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Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

Public Service Announcement

Help reduce tobacco-use in Nunavut

Start Date: January 17, 2019
End Date: January 31, 2019
Nunavut-wide **30 sec**

In January, join the Department of Health and support Tobacco Reduction Month!

Smoking is harmful. It makes asthma worse, increases risks of pneumonia, decreases lung function and can lead to significant health concerns, such as cancer and Chronic Obstructive Pulmonary Disease (COPD). It affects breathing and makes physical activity like singing or playing sports very difficult. The earlier someone starts smoking, the harder it is to quit. Chewing tobacco and snuff are also harmful and addictive, even after only a few uses.

The rates of tobacco use are high among adults, youth and children in Nunavut. Counselling support and quit medications double the chances of successfully quitting tobacco-use. Speak with a local Health Care Provider or call the Nunavut QuitLine anytime at 1-866-368-7848. Medications, like the nicotine patch, gum and inhaler, are available at no cost by visiting your local health centre or pharmacy.

This year, National Non-Smoking Week (NNSW) takes place towards the end of Tobacco Reduction Month from January 20 to 26, 2019. NNSW has been celebrated annually in Canada since 1977 to encourage quitting tobacco-use.

Check out the Tobacco Has No Place Here Facebook page this month for events and activities led by your local Community Health Representatives. To learn more about reducing or quitting tobacco, please visit www.nuquits.ca.

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