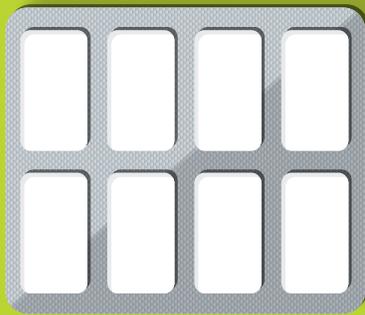


NICOTINE REPLACEMENT THERAPY CAN TRIPLE YOUR CHANCES OF QUITTING!

When you crave tobacco, what you are really craving is the addictive chemical nicotine. Nicotine Replacement Therapies (NRTs) give your body nicotine and satisfy those cravings, without the thousands of poisonous chemicals found in tobacco.



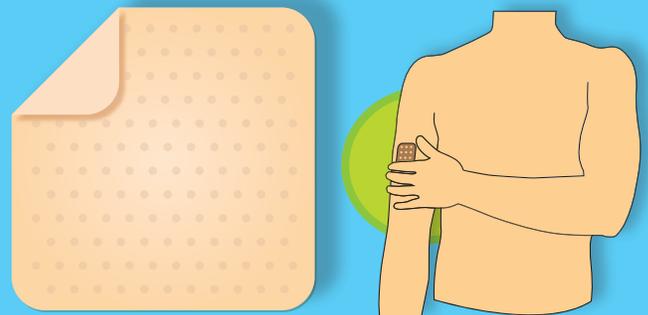
NICOTINE GUM

The gum gives a burst of nicotine every time you chew.

HOW TO USE

- 1 Do not chew nicotine gum like normal gum. Instead 'bite' the gum once or twice, then "park" the gum in the corner of your mouth (between your cheek and gums).
- 2 Wait one minute, bite the gum a few more times, and then "park" the gum again.
- 3 Repeat the 'bite' and "park" process for 30 minutes.
- 4 Occasionally move the gum from one side of your mouth to the other.

Note: It takes the gum 15 - 30 minutes to start working, so take it before you think you might need it.



NICOTINE PATCH

The patch sticks to your skin like a bandage.

HOW TO USE

- 1 Peel off the backing and press the patch for 10 seconds onto a clean, hair free area of skin above your waist, but below the neck, leave it for 24 hours.
- 2 Then remove the old patch before applying new one. Change the location where you put your patch each time.
- 3 Wash your hands after touching the patch.

Note: If you have trouble sleeping after starting the patch, remove it one to two hours before bedtime.

Visit your health centre or local pharmacy to get your supply.

Keep out of reach of children and pets.

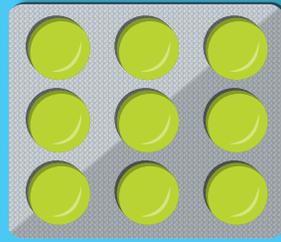


NICOTINE MOUTH SPRAY

Spray into the mouth when you have a craving for fast relief.

HOW TO USE

- 1 Push down on the top of the container and spray into the air a couple of times before using for the first time to prime the device.
- 2 Spray the liquid into your mouth, avoiding the throat and lips.
- 3 Do not swallow for a minute or so.
- 4 Use one more spray if the craving does not go away after five minutes.



NICOTINE LOZENGE

Lozenges are like hard candy, releasing nicotine as you suck them.

HOW TO USE

- 1 Do not chew, swallow or suck on the lozenge as you might with a cough drop.
- 2 Place one lozenge in your mouth and allow it to dissolve slowly.
- 3 Occasionally move the lozenge from one side of your mouth to the other.
- 4 The lozenge should take about 20 to 30 minutes to dissolve.



NICOTINE INHALER

Puff like a cigarette, but without harmful chemicals or smoke.

HOW TO USE

- 1 Line up the markers and pull each end apart.
- 2 Insert cartridge into the mouthpiece, and twist to close it up.
- 3 Puff in short breaths. **DO NOT INHALE DEEPLY INTO THE LUNGS**

Note: Each cartridge will last for about 20 minutes of continuous frequent puffing.

Visit your health centre or local pharmacy to get your supply.

Keep out of reach of children and pets.



Watch out for side effects, such as headaches, problems sleeping, strange dreams, and upset stomach. The patch may also cause skin irritation or redness, and gum can cause sore jaw. Throat irritation can happen with the inhaler and oral mist. Lip numbness can happen with the oral mist.



Tobacco Has No Place Here
NUQUITS.CA | 1.866.368.7848

MORE INFO



Call the QuitLine at **1 866-368-7848** or email quithelp@gov.nu.ca for free, professional support in Inuktitut, English, Inuinnaqtun or French.



Go to www.nuquits.ca



Visit **Tobacco Has No Place Here** on Facebook.