Smoking is dangerous to your health. It can increase the risk of lung cancer and heart disease. Even knowing the bad effects of smoking, you may still find it hard to quit. Why? Nicotine, an ingredient in cigarettes, is an addictive drug. Your body and brain get used to nicotine, and you become addicted. It becomes hard to quit since you feel irritable and uncomfortable without it.

According to The Lung Association website, there are proven ways to boost your chances of quitting.

- Understand your smoking habits and triggers. By doing this, you’ll have a better chance at success.
- Ask for support from your family and friends. Tell your friends and family that you quit smoking and ask for their support over the next few days and weeks.
- Consider counselling in person or by phone. You don’t have to pay to get counselled. The government has a free hotline for those needing to talk to someone about quitting. You can call 1-866-366-3667 toll free to get some advice.
- Take nicotine replacement therapy such as nicotine patch, gum, lozenge, or inhaler.
- Consult your doctor about prescription medications to help you to quit smoking.
- Try going cold turkey or quitting spontaneously on your own.

For more information on quitting smoking, visit the website of British Columbia Lung Association.
Quit Day—What to Do

The first step in quitting smoking is to choose a quit day. It could be a special day like your birthday or just any ordinary day. Here are a few tips to help through your quit day.

Call your Friends and Family

- Talk to your Quit Buddy and discuss a plan for getting through your rough spots.
- Remind your friends and family that this is your quit date and ask for their support over the next few days and weeks.
- Talk to people in your life who smoke and let them know that this is your quit date. It is possible that you might inspire them to join you in quitting, but if not ask them to support you by not smoking around you.

Keep Busy

- When cravings hit – do something else - and remember they only last a few minutes. Drink lots of water.
- Do anything out of your regular routine.
- Keep your hands busy. Do crossword puzzles or needlework. Paint. Do woodworking, gardening, or household chores.
- Get some exercise - take a long walk, go for a jog, ride your bike or take your dog for a brisk walk.

August 2017 First Aid Summary Report

The chart indicates the number of injuries from each person type (Student, Employee, Contractor), and the proportion of injuries for each school.

To view the most recent first aid report CLICK HERE