



Taugaaqimik sigaadjairukpit?



Nicotine Replacement Therapy (NRT) taugaaqim ungavautaa quyallitauyuq imanna ittuq:

Sigaaq ungavausilayuq ukuannik: kutchurmik, iliyat uviningnun, uqummiataat, qanirnun qipsaktaun. Ikayuutauyut sigaadjairuktuanun.

NRT imanna takummasilik:



Mamitaun uviningmun iliyaq. Marisiqtun ittuq “nicotine” aulapkalagaa ilungnun ublukaluk



Nicotine qutchuq tamuqtuni ilungnun aulaniaqtuaq



Nicotine-mik aniqsaarun mikiyumik ilungnunq anniqsaarainni



Nicotine ilungnun qipsaklugu qanipkunlu iggiapkunlu



Nicotine uqummiataaq quyallitaummiyuq qilamik

Taapkuat NRT-t ilaani quyallitaungitut

Ikayulayugaluat, aglaan taimaaruktuni sapirnaqtuq. Ilingnik marlagilutin allangurukkuvit.

Government of Northwest Territories

Ikayuquvit kiilu?

Munaqsit ikayullamigaatin marisit Champix unalu Zyban nukatpiqanun. Sigaamun kayumingnaiqtit.



Sigaadjairukpit?

Ququarnaqtuq NWT Quitline
1-866-286-5099

Uqautiptingnik allanun tusaapkalaittugut.