



**Northwestern  
Health Unit**

[www.nwhu.on.ca](http://www.nwhu.on.ca)

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### **New laws protect the health of our communities**

The Northwestern Health Unit is pleased to support changes to the Regulations of the Smoke-Free Ontario Act (SFOA) that came into effect at the beginning of 2015. The new amendments prohibit smoking on bar and restaurant patios, smoking within 20m from the perimeter of playgrounds and public sports fields, and selling tobacco on university and college campuses.

"These changes to the Regulations are part of the government's plan to limit smoking in public places, reduce exposure to smoking and make it more difficult for young people to buy tobacco," says Christine McLeod, Health Promoter with the Northwestern Health Unit. She continues, "The health unit, our municipalities and all community members have a role to play in preventing exposure to second-hand smoke." The health unit will be reminding people about the amendments through posters, social media, and letters to coaches and parents.

Health unit Tobacco Enforcement Officers will respond to all complaints received regarding smoking on playgrounds, public sports fields and on patios. Complaints can be made any time of day by calling the NWHU information line at 1-800-830-5978.

Thinking about quitting? Smokers' Helpline is a free service that provides personalized support, advice and information about quitting smoking and tobacco use. Operated by the Canadian Cancer Society and funded by the Government of Ontario, Smokers' Helpline offers support by telephone, online and text messaging. To learn more, call 1 877-513-5333 or the number on cigarette packages or [SmokersHelpline.ca](http://SmokersHelpline.ca).

Contact your local health unit office for more information on ways to protect yourself and others from exposure to second-hand smoke.

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