

**Quitting smoking means better health.**  
There are many immediate and long-term health benefits.

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

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

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**Townsville  
Hospital  
and Health  
Service**



**We don't smoke here  
anymore**



# We don't smoke here anymore

## Townsville University Hospital is a smoke-free campus

As a hospital, we care about the health and wellbeing of each individual patient, staff member and visitor.

Smoking is a leading cause of death and disability worldwide and has no place on a health campus.

### What are the penalties?

If someone is smoking on the Townsville University 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.**



### Why have the changes been introduced?

Tobacco smoking is still the leading preventable cause of death and illness in Queensland.

By going smoke-free, Townsville University Hospital is:

- reducing the harms associated with tobacco use, including exposure to environmental tobacco smoke, for both smokers and non-smokers
- reducing the demands on staff time assisting inpatients to move outdoors to smoke
- providing a clear and consistent message to the community about the hazards of smoking
- demonstrating to our community that we are a leader in the promotion of health.

### How can I get help to stop smoking?

If you are admitted to Townsville University Hospital, we can provide nicotine replacement therapy (patches or gum) for you. This will help improve surgical results and reduce nicotine withdrawal symptoms, such as cravings, irritability and anxiety, during your hospital stay.

It is hoped this will also encourage you to make a quit attempt in hospital or after discharge. Ask your treating doctor or nurse for further information or phone Quitline on 137 848.

### How can I improve my chances of quitting?

#### Get support:

Call Quitline 13 QUIT (137 848) for free information, practical assistance and support. Quitline's trained counsellors are available seven days a week to help you get through the process of quitting.

#### Talk to your health professional:

Discuss quitting smoking with a general practitioner, pharmacist or community health worker and plan your quitting strategy together.

#### Consider the use of nicotine replacement therapy (NRT):

The aim of NRT products is to replace the some of the nicotine from cigarettes without the harmful chemicals found in tobacco smoke. This can help reduce cravings, anxiety and other withdrawal symptoms.