

WELCOME TO OUR TOBACCO FREE CAMPUS



STAYING TOBACCO FREE AND NICOTINE FREE ON CAMPUS

We care about all students, faculty, staff and visitors.

Tobacco free policies lead to decreased smoking and vaping on campus. These policies support those who want to quit for good, and they protect non-users from secondhand smoke and vape aerosol.

We understand that if you use tobacco or nicotine products, it may feel challenging to get through your day without using them. We can help!

Quit Coaches can help you create a free personal plan to reduce your nicotine and tobacco use. Connect with Quit Now Virginia coaches: **1-800-QUIT NOW** or **[QuitNowVirginia.org](https://www.QuitNowVirginia.org)**

Did you know there are two types of nicotine cravings - habitual and physical? Here are tips to help you tackle both cravings successfully.

PHYSICAL CRAVINGS

Nicotine medications (also called Nicotine Replacement Therapy or NRT) can help to dull cravings for tobacco and nicotine and are proven to help people quit. Nicotine gum and lozenges give you a tiny bit of nicotine in a safe way that eases feelings like being irritable, anxious or restless. These are usually used to help people quit but they can also help when you're in a place where you can't smoke, vape or chew tobacco.



HABITUAL CRAVINGS

Some cravings are habitual that occur when cues, emotions or associations with tobacco use trigger the brain to expect nicotine. Most cravings last 3-5 minutes, so it helps to find a variety of ways to distract or redirect the brain during a craving. Instead of a smoke or vape break, try these ideas:



TAKE A
BREATHING
BREAK



SUCK ON HARD
CANDY OR
LOLLIPOPS



EAT HEALTHY
SNACKS



TALK WITH A
FRIEND



GO FOR A WALK
THROUGHOUT
THE BUILDING



SIT SOMEWHERE
YOU CAN'T
SMOKE/VAPE



COLOR OR DRAW



PAINT



VISIT THE CAMPUS
WELLNESS
CENTER



CHEW ON A
STRAW OR
TOOTHPICK



KNIT OR CROCHET



MEDITATE



DRINK LOTS OF
WATER



PLAY WITH
FIDGET TOYS

THINKING ABOUT QUITTING?

Most tobacco users want to quit or have tried to quit.

Contact **1-800-QUIT NOW** or **QuitNowVirginia.org** to start. Ask the Quit Coaches about a “practice quit” and how you can quit for good. Free nicotine patches or nicotine gum may be available, while supplies last.

Quit Services are free, confidential, available 24/7, and cover any tobacco or nicotine product. We've got you.

If you choose to leave campus to smoke or vape, please be a good neighbor. Be considerate by not littering or walking onto neighbors' property.

VIRGINIA
TOBACCO
CONTROL PROGRAM

VDH VIRGINIA
DEPARTMENT
OF HEALTH