

Tobacco Free Tompkins

introduces the

Tobacco Free Zone

What is a tobacco free zone?



it's Welcoming

Just about everyone agrees that tobacco smoke is unpleasant and unhealthy.

- ▶ A tobacco free zone means a clear, smokefree path so everyone can come and go in comfort.

it Supports youth

We all play a part in helping our kids make good choices. Tobacco companies put up storefront ads that sell to youth by making tobacco look appealing and affordable.

And these ads are an unwelcome tease for someone trying hard to quit.

- ▶ A tobacco free zone means an ad-free area that supports kids' efforts to make responsible choices.

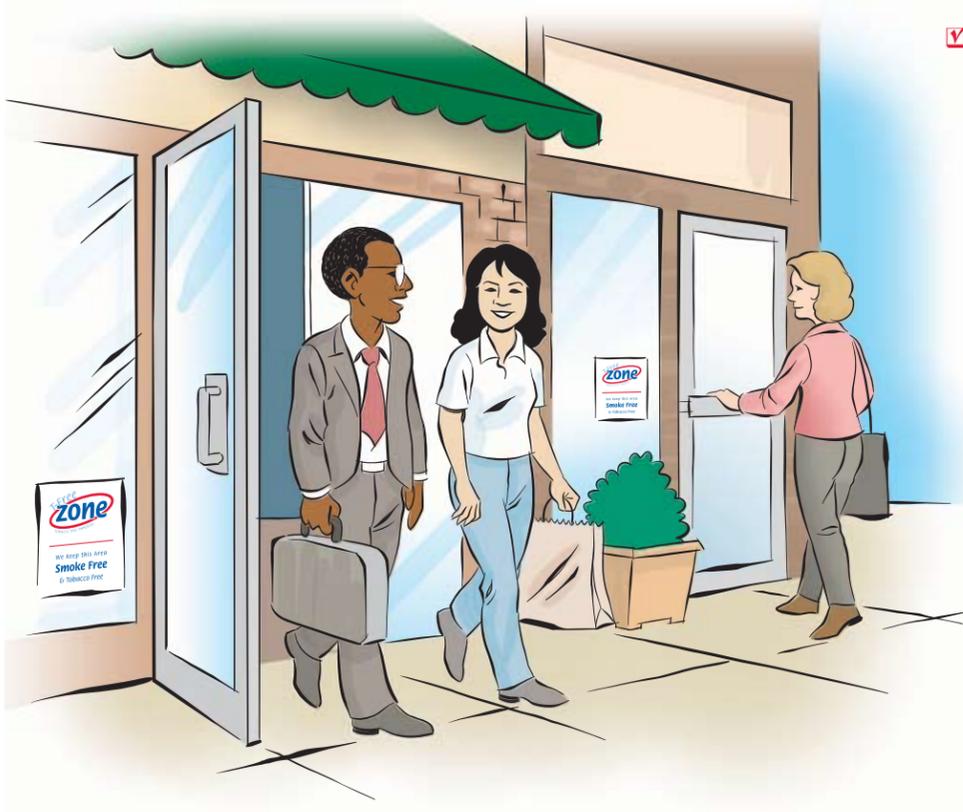
it's Good business

Millions of dollars are spent every year to treat disease and disabilities linked directly to tobacco use. Since most of these costs are covered by employee health benefits or Medicaid, they add to the ever growing cost of doing business and the burden of rising property taxes.

- ▶ A tobacco free zone is one small step you can take to help reduce the burden of tobacco use in our community.



How to create a tobacco free zone.



- ✔ Your first *T-Free Zone* will probably be around your main entryway. You might have additional *Zones* outside other doors, docks and service bays, or along walkways and parking areas adjacent to your building.*
- ✔ Move ash trays and cigarette receptacles away from doors, entryways, and other areas included in your *T-Free Zone*.
- ✔ If you sell tobacco products, remove advertising and promotional displays from around doors, parking lots, and other areas you include in a *T-Free Zone*.
- ✔ Put up a *T-Free Zone* decal! Show customers, visitors and employees that you have taken a positive step for their health and comfort, for our youth, and for the community.

OR, define a *T-Free Zone* your own way; make it a personalized step that you, your business or organization takes to help reduce the burden of tobacco use in Tompkins County. Visit our web site for ideas.

For more information, call (607) 274-6712, or visit www.tompkins-co.org/wellness and click on the *Zone* link.

Ready To Quit? Call The NYS Smokers' Quitline: 1-866-NY-QUITS (1-866-697-8487)
Call the Quitline—See The Smile of an Ex-smoker.

*A *T-Free Zone* may designate an outdoor area as a no smoking area. All indoor public areas and workplaces and certain outdoor areas of restaurants *must* be no smoking areas by NYS public health law. For more information about the 2003 NYS Clean Indoor Air Act, visit www.tompkins-co.org/wellness/tobaccofree/ciaa/.

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