

UCR Survival Guide for Tobacco Users: What You Need to Know



Effective January 2, 2014, the University of California will join over 1100 colleges and universities nationwide by implementing a systemwide smoke & tobacco-free policy.

This policy is being adopted by all UC campuses, labs and medical centers to improve the health and safety of all students, staff, faculty, patients and visitors.

This guide was created to assist and support tobacco users to manage their tobacco use while on UC property. Consider this a “survival” guide with resources to help you comply with campus policy and maybe even break your habit for good.

Things to consider when visiting or working/studying on campus:

- It may be tempting to disregard the Smoke & Tobacco-Free policy but by offering a tobacco-free environment this will contribute positively to the health and well-being of all UCR students, faculty, staff and guests.
- The policy prohibits the use of cigarettes, e-cigarettes, cigars, snuff, snus, water pipes, pipes, hookahs, chew, dip and any other tobacco product.
- Only the use of FDA approved cessation products are allowed. This includes the nicotine patch, gum, lozenges, inhaler, spray or Rx cessation medications (Zyban/Chantix).
- When on campus, please leave any tobacco products in your car or at home.
- These items are prohibited from being used in all indoor and outdoor spaces including parking lots, and inside personal vehicles on UC property.

If you leave campus property to smoke:

- Limit your impact on neighbors by keeping litter and drifting smoke away from neighboring properties. Carry a piece of aluminum foil or an “altoids type mint” can with you to collect your own cigarette butt litter.
- Avoid congregating to smoke in groups in front of residences or on business property. Keep moving and enjoy the walk.

- At night increase your safety by walking with a friend and avoiding poorly lit areas.
- Keep to commonly traveled routes and know where you are going.
- Be aware of surroundings. Keep your head up and be alert.

How to manage your cravings while on campus:

- Make a survival kit to carry with you which has: gum, crunchy veggies, cinnamon sticks, plastic straws and other items to chew on or twist.
- Nicotine replacement therapy (gum and patch) and prescription cessation medications are available through the UC health plan (faculty/staff) and UCSHIP (students) and may be available for purchase in the following locations: C-Store, Bookstore, and Extension.
- For maximum efficacy, use several pieces throughout the day. Don't wait for a craving to arise but plan ahead to take the edge off.
- Always have a water bottle with you. Drinking plenty of water helps flush toxins out of your system and by sipping, replaces your hand to mouth motion of smoking. When using oral nicotine products such as the gum, try not to drink anything 15 minutes before or after using it.
- Distract yourself. Keep your hands busy and focus your mind on something else.
- Stay away from things which tempt you to smoke. Change your routine. Walk a different path to avoid places you used to smoke.

Managing stress:

- Go for a brisk walk. Exercise helps relieve some of withdrawal symptoms such as irritability and frustration.
- Take several deep breathes, breathing in for 5 seconds and exhaling for 5 seconds. This slows down your heart rate and can have a calming effect.
- Take a time out. For a few minutes either daydream about something pleasant or visualize a calm peaceful place. This can help clear your mind and give you a mental break as well as relax your body.
- Share your stress with a support person. It helps to talk with someone. Available on campus:
 - » **For Students:** All of our services are free, confidential and provided by a diverse and multiculturally competent professional staff. Counselors are available 24 hours a day by calling 951-827-5531 or 951-UCR-TALK.
 - » **Faculty and Staff Assistance Program:** This free, confidential service provides assessment, counseling, and stress management services to help UCR faculty and staff quit. (951) 781-0510 or (800) 266-0510

Find support from fellow students or colleagues:

- Your friends and co-workers may notice a difference in your behavior. Tell them you are complying with the new Smoke/Tobacco-Free policy and ask for their support.
- Support can either be a sympathetic ear or a request to not ask you how you are coping.

- Find a support buddy, someone who will listen when you need some support. This may be another smoker who is also going through the same thing. A former smoker will also understand and may be able to offer you some tips.
- Wear the “I’m Clearing the Air” buttons to let others know what you are doing. Request a button at tobaccofree.ucr.edu.
- Discuss any concerns you have with policy compliance with your supervisor or faculty advisor.

When you are ready to quit:

- Take advantage of all the FREE resources UCR is providing. Visit tobaccofree.ucr.edu.
- Think about your reasons to go tobacco-free and write them down. Don’t think of this as giving up something but of what you will gain by starting a healthier lifestyle, saving money and controlling your life instead of being controlled by nicotine.
- Make a list of your triggers such as drinking coffee, talking on the phone, break time, or feeling stressed.
- Have some alternatives for when an urge to use tobacco comes up. Use your tobacco-free time on campus to practice different ideas to see what helps you the most.
- Discuss the use of cessation medications with your health care provider.
- Plan to reward yourself. Figure out how much you are spending on tobacco products and use that money to treat yourself to something special.

We are here to help you with FREE cessations services:

For Students:

- The Well — Peer Health Educators: (951) 827-9355
- Campus Health Center Preventative Care Specialist: (951) 827-3031

For Faculty/Staff:

- Faculty/Staff Wellness Program in Human Resources: (951) 827-1488

For Everyone:

- VJ Sleight, Tobacco Treatment Specialist — FREE individual and group counseling: (760) 333-1270
- California Smoker's Helpline, telephone counseling: 1-800-NO-BUTTS
- On line services: BecomeAnEx.org

For more information, visit the Clearing the Air website at tobaccofree.ucr.edu.

For UC Students

Students seeking assistance for cessation through the UC Student Health Insurance Plan (UC SHIP) receive:

- Office visits with Student Health Clinicians to discuss cessation.
- Covered prescription medication at available to student health centers.
- 24/7 Nurseline at (877) 351-3457 when health center is closed.
- UC SHIP members receive a 40% discount on Living Free Program which provides 12 on line lesson to quit and coaching & interactive support.
- Visit www.ucop.edu/ucship for more information.

For UC Faculty/Staff

Tobacco cessation benefits covered by UC medical plans:

- To support the policy and help those who want to quit smoking, all UC-sponsored medical plans available to faculty and staff covers the cost of certain over-the-counter and prescription nicotine replacement products when prescribed by a physician.
- These products include: Over-the-counter nicotine patches, gum and lozenges. Prescription nicotine inhalers, sprays and cessation medications.
- Prescription products will not be subject to a member copay or coinsurance. Over-the-counter products, when prescribed by your doctor, will be subject to the generic copay for all plans except Core, Health Savings Plan and Kaiser. Kaiser members have no copay. Under Core and the Health Savings Plan, these products will be subject to deductible and coinsurance.
- In addition, members can participate in free behavior modification programs to help them quit smoking, but it is not required to receive these benefits.
- For complete details, see your medical plan booklet.

CLEARING THE AIR

www.tobaccofree.ucr.edu



Created by:

Julie Chobdee, MPH, Wellness Program Coordinator
VJ Sleight, MA, Tobacco Treatment Specialist