

Vapes (e-cigarettes)

Easy read information



A member of staff or a carer can support you to read this information. They will be able to answer any questions that you have.

Can I smoke?



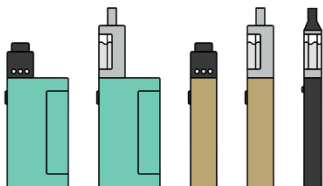
All our hospitals are smoke free.



You and visitors are **not** allowed to smoke cigarettes inside the buildings or anywhere on hospital site.



You and your family and friends **can** use a vape in outdoor areas when you are staying at Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust.



Vapes come in all different shapes and sizes.

Stopping smoking



Staff will ask if you would like help to stop smoking.



While you are staying in hospital it is a good time to stop smoking.



It can be hard to stop smoking, but staff can help you.

Vapes



Vapes do not have tobacco in them.

Vapes heat up a liquid that contains nicotine which you then vape.



Vapes are less dangerous to yourself and other people.



Cigarettes have tobacco in them, and cause lots of health problems such as cancer, lung disease and causes you to die younger.



Staff can give you a vape to replace your cigarettes when you are in hospital to support you to stop smoking.

How to get in touch with the Tobacco Dependency Team



Ask a member of staff to contact the Tobacco Dependency Team for you.



Or you can email the team at **quitteam@cntw.nhs.uk**

Problems, complaints or suggestions



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy. We will give you a leaflet about how to make a complaint.

If you think that we could improve our service, then please let a nurse know your idea.

Acknowledgement

Many thanks to Berkshire Healthcare NHS Foundation Trust for kindly allowing us to base the content of this leaflet on their publication "Using e-cigarettes" (June 2023)



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, BSL or other languages). Please contact the Patient Information Centre
Tel: 0191 246 7288

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