

THANK YOU FOR **NOT SMOKING** ON HOSPITAL PROPERTY

MERCI DE **NE PAS FUMER** SUR LA
PROPRIÉTÉ DE L'HÔPITAL



You may be fined if smoking on the property

Vous pouvez être condamné à une amende
si vous fumez sur la propriété



Thunder Bay Regional
Health Sciences
Centre

Keep our Grounds Smoke-Free, it's Provincial Law

We are committed to improving the health of patients, visitors, staff, and community. Current smoke-free grounds legislation applies to all persons on our grounds. We will help those who want to reduce or quit smoking and/or need support for nicotine addiction while on our Hospital property.



Quit Supports

We are committed to supporting patients, families and staff to be smoke-free while at our Hospital. Being smoke-free is the single best thing you can do to prevent illness and be healthy. Whether you are planning to quit smoking or you have already quit, there are many resources available to help you.

Smokers' Helpline - Connect to Quit

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

Call 1 (877) 513-5333 or go to www.smokershelpline.ca

Thunder Bay District Health Unit

- Free, individual cessation counseling (Nicotine Replacement Therapy voucher system available for eligible clients)
- Take Control: Personal Tobacco-Free Counseling
www.tbdhu.com

Call the Tobacco Treatment Specialist - at (807) 625-5982

NWquit.com

A comprehensive smoking cessation listing and resource for all of the communities in Northwestern Ontario.

Pharmacists

Your local pharmacist is available to provide valuable support for quitting smoking. Pharmacists can prescribe and dispense quit smoking medications, as well as provide counselling services. Ask them about your smoking cessation needs.



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healthy
together

En santé
ensemble