

Benefits of quitting smoking



In NSW tobacco smoking causes more than 5,400 deaths and 46,000 hospitalisations each year.



Passive smoking can affect the health of your child.



Children of smokers are twice as likely to smoke tobacco.



When a parent/carer quits smoking, their children are more likely to quit.

Support to help you quit smoking

Other strategies that may help you to quit are:



Counselling



Develop a quit plan



Call the Quitline for free on **137 848**



Talk to a GP or health professional

Visit quitnow.gov.au or health.nsw.gov.au

For more information, please visit kidshealth.schn.health.nsw.gov.au/projects/smoking

Medications to help you quit smoking

A summary of the medications that can help you quit smoking are provided below. They are all much cheaper than continuing to smoke.

Talk to your General Practitioner (GP) for more information or to discuss medication options.

	Dosage
Nicotine Replacement Therapy (NRT) Patches	At least one patch per day (based on nicotine dependence) for at least eight weeks
Varenicline (Champix)	12 week course
Bupropion (Zyban)	At least seven weeks (120 tablets)
Nicotine gum, lozenges, sublingual tablet, inhaler	As directed on packaging. Can be used in combination with NRT and/or medication
If you smoke a packet of 20 cigarettes a day for around \$20 a packet, that equals \$140 per week. That equals \$1,680 over a 12 week period!	
Some of the above are available on the Pharmaceutical Benefits Scheme (PBS), making it more affordable to seek help to quit smoking.	

kids health
the children's hospital at Westmead
Child Health Promotion Unit

Corner Hawkesbury Road and Hainsworth Street
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KIH2554/0615



the children's hospital at Westmead



The Sydney children's Hospitals Network

**SMOKE-FREE
BECAUSE OF ME**



**The Children's Hospital at Westmead Smoke Free Policy
INFORMATION FOR VISITORS**

One of the best things you can do for the health of your family is to quit smoking.

What is the policy and what does it mean?

The Children's Hospital at Westmead (CHW) Smoke Free Policy ensures that employees, patients and visitors are provided with a smoke-free environment.

Parents and visitors can only smoke in one designated smoking area on the Hospital grounds.

Smoke-free environments reduce the harmful effects of tobacco use, not just to the smoker but to those around them through secondhand smoke. You will help to provide a safer environment for everyone by not smoking while you are at our Hospital.

Where is the designated smoking area?

The designated parent/visitor outdoor smoking area is located to the left of the main entrance along the walkway. Smoking in this area is only allowed for parents/visitors to our Hospital, not for staff. **Children are not allowed in this area.**



There is to be **NO SMOKING** on the hospital grounds outside of the below designated area.



Artist's impression of aerial view of the Hospital