

**NUNAVUNMI
TIBAAKUNUN
HIGAARLUNG-
NIRNULLU
PINAHUARUTIT**

KANGIQHIDJUTIKHAQ UQUMAIQTIRNIQ HIGAARUIYARNIGLU



Uqumaiqtirniq taimaittuq

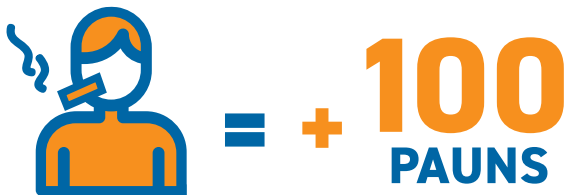
- Taimaittuq uqumairyuminiq talimanit kulinut paunsnik hivullini tatqiqhiutini. Inuk uqumaiqyumivaktuq 10-nik paunsnik.
- Tamaita higaruiqtut uqumaiqyumiyuittut.

Higaarniq uqumairyuminiglu

- Higaarniq nakuunngitqiaq aanniaqtailinirnut uqumairyuminirmit.
- Higaarniq aktumayuq ilingnutuqumairyuminiqtut 100 paunsnik.

Huuq uqumaiqyumivakpat/ niriyumannaqhuni

- Niqi nirumikhivangmat; higaayuittut niriliqpaktut higaaruliqpiarnirmit.
- Niqi tipigikhivaktuq mamakhiplunilu; higaayuittut naimatqiat tipigitqiallu higayuktunit.
- Higaayuittut nikutiinqanginnamik; nikutiin kaaguirutivaktuq higaayuktunik.
- Niriniq himmautauvaktuq uqummirhinirmik higaagtutut.
- Higaayuittup timia kalurisnik aturluanguktuq-higaayuktuq aturluaqpektuq nikutiinmit.



Nayugaghait Nunaptingni
NUQUIT.S.CA | 1.866.368.7848

Ilittuqhivighat

Titiraaghariamik ilittuqhivighat, ...
titiraqlugit tobacco@gov.nu.ca
Ihuaqhihimajuq lidjirurvia 2024

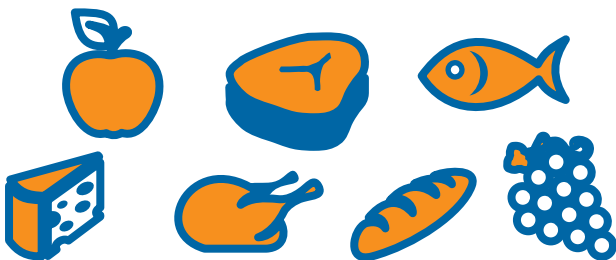
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Niqit niriyaqhat — uqumaiqtirnaittumik

- ahist nauttiallu
- irunquqtuyut niqit: aupakyaqtuq uuyuq, iluingayut muqpauyakhat, uviluit, qumauyait
- sikin iqaluglu
- iluittut muqpauyakhat: niqiliat, muqpauyat, makaruuni, haviqquyaq
- Milulgit: miluk, siisi, yukaturhuqqutuvalangittunik



Taquakhat

Taquakhaliuriyarniq:

- apuut, gurips, paungat, kiurits
- puuriqihimayut utqihimayuq mannik
- paniqtaq, huarayanggittuq niqiliaq
- haviqquyanit hikulaliugat
- puratsals
- taryuittut naats
- mipku piffilu

Aallat atuqtakhat

- Kayumiittumik niriluni, niritiarluni nutqangallakluni nirihiurivit.
- Nirinnarhigaikpat nirivagluni; niringiqattangillutit.
- Nirivangniit aturlugu; qapakhiruirlutit.
- Imainnaqtuqattarlutit; imiunggittumik.
- Iqairharlutit 30 minits ubluq tamaat.
- Nirittaililugit niqit/taquagat urhuqquqtuyut, huarayaqquqtuyut taryuqquqtuyullu.
- Ihumaaluutikhaiyarlutit.
- Nanihilutit nakuuyunik himmautikhanik higaarmut.



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