



PLEASE, don't make our staff smoke your cigarettes

This leaflet explains why the HSE is asking people **not to smoke** when HSE staff are in your home to provide care and advice to you or your loved ones.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

We all know that **smoking is harmful to our health**, and 1 in every 2 smokers will die of a tobacco-related disease. Being exposed to second-hand smoke even for a short time can cause eye irritation, headache, cough, sore throat, dizziness and nausea.

The HSE must take care of its staff, including making sure they have a safe place of work. During a home visit, your home is their place of work, so **please help us by providing a smoke-free environment** when our staff are caring for you.

BEFORE THE VISIT:

- ▶ For at least one hour before the home visit, please don't smoke or allow other people to smoke in the area where our staff will work
- ▶ If possible, please open windows and doors to let fresh air in
- ▶ Please try to keep one room smoke free at all times

DURING THE VISIT:

- ▶ Do not smoke or let anyone else in the house smoke
- ▶ When our staff are in your home, please ask other smokers to smoke outside
- ▶ Our staff have the right to not work in a place where they feel their health is at risk, and they may decide to make an appointment for you at another venue or at a local clinic.

Please note **HSE staff are not permitted to smoke** while they are on duty in your home.

If you wish to quit smoking, please ask our staff about the **QUIT** smoking supports we can provide for you. We'd be delighted to help you to **QUIT**.

www.quit.ie

1800 201 203

www.facebook.com/HSEquit



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