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 breads and offer stress or wellness breaks to all;

• Leadership challenges and encourages tobacco users to quit!