

SIU School of Medicine  
Tobacco- and Smoke-Free Policy

Statement of Policy

The mission of SIU School of Medicine is to assist the citizens of central and southern Illinois in meeting their health care needs through education, patient care, and research. In order to meet these needs, it is imperative that we support an improvement in the health and well-being of the people and communities we serve. The SIU School of Medicine Tobacco- and Smoke-Free Policy reflects our mission of caring and reinforces our commitment to protect the health and safety of patients, visitors, employees, and others who visit or work throughout our campus. For these reasons, tobacco use and/or smoking are not allowed within any SIU School of Medicine facility or on any surrounding SIU School of Medicine-owned or 100% leased properties<sup>1</sup>.

General Principles

1. There will be no use of tobacco products or smoking allowed within the facilities or on the properties of SIU School of Medicine. Although employees are asked to respect the intent of our tobacco- and smoke-free environment, employees are allowed to use tobacco and/or smoke in personal vehicles located in an SIU School of Medicine-owned parking lot. In these limited cases, smoking should be confined to breaks and lunches only, heeding all appropriate departmental guidelines for break times. SIU School of Medicine employees working in properties not owned by the School should follow any policies with stricter guidelines than these.
2. The use of tobacco products and smoking are not allowed in any SIU School of Medicine-owned vehicle at any time or in personal vehicles while transporting persons on SIU School of Medicine authorized business.
3. Communication of these guidelines with patients and visitors will be initiated prior to visit whenever possible, through patient communications, appropriate signage in all facilities, and by reminders from staff when necessary. Repeated observations of the same violating patient should be reported to SIU School of Medicine Security for appropriate resolution.
4. Enforcement of this policy is a requirement of all management and supervisory staff. Observance of policy violations should result in immediate intervention. The observing manager or supervisor should instruct the employee to stop the tobacco use, reinforce the policy's intent to help protect the health and safety of patients and others, and encourage policy compliance. Repeated observations of the same violator should be reported to the violator's immediate supervisor or manager. Chronic disregard of this policy will be subject to corrective action in accordance with the existing disciplinary process.
5. Smoking cessation programs are available, using current employee benefits to support employees who wish to quit tobacco use. Please contact the Employee Benefits Department for more information regarding such programs.

Effective: July 10, 2006

Revised:

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<sup>1</sup> For purposes of this Policy, tobacco use and/or smoking refer to, but are not limited to, use of cigarettes and all other forms of smoking products and use of chewing tobacco, snuff, and all other forms of smokeless tobacco products.

## Frequently Asked Questions

Q: Where can I smoke?

A: Although not encouraged, you may smoke in your personal vehicle. In keeping with the intent of these guidelines, we ask that you refrain from smoking on the sidewalks and streets surrounding any SIU School of Medicine property. Littering of sidewalks does not support a professional campus environment and will not be tolerated.

Q: Can I smoke at the 320 East Carpenter (Vono) location, since it is a property shared by non-SIU School of Medicine employees?

A: As SIU School of Medicine employees, it is imperative that we support an improvement in the health and well-being of the people and communities we serve. Therefore, employees are asked to respect our Tobacco- and Smoke-Free campus on all SIU School of Medicine properties. Therefore, we encourage employees, vendors, and others who visit or are employed at all facilities to respect the intent of the SIU School of Medicine Tobacco- and Smoke-Free policy and not use tobacco products in that area.

Q: What do I do when I see an employee smoking on SIU School of Medicine property?

A: As a courtesy, in support of this policy, you are encouraged to approach the individual who is smoking and remind them that SIU School of Medicine is tobacco- and smoke-free. If chronic disregard for the Tobacco- and Smoke-Free Policy occurs, the employee's supervisor should be contacted for appropriate corrective action. You may also report the policy violation to the Office of Human Resources if the supervisor is unknown.

Q: What do I do when I see a visitor smoking on SIU School of Medicine property?

A: Again, as a courtesy, in support of our tobacco- and smoke-free campus, you are encouraged to approach the individual who is smoking and remind them that our campus is tobacco- and smoke-free. There will be signage and other communication available as well. In the event of chronic disregard of the policy, SIU School of Medicine security should be contacted.

Q: Why is SIU School of Medicine tobacco- and smoke-free?

A: SIU School of Medicine is committed to assisting the citizens of central and southern Illinois in meeting their healthcare needs through education, patient care, and research. In order to meet these needs, it is imperative that we support an improvement in the health and well-being of the people and communities we serve. A tobacco- and smoke-free campus is one method of meeting these objectives. SIU School of Medicine is committed to prevention and wellness as well as education and treatment. We think that by removing tobacco, we are setting a positive example for our employees, patients, visitors and the communities we serve.

Q: Why did we choose to focus on eliminating tobacco versus other health risk factors?

A: Here are some facts:

- Smoking is the number one reason for avoidable illness and death
- Over 440,000 people die each year from smoking-related diseases
- Smoking costs the U.S. over \$150 billion each year in healthcare and other expenses
- Patients who smoke before surgery have twice the risk of infection of nonsmokers
- Smoking is a risk factor in heart disease, cancer, stroke and lung disease
- Smoking slows healing after surgery—A smoker's broken bones take almost twice as long to heal
- Smokeless tobacco is associated with cancers of the esophagus, larynx, and stomach, and an increased risk of heart attacks and other cardiovascular diseases.

Q: What if I don't want to quit using tobacco or smoking?

A: This policy does not require anyone to quit smoking or chewing tobacco. It prohibits tobacco use and smoking on SIU School of Medicine property. We are committed to:

- Assist those who wish to quit using tobacco products
- Educate our communities and the physicians of tomorrow about the importance of prevention and overall well-being
- Make a clear statement that good health does not include the use of tobacco

Q: How does the smoking cessation program work?

A: There are several options from which to choose. Many of our employee benefit programs offer our employees assistance to help offset the cost of the programs. Please contact the Employee Benefits Department for information on all options for smoking cessation.