

Kotahi te hikareti, nui noa atu te mate



Every cigarette is doing you damage

See how smoking causes blindness (while you still can)

Smoking is the major preventable cause of the most common type of blindness in New Zealand.

Every time you inhale cigarette smoke, thousands of chemicals enter your bloodstream and travel to every part of your body.

These chemicals from cigarette smoke can cause tiny blood vessels in the most sensitive part of the eye to burst or die, leading to blindness.

For free and confidential advice and support on quitting smoking call the Quitline.

Mā Mutu



0800 778 778

New Zealand Government

Quit

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