



DEPARTMENT OF THE NAVY
NAVAL SUPPORT ACTIVITY MONTEREY
271 STONE ROAD
MONTEREY, CA 93943-5189

NSAMINST 5100.2
N35
JUN 23 2015

NAVAL SUPPORT ACTIVITY MONTEREY INSTRUCTION 5100.2

Subj: TOBACCO POLICY

Ref: (a) SECNAVINST 5100.13E

Encl: (1) Designated Smoking Areas - Main Installation
(2) Designated Smoking Areas - Lab/Rec Area
(3) Designated Smoking Areas - Annex

1. Purpose. To provide policy and guidance regarding the use of tobacco products at Naval Support Activity Monterey and to promote tobacco cessation and abstinence per reference (a).

2. Cancellation. This instruction is new and should be read in its entirety.

3. Scope. This policy applies to all personnel that work aboard or visit Naval Support Activity Monterey.

4. Background. The Surgeon General of the United States determined that abstaining from the use of tobacco products is the most effective prevention of tobacco related illnesses and death and that environmental tobacco smoke (ETS) contains approximately 4700 different chemical compounds, including 43 that cause cancer. In fact, the Environmental Protection Agency (EPA) has classified ETS as a known human carcinogen or "Group A" carcinogen under U.S. EPA's Carcinogen Classification System. ETS may also cause eye, nose, and throat irritation, headaches, and bronchitis. U.S. Navy policy is to protect everyone in working and public living environments from involuntary exposure to ETS. Tobacco use and ETS exposure has an adverse impact upon the health and readiness of our forces. Tobacco use adversely affects physical readiness, night vision, respiratory capacity, wound healing rates, and contributes to risk of cold injuries, including frostbite. Statistically, smokers have higher accident rates than do non-smokers.

5. Policy. Naval Support Activity Monterey's policy is to support abstinence and provide tobacco users encouragement and professional assistance to its use. Additionally, this policy

JUN 23 2015

seeks to ensure tobacco users use their tobacco products in locations not to interfere with non-users. Accordingly, the following requirements shall be followed and are applicable to the use of all tobacco products including e-cigarette devices:

a. Tobacco use to include smokeless tobacco products is prohibited in any government facility or government vehicle.

b. Tobacco use while walking on base is prohibited.

c. Tobacco use is only permitted in designated areas, enclosures (1) through (3).

d. Cigarette "butt-cans" outside of building entrances are unauthorized.

6. Designated Areas. Per the requirements outlined in reference (a), enclosures (1) through (3) currently identify designated tobacco use areas throughout the main installation, the annex and laboratory-recreation areas. RV Park residence are subject to RV Park rules and regulations. All designated tobacco use areas will feature signage designating the area as a "Designated Tobacco Use Area."

7. Electronic Cigarettes

a. E-cigarettes, e-pipes and e-cigars deliver nicotine to the users as a vapor. They are usually battery-operated and utilize a replaceable cartridge that contains liquid nicotine. When heated, the liquid in the cartridge turns into a vapor that is inhaled.

b. According to the U.S. Navy and Marine Corps Public Health Center, there is no evidence to show that any of the electronic products such as e-cigarettes, e-pipes or e-cigars are a safe alternative to smoking. There appears to be harmful substances in the electronic products, and there are no known benefits associated from their use. Information on the long term use of these electronic products is currently unavailable. They have been labeled by the Food and Drug Administration and the federal courts as a tobacco product. U.S. Navy Medicine does not condone or support the use of these devices.

JUN 23 2015

8. Chewing Tobacco

a. Chewing tobacco is not a safe alternative to smoking. Chewing tobacco causes oral cancer and is highly addictive. It also damages gums, teeth, and oral soft tissue. Additionally, spitting into open containers, waste baskets, or on the ground presents a potential health risk to others, as saliva is a culture medium for infectious organisms. Use of chewing tobacco is prohibited during briefings, meetings, classes, formations, inspections, and while on watch.

b. Where chewing tobacco use is permitted, tobacco spit shall be held in containers with sealing lids to prevent odor and accidental spills. Tobacco spit and residue shall be disposed of in a sanitary manner that prevents public exposure.

9. Action. The right to a tobacco-free environment shall always take precedence over the privilege to use tobacco products. Common sense and courtesy are appropriate when enforcing the provisions of this policy.

a. All personnel engaged in the use of tobacco products are encouraged to seek assistance through tobacco cessation programs. Those that choose to use tobacco products and e-cigarettes on the installation shall comply with the spirit and intent of this instruction. Individuals who believe they are being subjected to second hand smoke are encouraged to use a direct approach. If the direct approach fails, contact your supervisor for policy enforcement.

b. Supervision and Management. Ensure the provisions of this instruction are enforced.

c. Conference Coordinators and Event Coordinators. Provisions of this policy shall be provided by conference/event coordinators to individuals desiring to host conferences and social events at NSA Monterey.

10. Professional Assistance. Individuals desiring to quit using tobacco products can obtain professional assistance from the Presidio of Monterey Army Health Clinic or through the U.S. Navy Counseling and Assistance Center. While these cessation programs are encouraged, care will be taken to avoid coercion or pressure on personnel to enter these programs against their will. Other sources of professional assistance include health

JUN 23 2015

care organizations such as the American Cancer Society and the American Lung Association.

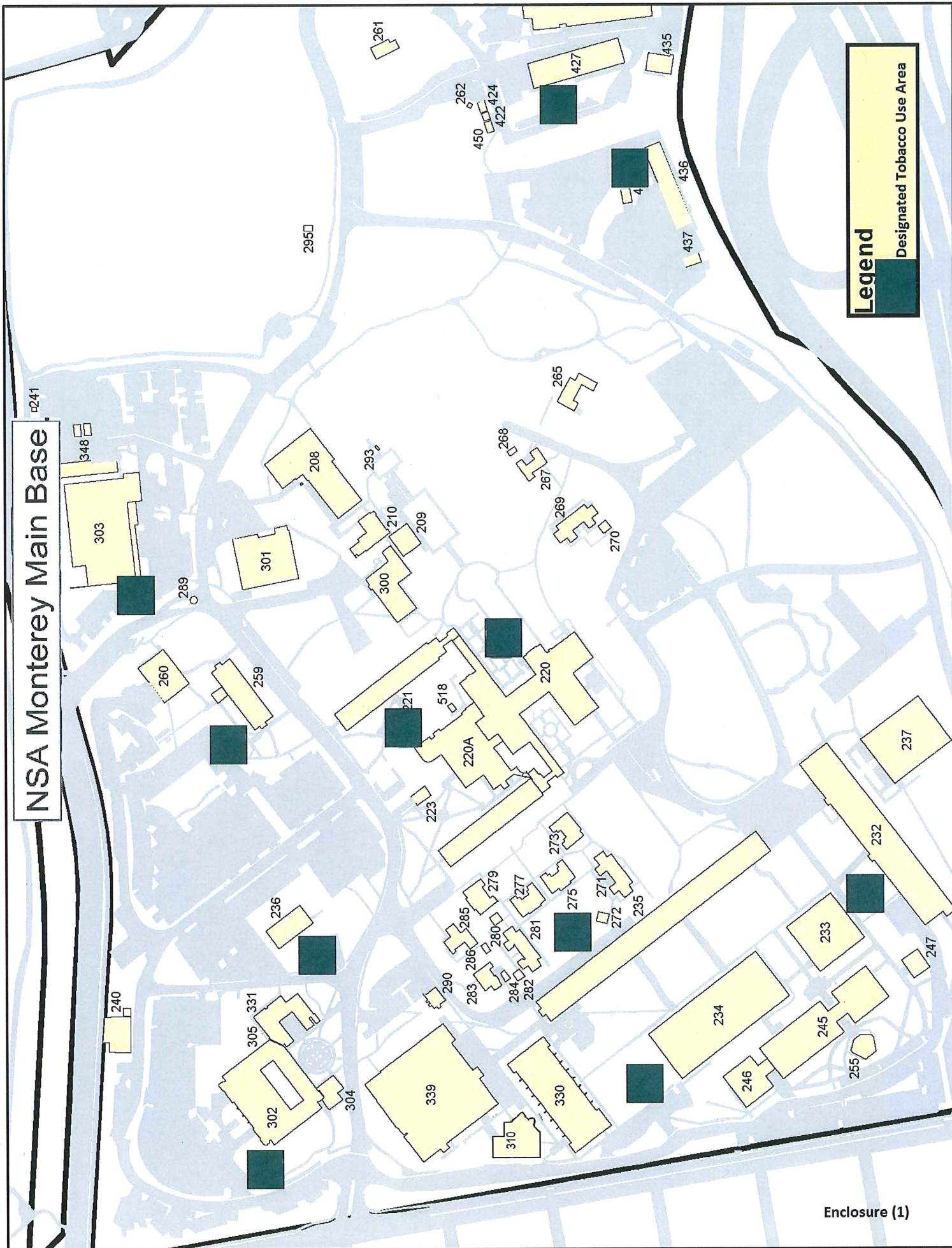

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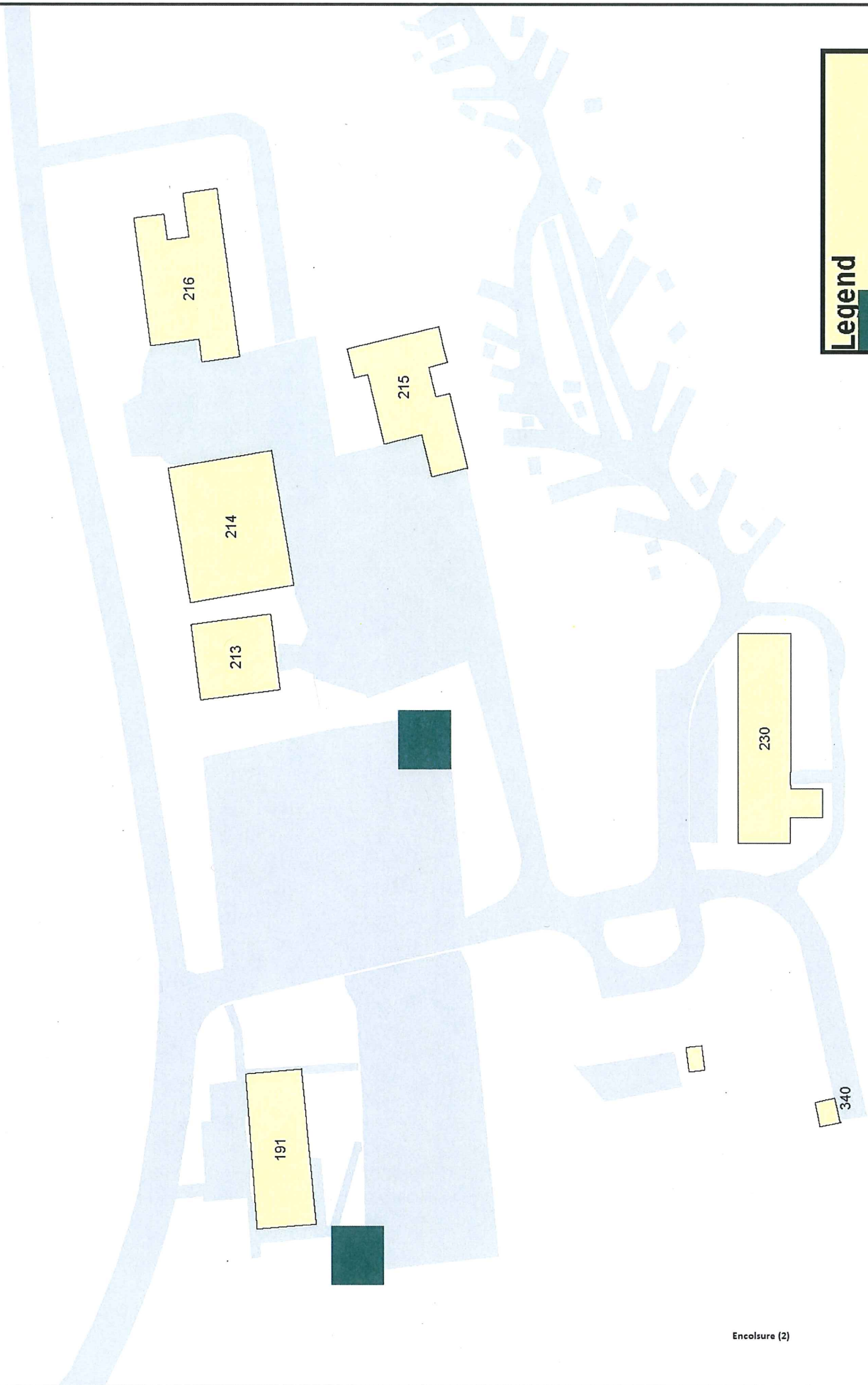
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NSA Monterey Main Base



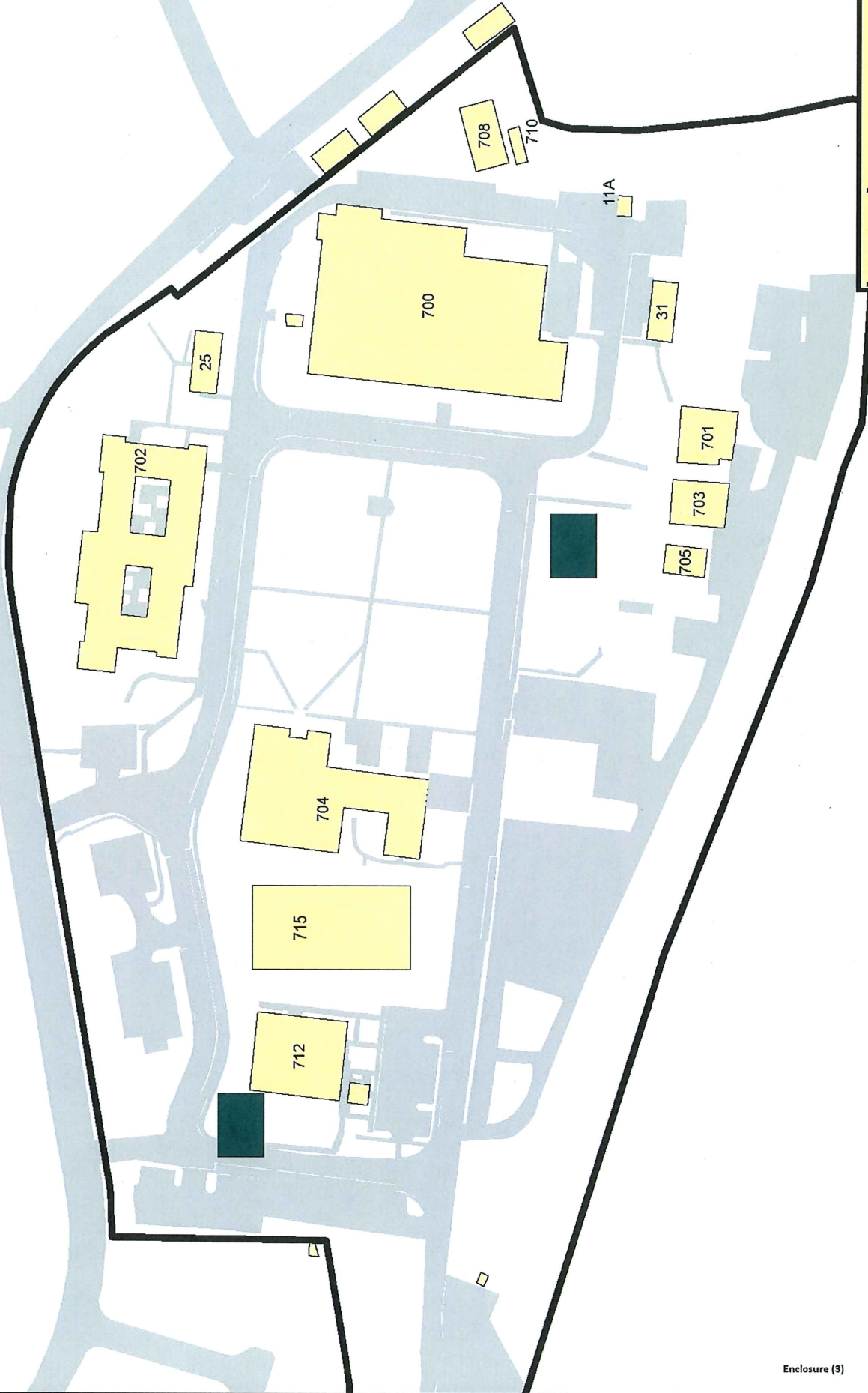
NSA Monterey Lab/Rec Area



Legend

Designated Tobacco Use Area

NSA Monterey Annex



Legend

Designated Tobacco Use Area