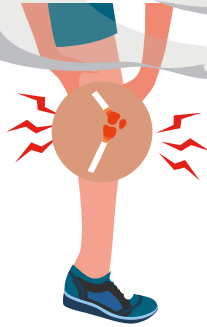


THE ARMY IS CHANGING TO A TOBACCO FREE WORKING ENVIRONMENT

1 OCT 21 - 31 DEC 22



WHAT?

All Army sites will be Tobacco Free by Dec 22. Your Unit will inform you of the date that your site will go Tobacco Free

WHY?

Smoking kills 200 people a day in England. The Army is committed to looking after the H&W of it's people. Smoking increases the risk of injury, delays recovery and reduces fitness impacting on the deployability and effectiveness of the Army. We also have a responsibility to protect others from the effects of second-hand smoke

HOW?

You will not be able to smoke on camp. Vaping will be allowed within local policy. If you live in

SLA you will still be provided with an area to smoke close to your accommodation. Smoking in SFA also does not change.

HOW I CAN GET HELP TO QUIT:

- Contact your Medical Centre for an appt with the Smoking Cessation Advisor
- Smokefree National Helpline 0300 123 1044
- [Stop Smoking Northern Ireland](#)
- [Quit Your Way Scotland](#)
- [Help Me Quit Wales](#)
- [NHS Quit Smoking](#)



To know more log on to [Defence Connect Tobacco Free resource page](#).

