

Tobacco-Free Living

Tobacco-free living is one of the best things we can do to improve our health!

Living tobacco free means not being exposed to smoke, not starting to smoke and, if you currently smoke, quitting. Tobacco-free living enhances everyone's quality of life.



MAKE A COMMITMENT TO:

- Smoke and vape outside and away from smoke-free public places.
- Put up “smoke-free and vape-free” signs at home and in your car.
- Talk to children and youth about the dangers of tobacco use. Help them practice saying “no” to pressures to smoke and vape.
- Tell your family and friends how they can support you to live tobacco-free.
- Ask a health professional for help when you are ready to stop smoking!

It's never too late to be tobacco-free!

- Go to wellnessnb.ca and search for “On the Road to Quitting” or “Break It Off” or “Make Your Home and Car Smoke-Free” for helpful resources.
- Visit nbatc.ca for information, resources and inspiring stories about being tobacco-free in NB.
- Call 1-866-366-3667 or visit gosmokefree.gc.ca/quit for support on your journey toward tobacco-free living.
- Your drug plan may cover some medications to help you quit. Call them to find out more.

www.gnb.ca/wellness