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Building Nunavut Together
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Bâtir le Nunavut ensemble

Public Service Announcement

Vaping is not a safe way to quit smoking

Start Date: January 22, 2020
End Date: January 31, 2020
Nunavut-wide **60 sec**

Vaping can seriously harm your health. Vaping is linked to a serious lung disease that has killed over 50 people in the United States, and over 2,500 cases of this disease have been reported. There are 15 confirmed cases in Canada. Symptoms can include coughing, shortness of breath, chest pain, vomiting, stomach pain, and fever.

Although there have been no confirmed cases of this disease in Nunavut, the Department of Health would like to strongly urge Nunavummiut not to vape. Vaping is especially harmful for pregnant women, children, and youth. Please talk to your health care provider if you vape or have vaped in the past, especially if you develop these symptoms.

Vaping Basics

A vape is a device that heats e-juice, which is often flavoured, into an aerosol that the user inhales. The high concentration of nicotine and the small particles you breathe in while vaping are linked to addiction, heart attack, stroke, high blood pressure, and lung damage. Vaping is not a safe way to quit smoking. Nicotine patches and gums, and quit medications like Champix are safe, and can double your chances of quitting.

If you are looking for ways to quit smoking, please speak with your local health care provider and visit www.nuquits.ca for more information and resources.

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