Public Service Announcement

Protect yourself and others from second-hand smoke

October 20, 2025
Nunavut-wide **60 secs**

Breathing in second-hand smoke, even for a short time, can cause serious health problems. It increases the risk of asthma, lung infections, heart disease and complications during pregnancy.

Children, Elders and people with chronic conditions are especially vulnerable.

To protect communities from the harmful effects of second-hand smoke, Nunavut's updated *Tobacco and Smoking Act* prohibits smoking, vaping and cannabis use in many public and shared spaces, including:

- GN staff and public housing units (including balconies and hallways).
- Vehicles with children under 19 present, including ATVs, snowmobiles and boats.
- School grounds, childcare centres, playgrounds, arenas, sports fields and public events.
- Within 9 metres of building entrances, stairs, ramps, windows and air intakes.

Violating these laws may result in penalties. Keep our air clean and our communities safe. Here's what you can do:

- Avoid smoking or vaping around others.
- Keep your home and vehicle smoke-free.
- Support friends and family who want to quit.

Need help quitting? Visit nuquits.gov.nu.ca, message NU Quits on Facebook, or call the **Nunavut Quit Line** at **1-866-368-7848**.

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