



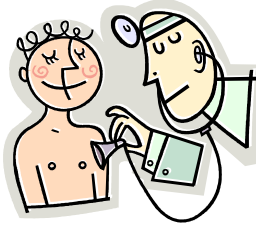
Quitting helps you heal faster

Your hospital stay is an excellent time to quit smoking

Why should I quit now?

Smoking may slow your recovery from surgery and illness. It may also slow bone and wound healing.

HDHS is smoke free: Inside, Outside, Every-where! Smoking is not permitted during your hospital stay - so now is a great time to quit!



How do I quit in the hospital?

Talk to your doctor or other hospital staff about a plan for quitting. Ask for help straight away.

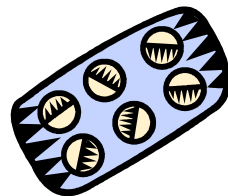
Your doctor may give you medicine to help you manage withdrawal symptoms whilst in the hospital and after discharge.



Helpful hints to stay quit

Ask your friends and family to help with your quit plan after your hospital stay.

We can give you a 3 day supply of patches to help you continue not to smoke after discharge. Ask your doctor for a prescription for subsidised patches or lozenges.



Adapted from Quitting Helps you heal faster, U.S. Department of Health and Human Services Public Health Service, 2003



A Smoke Free Environment at Your Local Health Service

Information for Patients and Visitors



Inside, Outside Everywhere!

For the wellbeing of patients, visitors and staff,

Smoking is Not Permitted

anywhere at Hawkesbury District Health Service:

Inside, Outside, Everywhere!

Our hospital is here for the health of our community

and it is our responsibility to remind everyone that we are smoke free for a very good reason - the health of the Hawkesbury.

Smoking is recognised as the single largest preventable cause of death and disease in Australia. It is also the largest cause of drug related death and hospitalisation. By removing tobacco smoke from the air, nicotine levels in the blood diminish, and carbon monoxide levels return to normal. Also, blood oxygen levels increase which means quicker recovery from illness, injury or surgery.

Smokers have the right to smoke but not to harm the health of others, so we ask that from the 4th of May 2011 smokers abstain whilst in the grounds and buildings of Hawkesbury District Health Service.

Medical evidence has confirmed that tobacco smoking and passive smoking are harmful to your health and a cause of heart disease, stroke, several forms of cancer, bronchitis and can worsen the effects of asthma. Wound healing and metabolism are affected adversely by tobacco smoking.

There is no safe level of second hand smoke.



What are my options?

- 1) Attempt to quit with support from staff and Nicotine replacement therapy if appropriate
- 2) Abstain whilst in hospital with support from staff and Nicotine replacement therapy if appropriate
- 3) Abstain whilst in hospital by going 'cold turkey'

Although HDHS does not expect everyone to quit smoking we do expect that people will refrain from smoking on our premises. For those who do decide to quit there are many excellent resources currently available to assist you to quit smoking.

Ask your GP, nurse, midwife, health care professional, or the Quitline (on 131 848) for 24 hour advice and tips on quitting, or to get a copy of the Quit Kit.

The HDHS Smoke Free Workplace Policy:

- ◇ ensures all staff, patients and visitors are protected from tobacco related harm;
- ◇ ensures your Health Service continues to meet its obligations to staff, patients and visitors under the Occupational Health and Safety Act 1983;
 - ◇ provides community leadership in reducing tobacco related harm;
- ◇ meets changing community attitudes to tobacco smoking that recognises smoking as an unhealthy activity.