



## Renfrew County and District Health Unit

### Media Release

**For Immediate Release: May 31, 2017**

#### **Have a Smoke-Free World No Tobacco Day**

May 31 2017 is World No Tobacco Day. Did you know that the harmful chemicals found in second-hand tobacco smoke are much more concentrated in enclosed environments?

It has been 11 years since the Smoke-Free Ontario Act (SFOA) came into effect in Ontario. This Act prohibits smoking in workplaces and many public places in order to protect workers and the public from the hazards of second-hand smoke. Since 2006, the SFOA specified that no person shall smoke or hold lighted tobacco in any enclosed public place or enclosed workplace. Renfrew County and District Health Unit is reminding people that a workplace vehicle is considered an enclosed workplace under the SFOA. It is prohibited to smoke in a workplace vehicle, at any time, even if the work vehicle is driven for personal use. All workplaces and work vehicles require appropriate signage to inform employees and the public of the requirement to not smoke in these locations.

In 2009, the SFOA legislation also added the law that no person shall smoke or hold lighted tobacco in a vehicle if persons under the age of 16 are present. Since second-hand smoke is harmful, children who breathe in this smoke are more likely to suffer health problems such as sudden infant death syndrome, asthma, cancer and heart disease.

In more recent years, the SFOA included new regulations designating additional outdoor areas where people are not allowed to smoke. This includes not smoking on restaurant and bar patios or within 20 meters of municipally owned sports fields and playground structures.

If an employer, employee or member of the public has questions about these regulations or if an employer would like to obtain appropriate signage for their workplace or workplace vehicle, call the Renfrew County and District Health Unit at 613-735-8654 x 555.

Are you thinking about quitting smoking? Contact My Quit to create a personalized plan for quitting. The My Quit program is designed to support anyone interested in quitting or cutting back their tobacco use. The program is free of charge and is delivered by quit coaches who are trained in the latest techniques to help you successfully stop smoking. These coaches can also link you to clinics in Renfrew County and District that can offer supports like counselling and free nicotine replacement therapy to help you quit smoking. To learn more, visit [myquit.ca](http://myquit.ca) or call 1-877-376-1701.

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