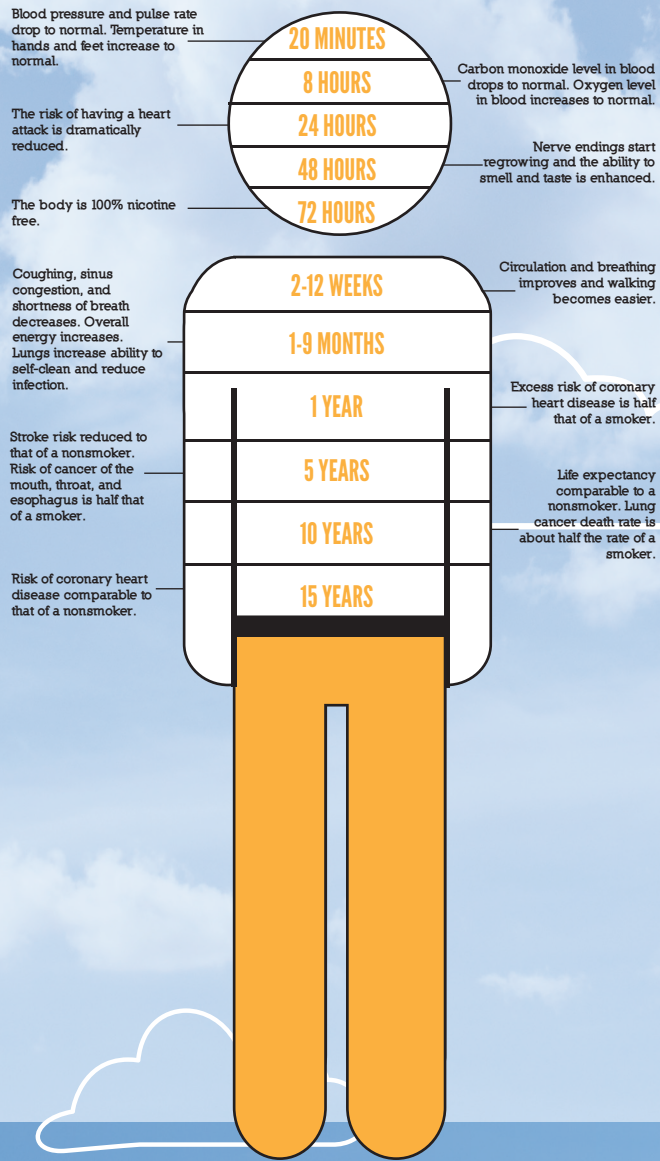


Timeline of Health Benefits from Quitting Smoking



CATCH YOUR BREATH UCF

UCF IS PROUD TO BE SMOKE FREE



www.ucf.edu/smokefree

WHY SMOKE FREE?

Scientific evidence links secondhand tobacco smoke exposure to disease, and demonstrates that there is no safe level of exposure to tobacco smoke.

In recognition of the health risks caused by smoking, the University of Central Florida provides a smoke-free environment for its faculty, staff, students and visitors. Our smoke-free policy promotes the health and comfort of the university community and our guests.

The compliance of this policy will be achieved with the help of all UCF community members. The smoke-free campus initiative is designed to encourage behavior change and healthy lifestyles.

UCF Student Health Services offers smoking cessation classes, over the counter nicotine replacement therapies (NRTs), and prescription medications (after an appointment with a primary care provider). Six-week smoking cessation classes are free and open to UCF students, faculty and staff.

ELECTRONIC CIGARETTES

The policy also prohibits the use of electronic smoking devices on UCF's campus. These devices have not been proven safe by the FDA.

Common misperceptions

E-cigarettes produce a water vapor, so they're safe.

It's true they have fewer chemicals than tobacco cigarettes, but they also have some of the same toxins, such as formaldehyde. Tests have also found that e-cigarette liquid and aerosol can contain higher levels of metals than tobacco cigarettes. E-cigarettes heat a mixture of propylene glycol, nicotine, and flavoring. The cartomizer fluid and exhaled vapor contains an assortment of toxins, metals, and ultrafine particles.

E-cigarettes can be used to quit smoking.

The FDA has not approved e-cigarettes as a quit device and could derail true cessation attempts. There are other proven safe and effective methods for quitting tobacco use.

They can be used anywhere, even indoors.

Many local communities have started to ban the use of e-cigarettes where tobacco cigarettes are prohibited.

You can't get addicted to e-cigarettes.

Any amount of nicotine is addictive. Not everyone who tries e-cigarettes will get addicted to nicotine. The problem is you can't know if you'll belong to the "take it or leave it" group, or the "I need nicotine to feel normal" group. Nicotine is a powerful drug no matter how it is used. Some people get addicted in just a few weeks, while others develop cravings over several months.

View the entire policy, cessation class schedule, downloads and more at www.ucf.edu/smokefree

ABOUT THE POLICY

The policy applies to all UCF property, which includes:

- buildings
- stairwells
- patios
- sidewalks
- parking lots and garages
- stadiums
- on-campus streets and driveways
- boardwalks
- on-campus bus shelters
- exterior open spaces/balconies
- on-campus residence halls
- and all vehicles in these areas

