



First Nations Health Authority
Health through wellness

Join the Tobacco Timeout Challenge!



Start your journey today by signing up for the Tobacco Timeout Challenge for the chance to win a \$250 cash prize. The contest takes place on the first Tuesday of every month and the purpose is to encourage people to quit smoking, even for a day. The next challenge takes place Oct. 5; simply butt out for 24 hours to enter the draw and win.

Enter the contest at [TobaccoTimeout.ca](https://www.tobaccotimeout.ca).



It isn't easy and learning to be smoke and vapour-free can take time. But it's more important now than ever to try to quit and/or reduce one's use in order to keep our lungs and immune systems strong enough to fight COVID-19. The more times you try to quit and change the cycle of nicotine addiction – the more likely you are to succeed!

Making the decision to quit is the first step on the journey to becoming smoke-free and vapour-free. Especially during the COVID-19 pandemic, where increased stress and anxiety can make one want to smoke or vape even more.

SMOKING, VAPING AND COVID-19: DO THEY AFFECT EACH OTHER?

The First Nations Health Authority (FNHA) has released a new animated video (watch on youtube.com/FirstNationsHealthAuthority) aimed at educating those who smoke and vape about the impact of COVID-19 on their health.

Created using whiteboard animation, the video features a fictional talk show presented by a humorous host who interviews guests to teach people how to stay safe during the pandemic and answers the question: "Do those who smoke or vape have a higher chance of getting really sick if they get infected by COVID-19?" (Hint: the short answer is "yes.")

For more tips and support for quitting or reducing commercial tobacco visit our webpage at www.fnha.ca/respectingtobacco