



NORTHERN KENTUCKY
INDEPENDENT DISTRICT
HEALTH DEPARTMENT

Promoting and protecting the health of Northern Kentucky by providing public health services essential for a safe and healthy community.

Dear Business Owner:

On December 21, 2010, the Kenton County Fiscal Court passed ordinance number 451.15 into law, prohibiting smoking in public buildings, establishments in public buildings and places of employment.

We are writing to inform you of the new requirements associated with this law and to provide assistance in compliance. Beginning April 15, 2011, smoking is completely prohibited indoors at most places of employment. This includes, but is not limited to: offices, work areas, restrooms, conference rooms, classrooms, break rooms, cafeterias and other common areas.

The law provides exemptions for private clubs, drinking establishments and private residences. Further definitions of the exemptions are contained in this packet.

Enclosed with this letter is a packet of materials designed to answer questions you may have, as well as provide you with resources to ease the transition as this new law takes effect on April 15. The packet includes:

- Frequently asked questions about the new ordinance
- Business checklist to prepare for the new law
- “No Smoking” window decal that meets the signage requirements established by the ordinance
- Tobacco cessation resources

All items included in this packet can also be found at <http://www.nkyhealth.org>, along with additional information and resources. If you have further questions, please call 859.341.4151.

The required steps for compliance are not difficult, but your active participation is required to avoid potential violations. It is our goal to assure that this new ordinance is implemented in an efficient manner that best serves the residents and visitors of Kenton County. To do that, we need your assistance. We hope the information provided here and online will help.

Sincerely,

Lynne M. Saddler, MD, MPH

Lynne M. Saddler, MD, MPH
District Director of Health

NO SMOKING



Kenton County Ordinance No.451.15

To report a violation:

859.392.0101 or www.nkyhealth.org



**NORTHERN KENTUCKY
HEALTH DEPARTMENT**

Kenton County Smoke-Free Law: Checklist for Businesses

BEFORE APRIL 15, 2011

- Learn about the new law, and how it affects your business.**
Visit <http://www.nkyhealth.org> to learn more and to find tools for implementation.
- Plan how this new law will be implemented in your establishment.**
Understand what is required by the law, and make sure those provisions are implemented. Some provisions are up to the business owner, such as if/how to provide break time for employees who smoke.
- Discuss the new law with your employees.**
Explain how the new law applies to your business using routine methods such as staff meetings, employee newsletters, payroll stuffers, posters in break rooms or e-mails. If you have employees who smoke, plan for that as you would other employee responsibilities. If they are open to quitting, let them know there are resources available to them at <http://www.nkyhealth.org>
- Train employees on the new law.**
Provide training for managers and staff about the new requirements. Help them prepare for what to say to customers who may want to smoke.

ON APRIL 15, 2011

- Post the required no-smoking signs.**
All businesses covered by the ordinance are required to post “No Smoking” signs. Sample smoking signs are available on the Northern Kentucky Health Department’s Web site at <http://www.nkyhealth.org>. According to the ordinance, signs must say “No Smoking” in letters at least 1 inch high and/or show the international no smoking symbol, at least 3 inches high.
- Remove indoor ashtrays and other smoking receptacles.**
All businesses covered by the law need to remove all ashtrays from any area where smoking is prohibited. Any permanent structure that functioned as an ashtray needs to be disabled or altered to prevent its use as an ashtray.
- Direct a person who is smoking to extinguish the cigarette, cigar or other item.**

AFTER APRIL 15, 2011

- Continue to comply with the law.**
Ensure that the required signs are posted, ashtrays are removed and smoking is prohibited in your business.
- Keep information and resources about the new law on hand.**
It is helpful to customers and employees if information about the law, compliance and enforcement of the law, and quit smoking resources are kept easily accessible.



NORTHERN KENTUCKY
INDEPENDENT DISTRICT
HEALTH DEPARTMENT

Kenton County Smoke Free Law: Frequently Asked Questions for Businesses

When does the smoke-free law take effect?

Ordinance 451.15 prohibiting smoking in most public buildings, establishments in public buildings and places of employment takes effect April 15, 2011.

What businesses must prohibit indoor smoking?

Most public buildings and workplaces in Kenton County must now prohibit smoking. The new law prohibits smoking in any building or place of employment where the public is invited or permitted, such as: offices, factories, churches, restaurants, bingo halls, bowling alleys and stores. The new law does not apply to private homes unless used as a licensed child care, adult day care or health care facility. Hotels and motels may permit smoking in private rooms; however, common areas, such as lobbies and elevators, must be smoke-free.

What businesses are exempted from the law?

Private clubs are exempt from the ordinance if they meet all of the following requirements:

- The building or establishment is used exclusively for club purposes at all times
- The club is not operated for monetary gain
- The organization is governed by a board of directors or similar body chosen by the members at an annual meeting
- The group has established bylaws and/or a constitution to govern its activities
- The club has an exemption from paying federal income tax under 26 U.S.C. Section 501

The exemption does not apply to private clubs when being used for a function to which the public is invited.

Drinking establishments are exempt from the ordinance if they meet the following requirements:

1. No one under 18 is admitted or employed at the establishment **and** it is licensed to operate under KRS Chapter 241 to 244 **OR**
2. **After 4 p.m.**, no one under 18 is admitted or employed at the establishment **and** it is licensed to operate under KRS Chapter 241 to 244, and **prior to 4 p.m.** it is smoke-free and meets all ordinance requirements. (split-shift operation) **OR**
3. It is an enclosed area within an establishment that:
 - Is licensed under KRS Chapter 241 to 244
 - It is a physically connected or directly adjacent enclosed area which is separate from the rest of the establishment
 - Has a separate air system
 - Has a separate entrance
 - Denies access to any person under the age of 18 and does not employ anyone under 18

How does a business qualify for exempted status?

Establishments meeting the requirements for the exemptions can contact the Health Department to request an application for exempted status by visiting <http://www.nkyhealth.org> or calling 859.341.4151.

Who will enforce the law?

The Northern Kentucky Health Department will investigate complaints as they are received. Although most smoke-free laws are self-enforcing, occasionally compliance with the law becomes an issue. If so, enforcement shall be by notice of violation or citation. Peace officers may also issue a citation for violations committed in their presence.

Who can be issued a notice of violation or cited for violating the law?

Individual offenders as well as the building owner, manager, employee or person in control of a building or establishment can be issued notices of violation or cited for violating the law.



What happens when a complaint is filed?

The Northern Kentucky Health Department will log the information received, investigate the complaint and take action as deemed appropriate. Enforcement action will be taken when violations are verified.

What are the penalties for violating this law?

Individuals will be fined \$100 per offense. Businesses will receive:

1. A warning for the first offense
2. A \$250 fine for the third offense within one year
3. A \$250 fine for each subsequent offense within one year.

Do businesses have to post “No Smoking” signs?

Yes, all businesses covered by the ordinance are required to post “No Smoking” signs on all public entrances or in a position clearly visible on entry in to a public building or establishment. Signs meeting the requirement of the ordinance must say “No Smoking” in letters 1 inch high and/or use a 3 inch pictorial image of the international no smoking symbol. Sample smoking signs are available on the Northern Kentucky Health Department’s Web site, <http://www.nkyhealth.org>.

Facilities meeting the requirements for exemption under the law must prominently post and maintain a “Smoking Permitted” sign at every entrance.

Businesses that do not post the appropriate signs can be issued notices of violation cited under the law.

Does the law apply to covered patios or areas covered by canopies?

The term “building” does not include outdoor open air patio areas. The law defines a building as any structure enclosed from the weather, whether or not doors are open, which is closed in overhead by a roof or other covering of any material, whether permanent or temporary, and has more than 50 percent of its perimeter closed in by walls or other coverings of any material, whether permanent or temporary.

Does the law prohibit smoking in public parks or other outdoor areas?

No, outdoor spaces are not covered by this law.

Does the law allow smoking in rooms with independently ventilated, enclosed smoking areas?

Smoking in a separate area is only permitted if a business meets the requirements for drinking establishments **and** has been issued an exemption.

Are businesses required to remove ashtrays from inside buildings?

Yes, all businesses covered under the law need to remove all ashtrays from any area where smoking is prohibited. Any permanent structure that functioned as an ashtray needs to be disabled or altered to prevent its use as an ashtray. Businesses that do not remove ashtrays can be issued notices of violation or cited.

What should I do about an employee who refuses to stop smoking inside the building?

Take the same actions you would normally take if the employee violated other work rules.

What should I do if a customer, vendor or visitor is smoking in my establishment?

You or your staff should remind your customers politely of the law and explain that they must step outside to smoke. Train your staff about what to say to customers. For example:

- “The law no longer allows smoking inside here. I’m sorry, but you’ll have to step outside to smoke.”
- “The new smoke-free law prohibits smoking indoors. Thank you for your cooperation.”
- “We are under a smoke-free law now. I need to ask you to put out your cigarette.”

If customers refuse to comply, use common sense. If necessary, use your normal protocol for removing a disruptive customer from your premises. You may contact local law enforcement to report the customer.

How do I report a violation of the law?











Contact the Northern Kentucky Health Department: 859.392.0101 or <http://www.nkyhealth.org>.

What resources are available for those who want to quit smoking?

For resources to quit smoking contact the Northern Kentucky Health Department at 859.341.4264 or visit <http://www.nkyhealth.org> for a complete list.

What if I have questions regarding my building or business?

Specific questions can be addressed by calling the Health Department at 859.341.4151 between 8 a.m. and 5 p.m., Monday-Friday. Questions can also be submitted via the Web at: <http://www.nkyhealth.org>

<p>It is against the law to smoke inside this building. </p>	<p>It is against the law to smoke inside this building. </p>
<p><i>Please Step Outside to Smoke.</i></p>	
<p>If you continue to smoke in here, you may be charged with a violation. <i>Thank you for your cooperation.</i></p>	<p>If you continue to smoke in here, you may be charged with a violation. <i>Thank you for your cooperation.</i></p>
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Participants in Cooper/Clayton classes meet for one hour each week for 13 weeks. During that time, they:

- *Receive guidance on how to use nicotine patches, lozenges or gum.* Participants learn to gradually reduce the nicotine they give themselves until their intake is zero.
- *Learn how to prevent relapse.* Participants are shown how to develop strategies to cope with stress, anger and depression while becoming nonsmokers.
- *Receive group support.* Participants are encouraged to continue meeting with others in the group to help one another stay motivated.

Does it work?

Research studies have shown that:

- For every 100 smokers who try to stop smoking by going cold turkey ... **5 SUCCEED.**
- For every 100 smokers who try to stop smoking by using only nicotine patches, lozenges or gum ... **9 TO 15 SUCCEED.**
- For every 100 smokers who try to stop smoking by participating in the Cooper/Clayton group method ... **40 TO 45 SUCCEED.**



For information on Cooper/Clayton classes near you, call (859) 341-4264, Ext. 2093 or visit www.nkyhealth.org.

This brochure was developed by the Tobacco Prevention Coalition and printed with funds from the Northern Kentucky Health Department. It was last revised July 2010.



www.stopsmoking4ever.org

Helping Kentucky smokers get their *lives* back



A free science-based smoking cessation program

Made available to Kentucky smokers through the Kentucky Cancer Program and its partners.





The Cooper/Clayton Method is an effective smoking cessation program that:

- Addresses all aspects of smoking.
- Uses nicotine gum, patches or lozenges to control cravings.
- Provides intensive weekly education and support group sessions for 13 weeks.

AT ONE YEAR, 45% of those who used the Cooper/Clayton Method and nicotine gum or nicotine patches were nonsmokers.

The Cooper/Clayton Method is successful because of the:

- Use of nicotine replacement products.
- Training to stay smoke-free.
- Long-term support.

THE REWARDS OF BECOMING A NONSMOKER ARE GREAT:

After 20 minutes ...

- Blood pressure drops to normal.
- Pulse rate drops to normal.
- Temperature of hands and feet increases to normal.

After 24 hours ...

- Nerve endings start regrowing.
- Ability to smell and taste is enhanced.
- Chance of heart attack decreases.

After one year ...

- Risk of coronary heart disease is half that of a smoker.

After five years ...

- Stroke risk is reduced to that of a nonsmoker.
- Risk of cancer of the mouth, throat and esophagus is half that of a smoker.

After 10 years ...

- Risk of dying from lung cancer is about half that of a person who continues to smoke.

After 15 years ...

- Risk of coronary heart disease is that of a nonsmoker.

www.stopsmoking4ever.org

ABOUT THE FACILITATORS

All facilitators of the Cooper/Clayton Method to Stop Smoking have been trained in easing the journey to becoming a nonsmoker and introducing behavior modification and relapse prevention in a group setting.

AT THREE YEARS, 80% of those who were nonsmokers at one year remained nonsmokers.

ABOUT THE DEVELOPERS

Thomas M. Cooper, D.D.S., was a heavy smoker for 36 years. He tried many times to stop smoking but didn't succeed until he developed this program.

Richard R. Clayton, Ph.D., is an internationally known expert on drug addiction. He teamed up with Dr. Cooper to create the Cooper/Clayton Method, which has helped hundreds of people stop smoking.

AT SIX YEARS, 95% of those who were nonsmokers at one year remained nonsmokers.



Resource Manual for Tobacco Prevention and Cessation

Tobacco Prevention Coalition of Northern Kentucky

C/O Northern Kentucky Health Department

610 Medical Village Drive

Edgewood, KY 41017

859.341.4264

www.tpcofnky.com

Who We Are

The Tobacco Prevention Coalition of Northern Kentucky was formed in 1997. The coalition is comprised of a variety of individuals, organizations, civic groups, agencies and corporations who have an interest and commitment to reducing tobacco use in Northern Kentucky. Each year, the coalition promotes, coordinates and implements projects throughout the Northern Kentucky service area. This service area includes Boone, Campbell, Grant and Kenton Counties.

Mission

The Tobacco Prevention Coalition of Northern Kentucky's mission is to promote a healthy Northern Kentucky by preventing tobacco use, reducing exposure to secondhand smoke and facilitating tobacco cessation.

Tobacco Burden

Tobacco use is the number one preventable cause of death in the United States. Every year, the Centers for Disease Control and Prevention estimates that 443,000 Americans will die from smoking or exposure to secondhand smoke. With that alarming statistic, we still have 43.4 million U.S. adults that smoke cigarettes.¹

In Kentucky, we are third in the nation for adult tobacco use with 25.2 percent of Kentuckians currently using tobacco.² The economic toll that tobacco use has on Kentucky is huge. The Campaign for Tobacco-Free Kids reports that Kentucky pays \$1.5 billion a year in direct health care costs due to smoking; smoking causes \$2.3 billion in loss of productivity in Kentucky; and the federal and state tax burden from smoking for Kentucky taxpayers is \$984.90 each year.³

These economic statistics do not include health costs due to secondhand smoke exposure. Secondhand smoke exposure has been proven by science to cause the same adverse health effects as first hand smoking. The 2006 Surgeon General's report on secondhand smoke states that there is no safe level of exposure to secondhand smoke.

Resource Manual Contents

- Tobacco Prevention Coalition of Northern Kentucky Contact List
- Tobacco Cessation Resources
- Tobacco Trainings and Workplace Resources
- Tobacco Cessation Medications
- Tobacco Web Sites and Additional Resources

Tobacco Prevention Coalition of Northern Kentucky Contact List

 <p>GlaxoSmithKline Consumer Healthcare</p>	<p>GlaxoSmithKline Consumer Healthcare www.gsk.com</p>
 <p>GRANT COUNTY SCHOOLS</p>	<p>820 Arnie Risen Blvd. Williamstown, KY 41097 www.grant.kyschools.us</p>
 <p>KCP Kentucky Cancer Program</p>	<p>307 John's Hill Road Highland Heights, KY 41099 859.442.3525 www.kcp.uky.edu</p>
 <p>NorthKey COMMUNITY CARE <small>JCAHO Accredited</small></p>	<p>7075 Industrial Road Florence, KY 41042 859. 283.0952 www.northkey.org</p>
 <p>NORTHERN KENTUCKY INDEPENDENT DISTRICT HEALTH DEPARTMENT</p>	<p>610 Medical Village Drive Edgewood, KY 41017 859.341.4264 www.nkyhealth.org</p>
 <p>NKU NORTHERN KENTUCKY UNIVERSITY</p>	<p>Nunn Drive Highland Heights, KY 41099 859.572.5684 www.nku.edu</p>
 <p>Pfizer</p>	<p>Pfizer www.pfizer.com</p>
 <p>St. Elizabeth HEALTHCARE</p>	<p>85 N. Grand Ave. Fort Thomas, KY 41075 859.572.3298 www.stelizabeth.com</p>

Benefits of Quitting

Tobacco dependence is a chronic condition that often requires repeated intervention and multiple attempts to quit; however, effective treatments exist that can significantly increase rates of long-term abstinence. It is never too late to stop using tobacco and there are immediate health benefits from quitting; those benefits continue for years after quitting.⁴

- **20 minutes after quitting** the heart rate drops
- **12 hours after quitting** carbon monoxide level in the blood drops to normal
- **2 weeks to 3 months after quitting** heart attack risk begins to drop and lung function begins to improve
- **1 to 9 months after quitting** coughing and shortness of breath decrease
- **1 year after quitting** the risk of coronary heart disease is half that of a smoker
- **5 – 15 years after quitting** the risk of stroke is reduced to that of a nonsmoker
- **10 years after quitting** the lung cancer death rate is about half that of a smoker's
- **15 years after quitting** the risk of coronary heart disease is back to that of a nonsmoker

Tobacco Cessation Resources

Cessation Resource	Description	Contact for More Information	Audience	Cost
The Cooper Clayton Method to Stop Smoking	Smoking cessation program that meets one hour/week for 13 weeks. Includes group support and educational videos. Program participants are encouraged to use nicotine replacement products.	Northern Kentucky Health Department 859.363.2093 or visit www.nkyhealth.org	Adult smokers	Free (does not include nicotine replacement products)
Self-Help Cooper Clayton Method to Stop Smoking	Includes participant book to assist the smoker in choosing the appropriate nicotine replacement product and a DVD with 13 segments; one for each week.	Available at Boone, Campbell, Kenton and Grant County public libraries for check-out. Call Northern Kentucky Health Department for questions 859.363.2093	Adult smokers	Free (must have library card to check-out)
Kentucky's Tobacco Quit Line	Statewide telephone service that provides brief intervention and support for people who want to stop smoking or using other tobacco products.	1.800.QUIT.NOW 9 a.m.-9 p.m. Monday-Friday	Adult smokers Adult spit tobacco users Pregnant tobacco users	Free
Freedom from Smoking Online	Free online cessation program from American Lung Association consisting of seven modules.	American Lung Association: www.ffsonline.org/	Adults	Free (must register on Web site)
Make Yours A Fresh Start Family	The program is intended to raise awareness about the risks of tobacco and secondhand smoke by targeting pregnant women and mothers of young children.	Northern Kentucky Health Department (available at all health center locations) 859.341.4264 Boone Co. 859.363.2060 Campbell Co. 859.431.1704 Kenton Co. 859.431.3345 Grant Co. 859.824.5074	Pregnant women that use tobacco and mothers of young children that use tobacco	Free

Quit Kits	Quit kits containing smoking cessation resources and intervention props.	Northern Kentucky University Health Counseling and Prevention Office: 859.572.5650	Northern Kentucky University faculty, staff and students	Free
Smoking Cessation Class for Pregnant Women	A class for the pregnant mom who has the desire to stop smoking. Class topics include the addiction of cigarettes, the effects of smoking on the fetus, the pregnancy, secondhand smoke and SIDS.	St. Elizabeth Healthcare The Family Birth Place 859.301.2229	Pregnant women that use tobacco	Call for cost
ASPIRE	Web based version of the school curriculum designed for youth looking to quit smoking, or youth that are non-smokers and wish to remain that way.	www2.mdanderson.org/depts/aspire/site.html Contact Northern Kentucky Health Department for additional information: 859.341.4264	Middle and high school students	Free
Kids Now	Case management services and prevention education for pregnant women at risk of or using alcohol, tobacco and/or drugs.	NorthKey 859.283.0952	Pregnant women	Call for cost

Tobacco Trainings and Workplace Resources

Cessation Resource	Description	Contact for More Information	Audience	Cost
Cooper Clayton Facilitator Training	Stop smoking facilitator trainings for organizations and businesses wanting the flexibility of providing classes in their workplaces.	Kentucky Cancer Program: 859.442.3525	Non-tobacco users	Free (does not include facilitator materials)
Technical Assistance with Tobacco Policies	Help for workplaces in creating, implementing and enforcing tobacco policies.	Northern Kentucky Health Department: 859.341.4264	Workplaces	Free
TAP/TEG Training	Learn to implement Intervening with Teen Tobacco Users (TEG) and Helping Teens Stop Using Tobacco (TAP)	Northern Kentucky Health Department: 859.341.4264	Schools and community organizations working with youth in grades 7-12	Train the trainer- Free
St. Elizabeth Business Health Center	Offers Cooper Clayton smoking cessation for the worksite.	St. Elizabeth Business Health Services: 859.301.2574	Workplaces	Call for cost
FreshStart	Employer based program to help tobacco users quit smoking; consists of four one-hour sessions during a two-week period.	American Cancer Society: 859.647.2226	Workplaces	Call for cost

Tobacco Cessation Methods

Behavioral Therapy

Two types of counseling and behavioral therapies result in higher abstinence rates: (1) providing smokers with practical counseling (problem solving skills/skills training); (2) providing social support as part of treatment. All programs provided in this guide incorporate these components. It has been shown that the more sessions of counseling a participant attends, while also combining the use of effective medication, the higher the likelihood of successful smoking cessation.⁵

Medication

When used correctly, nicotine replacement products can help relieve the withdrawal symptoms people experience when they quit using tobacco. There are several nicotine replacement products currently available over-the-counter, including: nicotine patches, nicotine gum and nicotine lozenges. There are also medications that are available through a physician by prescription only which include: nicotine nasal spray, nicotine inhaler, Zyban or Wellbutrin (Bupropin) and Chantix (Varenicline). Zyban, Wellbutrin and Chantix do not contain nicotine but are effective in helping individuals quit smoking.

On July 1, 2009, the U.S. Food and Drug Administration announced that two smoking cessation prescription medications, Chantix and Zyban, will be required to carry a “black box warning,” the agency’s strongest safety warning, because of serious side effects. Wellbutrin already carries this warning. Potential side effects of these medications include the risk of serious mental health events including changes in behavior, depressed mood, hostility and suicidal thoughts. It is strongly recommended that individuals using these products and their family and friends be aware of any behavior changes while on these medications. *These mental health side effects can occur in individuals with no history of mental health problems.* Individuals should use these products under the close care of a physician.⁶

The information on tobacco cessation medications provided in this manual is not intended to replace information provided by health care providers. It is necessary with all types of medication to follow the doctor’s orders and use the products only as prescribed and/or according to labeling. The goal in using tobacco cessation medications is to completely stop using tobacco. If an individual continues to have strong urges to smoke or is struggling to stop smoking completely, he or she should consult a health care provider about additional help.

The combination of counseling and medication is more effective for tobacco cessation than either medication or counseling alone. To be most effective, tobacco cessation products should be used in conjunction with a behavior change program.

Alternative Methods

Although hypnosis and other alternative therapies work for some individuals, the effectiveness of these therapies for the general population is not as strong as using medication, counseling, or medication and counseling combined. The same holds true for quitting cold turkey or without assistance.⁵

All products in the table presented have been approved by the FDA for use in tobacco cessation

UW-CIRI

Quit Tobacco Series: Medication Chart*

#2

See FDA package inserts for more information, including more detailed safety information. Ask your doctor if one of these options is right for you.

Medication	Cautions/Warnings	Side Effects	Dosage	Use	Availability (check insurance)
Bupropion SR 150	<ul style="list-style-type: none"> Not for use if you: <ul style="list-style-type: none"> * Currently use monoamine oxidase (MAO) inhibitor * Use bupropion in any other form * Have a history of seizures * Have a history of eating disorders * Caution with dentures * Do not eat or drink 15 minutes before or during use 	<ul style="list-style-type: none"> * Insomnia * Dry mouth 	<ul style="list-style-type: none"> * Days 1-3: 150 mg each morning * Days 4-end: 150 mg twice daily 	<ul style="list-style-type: none"> Start 1-2 weeks before quit date; use 2 to 6 months 	<ul style="list-style-type: none"> Prescription Only: <ul style="list-style-type: none"> * Generic * Zyban * Wellbutrin SR
Nicotine Gum (2 mg or 4 mg)	<ul style="list-style-type: none"> * Caution with dentures * Do not eat or drink 15 minutes before or during use 	<ul style="list-style-type: none"> * Mouth soreness * Stomach ache 	<ul style="list-style-type: none"> * 1 piece every 1 to 2 hours * 6-15 pieces per day * If ≤ 24 cigs: 2 mg * If ≥ 25 cigs/day or chewing tobacco: 4 mg 	<ul style="list-style-type: none"> Up to 12 weeks or as needed 	<ul style="list-style-type: none"> OTC Only: <ul style="list-style-type: none"> * Generic * Nicorette
Nicotine Inhaler	<ul style="list-style-type: none"> * May irritate mouth/throat at first (but improves with use) 	<ul style="list-style-type: none"> * Local irritation of mouth & throat 	<ul style="list-style-type: none"> * 6-16 cartridges/day * Inhale 80 times/cartridge * May save partially-used cartridge for next day 	<ul style="list-style-type: none"> Up to 6 months; taper at end 	<ul style="list-style-type: none"> Prescription Only: <ul style="list-style-type: none"> * Nicotrol inhaler
Nicotine Lozenge (2 mg or 4 mg)	<ul style="list-style-type: none"> * Do not eat or drink 15 minutes before or during use * One lozenge at a time * Limit 20 in 24 hours 	<ul style="list-style-type: none"> * Hiccups * Cough * Heartburn 	<ul style="list-style-type: none"> * If smoke/chew ≥ 30 minutes after waking: 2 mg * If smoke/chew ≤ 30 minutes after waking: 4 mg * Weeks 1-6: 1 every 1-2 hrs * Wks 7-9: 1 every 2-4 hrs * Wks 10-12: 1 every 4-8 hrs 	<ul style="list-style-type: none"> 3-6 months 	<ul style="list-style-type: none"> OTC Only: <ul style="list-style-type: none"> * Generic * Commit
Nicotine Nasal Spray	<ul style="list-style-type: none"> * Not for patients with asthma * May irritate nose (improves over time) * May cause dependence 	<ul style="list-style-type: none"> * Nasal irritation 	<ul style="list-style-type: none"> * 1 "dose" = 1 squirt per nostril * 1 to 2 doses per hour * 8 to 40 doses per day * Do NOT inhale 	<ul style="list-style-type: none"> 3-6 months; taper at end 	<ul style="list-style-type: none"> Prescription Only: <ul style="list-style-type: none"> * Nicotrol NS
Nicotine Patch	<ul style="list-style-type: none"> Do not use if you have severe eczema or psoriasis 	<ul style="list-style-type: none"> * Local skin reaction * Insomnia 	<ul style="list-style-type: none"> * One patch per day * If ≥ 10 cigs/day: 21 mg 4 wks, 14 mg 2-4 wks, 7 mg 2-4 wks * If <10/day: 14 mg 4 wks, then 7 mg 4 wks 	<ul style="list-style-type: none"> 8-12 weeks 	<ul style="list-style-type: none"> OTC or prescription: <ul style="list-style-type: none"> * Generic * Nicoderm CQ * Nicotrol
Varenicline	<ul style="list-style-type: none"> Use with caution in patients: <ul style="list-style-type: none"> * With significant renal impairment * With serious psychiatric illness * Undergoing dialysis FDA Warning: Varenicline patients have reported depressed mood, agitation, changes in behavior, suicidal ideation and suicide. * Only patch + bupropion is currently FDA-approved. * Follow instructions for individual medications. 	<ul style="list-style-type: none"> * Nausea * Insomnia * Abnormal, vivid or strange dreams 	<ul style="list-style-type: none"> * Days 1-3: 0.5 mg every morning * Days 4-7: 0.5 mg twice daily * Day 8-end: 1 mg twice daily 	<ul style="list-style-type: none"> Start 1 week before quit date; use 3-6 months 	<ul style="list-style-type: none"> Prescription only: <ul style="list-style-type: none"> * Chantix
Combinations: 1) Patch + bupropion 2) Patch + gum 3) Patch + [lozenge or inhaler]	<ul style="list-style-type: none"> * Only patch + bupropion is currently FDA-approved. * Follow instructions for individual medications. 	<ul style="list-style-type: none"> See individual medications above. 	<ul style="list-style-type: none"> See individual medications above. 	<ul style="list-style-type: none"> See above. 	<ul style="list-style-type: none"> See above.

Updated June 2008

*Based on the 2008 Clinical Practice Guideline: Treating Tobacco Use and Dependence, U.S. Public Health Service, May 2008.

Resources

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5. U.S. Department of Health and Human Services. (2008). Treating Tobacco Use and Dependence.
6. U.S. Food and Drug Administration. (2009, July 1). Information for Healthcare Professionals: Varenicline (marketed as Chantix) and Bupropion (marketed as Zyban, Wellbutrin, and generics). Retrieved October 12, 2009, from U.S. Food and Drug Administration: <http://www.fda.gov/Drugs/DrugSafety/PostmarketDrugSafetyInformationforPatientsandProviders/DrugSafetyInformationforHeathcareProfessionals/ucm169986.htm>

* For additional resources visit www.nkyhealth.org