

Illinois is now 100 percent Smoke and Tobacco-Free

Our campus is proud to now be 100 percent Smoke and Tobacco-Free. This expansion of our policy took effect in August. Besides smoking tobacco and vaping, smoke-less tobacco use is now banned on all campus property, both indoors and outdoors. Read on for more details about our new policy, and resources for quitting or managing cravings.

Here is a summary of our policy:

- **NO smoking of any sort of tobacco or other plants** is allowed anywhere on campus. This includes inside and outside.
- **NO vaping or e-cigarette use** is allowed anywhere on campus. This includes inside and outside.
- **NO smokeless tobacco use** is allowed on any campus property. This includes inside and outside.
- **NO smoking, vaping or smoke-less tobacco use is allowed in private vehicles** parked on campus property. This includes campus parking lots, campus garages and campus metered spaces.

What is new about the policy? The change is that now smoke-less tobacco may not be used anywhere on campus property. Examples of smokeless tobacco are: chewing tobacco, dissolvable tobacco (e.g. orbs or strips) and snuff. Everything in the original 2014 policy remains effect.

What's available for people who want to quit or who need to manage cravings while on campus?

Our campus provides a wide array of cessation resources for employees and students. These resources include: group cessation programs, individual consults, access to nicotine replacement or medications (via McKinley for students, health insurers for employees). Employees are entitled to a \$200 reimbursement for

approved costs from the state of Illinois. Our [cessation fact sheet](#) provides more details about these and other options.

Campus Wellbeing Services can also meet with people who are not ready to quit, but who need help managing cravings while on campus. We can also provide quit kits. While these kits are designed for people who are trying to quit, they can also help people trying to not smoke vape or use tobacco while on campus. We can be contacted at wellbeing@illinois.edu or 265-9355.

For more information about the Smoke and Tobacco-Free Campus Policy go to our [website](#).