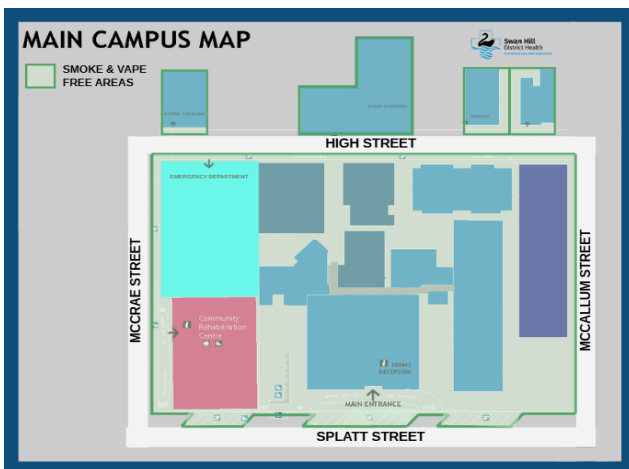


Smoking or Vaping at SHDH

By law, smoking and vaping is banned within four metres of an entrance to any public hospital or registered community health centre in Victoria. If you intend to smoke or vape, you are required to leave SHDH grounds. Family and friends can assist you to go outside if required. To protect others please;

- Ensure smoke and/or aerosol is not blowing onto other people
- Cover clothing with a jacket while smoking or vaping
- Remove jacket and wash hands when returning to the health service

Please be aware that our staff cannot assist you to go outside to smoke.



AVAILABLE SUPPORT:



For free and confidential support contact Quitline

Phone: 13 78 48

Web: www.quit.org.au

Hours: 8am—8pm Monday—Friday

10am—5pm Saturday



My QuitBuddy

My QuitBuddy app helps you get and stay smoke and vape free.



CRC Respiratory Services

Need help navigating cessation support?
Have a chat with our local respiratory nurse!

Phone: (03) 5033 9321

Email: crc@shdh.org.au

Web: www.shdh.org.au



**Swan Hill
District Health**
Connected Care. Best Experience.



Smoke & Vape Free Patient Information



**Swan Hill
District Health**
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Smoke-Free and Vape-Free Environments

Swan Hill District Health (SHDH) is a Smoke-Free and Vape-Free health service. This applies to clients, individuals in care, staff, contractors, volunteers and visitors.

What does Smoke-Free & Vape-Free mean?

This means smoking, vaping and the use of any tobacco products are not permitted on the grounds of our health service. This includes all buildings, entrances, benches and car parks on all Swan Hill District Health sites:

- Community Health
- Corporate Hub
- Counselling
- Dental Services
- Education Centre
- headspace
- Jacaranda Lodge
- Kapel Telkuna
- Logan Lodge
- Main campus
- Primary Health Medical Centre
- Social Support Group

Why SHDH is Smoke-Free & Vape-Free?

Our health service is committed to providing safe, healthy environments for everyone.

Exposure to smoke from tobacco products and aerosol from vaping is harmful, especially for those who are unwell and/or vulnerable.

A smoke-free and vape-free environment helps reduce complications, supports healing, helps others in their quit journey and protects the health of our community.

How we can help

SHDH recognises that a hospital stay can be an opportunity for people to reduce or quit smoking and vaping. Our staff can:

- Provide Nicotine Replacement Therapy to help with withdrawals
- Help you make a plan to manage your smoking and/or vaping cravings
- Help refer you to quit supports

Ask our staff for advice and support.

What is Nicotine Replacement Therapy?

Nicotine replacement therapy (NRT) is a form of medication that provides nicotine to the body to help reduce withdrawal symptoms when trying to quit smoking and/or vaping.

It is available in products such as patches, gum, lozenges, inhalers and sprays, which deliver nicotine without the other harmful chemicals found in tobacco.

NRT can be used with counselling to significantly increase the chances of quitting successfully.



The health benefits of quitting smoking

Good news! As soon as you stop smoking your body begins to repair.

Within 6 hours

- Your heart rate slows and blood pressure becomes more stable

Within a day

- Oxygen can reach your heart and muscles more easily
- Your hands become steadier and fingertips warmer

Within a week

- Your sense of smell and taste improve
- You have higher levels of protective antioxidants such as vitamin C

Within 3 months

- You cough and wheeze less
- Your blood is less thick and sticky and blood flow to hands and feet improve
- Your immune system begins to recover so your body is better at fighting infection

Reducing or quitting smoking and vaping reduces the length of time needed for recovery.

Information sourced from [Quitline.com.au](https://quitline.com.au)