



Goulburn Valley Health is now Smoke Free

Information for Patients and Visitors



Goulburn Valley Health's Smoke Free Policy:

GV Health has an obligation to provide an environment that is safe and without risk to people's health. It is important that patients, staff and visitors can freely enjoy all areas of the campus without being affected by cigarette smoke.

Smoking is not permitted in any building, outdoor area or vehicle within the boundaries of GV Health facilities.

Patients and Visitors:

While a patient at Goulburn Valley Health, you will not be permitted to smoke within GV Health facilities or grounds.

You will be responsible for your own health and safety if you choose to leave the hospital grounds in order to smoke. This decision may impact on your long term recovery and is a choice that you need to consider carefully.

Staff will not be able to assist you to smoke.

While you are a patient, please advise your visitors that GV Health is a smoke free facility.

Good Reasons to Quit:

Smoking is the single largest preventable cause of death and disease in Australia. Everyone exposed to tobacco smoke is affected. It can lead to:

- Cancer
- Emphysema
- Reduced immunity
- Reduced fertility for men and women
- Heart disease
- Increased risk of clotting
- Reduced bone density

In addition, when they give up smoking, the average smoker will save over **\$2,500** per year.

While simply stopping and going 'cold turkey' works for some, others need a more gradual process to quit smoking.

For support and information on giving up smoking:

- Speak to your local doctor.
- Phone Health Promotion at GV Health on 5832 2200.
- Visit www.quit.org.au
- Phone the Quitline 137848

GV Health is a smoke free environment.

For further information about services provided by
Goulburn Valley Health visit our website www.gvhealth.org.au