



World No Tobacco Day

End Date: May 31, 2026

90 secs

The World Health Organization (WHO) theme for World No Tobacco Day 2026 is “Unmasking the appeal – countering nicotine and tobacco addiction”. The global campaign exposes how the tobacco and nicotine industry continues to reinvent and repackage its products, for example the creation of vapes, to fuel addiction in a new generation of children and youth.

We encourage anyone who's thinking about quitting to take the first step by seeking support. Counselling and medications are two proven ways to reduce and quit cigarettes, chewing tobacco and vapes.

Nicotine replacement products such as patches, gum, sprays, inhalers and lozenges help with cravings and withdrawal when quitting or reducing. There is also a prescription-only pill called Varenicline that can be taken twice daily for three months. Visit your health centre and speak with a doctor or pharmacist to learn more.

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