RESOURCES TO ADDRESS TOBACCO USE & EXPOSURE

SAVE LIVES AND MONEY - TOBACCO-FREE POLICIES:

- Protect worker health.
- Support employees who are trying to quit.
- Reduce maintenance and insurance costs.
- Prevent employees from starting to use tobacco products.

MAINE LAW

Requires employers to have a written smoking policy.

GET ASSISTANCE

Free policy technical assistance, including tobacco-free signs, available through local District Tobacco Prevention Partners, find local contact: *CTIMaine.org/dtpp*

BREATHEEASYMAINE.ORG

SUPPORT EMPLOYEES - CONNECT THEM TO THE MAINE QUITLINK

MAINE QUITLINK
1-800-QUIT-NOW

- A tobacco-free environment helps create a safer, healthier workplace for everyone.
- Overall, employees who do not smoke take fewer sick days. Those who use tobacco miss an average of 6.2 days per year as a result of illness, whereas non-smokers only miss an average of 3.9 days.
- Almost 70% of smokers want to quit. Your workplace can help by connect them to proven resources.
- Tobacco users who want to quit may have more of a reason to do so when your organization goes tobacco-free.

FREE & CONFIDENTIAL SUPPORT IS AVAILABLE

1-800-QUIT-NOW &
MaineQuitLink.com

MAINE PREVENTION SERVICES

Maine Center for Disease Control & Prevention
Department of Health and Human Services