

We need everyone's help in getting the word out about the new tobacco policy. It is up to all of us to inform others and help with enforcement.

If you see someone using tobacco on campus, please use the SMOKE acronym to help remind them of the new policy.

## SMOKE

**S**mile and introduce yourself

**M**ake the assumption the person is not aware of the policy

**O**ffer information about the tobacco-free policy and quit resources

**K**indly enforce the policy by asking them not to use tobacco on campus

**E**xpress thanks for following the policy

**Remember:** Tobacco is highly addictive and can be very difficult to quit! Please be friendly and compassionate when approaching someone who is using tobacco on campus.

*Questions?*  
tobacco-free@nau.edu

*For cessation resources visit:*  
nau.edu/tobacco-free

## *A few things to remember*

Tobacco is highly addictive! Most adults who use tobacco would like to quit.

The new policy does **NOT** mean people **have to quit** using tobacco. It just means that if they choose to continue using tobacco, they need to do so **off campus**. A **zone map** is available at [nau.edu/tobacco-free](http://nau.edu/tobacco-free)

Be **friendly** and **compassionate** when reminding others of the policy. We are not trying to ostracize or shame people who choose to use tobacco.

If students, staff or faculty would like to quit, there are **resources that can help**. Employees can get help through Employee Assistance and Wellness, Campus Health Services or ASHline.org. Students can get help through Health Promotion, Medical Services, Counseling Services or ASHline.org. All of this information is on the **tobacco-free website**

You can report a "**hot spot**" or repeat violations by sending an email to: [tobacco-free@nau.edu](mailto:tobacco-free@nau.edu)

All e-cigarette products are included in the **tobacco-free** policy.