

Politique CISSS sans fumée (Policy for a Smoke-free CISSS)

What you need to know if you are a smoker

The Centre intégré de santé et de services sociaux des Laurentides provides a totally smoke-free environment to people who use its facilities, including buildings, grounds and parking areas.

If you are a smoker, the CISSS des Laurentides offers help so that you can control your desire to smoke during the health and social services you will receive in our establishment.

Requirements

- Do not smoke cigarettes, vape or smoke cannabis in any CISSS des Laurentides facility (hospital, CLSC, rehabilitation centre, CHSLD, etc.).
- Do not smoke cigarettes, vape or smoke cannabis on the grounds or in parking areas.

Help for you

If you would like to reduce or stop smoking/vaping, ask for a referral to see the nurse at the Smoking Cessation Centre, at no cost to you.

Take advantage of nicotine patches, gums or lozenges offered to help you manage withdrawal symptoms during your stay in the hospital or rehabilitation centre.

Questions and concerns

- Consult your professional or get in touch by email:
politique.sans.fumee.cissslau@ssss.gouv.qc.ca

The policy conforms to the *Tobacco Control Act* as well as *ministerial policy directives on tobacco control in health and social services institutions*.

Consistent with the mission of the CISSS, exemplary and responsible values are at the core of this policy.

It promotes non-smoking and smoking cessation among staff and clients to provide a healing environment and promote good health.

It allows for the temporary preservation of smoking rooms in CHSLDs.

Quitting Smoking

I would like to quit smoking: 1-844-440-AIDE (2433)

CISSS des Laurentides Smoking Cessation Centres are available across the entire region. This service is free and adapted to your individual or group needs.

J'ARRÊTE



1-866-JARRETE (527-7383)

Monday to Thursday: 8:00 AM to 9:00 PM

Friday: 8:00 AM to 8:00 PM

<https://www.tobaccofreequebec.ca/iqitnow>

I Quit, I Win! Challenge Registration period: end of December to beginning of February every year. Challenge period: 6 weeks in February and March.

SMAT TEXT MESSAGES: Short Messages Against Tobacco. Text messages providing support and tips from the Canadian Cancer Society.

Some of the health effects of stopping smoking

- Your blood pressure and heart rate return to normal.
- The carbon dioxide level in your bloodstream returns to normal and the oxygen level that nourishes tissues improves.
- Your breathing capacity increases.
- After 1 year, your risk of cardiovascular disease is cut in half.
- Ten years after stopping smoking, your risk of lung cancer is almost half that of a smoker.
- Fifteen years after stopping smoking, your risk of stroke is comparable to that of someone who never smoked.



**Quitting smoking is good for you, no matter what your age
and the number of cigarettes you smoke.**