

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.**