

# Quit Card

Welcome to the Zeeland Community Hospital  
*Tobacco Free Campus*



The mission of Zeeland Community Hospital (ZCH) includes the promotion of health, whether that be treating disease and injury or preventing such conditions. Tobacco use is a leading cause of death and serious illness. Therefore, as part of our mission to prevent avoidable health conditions, **the use of tobacco products is prohibited on any property owned by ZCH, including personal vehicles and outdoor areas.**

If you use tobacco products, we hope that you will consider quitting. ZCH can provide you with resources to help. We have a number of tips on the back of this card. Please contact our Community Relations department at 616.748.2834 for additional information.

Whether or not you decide to quit using tobacco products, we appreciate your observation of our tobacco free environment policy while you are a guest at our facility. Your cooperation is greatly appreciated.

## Quit Tips

- Set a quit date.
- Inform family, friends and co-workers of your quit plan and ask for their support.
- Remove cigarettes, ashtrays and lighters from your environment.
- Break the smoking cycle. After you eat, brush your teeth.
- Drink a lot of juice or water.
- Begin a new exercise program or hobby.
- Put the money you save to good use – treat yourself!
- Don't be discouraged – you can do it.
- Remember, you are quitting not only for yourself, but for those who are close to you.
- NEVER QUIT QUITTING!

If you are interested in help to quit smoking, please contact ZCH's Community Relations Department at 616.748.2834.

Nicotine replacement products are available in our Gift Shop near the front lobby.

Note: These quit cards will be available at Zeeland Community Hospital for our patients and visitors.

