



No Smoking Policy



**Smoke Free means no
Smoking on Trust premises**



You cannot smoke where you see these signs



This is a new policy from the Health Minister



You cannot smoke cigarettes anywhere in Southern Trust sites



You cannot smoke e-cigarettes anywhere in Southern Trust sites



What does this mean?



No one can smoke inside or outside any Southern Trust building



You cannot smoke in the car park



You cannot smoke in the car



You cannot smoke in the bus



What will happen if a member of staff sees you smoke?



The member of staff will ask you to stop smoking



They will tell you how to get help to stop smoking



Why stop smoking?



Smoking is bad for your health



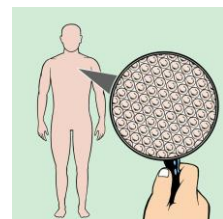
Smoking can cause Breathing problems



Smoking can cause heart disease



Smoking can cause cancer



Smoking can make you very ill



300 people die every day from smoking



Where can you get help to stop smoking?



Talk to staff



Talk to the stop smoking service



Talk to your chemist or pharmacist



Talk to your GP



Points to remember



There is no smoking anywhere in the Southern Trust



You can get help to stop smoking



028 3741 5333



Stop.smoking@southerntrust.hscni.net

