

## Public Service Announcement Tobacco Reduction Month Kicks Off

Start Date: January 16, 2023 End Date: January 23, 2023

Nunavut-wide 60 sec

This month, join the Department of Health in supporting Tobacco Reduction Month and National Non-Smoking Week from January 16 to 22, 2023. Protect children and other community members by making homes, vehicles and amautiit smoke-free.

Nunavummiut should follow the two smoking laws (Smoke-Free Places and Buffer Zones) to help protect people from the harms of second-hand smoke. Smoking, vaping, and using cannabis is prohibited on the property of smoke-free spaces like health centres, schools, playgrounds, daycares, arenas, sports fields, and public events.

Additionally, it is against the law to smoke, vape, or use cannabis within 9 metres (or 9 steps) of any entrance or exit of public buildings, such as stores, government buildings, apartments, and churches.

Quitting smoking is the best thing that you can do to improve your health. Counselling support and nicotine replacement therapy double your chances of successfully quitting tobacco. Speak with a local health care provider or call the Nunavut QuitLine anytime, 24/7, 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.

Check out the <u>Tobacco Has No Place Here Facebook page</u> for tips and resources that can support Nunavummiut who are thinking about quitting. To learn more about reducing or quitting tobacco, please visit <u>www.nuquits.ca</u>.

## **Media Contact:**

Victoria Morgan Communications Specialist Department of Health 867-975-5949 vmorgan2@gov.nu.ca