

JULY 2020

QUIT BRIEF



NEW: TOBACCO 21 LAW

On August 1, 2020, the new federal Tobacco 21 law (T21 law) takes effect on U.S. military installations. The law raises the legal age of purchasing all tobacco products (including e-cigarettes) from 18 to 21, with no exception for Service members.

Share the following points with Service members about what they need to know about the T21 law:

- **Only those who are 21 years or older can purchase tobacco products.** It doesn't matter whether you are a civilian or a Service member. Starting August 1, if you are under 21 years old, you cannot buy tobacco products (including e-cigarettes) on military installations. The same law is in effect off-base as well.
- **The T21 law applies to commissary, exchange and MWR outlets.** This means locations that sell tobacco on military installations and facilities within the U.S. and its territories and possessions, and on U.S. naval vessels at a U.S. port, can only sell to those 21 and over.
- **Keep an eye out for changes.** Commissaries, exchanges and MWR will post signs about the new law no later than July 1, 2020 to remind you about the age change. All Defense Department retailers will also check IDs for anyone that appears under the age of 30.

The T21 law is meant to reduce tobacco use among youth and save lives. Support Service members who want to quit tobacco by sharing YouCanQuit2 resources. If they are thinking about quitting, encourage them to check out the [benefits of quitting tobacco](#). If they're ready to take the next step, share the [countdown to quit](#) and these [tips to refocus their energy](#). The T21 law is a great reason to finally quit using tobacco.

The Campaign



Do Service members want to know more about [nicotine replacement therapy](#) (NRT)? Let them know there's a new YouCanQuit2 article to answer their questions and explain how NRT could help them quit tobacco.

The Latest In Tobacco

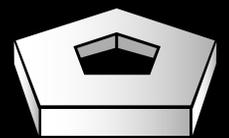
Studies show that [current smokers are at higher risk](#) for developing severe disease with COVID-19 compared to non-smokers. Why? Smoking puts individuals at risk for respiratory infections and also harms lung function, which may make it harder to fight off something like a coronavirus or other diseases. Help Service members protect themselves by sharing proven ways to quit tobacco. Encourage them to talk to a [24/7 Quit Tobacco Live Chat coach](#), try [text messaging programs](#) and ask their provider about [medications](#) to help them quit.



YOU CAN QUIT 2
ycq2.org

Share how you use our resources to promote tobacco cessation on your installation.

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U.S. DEPT OF DEFENSE