

# Welcome to our **SMOKE FREE Property**

Thank you for not  
smoking or vaping  
on hospital property.



## Why Smoke-free Grounds?

**There is no safe level  
of exposure to  
second hand smoke.**

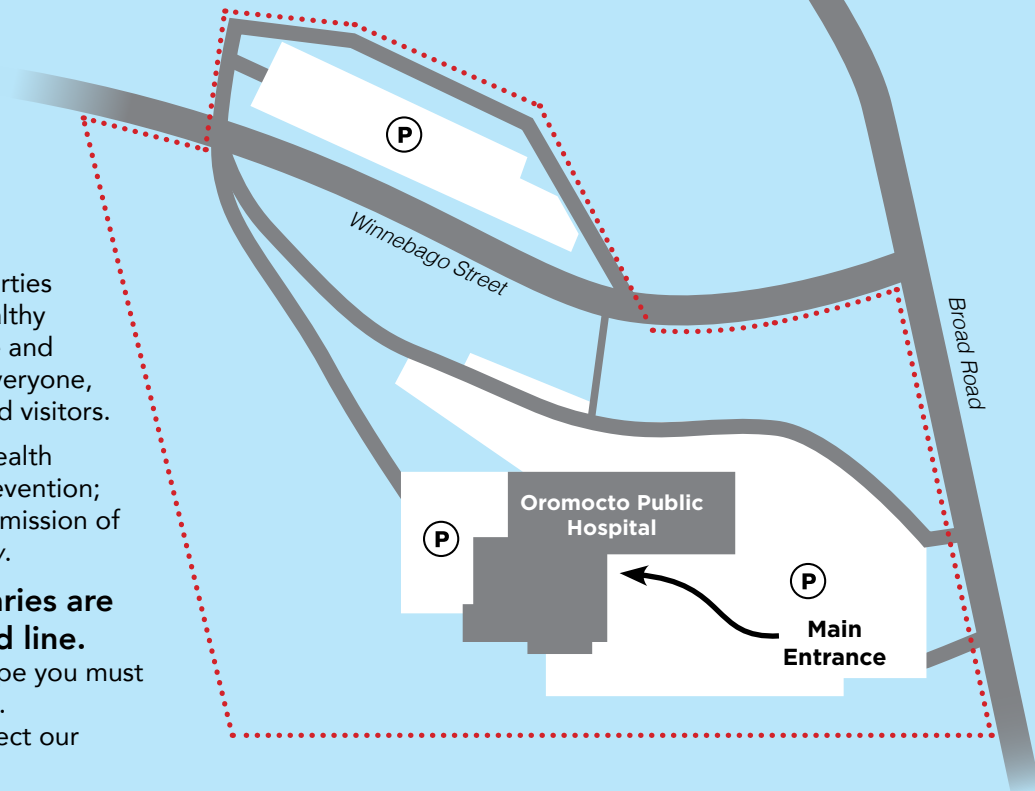
Smoke-free hospital properties reduce harm, promote healthy choices and support a safe and healthy environment for everyone, including patients, staff and visitors.

Horizon is committed to health promotion and disease prevention; this initiative supports our mission of *Helping People Be Healthy.*

**Our property boundaries are  
defined by the dotted line.**

If you choose to smoke/vape you must leave the hospital grounds.

We ask you to please respect our neighbouring properties.



## What supports are available to me?

We understand that smoking is an addiction to nicotine and we want to support people who will not be able to smoke/vape while on our hospital grounds.

### Admitted Patients

If you smoke/vape or use tobacco and are interested in quitting or easing your cravings and withdrawal symptoms during your stay, please talk to your care team. They can provide you with supports and nicotine replacement medications.

### Visitors

You may wish to buy over the counter nicotine replacement medication from your local pharmacy to help you stay smoke-free while on Horizon property. The hospital gift shop will also sell nicotine replacement gum.

### Employees

Resources for quitting smoking/vaping or remaining smoke-free while at work will be available for employees through Horizon's Employee Health and Wellness Department.

## Other supports to help you quit smoking

### Smokers' Helpline:

Free personalized advice, counselling and a quit plan that suits you. Telephone and online options available.

**1-877-513-5333**

[www.smokershelpline.ca](http://www.smokershelpline.ca)

### Health Canada:

Information and resources to help you become smoke-free.

[www.gosmokefree.ca](http://www.gosmokefree.ca)