

**There is no safe level of second-hand smoke.**

Any patient, visitor or staff member who passes someone smoking is exposed to second-hand smoke. Even a small amount of second-hand smoke can affect a person's health. Second-hand smoke can cause lung cancer, trigger heart problems, and make breathing conditions like asthma worse.

If you smoke, quitting is the single-most important thing you can do for your health.

**Thank you for helping us create a healthy and safe space for everyone.**

For more information about the Smoke-Free Ontario legislation, visit [www.ontario.ca/page/smoke-free-ontario](http://www.ontario.ca/page/smoke-free-ontario).



**KEMPTVILLE**  
District HOSPITAL

Building healthier communities

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**Hospital Property is now SMOKE-FREE**



We all breathe the same air | On respire tous le même air

**La terrain de l'hôpital est maintenant SANS FUMÉE**

As of January 1, 2018, all hospitals in Ontario are entirely smoke-free.

This brochure is for you if you are ready to quit or cut down your tobacco use.

## Ready to quit?

Many community resources offer stop-smoking support, often for free. Contact the following to find a program that works for you.

### 1. Leeds, Grenville & Lanark District Health Unit

The Health Unit offers a variety of supports including five weeks of free nicotine replacement therapy (patches). To get started, contact the Health Unit at –

**(613) 258-5941**  
**[www.healthunit.org](http://www.healthunit.org)**

### 2. Smokers' Helpline

Smokers' Helpline is a confidential service operated by the Canadian Cancer Society offering proven, free and personalized tools to help you quit. Connect with Smokers' Helpline online, by phone, or text.

**1-877-513-5333**  
**[www.smokershelpline.ca](http://www.smokershelpline.ca)**

### 3. MyQuit

MyQuit is a free program available in Eastern Ontario for anyone interested in quitting smoking or cutting back. MyQuit is delivered by coaches who are trained in the latest techniques to help you stop smoking successfully. Coaching is available one-on-one, by telephone, in groups and through an online program. Clients may be eligible to access quit smoking medications at a reduced cost.

**1-877-376-1701**  
**<https://myquit.ca>**

### 4. The University of Ottawa Heart Institute Quit Smoking Program

The University of Ottawa Heart Institute Quit Smoking Program provides one-on-one support during your attempt to quit smoking or reduce your tobacco usage. You may self-refer to the program or be referred by a healthcare provider. The cost of the program is covered by OHIP.

**1-866-399-4432**  
**[www.ottawaheart.ca/clinic/quit-smoking-program](http://www.ottawaheart.ca/clinic/quit-smoking-program)**

### 5. Walk Or Run To Quit

Walk Or Run To Quit is a Canadian Cancer Society and Running Room partnership program that uses walking or running to help people quit smoking.

**[www.runtoquit.com](http://www.runtoquit.com)**

### 6. *Staff Recommendation:* Allen Carr's Easy Way to Stop Smoking

Allen Carr's Easy Way uses cognitive therapy to remove the desire to smoke.

**[www.theeasywaytostopsmoking.com](http://www.theeasywaytostopsmoking.com)**

### 7. *Supports for Young People:*

- **Break It Off** is a free mobile app to help young people quit.

**1-866-366-3667**  
**[breakitoff.ca](http://breakitoff.ca)**

- **Leave The Pack Behind** provides smoking and quitting information, personalized support, and quitting resources for young adults – all for free.

**[www.leavethepackbehind.org](http://www.leavethepackbehind.org)**