

## GLAD TO BE TOBACCO FREE



### Inside & Outside

As part of a state-wide initiative, Avera Weskota Memorial Medical Center & Weskota Manor/Avera joined with other healthcare facilities across South Dakota to implement a Tobacco Free Facility Policy effective May 31, 2006.

### **We're Doing It Because We Care**

Use of tobacco products is not permitted on the property of the hospital, nursing home and Weskota Apartments. Visitors to any of these facilities are asked to please put out your cigarettes or stop using other tobacco products before leaving your vehicle in the parking lot.

It's our responsibility to implement this tobacco free policy to protect the health of our staff, patients, residents and visitors. We are dedicated to providing an environment that promotes physical, mental and spiritual well-being. Our facilities already had a no-smoking policy inside. This change has expanded the policy to include the grounds outside the hospital, manor and apartments. Signs are posted to designate these Tobacco Free Zones.

### **Our mission is to care for the health & well-being of individuals in the Wessington Springs area.**

We feel it is our responsibility to implement this tobacco free policy to protect the health of our staff, patients, residents and visitors. We're sorry for any inconvenience. We're doing it because we care. Please help us make a difference.

### **Policy**

- This policy applies to patients, residents, staff and visitors. The policy includes cigarettes, smokeless tobacco and all other tobacco products.
- In extreme circumstances certain patients will be allowed to smoke outside with orders from their physician.

- Weskota Manor/Avera residents who were smoking prior to this policy will be allowed to continue. New residents will be asked to follow the tobacco free policy.
- These policies also apply to Weskota Apartment residents and visitors.

## **Get The Facts**

- Tobacco use, especially smoking is considered the No. 1 preventable cause of death in the U.S.
- South Dakota ranks near the top of the scale when it comes to tobacco use.
- Every year in the U.S. 3,000 nonsmokers die of lung cancer and 35,000 die from heart disease as a result of secondhand smoke.
- In November of 2005, South Dakota Governor Mike Rounds issued an Executive Order prohibiting smoking on most state property as of May 31, 2006. The announcement came as the state's three health systems (Avera, Sioux Valley Health Systems & Rapid City Regional Health Systems) announced their plan to go smoke free.

**We understand that it's an addiction. This isn't an attempt to force people to quit smoking.**

**We are asking people to refrain from smoking in our facilities and on our campus  
because of the dangers of secondhand smoke.**

## **Tobacco Cessation Help**

If you are a tobacco user or have a loved one who is addicted to tobacco, and you choose to quit, feel free to ask any staff member for help.

### **Other Help Sources:**

Call 1-866-SD QUITTS (1-866-737-8487)

[www.healthysd.gov/QuitTobacco.html](http://www.healthysd.gov/QuitTobacco.html)

American Cancer Society      [www.cancer.org](http://www.cancer.org)