

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.

Continued...

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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 (Somalian)

ADIGA OO RAALLI AH BAKHTII SIGAARKAAGA

Waxa annu danaynaa caafimaadka bukaanka, booqdeyaasha iyo shaqaalaha. Sababtaa daraadeed ayaan dhammaan goobaha OSU Medical Center – gudaha iyo dibaddaba – uga dhignay goobo ammaan ka ah qiiqa sigaarka. Go'aankan si fudud looma gaadhin. Waxa annu fahamsan nahay in nikotiintu leedahay qabatin ama walfid, waana ka xun nahay dhibka soo gaadhaya isticmaaleyaasha sigaarka. Hase yeeshee, annaga oo og halista uu leeyahay sigaarku, waxa annu rumeysan nahay in goobaha sigaar-cabistu aanay waafaqsanayn ballanqaadayaaga ah, in la hagaajiyo noloshada dadka iyada oo la adeegsanayo daryeel caafimaad oo shakhsiyeysan.

Halkan waxa ku yaala qaar ka mid ah su'aalaha inta badan la iska weydiiyo nidaamkayaga ku saabsan sigaarka:

Ma jiraan goobo sigaar-cabis oo ku yaalla OSU Medical Center?

Maya. Laga soo bilaabo 5-tii Bisha Todobaad 2006, waxa annu joojinay goobaha sigaar-cabista, inaga oo ka dhignay dhammaan goobahayahaga, gudaha iyo dibaddaba, goobo ammaan ka ah sigaarka ama sigaarku mamnuuc ka yahay. Waxa ku jira goobaha baarkinka ah iyo wadooyinka lugta.

Nidaamkani ma qabanaysaa qof asta?

Haa.

Tubaako ayaan calaashadaa. Taas ma la oggol yahay?

Maya. Nidaamkayaga ah in la mamnuuco 100 % sigaarka ama tubaakada waxa ku jira dhammaan waxyaabaha ka sameysan tubaakada, waxana ku jira sigaarka yaryar, sigaarka waaweyn, tubaakada la calaashado iyo beebka la cabo.

Halkee baan tagi karaa si aan u cabo sigaar ama tubaako u isticmaalo?

Waxa annu kugu dhiirrigalinaynaa in aadan isticmaalin sigaar ama tubaako inta aad booqanayso cisbitaalka ama dhakhtarka. Haddii aad ka yara fogaatid aaggayaga ama goobtayada si aad u isticmaashid sigaar ama tubaako, waxa aad xasarad ama dhib ku noqonaysaa deriskayaga. Haddii aad u baahan tahay in lagaa gargaaro la dagaalanka rabitaanka sigaarka ama tubaakada inta aad halkan joogtid, fadlan nala socodsii.

Sidee ayaad u heli kartaa gargaar lagaa siiyo rabitaanka sigaarka ama tubaakada?

Farmasiiyada Walgreens ee ku yaalla xarunta weyn ee cisbitaalka OSU Medical Center iyo University Hospital East ayaa iibiya xanjo beddelaad u ah nikotiinta taasoo laga iibinayo dadka doonaya inay iibsadaan. Haddii aad tahay bukaan ka walwalsan sidii aad u xamili lahayd iska dayska sigaarka ama tubaakada mudada aad nala joogtid, waxa aan kugu dhiirrigalinaynaa in aad dhakhtarkaaga weydiisatid dawooyin ama aad la hadashid mid ka mid ah Takhasusleyaashayada Daweynta Sigaarka iyo Tubaakada ee la aqoonsan yahay.

Sii socda...

Ma jiraa wax kale oo aan sameyn karo?

Afarta wax ee soo socda, waa siyaabo fudud oo wax tar ku leh dagaalanka rabitaanka sigaarka ama tubaakada:

- Dib u dhig in aad tiigsatid sigaar ama wax tubaako ka sameysan.
- Xoog u neefneefso taasoo ku dejin doonta.
- Beddelaad fiican waxa ah inaad biyo cabto.
- Isjeedi ama Ismashquuli – samee wax kale.

Waxa aan diyaar u ahay inaan joojiyo. Ma i gargaari kartaan?

Haa, dhabtii. Cisbitaalka OSU Medical Center Waa Xarun Daweyn Sigaar iyo Tubaako. Waxa aannu leenahay takhasusleyaal daweyn sigaar iyo tubaako oo la aqoonsan yahay oo kaa gargaari kara in aad iska joojisid. Waxa aad kala xidhiidhi kartaa 1-866-504-0561. Khadka Iska-Joojinta sigaarka iyo tubaakada ee Ohio (Ohio Tobacco Quit Line) ayaa isaguna ah adeeg kale oo fiican, oo leh latalin khabiiro oo BILAASH ah. Wac lambarka Khadka Iska-Joojinta (Quit Line) oo ah 800-QUIT-NOW.

Waad ku mahadsan tahay fahamkaaga.

Haddii aannu nahay Ohio State University Medical Center waxa aannu u guntannay in aan mustaqbalka daweynta ka dhigno mid lagu hagaajinayo noloshada dadka. Sababtaa daraadeed ayaa dhammaan goobaha OSU Medical Center – gudaha iyo dibaddaba – sigaar ama tubaako mamnuuc uga yihiin.