Public Service Announcement

Tobacco Reduction Month

Start Date: January 19, 2026
End Date: January 24, 2026
Nunavut-wide **90 secs**

Join the Department of Health in supporting Tobacco Reduction Month and National Non-Smoking Week, January 18-24, 2026. This month's focus is to encourage Nunavummiut to be smoke-free and vape-free.

Smoking and vaping require individuals to inhale chemicals and toxins that damage the health of your mouth, lungs and internal organs. It can also increase cancer risks. Talking about the dangers of tobacco and vapes and setting a positive example can help young people make good choices, now and in the future.

Counselling and medications are two proven ways to reduce and quit cigarettes and vapes.

Counselling is available in person by visiting your local health centre, by messaging the NU Quits Facebook page or by calling counsellors at the Nunavut Quitline anytime at 1-866-368-7848.

The nicotine in tobacco and vapes is one of the most addictive substances on Earth. However, there are medications available that help with cravings and withdrawal, including nicotine patches, gums, inhalers, lozenges and mouth sprays. There is also a prescription-only pill called Varenicline that can be taken twice daily for three months. Speak with your local nurse, doctor or pharmacist to learn more.

To learn more about reducing or quitting tobacco and vapes, please visit https://nuquits.ca/.

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