HOUSTON VAMC
NON-SMOKING FACILITY

Non-Smoking Facilities reduce exposure to secondhand smoke.

Secondhand smoke causes an estimated 3000 deaths per year from lung cancer among American adults. Secondhand smoke is also linked to Heart Disease and stroke.

For this reason, smoking is prohibited in all public buildings and is, likewise, not allowed inside our hospital. Smoking is not allowed in stairways or bathrooms. Smoking is also not allowed immediately outside the Front Entrance, Emergency Room or the Transitional Care (West) Entrance. **You can be cited a violation by Hospital Security for smoking in unauthorized areas.**

Covered shelters and open areas are available for smoking. These are located outside the main building at the:

- Smoking perimeter and benches between Building 100 and the Recreation Center, Building 108.
- Outside the exit door between Nursing Units 1C and 1D.

After 9 PM, all smoking entrances and exits are closed. Inpatients may smoke in the Atrium behind the Cafeteria between 9 PM and 5AM. Ask your Nurse Manager for the closest smoking area.

VETERANS PLACING HEALTH FIRST THROUGH EDUCATION

April 2, 2001/Revised July 1, 2003

SMOKING CESSATION PROGRAM

You Don't Have to Smoke

Your Houston VAMC offers a program to help you stop all tobacco use. Get your questions answered and schedule your classes by calling Tobacco Cessation experts at VA Network Telecare Center at (713) 794-8985 or toll-free 1 (800) 639-5137.

You will learn:

- to understand the reasons for your desire to use tobacco and its effects on your health and on the health of others.
- to use strategies and information on how to cope with withdrawal symptoms.
- to understand medication use and other aids that can help stop smoking, and
- to use methods to help you stay tobacco free.

To be successful you must have:

- a sincere desire to quit smoking,
- an understanding of tobacco's addictive and habit forming properties,
- a willingness to change your behavior,
- an understanding of how to recognize withdrawal symptoms,
- an ability to recognize and obstacles to staying off tobacco; and,
- an appreciation of the long-term benefits of not using tobacco.

If you fail the first time, DO NOT GIVE UP! You will succeed and live a healthier, longer life.

PATIENT AND FAMILY HEALTH EDUCATION COMMITTEE

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