



**Public Health**  
Prevent. Promote. Protect.

Cavalier County Health District

# Cavalier County Health District

## Newsletter

DECEMBER 2012

*An initiated measure approved by North Dakota voters provides funding to Cavalier County Health District to diminish the toll of tobacco in our state by addressing the number one preventable cause of death and disease: tobacco use.*

## North Dakota's smoke-free law to take effect December 6

North Dakota's new smoke-free law — passed by over two-thirds of North Dakota voters — will take effect on December 6. The new law strengthens North Dakota's existing smoke-free law by making all public places smoke free.

The new law — initiated by an independent grassroots organization known as Smoke-free North Dakota — will protect everyone from exposure to secondhand smoke in all enclosed public places and places of employment, including restaurants, bars, truck stops, guest rooms and common areas within hotels and motels, health care facilities, long-term and assisted living centers, and licensed adult day care facilities. In ad-

dition, smoking is prohibited within 20 feet of entrances, exits, operable windows, air intakes and ventilation systems attached to enclosed public places and places of employment. The use of electronic cigarettes is also prohibited in areas where smoking is not allowed.

According to the 2012 U.S. Surgeon General's Report, *Preventing Tobacco Use Among Youth and Young Adults*, smoke-free policies combined with a comprehensive prevention approach are effective in preventing youth and young adults from starting to smoke. A comprehensive approach should also include tobacco-free school campuses, mass media educational campaigns and tobacco price

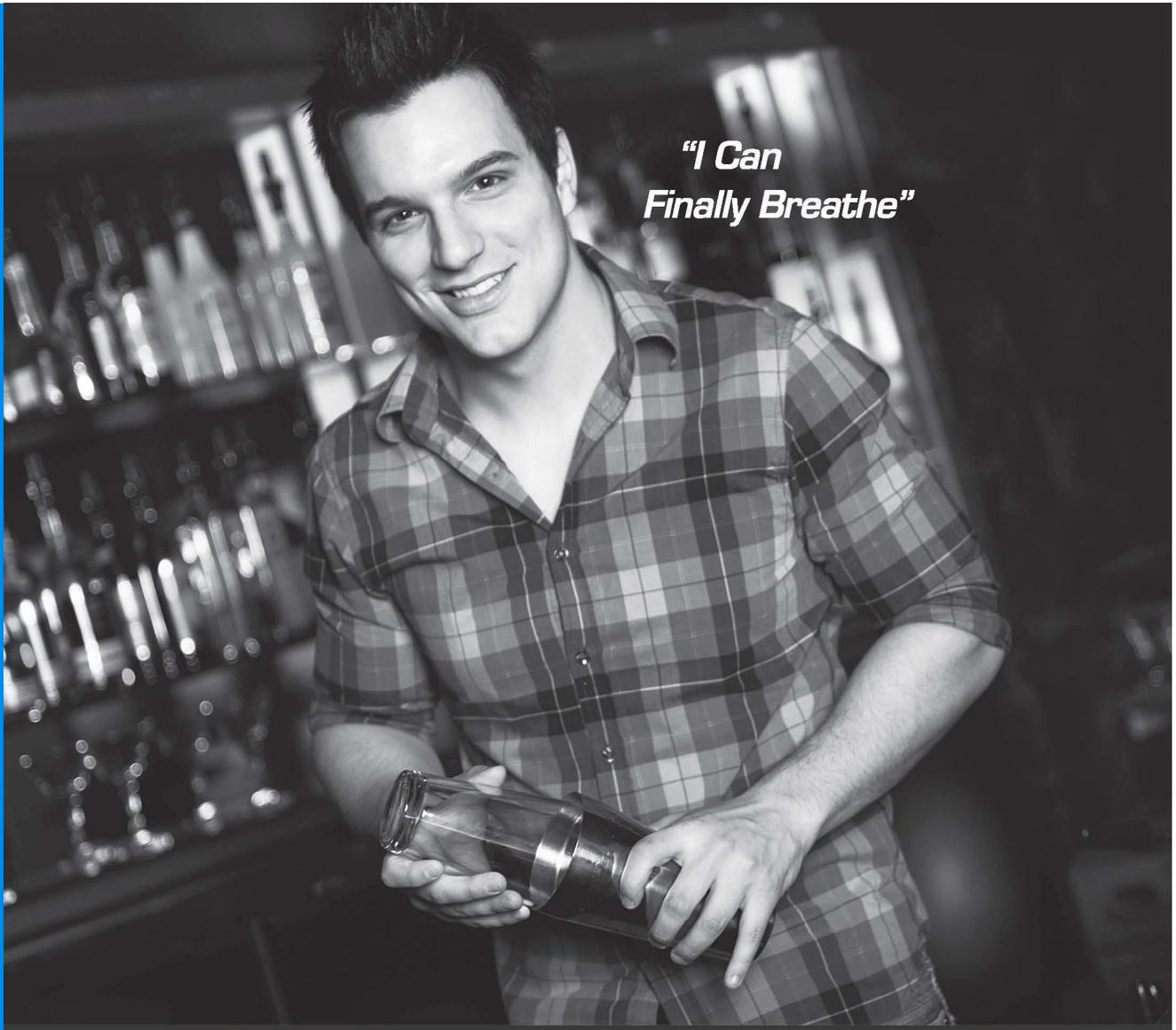
increases.

Cavalier County Health District and the ND Center for Tobacco Prevention and Control Policy (the Center) will be providing educational resources to the public and businesses to assist with the transition into the smoke-free law. Resource information will be available at Cavalier County Health District and at [www.breathend.com](http://www.breathend.com).

For more information about the smoke-free law, contact Cavalier County Health District at 256-2402, or the Center for Tobacco Prevention & Control Policy at 1.877.277.5090 or [info@breathend.com](mailto:info@breathend.com).

# BreatheND

Saving lives, saving money. The voice of the people.



*"I Can  
Finally Breathe"*

# ***SmokeFree!***

**NORTH DAKOTA'S NEWEST LAW**

**Effective December 6, 2012**

Thanks to North Dakota voters, all workers will be protected from secondhand smoke starting December 6th. North Dakota's new smoke-free law protects workers, residents and visitors from secondhand smoke in public places and work places, including restaurants, bars, hotels, truck stops and healthcare facilities, and within 20 feet from their entrances.

For more information visit **BreatheND.com**.

Brought to you by the Center for Tobacco Prevention and Control Policy and your local public health unit.

# Frequently Asked Questions about North Dakota's Smoke Free Law

## When will the new law take effect?

December 6, 2012

## What will be covered by North Dakota's new smoke-free law?

North Dakota's new smoke-free law advances public health by protecting more workers, residents and visitors from secondhand smoke exposure in public places and places of employment.

The new law will protect people from exposure to secondhand smoke:

- In all enclosed areas of public places and places of employment such as restaurants, bars, truck stops, guest rooms and common areas within hotels and motels, healthcare facilities, long-term care centers, assisted living centers, licensed adult day care facilities, retail tobacco stores, hookah establishments, workplace vehicles, charitable gambling and gaming licensed facilities, and places of public access that may be leased for private functions.
- Enclosed area means all space between a floor and ceiling that has thirty-three percent or more of the surface area of its perimeter bounded by opened or closed walls, windows or doorways. A wall includes any physical barrier regardless of whether it is open or closed.
- Within twenty (20) feet of entrances, exits, operable win-

dows, air intakes and ventilation systems of an establishment in which smoking is prohibited by the law.

## Electronic Cigarettes:

The use of electronic cigarettes is prohibited in all places where smoking is not allowed under the law.

## The new law does not restrict smoking:

- In private residences (unless the residence is used as a child-care, adult day care, or health care facility subject to licensure by the Department of Human Services)
- In areas not commonly accessible to the public that are part of an owner operated business having no employees other than the owner operator.
- At outdoor places that are more than twenty (20) feet from entrances, exits, operable windows, air intakes and ventilation systems of an establishment in which smoking is prohibited.
- As part of a traditional American Indian spiritual or cultural ceremony.

## Reporting a violation:

- Violations to the new smoke free law can be reported to your state's attorney, or to state or local law enforcement agencies. For more information contact your local public health unit.

## Enforcement:

- The law will be enforced by

the North Dakota States Attorneys.

- State and local law enforcement agencies may enforce provisions of the law by seeking injunctive relief.

## Fines and Penalties:

- The fine for an infraction by an individual who smokes in violation of the law is not to exceed \$50 per offense.
- The fine for an infraction by an owner, manager, or person of general supervisory responsibility of an establishment that does not comply is not to exceed \$100 for the first violation, not to exceed \$200 for a second violation within one year, and not to exceed \$500 for each additional violation within one year of the preceding violation.
- A proprietor's violation of the law may result in suspension or revocation of a permit or license issued to that proprietor for the establishment where the violation occurred.
- Each day on which a violation of this law occurs shall be considered a separate and distinct violation.

## How can I find more information?

For more information, contact the Center for Tobacco Prevention & Control Policy at 1.877.277.5090 or [info@breathend.com](mailto:info@breathend.com) or contact your local public health unit.



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## Cavalier County Health District

901 3rd Street Suite #11

Langdon ND 58249

Phone: 701-256-2402

Fax: 701-256-5765

Email: [tgustafs@nd.gov](mailto:tgustafs@nd.gov)  
[stwelsh@nd.gov](mailto:stwelsh@nd.gov)

*BreatheND is the official website and logo of the Center for Tobacco Prevention and Control Policy, a division of the Tobacco Prevention and Control Executive Committee. North Dakota voters passed a statewide initiated measure that created the Tobacco Prevention and Control Executive Committee and requires a portion of the money North Dakota receives from tobacco settlement dollars to be used for tobacco prevention and control programs. The Center, along with the North Dakota Department of Health, local public health units and other partners, is charged with implementing North Dakota's comprehensive state tobacco prevention plan: Saving*

## NDQuits Offers Free Help with Quitting

On election day, North Dakotans overwhelmingly voted to pass an initiated measure that will make all North Dakota workplaces smoke free, including bars, motels, truck stops and retail tobacco shops. With the new law going into effect on December 6, the NDQuits Program wants to extend their free services to North Dakotans to help them quit smoking and other tobacco use.

NDQuits offers confidential counseling and advice through telephone, online and mobile services. Counselors assess the quitter's

readiness to quit tobacco use and help them develop a plan, which includes setting a quit date, learning how to identify triggers and learning how to deal with withdrawal symptoms and cravings.

Qualified NDQuits enrollees can get a free, two-month supply of nicotine patches, gum or lozenges to help them quit. Enrollees also have access to the following:

- The ability to chat with other quitters online
- 24/7/365 online encouragement and

support

- Access to recorded telephone messages about topics such as dealing with withdrawal symptoms and managing triggers
- Online calculators that figure out how many days a person has extended his or her life or how much money has been saved
- QuitTips e-mail messages

For help with quitting smoking or tobacco, visit NDQuits at [www.ndhealth.gov.ndquits](http://www.ndhealth.gov.ndquits) or call 1.800.QUIT.NOW