

Public Service Announcement

January is Tobacco Reduction Month

Start date: January 19, 2022 End date: January 31, 2022

Nunavut-wide

This month, join the Department of Health in supporting Tobacco Reduction Month and National Non-Smoking Week from January 16 to 22. Protect children and other community members by making homes, vehicles and amautiits smoke-free.

The Department of Health also wants to remind Nunavummiut to follow the two smoking laws (Smoke-free places and Buffer zones) to help protect people from the harms of second-hand smoke.

Before someone smokes, vapes or uses cannabis, they must be off the property (including parking lots) of smoke-free spaces such as health centres, schools, playgrounds, daycares, arenas, sports fields, and public events. It is also illegal to smoke, vape or use cannabis within a nine-metre buffer zone, or nine big steps from any entrance or exit of a public building such as stores, government buildings, apartments, and churches.

Second-hand smoke is exhaled by the tobacco user and comes from the burning end of a cigarette, cannabis or vape. Poisons from tobacco and vapes can stick to walls, furniture, carpets, and clothing. This is known as third hand smoke and it is particularly harmful to children, pregnant women, Elders and those with chronic heart and lung conditions.

Quitting smoking is the best thing that you can do to improve your health. Counselling support and nicotine replacement therapy doubles the chances of successfully quitting tobacco. Speak with a local health care provider or call the Nunavut QuitLine anytime at 1-866-368-7848. Medications that help with cravings and withdrawal like the nicotine patch, gum and inhaler are available for no cost at your local health centre or pharmacy.

While activities for this month will be reduced, check out the Tobacco Has No Place Here Facebook page for tips and resources that can support Nunavummiut who are thinking about quitting. To learn more about reducing or quitting tobacco, please visit www.nuquits.ca.

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