

# TOBACCO FREE

9.1.2010

Effective on September 1, 2010, Cottage Hospital has been designated as a tobacco-free environment.

Tobacco-free products include, but are not limited to cigarettes, cigars, chewing tobacco and pipes. This means that the usage of tobacco products is prohibited on all Hospital premises and property (including off-site locations). This is an effort to promote a safe and healthy environment for our employees, patients, volunteers, students and visitors and to set an example within the community with regard to the use of tobacco.





## The following resources are available for those trying to quit.

**New Hampshire QuitLine**  
**1-800-Try-to-Stop**

[www.trytostop.org](http://www.trytostop.org)  
(1-800-879-8678)

**Vermont QuitLine**  
**1-800-Yes-Quit**

[www.vermontquitnet.com](http://www.vermontquitnet.com)  
(1-877-937-7848)

## Frequently Asked Questions

### Why is Cottage Hospital going Smoke-Free and Tobacco-Free?

- To help fight the single most avoidable cause of death in our society.
- Secondhand smoke is a major cause of lung cancer and heart disease in non-smokers.
- If you smoke, it takes longer to heal after an operation and recover from illness.
- By becoming a Smoke-Free & Tobacco-Free campus, we hope to educate people on the health risks connected with smoking.

### What areas are included?

- All facilities, buildings, and grounds, which are owned or leased by Cottage Hospital.
- Adjoining sidewalks to Cottage Hospital owned or leased property.
- Parking lots and driveways used by Cottage Hospital.
- Hospital owned vehicles.

### Who does this policy apply to?

Anyone who enters Cottage Hospital-owned property or off-campus employee worksites. This includes all patients, family members, visitors, employees, volunteers, contract employees, and students.

### What tobacco products are included in this policy?

Cigarettes, cigars, pipe smoking, chewing tobacco

### What if I do not want to quit smoking?

This policy is not an anti-smoker policy. Our policy is to eliminate smoking from our owned or leased property. Our goal is to help those who are trying to quit and to remove the potential for exposure to secondhand smoke and smokeless tobacco products at Cottage Hospital.



For more info or resources call 603-747-9189  
Or visit us online at [www.CottageHospital.org](http://www.CottageHospital.org)