WHY WE DECIDED TO GO TOBACCO-FREE
UK has a vital interest in maintaining a safe and healthy environment. With over $1 billion per year spent on treating people who get sick from using tobacco products in Kentucky alone, the use of tobacco products and exposure to secondhand smoke constitutes a significant health hazard, leading to premature death and chronic, debilitating disease. This policy puts employees, guests and students first by providing a healthy, tobacco-free environment and decreasing exposure to secondhand smoke.

HOW WE CAN HELP YOU QUIT OR MANAGE YOUR SYMPTOMS
UK supports its employees and students who want to quit using tobacco products by offering individual and group tobacco treatment programs at no cost for one series of classes - including nicotine replacement therapy. This offer is for students and their spouses, and employees and their spouses or sponsored dependents.

For employees and students who do not want to quit but need help to feel more comfortable at work or during class, nicotine replacement gum may be purchased on UK’s campus. These locations, except for the hospital gifts shops, also carry the nicotine patch at a discounted rate. For more information visit:

Kentucky Clinic Pharmacy
740 S. Limestone - J-134 Kentucky Clinic – on the first floor of the Kentucky Clinic facility at the Limestone entrance

University Health Service Pharmacy
830 S. Limestone – on the first floor of the University Health Service Building (across the street from Speedway)

UK Chandler Hospital Gift Shop
800 Rose Street – First floor off the main lobby

UK Good Samaritan Hospital Gift Shop
310 S. Limestone- lower level

UK Convenience Stores:
Blazer Xpress - Located on North Campus next to Blazer Café, on the corner of Martin Luther King and Keeneland Drive
Corner Store – Located on South Campus next to Commons Market in the Kirwan/ Blanding Complex
Quick Stop – Located in the Student Center just inside the bridge entrance across from Starbucks®

The following are resources that UK provides to assist employees and students to help stop using tobacco or manage cravings if you choose to do so:

RESOURCES FOR UK STUDENTS AND THEIR SPOUSES
** Nicotine replacement therapy, patches and/or gum, will be provided at NO COST to those students and their spouses, who are actively participating in one of the denoted programs.

University Health Service **
Tobacco cessation classes, individual services, and prescriptions are offered to UK students who have paid their health fee. www.ukhealthcare.uky.edu/uhs/SmokeFree.htm (859) 323-5823 or email joanne.brown@uky.edu or fadyia.low@uky.edu.

Counseling & Testing Center **
Various counseling formats are offered to help with tobacco cessation, reducing tobacco use, and managing stress and cravings. Students must be enrolled at UK for at least six credit hours to be eligible for services. www.uky.edu/StudentAffairs/Counseling/ (859) 257-8701