

How to Comply with a Smoke and Tobacco Free Campus Policy When You're a Smoker

Prepare to use nicotine gum or nicotine lozenges instead of smoking or vaping while on campus. You'll save money and experience health benefits!



VS



NICOTINE GUM

1 pack of nicotine gum (170pcs)
\$48.28 Amazon(\$0.28/piece)

CIGARETTES

1 pack of cigarettes (20pcs)
\$8.50/pack (\$0.42/piece)

ON A WORK DAY

8-hour shift, with 1 piece of gum per hour, working 5 shifts per week

8 pieces of gum
(\$0.28/each)= \$2.24
per shift

5 shifts (\$2.24 per shift)

\$11.20
Per Week

8-hour shift, with 1 cigarette per hour working 5 shifts per week

8 cigarettes
(\$0.42/each)= \$3.36
per shift

5 shifts (\$3.36 per shift)

\$16.80
Per Week

Your support in ensuring a healthier environment for students, faculty, staff, and visitors is appreciated.

LEARN ABOUT CESSATION RESOURCES BY VISITING
[CSUSM.EDU/SMOKEFREE/RESOURCESTOQUIT.HTML](https://csusm.edu/smokefree/resourcestoquit.html)

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