

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:

Denyse Houde
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Fraser Health
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Tel: 604-777-8373



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 and Clients Living with Addictions or Mental Illness



**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.

LIVE a
HEALTHIER
lifestyle

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.

Mental Health and Addictions Programs

Mental Health and Addictions inpatient and outpatient programs are implementing smoke-free environments on **March 31, 2008**.

However, for residential facilities only, including Surrey CRESST, Abbotsford CRESST, Connolly / Cottonwood, and MRTC, the implementation date of the Smoke-Free Policy has been extended to **March 31, 2009**.

At those premises, suitable outdoor smoking areas that comply with LEED® environmental guidelines restricting smoking

to 7.5m (25 ft.) from a building will be available. Please be aware that employees, physicians and Fraser Health volunteers will not be allowed to accompany residents to outdoor smoking areas.

Fraser Health recognizes the special needs of Mental Health and Addictions clients in a smoking cessation effort. Statistics show that this group uses tobacco at a rate three times the general population.

Fraser Health will ensure those smokers do not experience unnecessary hardship due to nicotine withdrawal. Patients will be assisted to manage their nicotine addiction with Nicotine Replacement Therapy.

Nicotine Replacement Therapy is available to individuals who are admitted to hospital psychiatry units, as well as those admitted to MRTC and to the Creekside and Chilliwack withdrawal management units.

The Breathing Easy smoking cessation program is also provided to clients of community Mental Health and Addictions services who would like support to reduce or quit smoking. The program is offered at selected Mental Health and Addictions centres and clubhouses.

Patients and clients may also receive advice and referral to the QuitNow smoking cessation program: 1-877-455-2233, www.quitnow.ca.