



### Washington County expands smokefree outdoor areas at PSB

Washington County has recently expanded the areas in which smoking is prohibited at the Public Services Building. In addition to the existing requirements of the smokefree workplace law, which went into effect a year ago, smoking will also be prohibited in other areas south and west of the county PSB.

Ensuring the health and safety of our clients, visitors and co-workers is our shared responsibility. **When appropriate, please remind people of the expanded policy** (guidance on page 2) **or contact Facilities at 503-846-8715 with concerns about compliance with the expanded policy.**

#### What this means for Washington County Employees:

- Smoking is no longer allowed in some outdoor areas of the Public Services Building where it used to occur. Specifically, the courtyards on both sides of the auditorium, an extended area of the loading dock and areas on the south (Main Street) side of the building. Please see attached map for more clarification.
- Smoking will continue to be prohibited within 10 feet of all entrances, exits, windows that open, ventilation intakes and accessibility ramps. Example on page 3. By Oregon Administrative Rules 333-015-0025 - 333-015-0090:
  - The words “entrance” and “exit” apply to any door or passageway in which a person can move between an “enclosed” area and the outside. This includes side doors, employee only doors, and some entryways.
  - The term “enclosed area” is defined as any space that is enclosed on 3 or more sides by floor-to-ceiling walls. This includes three-sided entryways.
- Signage and stickers will be present on entrances to alert visitors and staff of the new and existing requirements.
- Staff may need to let clients, visitors and the public know of the changes to the policy. Tips on how to remind the public and/or staff that the areas in which smoking is prohibited have been expanded are on page 2.

#### Complying with the expanded policy will be easy:

- Talk with your clients and employees about the expanded policy.
- Provide training to employees about how to ask visitors and patrons not to smoke in the prohibited areas.
- Encourage employees who smoke to use this change in the policy as an opportunity to quit smoking. Encourage them to call Oregon's toll-free QUIT LINE at 800-QUIT-NOW (800-784-8669) or, for Spanish, to call 877-2NO-FUME (877-266-3863).
- When speaking with clients or staff, the S-M-O-K-E method can be very effective (see attached).

If you have questions or concerns about these changes or would like additional information about tobacco prevention and education please call **Amanda Garcia-Snell at 503-846-3626.**

### **Asking Staff and the Public to Comply**

**S** – Smile, introduce yourself and be friendly and personable. The Washington County mission is to provide excellent and cost effective services that support healthy, peaceful, safe and sustainable communities; and encourage meaningful participation in community activities and County governance. Treat staff and visitors with this in mind.

**M** – Make the assumption that they do not know the law. Don't assume that they know the law but are deliberately ignoring it. The assumption you approach them with will shape how you interact with them. Assume the best of intentions.

**O** – Offer resources for tobacco cessation. Hand them a Quitline Card. If they are an employee, they may be eligible for cessation resources through their insurance provider or the Employee Assistance Program (EAP).

**K** – Kindly remind them of the 10 foot smoking prohibition required by the Oregon Smokefree Workplace Law.

**E** – Empathize. Depending on their emotional situation, we may not want to be adamant. If you detect that their personal distress is too great, do not insist. You've done your job simply by informing them of the law.

### **Tobacco Cessation Resources**

#### **Oregon Quitline**

Anyone in Oregon can call the toll free QUITLINE at 800-QUIT-NOW (800-784-8669) or go to <http://www.oregon.gov/DHS/ph/tobacco/oregonquitline.shtml> or, for Spanish, call 877-2NO-FUME (877-266-3863) or go to

<http://www.oregon.gov/DHS/ph/tobacco/oregonquitline.shtml#espanol>

In addition to friendly, free tips and guidance on quitting tobacco use, participants may be eligible for free nicotine patches or gum.

#### **Cascade Personal Wellness/EAP**

Washington County employees who are eligible for County health benefits can call the toll free WellQuit Program at 800-433-2320. This free service (paid for by Washington County) provides telephone coaching and a variety of resources and tips for quitting and staying quit.

#### **Providence Health System**

<http://www.providence.org/healthplans/members/ghn/stopsmoking.aspx>

This insurance provider offers two different types of cessation programs. Smoking Cessation classes 503-574-6595 (11 sessions + \$15, includes eight weeks of free medication); Free & Clear Telephone Counseling 800-292-2336 (\$35, includes reimbursement for nicotine replacement therapy or medication)

#### **Kaiser Permanente**

<http://www.kp.org/quitsmoking>

This insurance provider offers three different types of cessation programs. Freedom from Tobacco classes (six sessions = \$65; one session=\$25); Telephone Counseling (\$65) and an

online program. Coverage for medication therapy may also be available. For all classes call 503-286-6816.

**PSB – South Side (Main Street)**

Even though there is no door here and the windows do not open, this is an enclosed area. An enclosed area is defined as having 3 walls and a roof/ceiling. This area meets that definition and consequently, by law, smoking is prohibited here.

