

# Public Service Announcement

## World No Tobacco Day 2024

**Start Date:** May 31, 2024

**End Date:** May 31, 2024

## Nunavut-wide

**120 sec**

May 31, 2024, is World No Tobacco Day and the Department of Health invites all Nunavummiut to participate by cutting back, supporting a friend quitting, or setting a goal of being tobacco-free.

The Tobacco and Smoking Act, which came into effect last year, covers rules on smoking, vaping, and cannabis use in public spaces. Users of tobacco and smoking products are reminded to follow these laws that are in place to help protect other people, especially Elders, children, and youth, from the harms of second-hand smoke.

**Smoke-Free Places** are areas where it is illegal to smoke, vape, or use cannabis. Below is a list of some of the Smoke-Free Places, for a full list visit the [Tobacco and Smoking Act](#):

- Hospitals and health centres.
- Schools.
- Daycares and playgrounds.
- Arenas and sports fields.
- Public event spaces.
- Churches.
- Stores.
- Government buildings.
- Workplaces and work vehicles.
- Motor vehicles when a minor is present.
- Government of Nunavut staff housing.
- Public housing.
- Etc.

**All Smoke-Free Places also have a No-Smoking Buffer Zones.** This means it is illegal to smoke, vape, or use cannabis within nine meters of any entrance or exit to the building including its ramps, stairs, windows, and air intakes. Nine meters is roughly nine big steps.

For those who want to quit or reduce their tobacco use, speak with a local healthcare provider, call the Nunavut Quitline anytime at 1-866-368-7848 with service available in

four official languages, or message/visit the Tobacco Has No Place Here Facebook Page

Counselling support and quitting medications double the chances of successfully quitting tobacco. Nicotine Replacement Therapies, like the patch, gum, and inhaler, help with nicotine cravings and withdrawal symptoms. They are available at your local health centre and/or Public Health Unit or local pharmacy.

Let's celebrate World No Tobacco Day by committing to be smoke-free and protecting others from second-hand smoke.

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