

Smoke Is Smoke!

Cannabis - like tobacco smoke - is harmful.

People's perception towards cannabis and its potential harmful effects tends to be less negative than it is towards tobacco. But, be aware: smoke is smoke! Smoke from cannabis is similar to tobacco smoke. It contains many of the same toxic and cancer-causing chemicals, carbon monoxide and heavy metals.

Dual use of cannabis and tobacco increases health risks.

Smoking cannabis with tobacco is especially harmful to your lungs and respiratory system. If you use the two substances in combination, you will increase your risks of developing adverse health effects. People who start using one substance - whether tobacco or cannabis - are also more likely to start using the other and to become addicted. This is particularly true for adolescents and young adults.

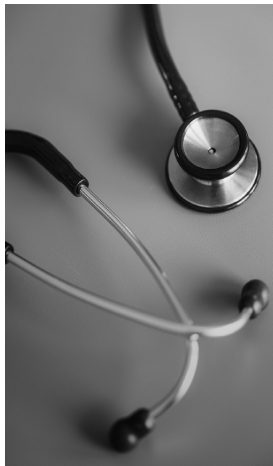


Vaping products also pose health risks.

More research is needed on vaping as we continue to learn about its health repercussions.

Vaping is not intended for youth and non-smokers. While vaping is less harmful than smoking cigarettes, using vaping products can still expose you to chemicals that can harm your health, like formaldehyde and acrolein, as well as metals and contaminants like nickel, tin and aluminum. If you add nicotine or cannabis to your vaping device, you will expose your body to the addictive properties of these substances.

If you currently smoke cigarettes, switching completely to vaping is considered a less harmful option for your health. The best option for your health, is, of course, to quit smoking and vaping altogether.



Sources:

- [Tobacco Use in Canada - Cannabis Supplement](#), Propel Centre for Population Health Impact, University of Waterloo (2017)
- [Canadian Cannabis Survey](#), Health Canada (2017)
- [Vaping](#), Health Canada (2018)
- Chemical and biological analysis of marijuana smoke condensate. Research article by Sparacino, CM, Hyldborg PA & Hughes TJ. NIDA Res Monogr 99 (1990): 121-40

We All Win With Smoke-Free Environments!

Know the law!

Under New Brunswick's Cannabis Control Act, it is illegal to consume cannabis anywhere in public.

New Brunswick's Smoke-Free Places Act, which is meant to protect citizens from harmful second-hand smoke, also bans smoking and vaping tobacco, cannabis and other substances in all indoor public places, workplaces, as well as in vehicles when a person under the age of 16 is present.

It is illegal to smoke and vape in many outdoor public places too, like:

- restaurant and bar patios;
- near windows and doorways of public buildings;
- elementary, middle and high school grounds;
- playgrounds;
- outdoor sports and recreational areas;
- beaches;
- trails;
- provincial parks;
- regional health authority grounds (hospitals, health centres, etc.).



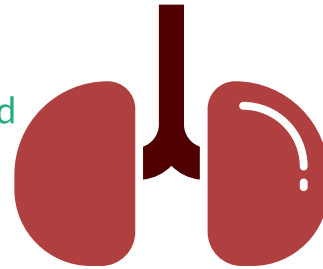
Second-hand smoke from cannabis and/or tobacco is harmful.

Did you know that even in an outdoor setting, second-hand smoke can still be hazardous?

Depending on outdoor conditions such as how fast the wind is blowing, the number of people smoking and how close they are, people who are not smoking can be exposed to as much second-hand smoke as if they were indoors.

Protect yourself from second-hand smoke by ensuring no one smokes or vapes in your home, car and other personal environments.

If you see someone smoking or vaping in a smoke-free public place, you can politely remind them to respect the law or you can notify the appropriate authorities.



If you smoke or vape, please respect smoke-free environments!

Keep all smoking and vaping outside and away from designated smoke-free public places. Respect the law and other people's desire or request to not be exposed to second-hand smoke. We all win when we can live, work and play in 100% smoke-free environments!

You can report violations of the Smoke-Free Places Act by calling 1-866-234-4234.

Sources:

- [Smoke-Free Places Act](#), Government of New Brunswick
- [Cannabis Control Act](#), Government of New Brunswick
- [Outdoor Spaces: Smoke-Free for All](#), New Brunswick Anti-Tobacco Coalition (2015)