

KINDLY EXTINGUISH YOUR LIGHTS

We care about the health of our patients, visitors and staff. That's why we have made all OSU Medical Center locations - Inside and outside - tobacco-free. This decision was not made lightly. We understand that nicotine is addictive, and regret the inconvenience to tobacco users. Knowing the dangers that tobacco poses, however, we believe that smoking areas are simply not consistent with our commitment: to improve people's lives through personalized health care.

Here are some of the frequently asked questions about the policy:

Are there any smoking areas at OSU Medical Center?

No. As of July 5, 2006, we eliminated smoking areas and made all of our facilities, inside and out, tobacco-free. This includes parking areas and sidewalks.

Does this policy apply to everyone? Yes.

I use chewing tobacco. Is that allowed?

No. Our 100% tobacco-free policy includes all tobacco products, including cigarettes, cigars, chewing tobacco and pipe smoking.

Where can I go to use tobacco?

We encourage you not to use tobacco during your visit. If you were to move just beyond our facility to use tobacco, it would be a nuisance to our neighbors. If you need help fighting tobacco cravings while you are here, please let us know.

How can you help with tobacco cravings?

Walgreens pharmacies on the OSU Medical Center main campus and University Hospital East sell individual pieces of nicotine replacement gum for those who wish to purchase them. If you're a patient concerned about getting through your stay without tobacco, we encourage you to ask your physician about pharmacotherapy or to speak to one of our certified Tobacco Treatment Specialists.

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Is there anything else I can do?

The Four D's are a simple, effective way to fight tobacco cravings:

- Delay reaching for a cigarette or any tobacco product.
- Deep breathing relaxes you.
- Drinking water is a good substitute.
- Distraction - do something else.

I'm ready to quit Can you help?

Absolutely. The OSU Medical Center Is a Tobacco Treatment Center. We have certified tobacco treatment specialists that can assist you in quitting. You can contact them at 1-866-504-0561. The Ohio Tobacco QUIT LINE is another great resource, with FREE expert counseling. Call the QUIT LINE at 800-QUIT-NOW.

Thank you for your understanding.

At the Ohio State University Medical Center we're committed to creating the future of medicine to Improve people's lives. That's why all OSU Medical Center locations - Inside and outside - are tobacco-free.

KINDLY EXTINGUISH YOUR LIGHTS (Chinese)

请熄灭您的烟头

我们关心患者、来访者和员工的健康。这就是我们为什么规定 OSU 医疗中心内部和外部的所有位置都是禁烟区的原因。该决定并不是轻率做出的。我们知道尼古丁令人上瘾，并对烟草使用者造成的不便感到抱歉。但是，我们深知烟草的危害，并认为设立吸烟区有悖于我们的如下承诺：通过人性化医疗服务提升人们的生命质量。

下面是关于此政策的一些常问问题：

在 OSU 医疗中心设有吸烟区吗？

没有。自 2006 年 7 月 5 日以来，我们取消了吸烟区，并使我们内外的所有设施都成为禁烟区。这包括停车区和人行道。

该政策适用于所有人吗？

是的。

我使用咀嚼烟草。这允许吗？

不允许。我们的 100% 无烟政策包括所有烟草产品，包括香烟、雪茄、咀嚼烟草和烟斗。

我可以到哪里使用烟草？

我们希望您在访问本中心期间不要使用烟草。如果您到我们的设施外使用烟草，可能会妨害我们的邻居。当您在本中心时，如果需要我们帮助您克服对烟草的瘾头，请告诉我们。

你们可以如何帮助我克服烟瘾？

在 OSU 医疗中心主院区 and 大学医院东院区 (University Hospital East) 的 Walgreens 药房销售散装的尼古丁替代口香糖。如果您是患者并担心自己在住院期间难以克服烟瘾，我们鼓励您向医生咨询药物治疗法，或者与我们已获得认证的烟草依赖治疗专家谈话。

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我还可以做其他事情吗？

下面是一种克服烟瘾的简单而有效的方法：

- 延迟去拿香烟或任何烟草产品。
- 深呼吸放松自己。
- 喝水是很好的替代。
- 分心，做其他事情。

我准备戒烟了，你们可以帮助我吗？

当然可以。OSU 医疗中心是一家烟草依赖治疗中心。我们有已获认证的烟草依赖治疗专家可以帮助您戒烟。您可以拨打 **1-866-504-0561** 联系他们。俄亥俄州戒烟专线是另一个很好的资源，提供免费专家咨询。戒烟专线的电话是 **800-QUIT-NOW**。

非常感谢您的理解。

在俄亥俄州立大学医疗中心，我们致力于创造面向未来的医学以改善人们的生命。因此，OSU 医疗中心内部和外部的所有位置都是禁烟区。