

UC San Francisco is

100%

tobacco free



The use of all tobacco products, including e-cigarettes, is prohibited on or nearby campus.
Please respect our neighbors.

UCSF Campus Administrative Policies 550-10 & 550-22 prohibit the use of all tobacco products while at work and on breaks.

TobaccoFree.ucsf.edu



Need help quitting or staying tobacco/smoke free at work?

FREE resources are available to UCSF faculty, staff and students

Nicotine Replacement Therapy: Drop into the Occupational Health clinics at Parnassus, Mission Bay and Mt. Zion for nicotine replacement gum. This program is designed to help UCSF faculty, staff and students quit or curb their urge to use tobacco during their work shifts.

UCSF Fontana Tobacco Treatment Center Programs: Stop smoking group program and individual counseling by expert tobacco treatment counselors to help tobacco users quit and weekly relapse prevention support groups are provided

Quit For Life® Smoking Cessation Program: Expert support offered online and over the phone to help tobacco users quit.

California Smokers' Helpline (1 800 NO BUTTS): Free help services (available to all California residents) to help tobacco users quit.

For more on these resources and others, please visit

tobaccofree.ucsf.edu