

Smoke Free ~ Tobacco Free

Beginning July 1, 2010 Speare Memorial Hospital will be a tobacco free facility.

We care about the health and safety of our patients and community. That is why, beginning July 1, smoking and the use of tobacco products will be prohibited in all buildings and on all property owned or operated by Speare Memorial Hospital. If you are scheduling surgery, talk to your provider in advance about the use of nicotine replacement therapy.

Visitors: For your comfort while visiting, nicotine gum is available in both our Outpatient and Emergency Room registration areas, the nurses station on the second floor of the hospital, as well as the Registration Desk at Speare Memorial at Boulder Point.

Need help quitting?

New Hampshire Smokers Help Line:
1-800-TRY TO STOP (1-800 879-8678)

www.trytostopnh.org

www.ffsonline.org

www.cancer.org

www.smokefree.gov

www.legacyforhealth.org

www.cdc.gov/tobacco/quit_smoking/how_to_quit

www.lungusa.org

www.quitterinyou.org

www.quitnet.org

www.becomeanex.org

www.breathenh.org