

NUNAVUNMI TIBAAKUNUN HIGAARLUNG- NIRNULLU PINAHUARUTIT

KANGIQHIDJUTIKHAQ PUYUITTUT TIPAAKUT (UILAQ)

Puyuittut tipaakut ukua...

Tipaakut nauniit inuit tamuqpagait miluqaqpagailluuniit.

- **Uilaq:** ahirruryaqpiaqhimayuq tipaaku-inuit uqummiagait qarhuup iluani.
- **Tamuagaq:** Ahirruryaqhimayuq tpaaku-inuit uqummiagaat uluangmingni.



Inuit uqummiagpagait tipaakut qanirmingni tivvuaqturhugu iptirinnia.

Tamuagangavit...

Nikutiin — ayurinnaqpiatuq, tamainni tipaakuniittuq.

Kasinugins — ikitqiyaunngittuq 28-nit kaansaniutivaktut ittutik tamainni tipaakuni.

Hiugayannguat — hugayaat tipigihautillu tipaakup tipaanik naimalaitkutit.

Agiaktut-ittut — hiuravalungniq tipaakut nauniinni kigutiniq nunngutivaktuq.

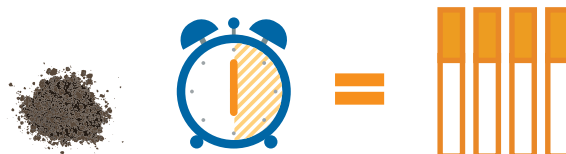
Taryuq — ilauqtauvaktuq qaniq mamairangat; uummanmut tikliktarnianik qulvautittuq.

Nikutiin uilarlu

Puyuittunit tipaakunit, nikutiin aungnunnggaqpacktuq kilamik qanikkut.

Inuit ayuritpaktut nkutiinmut tamainnit tipaakunit, kilamik ayurinnaqtuq.

Uilaq qanirmi 30 minitsmik hitamanik higaaqtutut-ittuq.



Atauhiq puuq tamuagakhaq nikutiinlik atjikkutaanik 60-tit higaaqtut.



Nunavut
Higaaruirumik

NUQUITS.CA 1-866-368-7848



Ilittuqhivighat

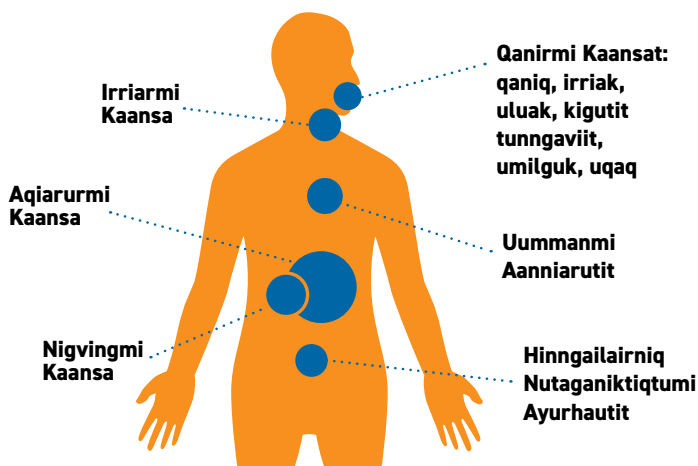
Titiraaghariamik ilittuqhivighanik, qaritauyakkut
titiraqlugit tobacco@gov.nu.ca

Ihuaqhihimajuq Iidjirurvia 2024

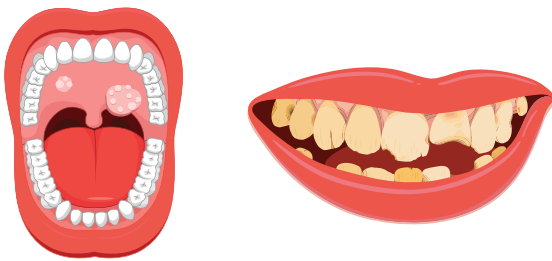
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**KANGIQHIDJUTIKHAQ
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TIPAAKUT (UILAQ)**

Aanniarnarniit



Qanirmi aanniarutit – Puyuittut tipaakut qulvautivaktuq kigulliurnirmi tunngaviinnilu (gingivitis).

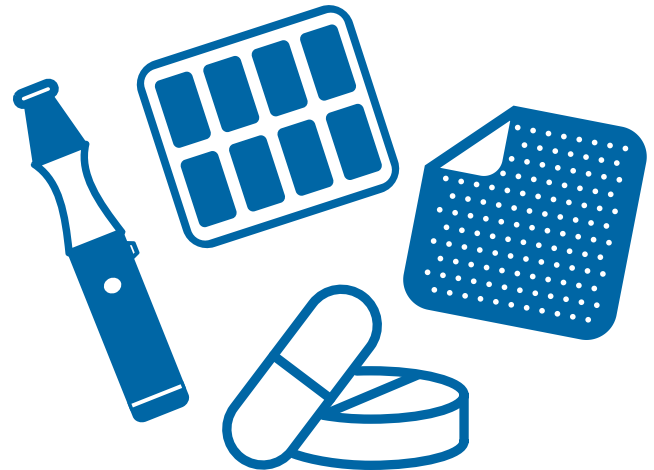


Aqiaruliurutit – lihiniq tipaakup iptirinnianik tamuaganit uilarmillu ihuilitjutauttaqtuq aqiarunmut puvinniquutilutiglu.

Taimarniq

Taimarniq uilarmik higaaruiyaqtutut-innaqtuq atjigiit pivaaliutikhat ayurhautillu.

- Uqaqatigilugu munarhi nikutiin nipitanik mattutiniq kutturmiglu havautiniglu.
- Ikayuqtaulutit ilanginit ilannarnillu.



Hivayaqlugu taamna **QuitLine**
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Qaritauyakkut: tobacco@gov.nu.ca



Takulugu **NuQuits** talvani Facebook-mi.



Talvunngaulutit: **nuquits.ca**



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