WELCOME TO OUR SMOKE AND TOBACCO-FREE CAMPUS

We understand that some people who regularly use tobacco or nicotine may find it difficult to not smoke, vape, or chew tobacco while on campus. So please take a chance to see how you **can get through your day** - tobacco and nicotine free!

5 Ways to Get Through Your Day

Tip #1

Take a walk.

Tip #2

Have a healthy snack break.

Tip #3

Try deep breathing.

Tip #4

Use sugarless gum, chew on a toothpick and/or cinnamon stick.

Tip #5

Try using FDA approved nicotine gum or a nicotine lozenge.

Visit Missouri Tobacco Quit Services at www.youcanquit.org or by calling 1-800-QUIT-NOW (784-8669) for more information about quitting.