

## **Public Service Announcement**

## **World No Tobacco Day**

Start Date: May 31, 2021 End Date: May 31, 2021

Nunavut-wide 75 sec

May 31 is World No Tobacco Day and the Department of Health is encouraging all Nunavummiut to reduce their tobacco intake and set a goal of being tobacco-free.

Inhaling tobacco and cannabis smoke is harmful to the lungs. Smoking might increase the risk of contracting COVID-19 and may make certain symptoms worse. Smoking and sharing cigarettes or joints can make it easier for the virus to get from the hands to the mouth.

It is important for everyone, especially those who smoke tobacco, cannabis or e-cigarettes to consider the following recommendations:

- Wash your hands often with soap and water.
- Make homes smoke-free.
- Don't smoke around children, including those in amautis.
- Avoid sharing cigarettes, joints, pipes and vaporizers.
- Avoid picking up discarded cigarette or cannabis butts.
- Do not touch your face and mouth with your hands.
- Avoid inhaling smoke deeply or holding your breath since this can increase the amount of toxins in the lungs.
- Avoid close contact with family and friends while smoking. This will help minimize exposure to second-hand smoke and COVID-19.

Support is available to you if you are thinking about quitting smoking. Message a counsellor on the Tobacco Has No Place Here Facebook page, or call the 24-hour Nunavut QuitLine at 1-866-368-7848. The service is private and free. Counsellors can help you in Inuktitut, English, Inuinnaqtun, and French. You can also go to your local health centre to speak privately with a health care provider about tools that can help with nicotine cravings.

Let's celebrate World No Tobacco Day by committing to be tobacco-free.

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