

Tobacco Cessation Quitline Older Adult Poster

English	Indigenous Language
Clearing the air about vaping	Edj edjht'éhchjé láondih t'ah ts'éégedet'úu káondih énidé hut'í nidhíh ezhíi la metah ahsíi tu tekó gúlí ot'e, ezhíi t'ah sée nezu mots'edjsho énidé.
Is vaping better for you than smoking?	Edjht'éhchjé láondih t'ah ts'ééget'úu káondih énidé hut'í nidhíh ezhíi la metah ahsíi tu tekó gúlí ot'e, ezhíi t'ah dahsée ts'éét'úu kelj me?o nezu ot'e
The long-term health effects of vaping aren't known yet. But when you vape, you:	Ezhíi t'ah dahsée ts'éét'úu tu láondih t'ah ts'éégedet'úu énidé kíi dáondih t'ah met'ah nezu dets'ededih, kíi keogedjsho le. Káondih ko met'ah ts'éets'et'úu énidé :
inhale dozens of chemicals, including formaldehydes	Ahsíi t'ini to ch'á kade?a undée godzah at'j ot'e. Metah t'eh níht'sí gúlí ot'e.
might inhale harmful contaminants like nickel, aluminum and tin	Káa dúle azhíi t'ah satsó tenie zhagíhts'ih, ahsíi t'ini káondih metah gúlí ot'e.
develop a nicotine addiction	Ts'éét'úu tah ahsíi t'ini gúlí, ezhíi t'ah dúye megháts'indí
Don't start vaping to stop smoking	Ts'éét'úu ghánohndi enedhe énidé, edj edjht'éhchjé láondih t'ah ts'ééget'úu káondih meghánindí.
If you want to quit smoking safely, talk to a health professional about Nicotine Replacement Therapy products like nicotine patches, gums or lozenges that can help you with nicotine withdrawal symptoms.	Ts'éét'úu megháondí enedhe énidé, náidík'éozho amíi nezu gogháoneto gots'é gundeh, káondih énidé edj ts'éét'úu ts'ehk'eh nets'agendi ghá, káondih énidé gogó k'eh keats'itth'eh jle énidé dzéh jle énidé súdú t'ah nets'agendi ghá. Ezhíi la met'ah ts'éét'úu ghánindí ghá ghágeh?j.
What is vaping?	Edj edjht'éhchjé láondih t'ah ts'ééget'úu káondih énidé hut'í nidhíh, ezhíi la metah ahsíi tekó gúlí ot'e, azhíi ahgedi sóondí ?
Vaping is a popular alternative to smoking among young people. Users puff on a vape pen, which super-heats a liquid into a flavoured mist. Many people think vaping is harmless because they don't inhale smoke, but vape mist can contain very addictive nicotine and harmful chemicals.	Dene k'oní la kaondih ts'éét'úu t'ah kehogeníhthe ot'e. Ezhíi la edjht'éhchjé láondih t'ah ts'ééget'úu, káondih énidé hut'í nidhíh ot'e, ezhíi la metah ahsíi tekó gúlí ot'e. Dene to kagenidhe, kíi ts'éét'úu le ko káondih t'ah aht'j gots'eh kíi te undée sedzah at'j le t'ah dahsée seghá nezu sóondí genidhe, káondih ko metah ahsíi t'ini met'ah satsó tenie zhaats'ihstih metah ot'e.
Want to quit? We can help	Megháondí enedhe? Káa dúle nets'atindí.
Call the NWT Quitline at 1-866-286-5099 All calls are private and confidential The NWT Quitline is open 24/7	Góhdli Ndeh godj ts'éét'úu met'ah ahsíi t'ini gúlí megháts'undí ts'enidhe énidé dze gháádé met'ah gots'éndeh láondih ts'ehkeh dene híe goghá theda ot'e gots'eh híe dáedze, t'ahdj dze ts'é dene híe goghá theda ot'e. Gots'é gáhndeh énidé dúye dene gondaa kagedí ghájlée.