



Healthy
Galway

COINNIGH
UAINN É



What is Not Around Us?

Not Around Us is about promoting an environment where it is easier for those who smoke to quit, and stay quit, and to help de-normalise smoking for the next generation.

The purpose of Not Around Us:

- Help to protect children and young people from second-hand smoke exposure.
- Contribute to the de-normalisation of smoking for children and young people.
- Reduce the environmental nuisance, cost of cleaning and damage that discarded tobacco products create.
- Signpost to HSE QUIT services.

What can you do to support Not Around Us?

- Don't smoke in places where children and young people are likely to be.
- Support participating organisations and be a positive role model for children and young people.
- Spread the Not Around Us message with family and friends.

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QUIT

Need help to quit?

Getting help and support increases your chances of success.

Get tips, tools and support at [QUIT.ie](https://quit.ie) or contact QUIT Smoking West by phone **091 737262** or email quitsmoking.west@hse.ie.

For more information on the **Not Around Us** initiative contact healthygalway@gcp.ie, visit healthygalwaycity.ie or follow [@HealthyGalway](https://www.instagram.com/HealthyGalway) on   



Rialtas na hÉireann
Government of Ireland



The Healthy Ireland Fund supported by the Department of Health and the Department of Children and Youth Affairs.