



# PUYU PAKI QUIT SMOKING QUIZ



- 1. How many chemicals are found in a cigarette?**
  - a) 70
  - b) 700
  - c) 7000
- 2. Passive smoking means breathing in other people's tobacco smoke. Passive smoking can harm children and cause asthma, bronchitis, and pneumonia**
  - a) True
  - b) False
- 3. Is it illegal in Western Australia to smoke in cars carrying people under 17 years of age?**
  - a) Yes
  - b) No
- 4. If you are smoke-free during pregnancy your baby will:**
  - a) Get more oxygen
  - b) Get more nutrients for growth
  - c) Have a better chance to reach a healthy weight
  - d) All of the above
- 5. Does quitting smoking reduce your risk of heart disease?**
  - a) Yes after one year of quitting smoking you half the risk of heart disease
  - b) No once you smoke you can't reverse the risk of heart disease
- 6. People who live in major cities are more likely to smoke daily than those who live in remote and very remote areas?**
  - a) True, people who live in cities are 30.5% more likely to smoke daily than people living in remote areas
  - b) False, people who live in remote areas at 19.6% more likely to smoke daily than people living in regional areas and cities
- 7. In 2018, tobacco use caused a total of 5000 deaths in Australia. Including from active smoking and exposure to secondhand smoke.**
  - a) True
  - b) False - there was 20,500 deaths caused by smoking cigarettes
- 8. Nicotine is the main chemical found in cigarettes. What other chemicals can be found in cigarettes?**
  - a) Butane (used in fuel)
  - b) Acetone (nail polish remover)
  - c) Ammonia (used in cleaning products)
  - d) All of the above
- 9. Around 30% of all cases of heart disease in people under 65 years are due to smoking?**
  - a) True
  - b) False
- 10. Smoking can cause blindness.**
  - a) True
  - b) False



## Entry period:

**Monday 5 December 2022 to Sunday 29 January 2023**

**How to enter:** Upload the completed activity sheet to the PAMS website ([www.puntukurnu.com.au/community-health-programs/puyu-paki-dont-smoke-give-it-up.aspx](http://www.puntukurnu.com.au/community-health-programs/puyu-paki-dont-smoke-give-it-up.aspx)) or hand in the completed activity sheet to the staff at any of the five PAMS clinics.

**Winners:** Entrants will go in the random draw to win a weekly prize. The prize is a \$50 voucher. Winners will be notified directly by phone or email and published on the website.

For full T&Cs visit the PAMS website.

**Name:**

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**Age:**

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**Phone:**

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**Email:**

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