

# PLEASE, don't make our staff smoke your cigarettes

Second-hand smoke can cause heart disease, stroke and lung cancer. Being exposed to second-hand smoke even for a short time can cause eye irritation, headache, cough, sore throat, dizziness and nausea.

The HSE asks you not to smoke when HSE staff are in your home to provide care and advice to you or your loved ones.

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**.

# QUIT



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

[www.quit.ie](http://www.quit.ie)

1800 201 203

[www.facebook.com/HSEquit](https://www.facebook.com/HSEquit)

