



TOP WAYS TO DISCOURAGE TOBACCO USE AT YOUR COMMAND

- Display tobacco educational and awareness information in prominent areas at the command;
- Go all out during the GREAT AMERICAN SMOKE OUT DAY with your command participation;
- Offer Tobacco cessation classes at the command and or offer time off to attend a class off site;
- DO NOT sell tobacco products at the command;
- No spit, dip or chewing tobacco is allowed at work;
- Place smoking area far, far, far away from workspaces;
- Reward and encourage liberty to quitters and their support persons (buddies);
- Encourage non-tobacco use through the use of awards/letters for those who have quit;
- Limit smoking breaks and offer stress or wellness breaks to all;
- Leadership challenges and encourages tobacco users to quit!