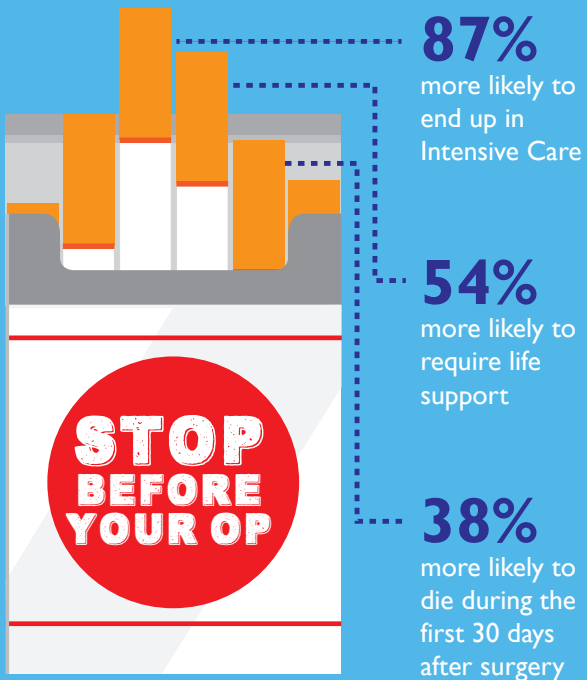


Smoking increases your risk of complications after surgery.

We can help you quit. Ask your nurse how.



Further information

Contact the Health Promotion Team

Phone: 0438 106 857

Email: health.promotion@nhw.org.au

Northeast Health is committed to providing a safe and healthy environment



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

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Smoke Free Policy



Information for patients and visitors

Northeast Health Wangaratta (NHW) is committed to providing a safe and healthy environment. As part of this it is our 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.



Supporting a smoke free environment

Appropriate signage is erected at each entrance to NHW premises to clearly identify that smoking is banned.

You are encouraged to get some advice about quitting smoking before your admission to hospital (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.

Supporting people to quit smoking

- All patients will be asked about their smoking and offered support to quit.
- Nicotine patches are free for all inpatients during their stay.
- Quit information packs are available on all wards and in program areas.
- Information about support services is available for people who want to quit smoking (see over page).
- We can provide referrals to Quitline.

Quit Victoria support

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

Ph: 13 78 48

Web: www.quit.org.au

Text: 'call back' to 13 78 48