



Want to Kick your Nicotine Habit?

Double your chances by using NRT!

Nicotine Replacement Therapy (NRT), like gums, patches, lozenges and sprays, replace the nicotine you crave and get rid of unwanted withdrawal symptoms.



Here's what NRTs look like:



The **nicotine patch**, worn on the skin, delivers a steady dose of nicotine throughout the day.



Nicotine gum slowly releases nicotine when chewed.



A **nicotine inhaler** delivers a small amount of nicotine with each puff.



Nicotine spray is absorbed into the bloodstream through the mouth and throat.



A **nicotine lozenge** can reduce withdrawal symptoms within 15 minutes.

NRTs aren't magic.

They can help, but quitting is still hard work. Be proud of yourself for making this change!

Need more help?

Doctors can also prescribe medications like **Champix** or **Zyban** to smokers over the age of 17. These pills will make you want to smoke less.

Government of
Northwest Territories



Want to quit?
We can help

Call 811

All calls are private and confidential
Registered nurses are available 24/7