltung / Illustration:

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Hersteller: ÖGK,
Hausdruckerei Landesstelle Wien

Druck: April 2025

