

## Admissions

While you are in our care at Fraser Health, we will assist you to find alternatives to smoking and to help minimize any discomfort you may feel from nicotine withdrawal.

That transition might be easier when you consider the benefits to you from a smoke-free stay with Fraser Health. After quitting smoking:

- In 8 hours, the carbon monoxide level in your body drops, and oxygen in your blood increases to normal.
- In 48 hours, the risk of heart attack begins to go down, and taste and smell begin to improve.
- In 72 hours, breathing becomes easier and lung capacity increases.
- In 2 weeks to 3 months, your body circulation improves.



## 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

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## Live Well, Smoke-Free

### For Patients in Hospital



**FRASER HEALTH,  
CLEARING THE AIR**

**Smoke- Free as of  
March 31, 2008**

## 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.

**It's never  
too late...**

## 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: employees, physicians, volunteers, patients in hospital, families, visitors, and outpatients.

Those patients, clients or visitors who choose to smoke are required to leave Fraser Health premises to do so. In order to protect the health of employees, physicians and volunteers, effective **March 31, 2008**, our caregivers are no longer allowed to accompany patients to smoking areas off the premises.

**...to stop  
smoking  
and start  
living well.**

## 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 residential facility, Fraser Health will assist those individuals to manage their nicotine addiction with Nicotine Replacement Therapy.

