



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

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



Ts'eet'at shatr'il'aii k'iighè' tr'ahahts'ik, jii gwiyezhak gwidinithit'oh:



Duulèh vik'iighè' ts'ik vagoonrii tr'ihedyah (diizhik zhìt, diichyaa' zhìt, diighò' at'òk zhìt, diivat zhìt, diiyihdàii' zhìt ts'at diilirh thoh zhìt)



Nighò' jidii tsoo heelyah ts'at nighò' at'òk chan duuleh gwiintsat'ukkwaa heelyah.



Vik'iighè' chan duuleh nidrii haatth'ah



Nidàa niint'aih heelyaa ts'at cholesterol leii hiindya'ah

Ts'eetat tr'ijik'an' ekhè' tr'oonuu gwik'it duuleh jii ts'eet'at shatr'il'aii ekhè' tr'oonuh! Jii duuleh nikhwits'at tr'iinjih:



Vit'ajahch'uu kwaa ts'at at'an ddhàk tsal gaii ts'at nilii gaii nya'aa gòo' dzìh k'ajaq'ah.



Ejjiich'ii ezhii vizhìt nicotine diinch'uu kagwinyah'inh. Ejjiich'ii vizhìt nicotine diiak gatrah't'an, dzih, vàh tr'idazhak tsal ts'at dhandaii lù', jii tthak vizhìt nicotine diinch'uu nits'at tr'ihendal geenjit t'ajahch'uh.



Ekhè' uuhidiinjaa geenjit jidii srit agoondàih nits'at tr'ihendal geenjit srii tr'igwiheendaii geenjit diits'at tr'iinjii vits'at ginjikhiih.



Nikaiik'it zhìt ehts'ik zheh gwats'at Ekhè' Tr'oonuu Gwi'ejjiich'ii uuniinjih.

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

CHEW

DIP

SNUFF



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 Diits'at tr'igjikhii dái' uu'òk kat duuyeh gahgiheedandaih NWT gwizhìt ts'eet'at ekhè' tr'oonuu geenjit diits'at tr'iinjii kat 24/7 diiyeenjit ezhik t'igjinch'uh.