



Anitariyumaviuk Tipakuliknut Pitquhiriyat?



Malruinguqlugu pilaqnit atuqlugu NRTngi!

Nicotinemik Himmautikhaq Mamihaidjutikhamik (NRT), tamnatut kuttut, mattutit, uqumiattingmiraqtut, himauhiutai tipakulgit aturumani ahivaqlugulu piyumangitat aturumalirtaqnit naunaipkutat.

Uvva hunauyaq NRTngi takukhaunit:



Tamna **tipakuruiyaut mattut**, atuqtauyuq uvinikmun, atuqtitiyuq huniumaittumik aktilangi tipakuruiqhaut atuqtitlugu ublua



Tipakuruiyaut kuttuq kayumittumik hatqiqtita tipakuruiyaut tamurangat



Tamna **tipakuruiyaut hiluqtaut** atqutita mikiyunik aktilat tipakuruiyaut atuni hiluqtarniq



Tipakuruiyaut tingmiktat ilunmuktartuq auqarniqnut qanikkut igiakktulu



Tamna **tipakuruiyaut uqummiq** mikhigiaqta aturulaliqtaqni naunaipkutat iluani 15 minitsit

NRTsngi aqliknaittut.

Ikayulat, kihimik taimarniq huli ayurnaqtuq. Harimagilutin iliknik atuqnia ahiangurniq!

Ikayuqtaualiriaqaqin?

Taaktit ikayulaqmiyut havautikhaqtanut tamnatut **Champix** uvaluniit **Zyban** higaqtinut avatani ukiulgit 17. Tahapkuat havautit piyumaliqhautit higarumahuiqpallirniq.

Government of
Northwest Territories



Tamarumavin?
Ikayulaqtugut

Hivayaqlugu tamna NWT Taimarniq
Hivayaqvik talvani 1-866-286-5099

Tamaita hivayaqtut inminirutit quyagitnaqlu tuhaqtaulaittut
Tamna NWT Taimarniq Hivayaqvik angmaumayuq 24/7