

**Townsville  
Hospital  
and Health  
Service**

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**For free information about quitting  
call Quitline 13 QUIT (137 848)**

**No smoking on  
hospital grounds**



# We don't smoke here anymore

Patients, visitors and staff are not allowed to smoke on hospital grounds.

If someone is smoking on The Townsville Hospital campus, our Health Security team can ask them to stop or move on.

**You can be fined \$266 for smoking on hospital grounds. These fines will apply from 1 January 2020.**

## How can I get help to stop smoking?

Nicotine patches are free while you are in hospital. This helps you when you're not allowed to smoke at the hospital.

Aboriginal and/or Torres Strait Islander people registered under the Close The Gap scheme can also receive free nicotine patches.

If you need more information about nicotine patches please talk to your health worker, nurse or doctor.

Quitting smoking and choosing a healthy lifestyle will help our mob to beat the stats on life expectancy.

You will start to feel better from the day you quit smoking.



In one week your sense of taste and smell improves



Your skin will feel better and your teeth will stop turning yellow



If you are pregnant or have a baby, your baby will be healthier



You will be at much less risk of heart disease, diabetes and some cancers



You will save money - a pack-a-day smoker will save more than \$12,000 a year



You and your family will be healthier