

## Quit smoking support

Quit Victoria offer free confidential telephone or online support for people who want to quit smoking.

**Ph:** 13 78 48 or

**Web:** [www.quit.org.au](http://www.quit.org.au)



**NHW is committed  
to providing a safe  
and healthy environment**

# Smoke free Policy



PO Box 386, Wangaratta Vic 3676  
Green Street, Wangaratta Vic 3677  
Telephone: (03) 5722 5111  
Facsimile: (03) 5722 5109  
Website: [www.nhw.hume.org.au](http://www.nhw.hume.org.au)  
Email: [enquiries@nhw.hume.org.au](mailto:enquiries@nhw.hume.org.au)



Information for patients and visitors

Northeast Health Wangaratta (NHW) is committed to providing a safe and healthy environment. As part of this it is NHW's policy that smoking is not permitted on NHW campuses at any time. This includes all buildings and grounds/outdoor areas.

Clients are also requested to refrain from smoking in their homes whilst hospital staff are attending to and/or caring for their needs.

## Victorian Outdoor Smoking Ban

From 13 April 2015, smoking is banned within four metres of an entrance to public hospitals and registered community health centres.

Under the Tobacco Act 1987 smoking is now unlawful in these areas and could result in an infringement penalty, imposed by the local Council inspector.



## In supporting a smoke free environment:

- Appropriate signage is erected at each entrance to the hospital premises to clearly identify that smoking is banned
- Patients are encouraged to get some advice about quitting smoking before their admission (see back page)

There are many benefits for your health if you stop smoking before or during your treatment. Not smoking or smoking much less will help to:

- Speed your recovery from illness or surgery
- Decrease your risk of complications
- Improve your circulation
- Increase your body's supply of oxygen
- Increase your baby's supply of oxygen if you are pregnant

**This may be an ideal time to think seriously about quitting for good.**

## In supporting people to quit smoking NHW provides:

- Nicotine patches free for all inpatients during their stay
- Quit information packs on all wards and in program areas
- Information about support services for people who want to quit smoking (see over page).

**Smoking increases your risk of complications after surgery.**

**We can help you quit. Ask your nurse how.**

