

Tips to help you quit!

- **Drink water** - Freshen your glass every hour or so with crushed ice to help satisfy the craving.

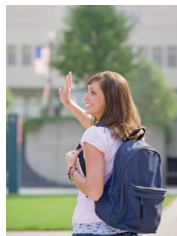


- **Deep breathing** - Take a deep breathe, hold for 3 seconds, exhale slowly through your mouth.



- **Delay** - A craving will last 20 seconds to 2 minutes. When you want a cigarette, delay the craving. It will pass.

- **Do something different** - Change the activity. Go for a walk or read a book. A change will result in fewer temptations.



**With support from
Central Health's partners:**



**Questions & Answers
Being Smoke Free**

**SMOKE
FREE**
Everyone. Everywhere. Every day.

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**Questions & Answers
Being Smoke Free**



Smoke free initiative

Central Health's 100 percent Smoke Free Policy prohibits smoking on all Central Health property. This includes parking lots, walkways and gardens.

Why smoke free?

The vision of Central Health is of healthy people living in healthy communities. In support of this vision, the goal of this policy is to create a healthy environment for everyone. As a health organization we have a responsibility to be role models by developing and supporting policies in the best interest of health and wellness.

Why can't individuals smoke outside?

Smoking is the leading cause of preventable disease and death and represents a major healthcare epidemic in our country. Secondhand smoke has been proven hazardous to people's health. As a healthcare provider we believe everyone will see a significant health benefit as a result of this initiative.



Can people smoke in their vehicle?

No, smoking is not permitted in any parking areas, including vehicles on the premises.

Can patients leave Central Health property to smoke?

Patients who request to leave the property to smoke will be informed that the entire premises are smoke free and that by leaving the property to smoke they may be placing themselves at risk for medical complications. There is also a risk of injury as staff will not accompany people off the property. If a patient wishes to smoke he/she will have to assume responsibility for his/her own safety.

How do patients seek help?

Any person who receives services from Central Health will be asked if they use tobacco. Those who identify that they are smokers will be provided with a package containing information on becoming smoke free and the supports and assistance available to them. The person will then be asked if they would like to be referred to the Smokers' Helpline. If the client agrees, a referral will be sent.

What about clients who receive services in their home? Since this is an individual's home, does this policy apply?

As an employer, Central Health has a responsibility to protect its employees from the harmful effects of exposure to secondhand smoke. We request that a client's home be smoke free **one hour before and during** the home visit. Employees will also refrain from smoking while providing services to the client.

Where can I get more information about smoking cessation services?

If you would like more information on how to quit smoking, please speak with your local healthcare provider or call the Smoker's Helpline at 1-800-363-5864.



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