

**for Aboriginal Patients**

# Smoke Free Policy

## Smoking areas

Patients will only be allowed to smoke in identified designated areas that are made available at some hospitals. Most hospitals and health centres do not have designated smoking areas.

Smoking is not permitted in any other area within the hospital grounds; this includes driveways, car parks and outdoor areas.

## DoH Responsibilities

Under Occupational Health and Safety law, DoH is required to take all reasonable measures that are practicable to protect the health and safety of employees, patients, and the general public who access their premises.

DoH will display Smoke Free signage at prominent areas in and around the hospital grounds to inform and remind people of the Smoke Free Policy.

*The term 'Aboriginal' refers to Aboriginal and Torres Strait Islander people.*

For information to stop smoking please contact

**QUITLINE 137 848**

For more information on DoH smoke free policy please contact the Tobacco Hotline: 1800 888 564, or visit the following website

**[www.smokefree.nt.gov.au](http://www.smokefree.nt.gov.au)**

## Smoking harms our health

Half of all Aboriginal adults in the Northern Territory (NT) smoke cigarettes. In the NT one person in every five dies from health problems caused from smoking.

## Smoke Free Policy (No smoking law)

Since 1 July 2009 smoking on any hospital or health centre grounds has not been allowed. Some hospitals do have a designated outdoor smoking area for patients. Please check with your health care provider.

## The reason for the Smoke Free Policy

The Department of Health (DoH) Smoke Free Policy has been made to protect everyone's health from the bad effects of tobacco smoke. The new Policy will:

- Protect people who are sick
- Protect people who don't smoke
- Protect all hospital workers from tobacco smoke

## Patients who smoke

Patients who smoke will be offered counselling and medicine, such as nicotine patches, nicotine gum, or nicotine inhalers to help them stop smoking when they have to stay in hospital.



- Protect people who use and visit the health service areas such as hospitals and clinics
- Teach people that it is good to quit smoking

## When you stop smoking:

- Your family and children will not get sick from your tobacco smoke.
- You will start to breathe better.
- Your body will start to fix itself from the damage of smoking.
- You will start feeling better.
- You will lower the chances of getting gangrene and having body parts cut off.
- You will lower the chances of dying from a smoking sickness, such as cancer(s), heart attack, blocked arteries or stroke.

