

Tobacco Free Zones Q&A

Since the Tobacco Free Zones (TFZ) policy memorandum was signed in May, there has been a lot of confusion about whom and to what the policy applies. Here are a few answers to frequently asked questions.

Q: Is all of Fort Sill Tobacco Free now?

A: No. Only certain areas have become Tobacco Free Zones.

Q: I work at BLDG XYZ, which phase of the policy covers my building?

A: Phase One of the TFZ policy (Effective June 15) covered Reynolds Army Community Hospital and all areas operated by them. Also included in Phase One are gyms and physical fitness areas, including public areas where organized military physical fitness training is being performed between the hours of 0530-0730. Phase Two (starting Sept. 15, 2016) makes parks and playgrounds, Child and Youth Services areas, and Initial Entry Training areas tobacco free. In Phase Three (starting Dec. 15, 2016) restrictions on tobacco use will be applied to Lake Elmer Thomas Recreational Area.

Q: Does this mean smokeless tobacco users have to stop dipping inside buildings?

A: Yes. Any kind of tobacco use is permitted only in designated tobacco use areas. This includes cigarettes, cigars, cigarillos, chew, snuff, snus, dip, vape, and any other tobacco products designed for human consumption.

Q: Is it correct that service members cannot use tobacco while in uniform?

A: No. The policy dictates only that healthcare personnel (both Civilian and military) may not use tobacco products during the duty day or while in uniform. All other service members and personnel should follow previously established regulations.

Q: I am a medic or other healthcare worker, but I don't work at the hospital, does the policy apply to me?

A: Yes. Even healthcare personnel assigned to FORSCOM or TRADOC units may not use tobacco during the duty day or while in uniform.

Q: Can I still vape in a Tobacco Free Zone?

A: No. Even nicotine-free vapor is defined as a tobacco product per the TFZ policy.

Q: Can I use tobacco in my car in a Tobacco Free Zone?

A: No. Tobacco Free Zones extend to parking lots, sidewalks, and all grounds surrounding facilities named in the TFZ policy.

Q: How do I get help to quit tobacco?

A: Service Members, Retirees, and Dependents may contact the Fort Sill Tobacco Cessation Program, which provides support and medications for those wishing to quit tobacco; appointments may be made by leaving a message at 580-442-QUIT or calling the Reynolds Army Community Hospital appointment line at 580-558-2000. Other helpful resources are 1-800-QUIT-NOW, ucanquit2.org, and OKhelpline.com.

Q: Is Chantix available at Reynolds Army Community Hospital?

A: Tobacco cessation medications available by prescription include Chantix, bupropion (Wellbutrin or Zyban), nicotine patches, and nicotine gum.

Q: Are DA Civilians and Contractors eligible for tobacco cessation medications through the Fort Sill Tobacco Cessation Program?

A: DA Civilians and Contractors are eligible for an appointment to assist with planning a tobacco quit attempt as well as tobacco cessation classes by appointment, but they are not eligible for medications. Those interested should leave a message at 580-442-QUIT.