

Public Service Announcement

World No Tobacco Day

Start date: May 31, 2022

End date: May 31, 2022

Nunavut-wide

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To mark this year's World No Tobacco Day, recognized annually on May 31, the Department of Health wants to remind Nunavummiut to follow the two smoking laws that help protect people from the harms of second-hand smoke.

Nunavut has two smoking laws to help protect people from the harms of second-hand smoke: ***smoke-free places*** and ***buffer zones***.

Smoke-Free Places are areas where it is illegal to smoke, vape, or use cannabis anywhere on the property. These areas include:

- hospitals and health centers;
- schools;
- playgrounds;
- daycares;
- arenas;
- sports fields; and
- at public events.

All other public places and workplaces have buffer zones. This means it is illegal to smoke, vape, or use cannabis within nine metres of any entrance or exit to the building. Nine meters is roughly nine big steps. Buildings with buffer zones include:

- stores;
- government buildings;
- apartments; and
- churches.

For more information on smoke-free places or buffer zones, visit www.nuquits.gov.nu.ca or contact the Tobacco and Cannabis Program at tobacco@gov.nu.ca.

By following these laws, we can help protect Nunavummiut, especially children, from second-hand smoke.

Counselling support and quit medications double 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 at no cost at your local health centre or pharmacy.

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