

Tobacco Cessation Quitline Older Adult Poster

English	Indigenous Language
Vaping is not safe	Edj edjht'éhchjé láondih t'ah ts'ééts'et'úu ezhii la metah ahsii tni gúli gots'eh hutt'i nidhíh ot'e , dahsée met'ah ats'et'j énidé, dahsée goghá nezu ot'e
Many young people think vaping is harmless because they don't breathe in smoke. But the mist from vaping can contain very addictive nicotine and harmful chemicals.	Dene k'oní kaegenidhe, kii te undée sedzah at'j le t'ah met'ah ts'éét'úu énidé kii ahsáandeh ghailée genidhe. Káondih ko metah ahsii tni tó ch'á kade?a gúli ot'e.
Vapers become smokers	Káondih t'ah ahts'et'j énidé káa dúle ts'éét'úu kehj ts'é tátaogethi.
Teenagers don't need much nicotine exposure to become addicted, so teens often become smokers by developing a nicotine habit through vaping.	Dene k'oní la kii náotih le t'ah káa dúle zhee ts'e tátaogethi, ezhii t'ah dene k'oní zhee t'ah ts'ééget'úu énidé faa sóo ageleh ghá.
Stay healthy and smoke-free. Don't start vaping.	Nezu edek'eandih gots'eh ts'éédaht'úu le. Edj edjht'éhchjé láondih t'ah ts'ééget'úu ezhii la metah ahsii tni gúli ot'e t'ah meghánahndi.
What does nicotine do to teens?	Ts'éét'úu metah ahsii tni gúli ot'e t'ah, káondih énidé dene k'oní gohéh dágot'ih sóondi ?
Nicotine has been found to alter the brain development of teenagers.	Ts'éét'úu metah ahsii tni gúli ot'e t'ah, káondih énidé dene k'oní met'ah gotthighó kii nezu nezheh le.
Regular nicotine exposure also makes it harder for teens to:	táondih ts'éét'úu ghálats'enda énidé met'ah dene k'oní:
remember things like a friend's birthday	Kii daededhaa gots'aní gogihí keogedihsho le
concentrate at school or during movies and videogames	Dúyé nezu edjht'éh kué gots'eh edjht'éh Nooat'I gots'eh ahsii naots'ezheh káondih ts'ehk'eh nezu nagenidhe ghailée
concentrate at school or during movies and videogames	
get a good night's sleep, which affects their grades and how well they play sports	Zhee t'ah tedhe nezu gete ghailée, káondih énidé nezu goghágonete le gots'eh dáondih t'ah ahsii naots'ezheh chu kii gotah aget'j ghailée
Know someone who needs to quit? We can help	Amii káondih t'ah k'egoáh megháondi Enidhe? Káa dúle nahets'athndi
Call the NWT Quitline at 1-866-286-5099	Góhdli Ndeh godj káondih gháts'ondi ts'enidhe énidé met'ah gots'éndeh t'ah gots'é gahndeh, ezhii la 1-866-286-5099 ot'e
All calls are private and confidential	Gots'é gahndeh ghá énidé kii dene tié ko gondah kagedj ghailée gots'eh dadjndj kii gondah kagedj gháailée.
The NWT Quitline is open 24/7	Góhdli Ndeh godj ahsii káondih megháts'undi ts'enidhe énidé táondih dene tié goghá theda ot'e.