



Smoke-Free VA

The Tuscaloosa VAMC, along with all other VA medical centers across the country, is changing our tobacco policy to further our commitment to provide a safe and healthy environment for patients, visitors, vendors, volunteers, contractors and employees.

The policy covers all tobacco products and smoking materials, including, but not limited to:

- Cigarettes
- E-cigarettes or electronic cigarettes
- Cigars and/or pipes
- Matches
- Lighters
- Lighter fluid
- Any other form of tobacco

Beginning October 1, 2019, smoking will no longer be permitted on any of our VA campuses for patients, visitors, vendors, volunteers and contractors.

Patients, visitors, vendors, volunteers and contractors are strongly encouraged to leave all tobacco and smoking materials at home. To reduce the risk of ignition near oxygen or other flammable gases used in our facilities, some areas may require materials to be stored during their visit.

To learn more about health risks associated with smoking, visit the Surgeon General's website at <https://www.hhs.gov/surgeongeneral/reports-and-publications/tobacco/index.html> or <https://smokefree.gov/>.

VHA has extensive resources and programs to assist Veterans in their smoke-free journey. They can be found at <https://www.mentalhealth.va.gov/quit-tobacco/>. For free information about how to quit smoking, please visit www.smokefree.gov.