

Smoking Cessation Resources Available  
in Your Community:

Quit for Life Clinic -  
St. Joseph's Health Centre  
Tel: 416-530-6860

Centre for Addiction and Mental Health  
(CAMH)  
Te: 416-535-8501  
Website: [www.camh.net](http://www.camh.net)

The Quit Clinic  
Tel: 416-222-6160

Heart & Stroke Foundation of Ontario  
Tel: 416-489-7111  
Website: [www.heartandstroke.ca](http://www.heartandstroke.ca)

Ontario Lung Association  
Tel: 416-864-9911  
Website: [www.on.lung.ca](http://www.on.lung.ca)

Canadian Cancer Society's Smokers'  
Helpline  
Tel: 1-877-513-5333  
Website: [www.smokershelpline.ca](http://www.smokershelpline.ca)

Toronto Public Health  
Tel: 416-338-7600  
Website: [www.toronto.ca/health](http://www.toronto.ca/health)

Cancer Care Ontario  
Tel: 416-971-9800

For more information on St. Joseph's  
Health Centre's Smoke-Free  
Environment please speak to your  
healthcare provider, or contact our  
Corporate Communications & Public  
Affairs Department at 416-530-6387.

[www.stjoe.on.ca](http://www.stjoe.on.ca)

*Welcome to  
St. Joseph's  
Health  
Centre's  
Smoke-Free  
Environment*

ST. JOSEPH'S  
HEALTH CENTRE TORONTO

ST. JOSEPH'S  
HEALTH CENTRE TORONTO

## *Putting Patients First:* St. Joseph's Health Centre's Smoke-Free Environment

Welcome to St. Joseph's Health Centre's smoke-free environment. As your community teaching hospital, we are helping to ensure that our patients, visitors and staff are protected from exposure to the detrimental effects of tobacco.

Our smoke-free environment means no smoking inside the Health Centre or anywhere on our property starting October 6, 2008.

### Frequently Asked Questions:

**Q: Why can't I smoke outside?**

**A:** As a health care facility, St. Joseph's has a responsibility to provide a healthy environment for everyone. Any exposure to second hand smoke is harmful. We also have a responsibility to comply with the Smoke Free Ontario Act.

**Q: Can I smoke in my car or a visitor's car?**

**A:** No. Smoking is not allowed anywhere on the Health Centre

property, including the parking garage, driveways, pedestrian walkways leading into our property and outside seating areas.

**Q: What will happen if I am caught smoking on St. Joseph's property?**

**A:** Our smoke-free policy is meant to be supportive and to promote a healthy and safe environment for our patients and their families, visitors and staff. You will be advised of St. Joseph's smoke-free Environment and asked to extinguish the tobacco product. However, under the Smoke Free Ontario Act, you may be fined by a bylaw enforcement officer.

**Q: Does this policy violate my right to smoke and personal choice?**

**A:** No. Exposure to second-hand smoke is harmful. As a property owner, St. Joseph's has the right and responsibility to establish rules and regulations ensuring a safe and healthy environment for everyone. We also have a responsibility to comply with the Smoke Free Ontario Act. An increasing number of Canadian municipalities,

institutes (including hospitals), and businesses are adopting smoke-free policies.

**Q: Are patients expected to quit smoking?**

**A:** No. Our smoke-free policy is not asking people to quit smoking. It is telling people they are not allowed to smoke anywhere on our property. If people are interested in resources to help them to stop smoking, we have included a list of references and community supports available to you in this brochure.

**Q: What if I am a patient and I need to smoke but cannot or do not want to leave the property?**

**A:** The Health Centre can offer our patients Nicotine Replacement Therapy (NRT) during their hospital stay. Please speak to your health care provider for more information. The NRT may be prescribed by your physician where appropriate.