

## THE CISSS DE LA CÔTE-NORD MARKS THE WORLD NO TOBACCO DAY

**Baie-Comeau, May 31<sup>st</sup>, 2019** – The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord takes advantage of the World No Tobacco Day to remind the services to quit smoking offered in the region as well as the implementation, by 2022, of its Policy for a smoke-free environment.

This policy, adopted by the Board of Directors in November 2017, provides that the facilities of the CISSS de la Côte-Nord will be completely smoke-free, inside and outside, by November 2022. Already, the rehabilitation centres for youth with adaptation difficulties in Baie-Comeau and Sept-Îles are officially smoke-free since May 1<sup>st</sup>, 2019. Some exceptions may apply for compliant smoke rooms intended for users in certain facilities, such as CHSLDs.

In addition to creating completely smoke-free environments, the policy aims to promote smoking cessation. Remember that on the North Shore, almost a quarter (23 %) of the population over 15 years of age smokes cigarettes on a daily or occasional basis, compared to 19 % in Québec.

### **Support to quit smoking**

You want to quit smoking? [Quit Smoking Centres](#) in the region can support you for free, whether it is with individual meeting or in group. Do not hesitate to contact us! The specialists of the I QUIT NOW helpline are also able to accompany you throughout your efforts to quit smoking, whenever it suits you best. They are available at 1 866 JARRETE (527-7383), from Monday to Thursday between 8:00 a.m. and 9:00 p.m. and on Friday between 8:00 a.m. and 8:00 p.m. You can also subscribe to smat.ca in order to receive tips and advice to quit smoking via text message.

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