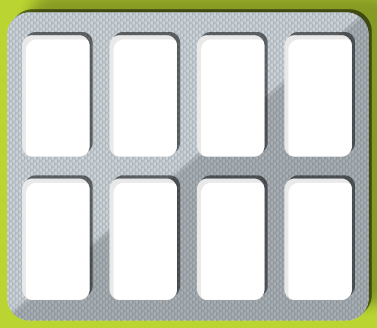
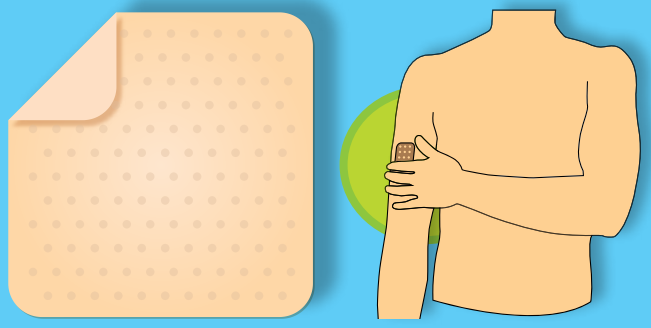




ᑕᕝᕚᑭᒥᑦ ᐱᔪᒪᓗᐊᓕᖅᑎᓪᓗᑎᑦ, ᐱᔪᒪᓗᐊᖅᑕᐃᑦ ᑕᕝᕚᑭᒦᑦᑐᒥᑦ ᐅᐃᕆᓐᓇᖅᑐᖅ
ᐃᓚᐅᕈᑎᒃᓴᖅ. ᑕᕝᕚᑭᒦᑦᑐᒥᑦ ᐅᐃᕆᓐᓇᖅᑐᓄᑦ ᐃᓇᖐᔾᔪᑎᓂᑦ ᐃᑲᔪᖁᑏᑦ (NRTs)
ᑐᓂᓯᕗᖅ ᑎᒥᖕᓂᑦ ᑕᕝᕚᑭᒦᑦᑐᒥᑦ ᐅᐃᕆᓐᓇᖅᑐᒥᑦ ᐊᒻᒪᓗ ᐃᓗᐊᖅᓯᑎᑦᑎᓪᓗᓂ
ᐱᔪᒪᓂᐊᓗᖕᓂᑦ, ᑕᐅᓯᓐ-ᖏᓐᓂ ᑐᖁᓐᓇᖅᑐᓂ ᐃᓚᐅᕈᑎᒃᓴᖃᕋᓂ ᓇᓂᔭᐅᓲᓂᑦ ᑕᕝᕚᑭᒥᑦ.

ᑕᕝᕚᑭᒦᑦᑐᒥ ᐅᐃᕆᓐᓇᖅᑐᓄᑦ ᐃᓇᖐᔾᔪᑎᓂᑦ ᐃᑲᔪᕈᑏᑦ ᒪᕐᕈᐃᓪᓗᐊᕐᓗᓂ ᐃᑲᔪᕈᓐᓇᖅᐳᑦ ᓄᖅᑲᕐᓂᕐᒧᑦ ᐃᓅᓯᓕᒫᒧᑦ!

ᑕᒧᐊᔭᒐᖅ ᑐᓂᓯᕗᖅ ᑕᕝᕚᑭᒦᑦᑐᑦ
ᐅᐃᕆᓐᓇᖅᑐᓂᑦ ᑕᒧᐊᑐᐊᕌᖓᕕᐅᒃ

ᓂᐱᑎᒐᖅ ᓂᐱᑎᑕᐅᕙᒃᐳᖅ
ᐅᕕᓂᖕᓄᑦ ᒪᑦᑐᑎᑎᑐᑦ.

ᑕᒧᐊᔭᒐᖅ ᓂᐱᑎᒐᖅ

ᖃᓄᖅ ᐊᑐᕆᐊᖃᖅᐸ

1 ᑐᓄᐊᓃᑦᑐᖅ ᐲᕐᓗᒍ ᐊᒻᒪᓗ ᓇᕿᓪᓗᒍ ᓂᐱᑎᒐᖅ
10 ᓴᑲᓐᓄᑦ ᓴᓗᒪᔪᒧᑦ, ᒥᖅᑯᖃᙱᓐᓂᐅᔪᒧᑦ. ᐅᕕᓂᖕᒧᑦ ᕿᑎᖅᐱᑦ ᖁᓛᒍᑦ ᑭᓯᐊᓂ ᖁᖓᓯᐅᑉ ᐊᑖᒍᑦ. ᐊᓱᐃᓛᒃ, ᐃᓕᓯᒪᓗᒍ ᐃᑲᕐᕋᓄᑦ 24-ᓄᑦ.

2 ᓄᑕᐅᙱᑦᑐᖅ ᓂᐱᑎᒐᖅ ᐲᖅᐸᒡᓗᒍ
ᐃᓕᓯᓚᐅᙱᓐᓂᕐᓂ ᓄᑖᒥᒃ. ᐊᓯᔾᔨᖅᐸᒡᓗᒍ ᐃᓂᒋᔭᖓ ᓄᑖᒥᑦ ᓂᐱᑎᒐᕐᒥᑦ ᐃᓕᓯᓕᕌᖓᕕᑦ.

3 ᐊᒡᒐᑎᑦ ᐅᐊᓴᖅᐸᒡᓗᒋᑦ ᐊᒃᑐᓚᐅᖅᑎᓪᓗᒍ ᓂᐱᑎᒐᖅ.

ᓇᓗᓇᐃᕈᑦ: ᓯᓂᒍᓐᓇᐃᓪᓕᖃᑦᑕᕈᕕᑦ ᐊᑐᓕᓚᐅᖅᑎᓪᓗᑎᑦ

ᓂᐱᑎᒐᕐᒥᑦ, ᐲᖅᐸᒡᓗᒍ ᐃᑲᕐᕋᐃᑦ ᐊᑕᐅᓯᕐᒥ-
ᒪᕐᕈᖕᓄᑦ ᓯᓂᒐᓱᓚᐅᙱᓐᓂᕐᓂ. ᑭᔾᔭᖅᑕᐃᓕᒍᒃ ᐊᓯᔾᔨᖅᑕᐃᓕᑦᑎᐊᕐᓗᒍᓗ ᖃᓄᑐᐃᓐᓇᖅ.

ᖃᓄᖅ ᐊᑐᕆᐊᖃᖅᐸ

1 ᑕᒧᐊᕙᙱᓪᓗᑎᑦ ᑕᕝᕚᑭᒦᑦᑐᑦ ᐅᐃᕆᓐᓇᖅᑐᓂᑦ
ᑕᒧᐊᔭᒐᕐᒥᑦ ᑕᒧᐊᔭᒐᑐᐃᓐᓇᖅᑎᑐᑦ, ᑕᒧᐊᔭᒐᖅ. ᐃᒪᓐᓇᖔᖅ ‘ᑮᓗᒍ’ ᑕᒧᐊᔭᒐᖅ ᐊᑕᐅᓰᕐᓗᒍ ᐅᕝᕚᓘᓐᓃᑦ ᒪᕐᕈᐃᑉᓗᒍ, ᐊᓱᐃᓛᒃ “ᐃᓕᓗᒍ” ᑕᒧᐊᔭᒐᖅ ᖃᓂᖅᐱᑦ ᑎᖅᑯᐊᓄᑦ (ᕿᑎᐊᓂ ᐅᓗᐊᖅᐱᑦ ᐊᒻᒪᓗ ᐃᒃᑭᕐᓂᑦ).

2 ᐅᑕᖅᑭᓗᑎᑦ ᐊᑕᐅᓯᕐᒥ ᒥᓂᑦᒥ, ᑮᓗᒍ ᑕᒧᐊᔭᒐᖅ
ᖃᔅᓯᐊᖅᓱᐊᕐᔪᒡᓗᒍ, ᐊᒻᒪᓗ ᐊᓱᐃᓛᒃ “ᐃᓕᒃᑲᓐᓂᕐᓗᒍ” ᑕᒧᐊᔭᒐᖅ.

3 ᑕᐃᒪᐃᓕᐅᒃᑲᓐᓂᕐᓗᑎᑦ “ᑮᓗᒍ” ᐊᒻᒪᓗ “ᐃᓕᕙᒡᓗᒍ”
ᐱᓕᕆᔾᔪᓯᐅᔪᒥᑦ 30 ᒥᓂᑦᒧᑦ.

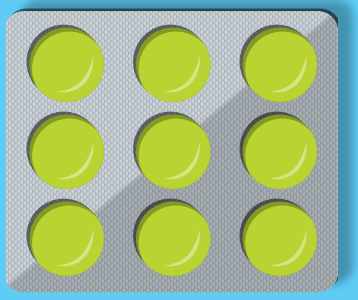
4 ᐃᓛᓐᓂᓚᐅᓱᖓᕐᒥ ᓅᓪᓗᒍ ᑕᒧᐊᔭᒐᕐᒥ ᓴᓂᕋᖓᓐᓂ
ᐊᑕᐅᓯᕐᒥ ᖃᓂᕐᓂᑦ ᐊᐃᑉᐸᖔᖓᓄᑦ.

ᓇᓗᓇᐃᕈᑦ: ᑕᒧᐊᔭᒐᖅ 15 – 30 ᒥᓂᑦᓂᒃ

ᐱᕙᓪᓕᐊᓕᑕᐃᓐᓇᓲᖑᖕᒪᑦ, ᑕᐃᒪᓐᓇ ᐱᓗᒍ ᐊᑐᕆᐊᖃᓚᐅᙱᓐᓂᕐᓂ.

ᐋᓐᓂᐊᕕᒻᒧᑦ ᖃᐅᔨᒋᐊᕐᓗᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓄᓇᓕᔅᓯᓐᓂ
ᐄᔭᒐᖅᑖᕐᕕᒻᒧ ᐱᔪᒪᓐᓂᕈᕕᑦ ᑲᑎᙵᓂᐅᔪᓂᑦ.

ᐃᓄᖅᓯᑎᓯᒪᓗᒍ ᓱᕈᓯᕐᓂᑦ ᐊᒻᒪ ᑎᒍᐊᕐᓄᑦ ᓂᕐᔪᑎᓂᑦ. ᐋᖅᑭᒋᐊᖅᑕᐅᓪᓗᓂ ᒪᐃ 2018



ᓂᐅᕐᓗᒍ ᓯᒡᒐᓕᐊᑎᑐᑦ, ᑭᓯᐊᓂ ᓱᔪᐃᓐᓇᖅᑐᖃᕐᓇᓂ ᐃᓚᐅᕈᑎᒃᓴᓂ ᐅᕝᕙᓘᓐᓃᑦ ᐳᔪᖓᓐᓂ.

ᐅᖁᒻᒥᐊᒐᑦ ᑎᓯᔪᑐᑦ ᓄᖑᓴᒐᐅᖅᑰᔨᔪᑦ ᐊᓂᐊᑎᑦᑎᔪᓂᒃ ᑕᕝᕚᑭᒦᑦᑐᑦ ᐅᐃᕆᓐᓇᖅᑐᓂᑦ ᐅᖁᒻᒥᐊᖑᔭᕐᓗᒍ.

ᖃᓄᖅ ᐊᑐᕆᐊᖃᖅᐸ

1 ᓇᓕᒧᑎᓪᓗᒋᑦ ᓇᓗᓇᐃᒃᑯᑕᖏᑦ ᐊᒻᒪᓗ ᓄᓱᒡᓗᒋᑦ
ᐊᕕᑎᓪᓗᒋᑦ.

2 ᐃᓕᓗᒍ ᐃᓗᓕᒃᓴᖓ ᖃᓂᐅᑉ ᐃᓂᖓᓄᑦ, ᐊᒻᒪᓗ
ᓱᑲᓪᓗᒍ ᒪᑐᑦᑎᐊᕐᓂᕐᒧᑦ.

3 ᓂᐅᒐᓛᑐᐃᓐᓇᖅᐸᒡᓗᒍ.
ᓂᐅᕐᔪᐊᖅᐸᙱᓪᓗᒍ ᐳᕙᖕᓄᑦ.

ᓇᓗᓇᐃᕈᑦ: ᐊᑐᓂ ᐃᓗᓕᒃᓴᖏᑦ 20 ᒥᓂᑦᐸᓗᖕᒥᑦ ᐊᑯᓂᐅᑎᒋᓇᔭᖅᑐᖅ ᒥᓗᒃᓯᑲᑕᐃᓐᓇᕐᓗᓂ.

ᖃᓄᖅ ᐊᑐᕆᐊᖃᖅᐸ

1 ᑕᒧᐊᖏᓪᓗᒍ, ᐄᖏᓪᓗᒍ ᒥᓪᓗᐊᖏᓪᓗᒍᓗ
ᓄᕙᒃᓯᐅᑎᑎᑐᑦ.

2 ᐊᑕᐅᓯᕐᒥ ᐅᖁᒻᒥᐊᒐᕐᒥᑦ ᖃᓂᕐᓄᐊᖅᓯᓗᑎᑦ
ᐊᒻᒪᓗ ᐃᒻᒥᓂᒃ ᓄᖑᑉᐸᓪᓕᐊᕋᔮᖅᑎᓪᓗᒍ.

3 ᐃᓛᓐᓂᓚᐅᓱᖓᖅ ᐅᖁᒻᒥᐊᒐᖅ
ᓅᑉᐸᒡᓗᒍ ᐃᒡᓗᐊᒥ ᐃᒡᓗᐊᓄᑦ ᖃᓂᕐᓂᑦ.

4 ᐅᖁᒻᒥᐊᒐᖅ 20-ᒥᑦ 30 ᒥᓂᑦᒧᑦ ᐊᑯᓂᐅᑎᒋᔪᒥ
ᐊᐅᖕᓂᐊᖅᑐᖅ.

ᐅᖁᒻᒥᐊᒐᑦ ᓂᐅᕈᑎ

ᐅᔾᔨᖅᓱᕆᑦ ᐊᒃᑐᖅᑕᐅᓂᐅᔪᑦ, ᓲᕐᓗ ᓂᐊᖁᙳᓂᖅ, ᓯᓂᒍᓐᓇᑦᑎᐊᙱᓐᓂᖅ, ᓯᓐᓇᒃᑐᕐᓂᖅ ᓱᖏᐅᓪᓇᙱᑦᑐᓂᑦ, ᐊᒻᒪᓗ ᓈᙳᓂᖅ. ᓂᐱᑎᒐᖅ ᐅᕕᓂᖕᒥᑦ ᐅᖏᓚᒃᑎᑦᑎᔪᓐᓇᖅᐳᖅ ᐅᕝᕚᓘᓐᓃᑦ ᐊᐅᐸᖅᓯᓗᓂ, ᐊᒻᒪᓗ ᑕᒧᐊᔭᒐᖅ ᐊᓪᓕᕈᕐᒥ ᑕᖃᑎᑦᑎᔪᓐᓇᒻᐳᖅ.

ᑕᕝᕚᑭᒦᑦᑐᑦ ᐅᐃᕆᓐᓇᖅᑐᓂᑦ ᐃᑲᔪᕈᑕᐅᔪᓂᑦ ᑭᒃᑯᓕᒫᓄᑦ ᓈᒻᒪᙱᓚᑦ, ᑕᐃᒫᒃ ᖃᐅᔨᒋᐊᖅᑳᕐᓗᑎᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᑎᑦᑎᓂᕐᒧᑦ ᐸᖅᑭᔨᖕᓄᑦ ᓯᕗᓪᓕᖅᐹᒥᑦ. ᐃᓅᓕᓴᐅᑎᑖᕐᓂᕐᒧᑦ ᓘᒃᑖᒥ ᐱᔭᕆᐊᖃᖅᐳᑦ ᐋᓐᓂᐊᕕᓕᐊᖅᑐᓄᑦ, ᓇᓪᓕᐅᒃᑯᒫᓕᖅᓯᒪᔪᓂᒃ ᐋᓐᓂᐊᖅᑐᓕᕆᓂᕐᒧᑦ ᐃᑲᔫᓯᐊᓂᒃ (NIHB) ᐊᑭᓕᖅᑕᐅᔪᓐᓇᕐᓂᖓᓄᑦ.

ᐋᓐᓂᐊᕕᒻᒧᑦ ᖃᐅᔨᒋᐊᕐᓗᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓄᓇᓕᔅᓯᓐᓂ ᐄᔭᒐᖅᑖᕐᕕᒻᒧ ᐱᔪᒪᓐᓂᕈᕕᑦ ᑲᑎᙵᓂᐅᔪᓂᑦ. ᐃᓄᖅᓯᑎᓯᒪᓗᒍ ᓱᕈᓯᕐᓂᑦ ᐊᒻᒪ ᑎᒍᐊᕐᓄᑦ ᓂᕐᔪᑎᓂᑦ.

ᐅᖃᓗᒡᕕᒋᒃᑭᑦ ᓄᖅᑲᕐᓂᕐᒧᑦ ᐅᖃᓗᒡᕕᒃᓴᖅ ᐅᕗᖓ
1 866-368-7848 ᖃᕋᓴᐅᔭᑎᒍᑦ ᑎᑎᕋᕐᓗᑎᑦ quithelp@gov.nu.ca-ᒧᑦ ᐊᑭᖃᙱᑦᑐᒧᑦ ᐱᓕᕆᔨᒻᒪᕆᖕᓄᑦ ᐃᑲᔪᖅᓱᐃᓂᖅ ᐃᓄᒃᑎᑐᑦ, ᖃᓪᓗᓈᑎᑐᑦ, ᐃᓄᐃᓐᓇᖅᑐᓐ ᐅᕝᕚᓘᓐᓃᑦ ᐅᐃᕖᑎᑐᑦ.

ᐅᕗᙵᕐᓗᑎᑦ www.nuquits.ca

ᐅᖃᐅᓯᒃᓴᒃᑲᓐᓃᑦ

ᐅᐸᒍᒃ Tobacco Has No Place Here

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