

What's your reason for going **smoke-free**?



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I knew it was bad
for my health.

Our buildings, property and
parking lots are all smoke-free.

For help to quit call 8-1-1
or speak to a pharmacist.



fraserhealth

quitnowca
THE LUNG ASSOCIATION™

Fraser Health is **smoke-free**

To protect the health of our patients, staff and visitors, smoking is prohibited on Fraser Health property. All of our buildings, property and parking lots are smoke-free.

B.C. health authorities are **smoke-free**

Under provincial law, smoking and vaping are prohibited on health authority properties. If you are found smoking in these areas, you can be subject to a \$58 provincial fine. Depending on the municipality, higher fines may apply.

You can help us go **smoke-free**

We're not asking you to quit smoking. But we are asking you to refrain from smoking while you are on Fraser Health property, which includes inside and outside all of our buildings, in our parking lots and on our grounds.

We can help you go **smoke-free**

If you are a patient, you can receive free nicotine replacement therapy (NRT) in the form of a patch, lozenge, gum or inhaler during your hospital stay to help you manage cravings. Simply ask your caregiver.

We can help you stay **smoke-free**

If you are a B.C. resident you can get free nicotine replacement therapy (NRT), such as the patch, lozenge, gum or inhaler, to help you quit smoking. Simply visit your local pharmacist. You can also get free quit-smoking support at QuitNow BC by visiting **Quitnow.ca** or calling **1-877-455-2233**.