

Public Service Announcement

January is Tobacco Reduction Month

Start Date: January 17, 2025

End Date: January 31, 2025

Nunavut-wide

120 sec

This month, join the Department of Health by participating in Tobacco Reduction Month and National Non-Smoking Week January 19-25, 2025. Tobacco Reduction Month's focus is to protect children and other community members by making homes, vehicles and amautiit smoke-free.

Nunavummiut are reminded to follow the *Tobacco and Smoking Act* to protect against second-hand smoke. Smoking, vaping and using cannabis are prohibited on the property of smoke-free spaces like health centres, schools, daycares, playgrounds and at public events. It is also illegal within a nine-metre buffer zone of entrances and exits to public buildings, including stores, government offices, apartments and churches.

Second-hand smoke is just as dangerous as smoking. Toxic chemicals from tobacco and vaping can cling to walls, furniture, carpets and clothing, leaving behind dangerous residue. This exposure is especially risky for children, pregnant women, Elders and individuals with chronic heart or lung conditions.

Quitting smoking is the best thing that you can do to improve your health. Counselling support and nicotine replacement therapy (NRTs) 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.

Check out the [Tobacco Has No Place Here Facebook page](#) for tips and resources that can support Nunavummiut thinking about quitting. To learn more about reducing or quitting tobacco, please visit <https://nuquits.gov.nu.ca/>.

###

Media Contact:

Pierre Essoh
Communications Specialist
Department of Health
867-975-5712
heacommunications@gov.nu.ca

ᑭᐅᑦᑎᑦᑎᑦᑎᑦ ᑭᐅᑦᑎᑦᑎᑦ ᑭᐅᑦᑎᑦᑎᑦ, ᑭᐅᑦᑎᑦᑎᑦ ᑭᐅᑦᑎᑦᑎᑦ ᑭᐅᑦᑎᑦᑎᑦ ᑭᐅᑦᑎᑦᑎᑦ www.gov.nu.ca.
Public Service Announcements are available in Inuktitut, English, Inuinnaqtun and French on www.gov.nu.ca.
Kavamatkunnin Tuhagtitaujukhat hailihimajun Inuktitut, Qablunaatun, Inuinnaqtun Uuiutullu uvani www.gov.nu.ca.
Les messages d'intérêt public sont disponibles en inuktitut, en anglais, en inuinnaqtun et en français au www.gov.nu.ca.

Communications