



Tamuaq taugaaqiq ulurianaqtuq

Sigaayuitkaluarvit sigaavialungmik tamuaq taugaaqiq nakuutqiyaungituq. Timi tamaan an'nialilayuq. Ammalu nutqalairlutin sigaamun.



Tamuaq taugaaqim iqsinaqtilaangit



Qaniq, uqaq, qaniq, inaluat, iggiaq, nakasuk. An'niarun atilik 'cancer' naulayuq taapkuanun



Kigutitin quqsuqsilayut, qangrinlu auniaqtuaq



Uumatin ilurrluni aulagiiqluni, ulurianaqiluni



Augin qulvarluni allalu ilungni ingattaviklutik

Sigaatuttauq, taamna tamuaq taugaaqiq atudjairnaqtuq. Ikayuutit uvva:



Uqqumiaqataat ammalu mipkut, kutchuqturlutin, tamatkuat aturnarmiut



Sigaaq ungavausilayuq ukuannik: mamitaksat uviningnun, kutchuit, anniqsaarutit ammalu uqummiaqataanik (lozenges). Tamatkuat ikayuutauyut sigaadjairuktuanun



Munaqsit uqaqatigilugit maritchitigun ikayuaksanik



Munaqsivingmin taiguaksanik (Quit Kit) aiklirlutin

Tamuaq taugaaqiq immana atiruamiyuq:

TAMUQ
(CHEW)

QALU
(DIP)

ANNIQAARUN
(SNUFF)

Government of
Northwest Territories



Sigaadjairukpit?
Ikayulayugut

Ququarnaqtuq NWT Quitline
1-866-286-5099

Tamaita aqaqtavut allanun tusaapkalaittut.
NWT Quitline angmayuq ubluq tamaan.