

Public Service Announcement

World No Tobacco Day

Start Date: May 31, 2023

End Date: May 31, 2023

Nunavut-wide

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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.

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.
- Don't smoke around children, including those in autism.
- 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.

The best thing that we can do for our health is to quit smoking. By making the decision to quit smoking, you can dramatically improve our health for the coming weeks, months, and years.

Support is available for anyone who wants to explore options to help them quit. Message a counsellor on the [Tobacco Has No Place Here Facebook page](#) or call 1-866-368-7848, 24 hours a day, seven days a week.

Nicotine Replacement Therapies (NRTs), like the patch, gum, and inhaler, help with nicotine cravings and withdrawal symptoms. They are available at your local health centre or Public Health Unit.

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

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