

Act Now

The Smoke-Free Policy is just one key component of the larger Fraser Health ActNow Healthy Living Challenge that is encouraging everyone to eat well, be active and live tobacco-free as a means to prevent disease.

To learn more about the Smoke-Free Policy and smoking cessation at Fraser Health, please contact the residential facility manager.



We Support You

For support with quitting smoking, consult your doctor or pharmacist and use these resources:

- **QuitNow By Phone 1-877-455-2233:** Free helpline with trained nurses to provide one-on-one support. The service is 24/7 and is available in 130 languages.
- **quitnow.ca:** An interactive website quit-smoking service which combines methods for quitting smoking with an individualized program.
- **www.gosmokefree.ca:** Government of Canada resource for tobacco reduction materials including self-help and research publications.

CLICK OR CALL
quitnow.ca
1-877-455-2233

All contents © Fraser Health
This publication is intended to provide general information only, and should not be relied on as providing specific health care, legal or other professional advice. The Fraser Health Authority, and every person involved in the creation of this publication, disclaims any warranty, express or implied, as to its accuracy, completeness or currency, and disclaims all liability in respect of any actions, including the results of any actions, taken or not taken in reliance on the information contained herein.

Live Well, Smoke-Free

For Residents in Residential Care



**FRASER HEALTH,
CLEARING THE AIR**

Live Well, Smoke-Free

It's never too late to stop smoking, and start living well.

Even if you're a long-time smoker, your health will begin to improve the minute you quit.

This is why Fraser Health, along with all health authorities throughout British Columbia, is adopting a Smoke-Free Policy on its premises.

It is important that Fraser Health facilities and programs serve to protect and enhance the health and wellness of our caregivers, patients, residents, clients, volunteers and visitors, by providing smoke-free environments.

Fraser Health encourages everyone to eat well, be active, and live tobacco-free.

Your health
will improve
the minute
you **Quit**

Who, Where, When

Effective **March 31, 2008**, the Smoke-Free Policy means that with few exceptions, smoking is not permitted at Fraser Health facilities, on its grounds, or in its corporate vehicles.

The Smoke-Free Policy applies to everyone: staff, hospital patients, outpatients, families, visitors, and volunteers. Those patients, clients or visitors who choose to smoke are required to leave Fraser Health premises to do so.

However, special considerations are being made for smokers in residential care, residential mental health, and hospice.

How

Fraser Health appreciates that some individuals who smoke may find the new policy a challenge.

Therefore, while patients who smoke are in hospital, or in a Fraser Health operated residential facility, Fraser Health will assist those individuals to manage their nicotine addiction with Nicotine Replacement Therapy.

Residential Care

Fraser Health has recognized the special needs of individuals living in Residential Care. Since the residential facility is essentially your home, suitable outdoor smoking areas will be provided at designated Fraser Health operated residential care sites.

In order to provide enough time to fully implement the policy for residential facilities, the implementation date of the Smoke-Free Policy has been extended to **March 31, 2009**.

Smokers living in Fraser Health operated Residential Care will be offered smoking cessation support such as Nicotine Replacement Therapy in order to minimize any discomfort resulting from tobacco withdrawal. Smokers will also be referred to the QuitNow smoking cessation program: 1-877-455-2233, www.quitnow.ca.

In order to protect the health of caregivers, effective **March 31, 2008**, staff and volunteers are no longer permitted to accompany residents to smoking areas or to assist residents with smoking.