



## Smoking guidelines for patients and staff

**You are not allowed to smoke**



- on the ward
- in the hospital
- in the grounds of the hospital



There will be **no smoking breaks**  
and we could help you **quit smoking**



If you **quit smoking**, you will

- feel healthier
- feel better about yourself
- have more money
- be less worried about things





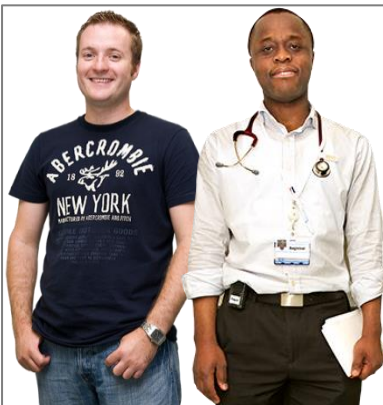
You can get help to quit smoking

You can use **nicotine replacement therapy**



This means things like

- nicotine gum
- patches
- tablets
- inhalers
- sprays for the mouth or nose



Please speak to your nurse or doctor about this



**Please remember**

**No smoking  
in or around the hospital**