

QUEBEC TOBACCO-FREE WEEK: THE EFFECTS OF TOBACCO CANNOT BE IGNORED

Baie-Comeau, January 17, 2022 – The Quebec Tobacco-Free Week is taking place from January 16th to 22nd this year. The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord would like to take this opportunity to remind North Shore residents that it is possible to quit smoking and free yourself from its adverse effects on your health.

Along with the pandemic, smoking is a major public health concern throughout Quebec. Nearly 400 000 Quebecers live with a serious smoking-related disease, and 13 000 people die every year because of tobacco, which represents over 35 deaths every day. COVID-19 has not helped the situation, as almost one out of two smokers aged between 18 and 24 years old has increased their tobacco consumption since the start of the pandemic.

According to the most recent Québec Population Health Survey (2014-2015), almost one quarter (23%) of North Shore residents aged 15 and over smoke on a regular or occasional basis. Statistically, this proportion is higher than what is seen in the rest of the province for this age group (19%).

Support available in the region

The CISSS de la Côte-Nord reminds North Shore residents who want to quit smoking that several resources are available. In addition to help available online, by telephone and by text message, you have access to free personalized support services in the region's quit smoking centres (list attached). These centres have effective and practical tools to help you quit smoking at your own pace and based on your needs. You can also obtain medical prescriptions for smoking cessation products, such as nicotine patches.

For more information, visit the "Smoking" section of the CISSS de la Côte-Nord website: <https://www.ciiss-cotenord.gouv.qc.ca/en/public-health/smoking/>

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Source: Jean-Christophe Beaulieu
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QUIT SMOKING CENTRES ON THE NORTH SHORE

Sacré-Coeur

50, rue Lévesque
Sacré-Coeur (Québec) G0T 1Y0
Tel.: 418 236-4637, ext. 262001

Les Escoumins

4, rue de l'Hôpital
Les Escoumins (Québec) G0T 1K0
Tel.: 418 233-2931, ext. 232231

Forestville

2, 7^e Rue
Forestville (Québec) G0T 1E0
Tel.: 418 587-2212, ext. 212262

Manicouagan

340, rue Clément-Lavoie
Baie-Comeau (Québec) G4Z 3B8
Tel.: 418 296-2572, ext. 315202

Port-Cartier

3, rue de Shelter Bay
Port-Cartier (Québec) G5B 2W9
Tel.: 418 766-2572, ext. 443302

Sept-Îles

405, avenue Brochu
Sept-Îles (Québec) G4R 2W9
Tel.: 418 962-9761, ext. 414161

Minganie

1035, promenade des Anciens
Havre-Saint-Pierre (Québec) G0G 1P0
Tel.: 418 538-2212, ext. 542263

Lower North Shore

1070, boulevard Dr-Camille-Marcoux
Blanc-Sablon (Québec) G0G 1W0
Tel.: 418 461-2144, ext. 611417
Tel.: 418 461-2144, ext. 611438

Fermont – TEMPORARILY CLOSED

1, rue de l'Aquilon
Fermont (Québec) G0G 1J0
Tel.: 418 287-5461