

## Did You Know...?

While in our care, we will help you to find alternatives to smoking and vaping. We will also help relieve any discomfort you might feel from nicotine withdrawal.

This change might be easier if you consider the benefits of being smoke-free.

After stopping smoking:

- ☑ In 8 hours, the carbon monoxide level in your body drops. The oxygen in your blood increases to normal.
- ☑ In 48 hours, your risk of heart attack begins to go down. Your taste and smell begin to improve.
- ☑ In 72 hours, your breathing becomes easier and the amount of air your lungs can take in increases.
- ☑ In 2 weeks to 3 months, your body's blood flow and circulation improves.

## Needing support to quit?

Talk to your doctor, nurse, or pharmacist.

To get support and more information...



QuitNow services include coaching by phone and live chat, text and email tips programs and access to a supportive community of peers.



[www.quitnow.ca](http://www.quitnow.ca)



**Call 1-877-455-2233**

## BC Smoking Cessation Program

Ask your pharmacist if you qualify for a 12 week supply of nicotine replacement therapy for **free** each calendar year.

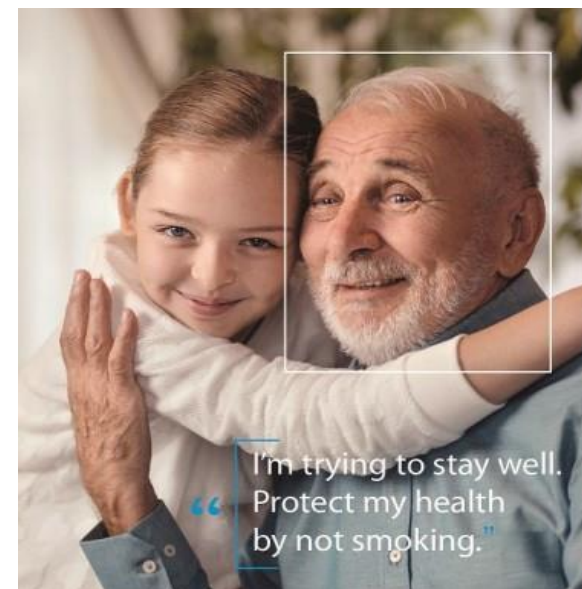
[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice given to you by your healthcare provider.

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For more copies: [patienteduc.fraserhealth.ca](http://patienteduc.fraserhealth.ca)

## Live Well Smoke and Vapour Free

### Long Term Care



**All of our care homes are smoke and vapour free, both inside and outside.**



## Live Well Smoke-Free and Vapour-Free

When our environment is smoke-free and vapour-free, we are helping to protect and improve the health and wellness of those who:

- live here
- visit here
- volunteer here
- work here

Even smoking and vaping in outdoor areas can harm the health of others.

Also smoking, both in and around our care home, increases the chances of fires.



“This is my home.  
Second hand smoke  
affects my ability to  
enjoy it.”

© Fraser Health

Our **Smoke, Vapour and Tobacco Free Premises policy** does not allow smoking or vaping:

- in our buildings
- on our surrounding property

This policy applies to family members, visitors, volunteers, employees, and doctors.

It means no use of tobacco products, smoking cannabis or use of electronic cigarettes.

To protect the health of our employees and volunteers, we do not allow them to go with any resident who wants to go off our property to smoke and vape.

If you smoke or vape, we will offer you Nicotine Replacement Therapy (NRT) and support to stop smoking:

- when you first move-in
- on a regular basis

If a resident chooses to continue smoking and vaping, we will work with them to make a plan for safe smoking and vaping including a specific safe and appropriate location.

A safe smoking plan could include:

- Using safe smoking equipment such as a smoking apron
- Being supervised by family or friends while smoking if you cannot safely smoke on your own

▪ **It's never too late to stop smoking or vaping.**