

**Subject: Smoke-Free Environment**

Dear Sir or Madam ;

You are currently receiving or will soon be receiving care or services in your home from an representative of the Centre intégré universitaire de santé et de services sociaux de l'Est-de-l'Île-de- Montréal (CIUSSS-EMTL).

The CIUSSS-EMTL has adopted a Smoke-Free Organizational Health Policy<sup>1</sup>. The purpose of this important measure is to protect everyone from exposure to second-hand smoke. You can find information on this subject at the following address: <https://ciusss-estmtl.gouv.qc.ca/propos/environnement-sans-fumee>

If you or a loved one smokes in the home, we would appreciate it if you:

1. Air out your home 15 minutes before the representative of our organization arrives.
2. Do not smoke in the presence of the representative.

On the back, you will find information on second-hand smoke and resources that can help you reduce the discomfort of nicotine withdrawal.

For more information, we invite you to contact your representative. We thank you for your collaboration.

The Youth Program and Public Health Activities Directorate

Human Resources, Communications and Legal Affairs Branch

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<sup>1</sup>Includes inhaled tobacco products, electronic cigarettes and inhaled marijuana

## What is second-hand smoke?

It is the smoke exhaled by the smoker and the smoke that is released from tobacco products when they are lit.

### Did you know that ...

... second-hand smoke contains over 7,000 toxic substances, including carbon monoxide, tar, formaldehyde, ammonia, etc.

... in a closed room, the concentration of substances harmful to health is 27 times higher.

... a person regularly exposed to second-hand smoke is 57 times more likely to develop cancer than with other air pollutants!

## Ways to Reduce Nicotine Withdrawal Symptoms

- Nicotine products (patches, nicotine gum or lozenges) can be used for a short period of time. These products can be partially reimbursed by the RAMQ.
- It is important to make sure you are using the nicotine product that meets your needs.
- Do not hesitate to consult one of the professionals below to obtain a prescription and make sure you use the nicotine product correctly:
  - Your doctor;
  - Your pharmacist;
  - The professional at the Quit Smoking Centre.

## Resources

### Quit Smoking Center

The representative will support you in a process to reduce nicotine withdrawal. Personalized support will be adapted to your needs, without judgment and at your own pace.

Individual face-to-face or telephone meetings (by appointment) to:

- Get information on nicotine products and medication.
- Identify tips and strategies to cope with withdrawal.

Phone: 514-524-3522  
Email: [cat.cemtl@ssss.gouv.qc.ca](mailto:cat.cemtl@ssss.gouv.qc.ca)

To learn more about second-hand smoke and the resources available, visit the website at: <https://ciuss-estmtl.gouv.qc.ca/soins-et-services/arreter-de-fumer>

### The I Quit Line

Would you like to talk to someone to help you reduce the discomfort associated with quitting nicotine?

The I Quit Line is a personalized, free, confidential and bilingual service offered by phone, email, chat and text message.

Call at 1 866 JARRETE (527-7383)  
Web Site: <https://www.tobaccofreequebec.ca/iqitnow>