

we care
about your

fresh
air

THANKS

Your feedback
is appreciated!

We are going

SMOKE FREE!

This means the use of **any** tobacco product, including e-cigarettes, is **not permitted** anywhere on site.

WHY are we going smoke free?

Smoking is a major cause of preventable ill health and premature death. Creating smoke free healthcare sites is one way for NHS Grampian and the Scottish Government to promote good health and wellbeing, and set a good example. The hospital and health centre's patients, staff and visitors have the right to breathe fresh air wherever they are.

WHO does it affect?

**This affects all people entering NHS Grampian grounds.
This includes patients, visitors, staff and suppliers.**

A range of products will be available for people who use tobacco to help them overcome any cravings. If people who smoke are motivated to stop smoking, arrangements will be made for them to receive support from the smoking advice services.

Your feedback is appreciated.

If you would like to comment on any aspect of the smoke free policy please write on the attached comments slip, tear off and return it to the suggestion box at the hospital and the medical centre .

If you would like to talk to someone about stopping smoking, please contact:

Smoking Advice Service free on
0500 600 332

Thank you for your co-operation

This publication is also available in large print and on computer disk. Other formats and languages can be supplied on request. Please call Equality and Diversity on 01224 551116 or 552245 or email grampian@nhs.net

Ask for publication CGD 140518

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SMOKE FREE!

comments...



A large white rectangular area with rounded corners, containing ten horizontal blue lines for writing comments.



**Tear off this sheet and return to the suggestion box
at the hospital and the medical centre.**