



Ts'eet'at shatr'il'aii ts'eet'at tr'ijik'àn' hàh nihk'it iizuh

Nicotine shù' ekhè' uuhidiinjaa geenjit t'adohch'uh srò! K'eejit kat nicotine t'agijahch'uu dàì' diik'iinjik kat gwik'it diinch'uh kwàh, ekhè' giyuuhideenjaa gwiyeendoo guveenjit gugoonrih.

Ts'eet'at jidhahkàn' kwaa gàa' ts'eet'at shatr'il'aii t'ajàhch'uu jì' neenjit iizuh. Vik'iighè' duuleh gwiinleii hàh tr'its'ik ts'at vik'iighè' nicotine gwiyeendoo t'ahdahch'ah.



Ts'eet'at shatr'il'aii k'ighè' diyeenjit jùu digwiheech'ah:



duulèh vik'iighè' jii ts'ik vagoonrii tr'iheedy'ah (diizhik zhìt, diichyàa' zhìt, diighò' atłok zhìt, diivat zhìt, diiyihdàii zhìt ts'at diilirh thoh zhìt)



diighò' v'ah jidii tsoo heelyaa ts'at diighò' atłok chan duuleh gwiintsat gukwaa heelyah



vik'iighè' chan duuleh diidrii haath'ah

K'eejit kat nicotine t'agijahch'uu dàì' jii guveenjit gugoonrii heelyah:



ganigahaandaii guveenjit gugwiheetrih, duulèh guujàa guagoonlii drin ganagahaandeh



gè'tr'oonahntan gwizhìt giinlii, movie aachin gaa'ii gòò' videogames hàh tsiigidì'ii dàì' lòo gwiinzii kè'gita'aih kwàh



dagidi'in ts'at dagiheedy'aa geenjit gwiinzii niinji'giheedhat kwàh

Ts'eet'at shatr'il'aii jii gwik'it chan tr'oozrih:

CHEW

DIP

SNUFF

Government of Northwest Territories



Ekhè' uujihnuu lee niindhanh? Nits'at tr'ihidandat

NWT gwizhìt ts'eet'at ekhè' tr'oonuu geenjit goo'aii gwi'ehdichii' 1-866-286-5099 gwits'at ginjikhiih
Gwits'at tr'igjikhii dàì' uu'òk kat duuyeh gahgidandaih
NWT gwizhìt ts'eet'at ekhè' tr'oonuu geenjit diits'at tr'iinjii kat 24/7 diyeenjit ezhik t'igiinch'uh.