

Tobacco Cessation NRT Adult Poster

English	Indigenous Language
Want to Kick your Nicotine Habit?	Ts'éét'úu t'ah ahsii t'ini gúli ot'e t'ah meghánohndi enedhé ?
Double your chances by using NRT!	Ts'éét'úu t'ah ahsii t'ini gúli ot'e t'ah káa dúle ahsii menandah t'ah dehnáonizah !
Nicotine Replacement Therapy (NRT), like gums, patches, lozenges and sprays, replace the nicotine you crave and get rid of unwanted withdrawal symptoms.	Ts'éét'úu t'ah ahsii t'ini gúli t'ah meghánohndi enedhé énidé meghá dzéh hólj gots'eh, gogó k'eh kets'ittheh chu gúli, meghá súdi chu gúli gots'eh godhá zhihé ahsii ats'eh?i chu, ezhii la met'ah ts'éét'úu t'ah ahsii t'ini gúli , noḏée ts'é kii menats'endih ghailée.
Here's what NRTs look like:	Ts'éét'úu met'ah ahsii t'ini gúli ot'e t'ah edj la ahsii menandah gúli ot'e:
The nicotine patch , worn on the skin, delivers a steady dose of nicotine throughout the day.	Ts'éét'úu met'ah ahsii t'ini gúli ot'e t'ah, káa dúle gogó k'eh kets'ittheh t'ah anet'j, ezhii la híe náak'eh ts'éédit'úu énidé ahsii t'ini negó ndah anedeh ghá.
	Káondih chu meghá dzéh gúli ot'e, ezhii la dzéh k'ádiah táonet'e met'ah ts'éét'úu t'ah ahsii t'ini gúli nezhih andeh ghá.
A nicotine inhaler delivers a small amount of nicotine with each puff.	Ts'éét'úu t'ah ahsii t'ini gúli t'ah unḏée godzah azhii ats'eh?i, ezhii la taat'ah mefzhaa godzah at'j ot'e
Nicotine spray is absorbed into the bloodstream through the mouth and throat.	Ts'éét'úu t'ah ahsii t'ini gúli ot'e t'ah meghá ahsii godhá gots'eh gok'áa zhihe ats'eh?i énidé godhedhé zhihe at'j ot'e.
A nicotine lozenge can reduce withdrawal symptoms within 15 minutes.	Ts'éét'úu t'ah ahsii t'ini gúli ot'e t'ah, meghá súdi ts'eh't'ó énidé, káa dúle hono ?óó sułái godeneht'e ts'é megháts'ndi.
NRTs aren't magic.	Meghá ahsii t'ah dehnáots'ehthe ko, ohk'ea zoḥ káa dúle megháts'ndi.
They can help, but quitting is still hard work. Be proud of yourself for making this change!	Káa dúle gots'andi ko megháts'ndi ghá godezhu ot'e. Ni edeghá séeguleh t'ah edeghá xáodindih!
Need more help?	K'endah nets'agundi enedhe ?
Doctors can also prescribe medications like Champix or Zyban to smokers over the age of 17. These pills will make you want to smoke less.	Náidík'éozho ndehdhé káa dúle náidi champix ile énidé zyban uzhe neghágedendih, ezhii la amii hono ?óó t'ahdijj gogháádé gots'eh gonáne chu goghá ot'e. Met'ah ts'it'úu táonet'e k'et'áá andeh ghá.
Want to quit? We can help	Meghánohndi enedhe ? káa dúle 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 dúle 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 híe ko gondah kagedi ghailée. Góhdli Ndeh káondih ts'ehk'eh láondih godakadenito ghá gúht'e.