

**While you are in
hospital you will not
be able to smoke.**



**Your doctor or nurse can give you
nicotine replacement products to
keep you comfortable.**



Health

Illawarra Shoalhaven
Local Health District

Being smoke free in hospital may make you think about quitting smoking. There is help available.

Ask your GP or call the Quitline, download a phone app or visit a website for more information.



PHONE APPS:

My Quit Buddy

Quit for You, Quit for Two



WEBSITES:

www.quitnow.org.au

www.icanquit.com.au



TELEPHONE SUPPORT:

Quitline 13 7848

**You can't smoke
around hospitals.**



**We are smoke free for
your health and ours.**