

## 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://www.csusm.edu/smokefree/resourcestoquit.html)

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