



# Tobacco Free Living

On 08 May 2016 eight medical facility locations on Fort Polk will become Tobacco Free Medical Campuses IAW AR 600-63 (14 Apr 2015), and MEDCOM directive.

These campuses will include the buildings, sidewalks, and parking lots. Signage will be posted indicating the campus locations and boundary locations will be readily accessible upon request.

- **MEDCOM Soldiers will not use tobacco products anytime in uniform.**
- **No MEDCOM personnel will use any tobacco products during the duty day.**
- **No personnel (includes military, civilians, contractors, patients, visitors) will be allowed to use any tobacco products on the TFMC.**
- **Tobacco Products are defined as cigarettes, cigars, cigarillos, smokeless tobacco and/or electronic cigarettes, inhaled tobacco, and all other tobacco products designed for human consumption.**
- **Tobacco cessation classes (7 classes over 6 week period) are open to ALL working on Fort Polk, Service Members, their family members, and retirees...and are FREE. Please contact the BJACH Health Promotion team at 531-2355 or 531-6131 for information or to begin your steps toward a tobacco free life.**
- For more information you can visit the Army Public Health Center (Provisional) Tobacco Free Living webpage at <http://phc.amedd.army.mil/topics/healthyliving/tfl/Pages/Tobacco-FreeLivingPoliciesforCommanders.aspx> or contact the Fort Polk Tobacco Free Living Action Officer, LTC Matt Garrison, BJACH Deputy Commander for Health Readiness at [matthew.k.garrison.mil@mail.mil](mailto:matthew.k.garrison.mil@mail.mil).

## WELCOME TO OUR **TOBACCO FREE** MEDICAL CAMPUS



Campus policy **prohibits** the use of  
**all tobacco products** and **electronic nicotine devices**  
in all campus areas.



ICW AR 600-63

