

Tobacco Cessation Quitline Older Adult Poster

English	Indigenous Language
It's not safe to vape	Edjht'éhchjé láondih met'ah ts'ééts'et'úu káondih la hut'í nidhíh ot'e, ezhíi la ahsíi tını metah gúlí, ezhíi t'ah meghálats'enda énidé kii nezu le.
Many young people think vaping is harmless because they don't inhale smoke. But that's not true. The mist from vaping can contain very addictive nicotine and harmful chemicals.	Dene k'oní kaegenidhe, kii ts'éét'úu le ko,káondih t'ah aht'j énidé kii ahsáa nde ghailée genidhe, Káondih ko kii ehtth'I ot'e le. Ezhíi edjht'éhchjé láondih t'ah ahsíi tını gúlí t'ah ts'ééget'úu síi ahsíi met'ah satsó tenie gehtsj metah gúlí ot'e.
Is vaping better for you than smoking?	Edjht'éhchjé láondih met'ah ts'ééts'et'úu káondih hut'í nidhíh ot'e, ezhíi la ahsíi tını metah gúlí ot'e, ezhíi tah dahsée ts'éét'úu kehíj ?o nezu sóondi ?
The long-term health effects of vaping aren't known yet. But when you vape, you:	Kíi dáondih t'ah gozhíi ghá nezu, kii nezu keogjsho le. Káondih ko edjht'éhchjé láondih t'ah ts'ééts'et'úu énidé ní ghá
inhale dozens of chemicals, including formaldehydes	Undée nedzaa ahsíi tını metezhaa at'j ot'e. Ahsíi t'ah satsó tenie zhagihstih káondih metah gúlí ot'e.
might inhale harmful contaminants like nickel, aluminum and tin	Káa dúle azhíi t'ah satsó tenie gehtsj káondih metah gúlí ot'e
develop a nicotine addiction	Káondih énidé dúye meghánindih ghailée
Don't start vaping to stop smoking	Edjht'éhchjé láondih t'ah ts'ééget'úu síi kii met'ah ts'éét'úu gháts'indih ot'e le.
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.	Meghánohndi enedhe énidé, náidík'éozho, amii ahsíi káondih ts'ehk'eh gogháoneto síi káa dúle ahsíi gulj zheenandah t'ah nets'agendj. Dáa la gogó k'eh kets'itth'eh, dzéh ile énidé súdi káondih met'ah megháts'indí ghá goghágedendih ot'e.
Young people often become smokers by developing a nicotine habit through vaping.	Dene k'oní ojk'ea ts'éét'úu t'ah kehogenihthi la, edj edjht'éhchjé láondih ahsíi tını metah gúlí hut'í nidhíh, káondih t'ah káa dúle taa aget'jh ot'e.
Want to quit? We can help	Enaot'e enedhe? Káa dúle nets'athindí
Call the NWT Quitline at 1-866-286-5099	Góhdli Ndeh godj ahsíi káondih enaot'e enedhe énidé met'ah gots'endeh t'ah gots'é gundeh, ezhíi la 1-866-286-5099 ot'e.
All calls are private and confidential	Gots'é gundeh ghá énidé kii dene tíé ko gondah kagedi ghailée gots'eh dene tíé ko keogedisho ghailée
The NWT Quitline is open 24/7	Megháts'ondí ts'enidhe énidé láondih dene tíé goghá theda ot'e.