

Chewing Tobacco Youth Poster

English	Indigenous Language
Chewing tobacco is just as bad as smoking	Ts'ehtse that's'eh?o selá ts'ééts'et'úu eléht'e ot'e
Just because you don't smoke tobacco doesn't mean chewing tobacco is safe. It can cause many serious health problems and also get you hooked on nicotine.	Kíi Ts'it'úu le ko, ts'ehtse chu dzot'e ot'e. Káa dúle met'áh ezháhts'ileh gots'eh metu ts'eh?o dúyé megháts'indi.
The health hazards of using chewing tobacco:	Ts'ehtse that's'eh?o énidé met'áh ezháhts'ileh ot'e
You increase your chances of getting cancer (mouth, tongue, gums, stomach, throat and bladder)	Káa dúle met'ah gu ezhá agoléh (godhá, godháli, goghúthé, gombé zhih, gok'áá zhih gots'eh gott'ézé)
Your teeth can get stained yellow and your gums can recede	Neghú chu detthoi andeh ghá gots'eh neghúthé chu met'ah t'aa'eh andeh ghá
Your odds of a heart attack or stroke increase	Káa dúle met'ah godzee nɪtlaa ɺle énidé met'ah gok'édhé náedale at'ɺ
Your blood pressure and cholesterol levels increase	Met'ah godhelé eléts'e at'ɺh gots'eh godhelé det'o at'ɺh
Just like smoking, it is possible to stop using chewing tobacco! Here are some tips:	Sée la ts'ééts'et'úu láondih, káa dúle ts'ehtse megháts'indi ! Edi megháádé anet'ɺ :
Snack on sunflower seeds and beef jerky, or chew gum, as a substitute.	Meghánohndi enedhé énidé ɺt'oá detthoi meth'ene gots'eh ejiéthégo ghošhénetiɺ ɺle énidé dzéh k'áadiah,
Look into Nicotine Replacement Therapy. Nicotine patches, gums, inhalers and lozenges can give you a clean dose of nicotine and help you with withdrawal symptoms.	Ts'éét'úu tu ts'ehk'eh gots'agendi ot'e t'ah ahsii ɺo tah goghánda. Ts'éét'úu tu ts'eh k'eh gogó k'eh ahsii keagitth'é ot'e, meghá dzéh chu guɺɺ, met'ah ts'ejih chu holɺ gots'eh súdi la met'ah ts'éét'úu tu húlé at'ɺ ot'e gots'eh met'ah neghadúyé énidé káa dúlé méhch'a anendeh
Talk to a health professional about prescription medicines that can help you quit.	Meghánihndi endhe énidé náidík'éozho ndehdhé náidi ts'ehk'eh gots'é gundeh.
Visit your local health centre to pick up a Quit Kit.	Met'ah ts'éét'úu gháts'indi guɺɺ ot'e, ezhii t'ah godɺ náidík'éozho ndehdhé eghálagenda ,ekó gots'anetlah
Chewing tobacco is also called:	Ts'ehtse daa la mezɺ ch'á kadea guɺɺ ot'e:
CHEW	Ts'éét'úu k'áa ts'eah
DIP	Godhá t'oh that's'eh?o
SNUFF	Ts'ehtse
Want to quit? We can help	Enaot'é enedhé énidé, káa dúlé nets'athindi
Call the NWT Quitline at 1-866-286-5099 All calls are private and confidential The NWT Quitline is open 24/7	Meghánohndi enedhé énidé Góhdli ndeh ts'ehk'eh káa dúlé nets'agendi, ezhii t'ah gots'é edjhtu 1-866-286-5099 ot'e Gots'é gundeh ghá énidé dúyé gondáh kagedi gots'eh kii dene íé ko gondah kagedi gháilée. Góhdli Ndeh káondih ts'ehk'eh láondih godakadenito ghá gúht'e.