

Tips for Quitting

- Drink water – with crushed ice if possible
- Breathe Deep – take a deep breath, hold for two seconds, then let it out
- Delay the urge to smoke – put it off for a few minutes
- Do something else – try a different activity
- Get support from friends, family and/or professionals
- Make your home and car smoke-free

Did you know?

Tobacco kills three times more Canadians each year than alcohol, AIDS, illegal drugs, car accidents, suicide, and murder all combined.



BUT if you quit...

20 minutes after	your pulse and blood pressure return to normal
8 hours after	CO ₂ levels in your blood drop
24 hours after	your chance of having a heart attack drops
72 hours after	you can smell and taste things better and breathing becomes easier
2 weeks after	your circulation improves and walking becomes easier
1 year after	you've cut your risk of heart disease in half

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Why a **SMOKE** **FREE** Site?

We are committed to providing a healthy and safe environment for our patients, families, visitors and staff.

Exposure to tobacco smoke is harmful, so we have taken the step to eliminate this risk from our environment. As a result smoking is not permitted anywhere on our site.



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Join us in going Smoke-Free!

We ask that everyone assist us in maintaining our commitment to healthy living by **refraining from smoking anywhere on our property including in parking lots and within parked cars.**

Our hospital property is defined by the **orange line** in the map. If you smoke, please do so off hospital property, using the provided containers.

Admitted Patients

There are services to help patients admitted to the hospital to quit smoking or remain smoke-free while at JBH.

You may also wish to call the Smokers Helpline at 1-877-513-5333 or visit their website www.smokershelpline.ca. Your health care team will discuss the options available.

Join JBH in going Smoke-Free.

Whether you are planning to quit smoking or have already quit, there are many resources available to help!

Support:

Smoker's Helpline: www.smokershelpline.ca or call 1-877-513-5333

Halton Region Public Health Department: www.halton.ca or call the Stop Smoking Clinic at 1-866-442-5866

Health Canada: www.gosmokefree.ca

