



Tobacco Free Employee Guide

PCC is 100 percent tobacco free. All employees are expected to comply with the tobacco free policy, which prohibits tobacco use indoors and outdoors on PCC premises.

When students and visitors see employees smoking and littering on the campus, they think they can too. Help others respect PCC's tobacco free policy by respecting it yourself.

New Enforcement Efforts

- Beginning September 9, 2009, employees who are repeatedly observed by Public Safety officers to be smoking on the campus will be reported to their managers and given a citation. Managers will work with employees to resolve non-compliance, as they would for any other policy violation.
- If YOU observe smoking in areas on the campus, please let people know about the policy.
- If you see repeated smoking in some areas, email tobaccofree@pcc.edu. There is now a coordinated plan to help.
- If you have been smoking and throwing your cigarette butts on the ground, do the right thing and clean it up. Cigarette butts do not biodegrade and are one of the biggest sources of litter in the world.

Getting Help

PCC is tobacco free in order to create a healthier, more accessible environment for everyone, not to punish smokers or force them to quit. We recognize that tobacco is a powerful addiction. PCC is committed to supporting our employees, students, and visitors in quitting tobacco, if they choose. See the back page for options that can help.

Find out more at www.pcc.edu/tobaccofree

Support Benefits for PCC Employees Who Use Tobacco

PCC does not expect nor require that anyone quit tobacco use. However, many studies have shown that most tobacco users want to quit and we can help. If you use tobacco and are ready to quit, PCC offers free and low-cost resources to support you.

- **Employee Assistance Program (EAP), WellCall**

Visit www.wellcall.com (call 1-800-433-2320 to get your members only password). WellCall has an 87% success rate with smoking cessation.

- **Kaiser Permanente, HealthMedia@Breathe™**

Visit <https://kphealthy lifestyles.org/breathe/index.html>.

- **ODS, Free and Clear** (beginning October 1, 2009)

Call 1-866-784-8454 (ODS members only).

- **Oregon Tobacco Quit Line:**

English: 1-800-QUIT-NOW (784-8669);

Español: 1-877-2-NO-FUME (266-3863)

For more information about the PCC Tobacco Free Initiative, visit:
www.pcc.edu/tobaccofree.

PCC is TOBACCO FREE.