

Did You Know...

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

This transition might be easier when you consider the benefits from a smoke-free stay.

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.

Need support to quit smoking or vaping? Talk to your doctor, nurse practitioner, or pharmacist.

To get support and more information...



www.quitnow.ca

Free quit smoking, quit vaping program. Support in quitting, and helpful tools and resources



Call 1-877-455-2233

A friendly, professional helpline available 24/7.

Chat live on QuitNow.ca.

BC Smoking Cessation Program

To get a 12 week supply of nicotine replacement therapy for **free**, ask your local pharmacist.

www.fraserhealth.ca

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

Catalogue #262041 (December 2023)
To order: patienteduc@fraserhealth.ca

Live Well Smoke-Free and Vapour-Free

While in the Hospital



“Second-hand smoke hurts our patients by slowing recovery and healing.”

All Fraser Health facilities are smoke-free and vapour-free, both inside and outside.



Live Well Smoke-Free and Vapour-Free

Who, Where, When

How

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

Even if you're a long-time nicotine user, your health will improve soon after you quit.

Providing smoke and vapour free environments helps us to protect and enhance the health and wellness of our patients, residents, clients, visitors, volunteers, caregivers, and workers.

This is why we have a Smoke, Vapour and Tobacco Free Premises policy, along with all health authorities across British Columbia.

The Smoke, Vapour and Tobacco Free Premises policy means smoking or vaping is not allowed:

- in any of our buildings
- on surrounding property
- in our corporate vehicles
- in any other vehicle when it is on Fraser Health property



This policy includes smoking cannabis.

The Smoke, Vapour and Tobacco Free Premises policy applies to everyone: employees, doctors, volunteers, patients, families, and visitors.

If you choose to smoke or vape, you must do so off Fraser Health property. To protect the health of employees, doctors, and volunteers, they are not allowed to go with patients to smoke or vape off the property.

We understand some people who smoke or vape might find this policy a challenge.

While in our care, we can offer you Nicotine Replacement Therapy (NRT) to keep you comfortable.

If you smoke and we have not yet offered you Nicotine Replacement Therapy, ask your nurse or doctor.

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

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

