

## Support for those who want to quit smoking

Further NHS advice and support is available to all people who want to quit smoking.

### Phoenix

Lincolnshire's NHS Stop Smoking Service

Telephone: 01522 550681

### NHS Smoking Helpline

Telephone: 0800 169 0169

Text: Give Up with your postcode to 88088

### Lincolnshire County Council

County Offices

Newland

LNI 1YQ

Telephone: 01522 552222

## The benefits of being smoke free

Stopping Smoking is the biggest single thing you can do to improve your health. Stopping smoking will:

- Reduce your chances of developing cancer
- Help you breathe more easily
- Improve your sense of taste and smell
- Reduce the health risks for your family, especially children
- Increase your health

**The NHS aims to support all people who wish to give up smoking.**

Take care of our staff  
who take care of you  
Preventing exposure to second  
hand smoke during home visits





## Important information for people receiving home visits

Second-hand smoke, or passive smoking has been shown to be detrimental to people's health. It can cause heart disease, stroke and lung cancer in adults. Being exposed to second hand smoke even for a short time can cause eye irritation, headache, cough, sore throat, dizziness and nausea.

Employers have a duty to take reasonable care to protect the health of employees. Lincolnshire County Council is committed to improving the health of staff and so will be smoke free by March 2007 when the smoking policy is launched.

## How to protect staff from exposure to second-hand smoke

**We are requesting all service users to do everything possible to provide a smoke free environment.**

- Please refrain from smoking for at least 1 hour before LCC staff arrive
- Open windows and doors to fully ventilate areas
- Try to keep one room smoke free at all times

### **During the visit**

- Do not smoke or let anyone else smoke
- Wherever possible, when our employees are in your home ask other smokers to go outside

## Lincolnshire County Council Policy

### **Lincolnshire County Council Smoking policy is to be implemented from March 2007**

LCC Staff are already asked to assess the homes they visit to ensure they are safe for the provision of services.

If a smoke free environment cannot be provided the service shall carry out a risk assessment to establish and agree with you how the risks to staff can be reduced.

Compliance with the recommended measures to protect our staff will allow continuity in the provision of services to you.

***Thank you for helping us to protect the health of our staff.***