ᒪᓕᒐᕐᒥ ᓯᖁᒥᑦᓯᓂᐅᕗᖅ

ᓱᕐᕋᓐᓇᖅᑐᖅᑑᒪᓂᐊᕐᓗᓂ
ᐃᖏᕐᕋᔾᔪᑎᐅᑉ ᐃᓗᐊᓂ.

ᐊᖁᓪᓗᓂ ᓱᕐᕋᖕᓇᖅᑐᖅᑐᖅᓯᒪᓗᓂ
ᐱᕐᕈᓗᐊᕿᓐᓇᕐᓂᖅᓴᐅᓲᖅ
2−3−ᖏᖅᓱᕐᓗᓂ.

ᐃᑲᕐᕋᓄᑦ

ᐅᑕᖅᑭᓗᑎᑦ ᐃᑲᕐᕋᓄᑦ

ᐊᕐᕕᓂᓕᖕᓄᑦ ᐅᖓᑖᓄᓪᓘᓐᓃᑦ
ᐊᖁᓚᐅᙱᓐᓂᕐᓂ.
ᐊᑯᓂᐅᓂᖅᓴᖅ ᐅᑕᖅᑭᓗᑎᑦ
ᓂᕆᒍᕕᑦ ᐃᒥᕈᕕᓪᓘᓐᓃᑦ
ᓱᕐᕋᖕᓇᖅᑐᓂᑦ ᓂᕆᔭᒃᓴᓂᑦ.

ᐊᑐᓗᐊᕐᓂᖅ

ᑕᐃᒪᐃᓲᖑᕗᖅ
ᑭᓇᑐᐃᓐᓇᖅ ᐊᖏᓗᐊᖅᑐᒥᒃ
ᓱᕐᕋᖕᓇᖅᑐᖅᑐᕌᖓᑦ ᐊᑕᐅᑦᑎᒃᑯᑦ.
ᐋᓐᓂᐊᕈᓰᑦ ᐅᑯᐊᖑᕗᑦ:

• ᓯᕘᕋᔫᔮᕐᓗᓂ ᑭᓱᒥᒃ ᐅᕝᕙᓘᓃᑦ
ᑲᑉᐱᐊᓱᓕᕐᓗᓂ.

• ᐆᒪᑎᕕᑦ ᑎᒡᓕᕐᓂᖓ
ᓱᒃᑲᓕᓕᕐᓗᓂ.

• ᐅᐃᔾᔭᙳᑲᑕᒡᓗᓂ

ᐋᓐᓂᐊᓕᕐᓗᓂᓘᓐᓃᑦ.

• ᒥᕆᐊᖅᓴᑲᑕᐃᓐᓇᕐᓗᓂ.

• ᐸᓂᕐᓗᓂ ᖃᓂᖅ

• ᐱᓱᒍᓐᓇᑦᑎᐊᙱᓪᓗᓂ
ᐊᐅᓚᔪᓐᓇᑦᑎᐊᙱᓪᓗᓂᓘᓐᓃᑦ.

ᑭᓯᐊᓂ, ᑕᒪᒃᑯᐊ
ᐊᒃᑐᖅᓯᓂᐅᔪᑦ
ᕿᓚᒻᒥᐅᕗᑦ.

ᖃᓂᒪᕐᔪᐊᕈᕕᑦ,
ᐃᓗᐊᖅᓴᐃᔨᒧᑦ
ᖃᐅᔨᒋᐊᕈᓐᓇᖅᐳᑎᑦ.

ᓱᐴᖅᑐᒐᕐᒧᑦ ᐅᐃᕆᓯᒪᓂᖅ

ᑕᐃᒪᐃᓕᔪᓐᓇᖅᐳᖅ
ᓱᕐᕋᖕᓇᖅᑐᖅᑐᖃᑦᑕᕐᓗᓂ
ᖁᕝᕙᓯᒃᑐᒥᒃ THC−ᖃᓗᐊᖅᑐᒥᒃ

ᖃᐅᑕᒫᑦ, ᖃᐅᑕᒫᑲᓴᒡᓘᓐᓃᑦ.

ᐃᓚᖏᑦ ᖃᐅᔨᔾᔪᑕᐅᓲᑦ ᐅᑯᐊ:

• ᓱᕐᕋᖕᓇᖅᑐᖅᑐᕐᓂᖅ-
ᓴᐅᖃᑦᑕᕐᓂᖅ,
ᐱᒐᔪᖕᓂᖅᓴᐅᓗᓂ.

• ᐊᐅᓚᑦᑎᔪᓐᓇᙱᓐᓂᖅ ᖃᓄᑎᒋ
ᐊᑐᖅᐸᖕᒪᖔᖅᐱᑦ.

• ᓵᙵᔭᖃᑦᑎᐊᕈᓐᓇᙱᓐᓂᖅ
ᐃᓕᓐᓂᐊᒐᒃᓴᒥᒃ, ᐃᖅᑲᓇᐃᔮᒥᒃ
ᐅᕝᕙᓘᓃᑦ ᐊᖏᕐᕋᒥ
ᐱᓕᕆᐊᒃᓴᓂᒃ.

• ᐊᓯᖏᓐᓂᒃ ᐱᓕᕆᕙᓚᐅᖅᑕᕐᓂᒃ
ᖁᔭᓈᖃᑦᑕᓕᕐᓂᖅ
ᓱᕐᕋᖕᓇᖅᑐᒥᖔᖅ ᐊᑐᕈᒪᒧᑦ.

ᐊᑦᑕᕐᓇᙱᑦᑐᒦᓂᖅᓴᐅᓕᕆᑦ:
ᖃᐅᔨᒪᓗᒍ ᐊᑐᓚᐅᙱᓐᓂᕐᓂ.

25 ᑐᖔᓂ ᐅᑭᐅᖃᕈᕕᑦ:

ᓱᕐᕋᖕᓇᖅᑐᖅᑐᖅᐸᙱᓪᓗᑎᑦ
ᖃᕋᓴᐃᑦ ᐱᕈᖅᐸᓪᓕᐊᓂᖓ
ᐱᐅᙱᑦᑐᒃᑯᑦ ᐊᒃᑐᐃᔪᓐᓇᕐᒪᑦ.

ᐃᓱᓕᑦᑕᕐᕕᖃᕐᓗᓂ ᐊᑐᖅᑕᐅᓂᖓ:
ᐱᓇᓱᐊᕈᓯᖅ ᐊᑕᐅᓯᐊᙱᓪᓗᒍ
ᐊᑐᖅᐸᒡᓗᑎᑦ ᓱᕐᕋᖕᓇᖅᑐᓂᒃ
ᓱᕐᕋᖕᓇᐅᑎᖃᙱᓐᓂᖅᓴᐅᔪᓂᒃ.

ᒥᑭᑦᑐᒥᒃ ᐱᒋᐊᖅᐸᒡᓗᑎᑦ,
ᑐᐊᕕᐊᕆᙱᓪᓗᒍ
ᐱᒋᐊᕐᓗᑎᑦ 1-2 ᒥᓗᒃᓯᓗᑎᑦ,
ᓱᐴᖅᑐᕈᕕᑦ ᐅᕝᕙᓘᓐᓃᑦ 2.5
ᒍᕌᒻᔅᓂᒃ ᐱᔭᒃᓴᓂᒃ ᐊᑐᕈᕕᑦ.

ᓴᐳᑎᓗᒋᑦ ᐳᕙᑎᑦ:
ᓱᐴᖅᑐᖅᐸᙱᓪᓗᑎᑦ ᓱᕐᕋᖕᓇᖅᑐᒥᒃ
ᐳᕙᒃᑎᑦ ᖃᓄᐃᙱᑦᑎᐊᖁᓪᓗᒋᑦ.

ᓱᕐᕋᖕᓇᖅᑐᒥᒃ ᐃᓚᕙᙱᓪᓗᑎᑦ

ᐃᒥᐊᓗᖕᒥᒃ, ᐋᖓᔮᕐᓇᖅᑐᓂᒃ,
ᐃᓅᓕᓴᐅᑎᓂᒡᓘᓐᓃᑦ ᑎᒥᒧᑦ
ᖃᓄᐃᙱᑦᑎᐊᕈᓯᕐᒧᑦ
ᐊᑦᑕᕐᓇᖅᑕᐃᓕᒪᓂᕐᒧᓪᓗ
ᐊᑦᑕᕐᓇᕈᑕᐅᒃᑲᓐᓂᕈᓐᓇᕐᓂᖓᓄᑦ.

ᓯᖓᐃᒍᕕᑦ ᐅᕝᕙᓘᓐᓃᑦ
ᐊᒫᒪᒃᑎᑦᑎᒍᕕᑦ:
ᓱᕐᕋᖕᓇᖅᑐᖅᑐᖅᐸᙱᓪᓗᑎᑦ
ᐊᑦᑕᕐᓇᕈᓐᓇᕐᒪᑦ ᐱᕈᖅᐸᓪᓕᐊᔪᒧᑦ
ᓄᑕᕋᓛᒧᑦ.

ᐃᓱᒪᓕᕆᓂᒃᑯᑦ
ᖃᓄᐃᖏᑦᑎᐊᕐᓂᖅ:
ᓱᕐᕋᖕᓇᖅᑐᒥᒃ ᐊᑐᖅᐸᙱᓪᓗᓯ
ᐃᒡᕕᑦ ᖃᑕᙳᑎᑎᓪᓘᓐᓃᑦ
ᐃᓱᒪᒃᑯᑦ ᐋᓐᓂᐊᕈᑎᖃᖃᑦᑕᕈᕕᑦ
ᐱᐅᔪᓐᓃᖅᐹᓪᓕᖅᑎᑦᑎᔪᓐᓇᕐᒪᑦ
ᖃᐅᔨᔾᔪᑕᐅᔪᓐᓇᖅᑐᓂᒃ
ᐊᑦᑕᕐᓇᕐᓂᖅᓴᐅᓕᕐᓗᓂᓗ.

ᐊᑲᐅᙱᓕᐅᕈᑎᓂᒃ ᖃᐅᔨᔾᔪᑎᖃᕈᒪᙱᒃᑯᕕᑦ ᑕᐃᒪ
ᐊᑐᖃᑦᑕᙱᑦᑎᐊᒻᒪᕆᒡᓗᑎᑦ ᓱᕐᕋᖕᓇᖅᑐᒥᒃ.

ᐃᑲᔪᖅᑕᐅᓂᖅ ᐊᒻᒪ ᑕᑎᒃᓴᓕᐅᕐᓂᖅ

ᓱᕐᕋᖕᓇᖅᑐᖅ ᐊᒃᑐᖅᓯᒃᐸᑦ ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᙱᑦᑎᐊᕈᓐᓇᕐᓂᕐᒥᒃ,
ᖃᓄᐃᙱᑦᑎᐊᕈᓐᓇᕐᓂᕐᒥᒃ ᐃᓅᖃᑎᖃᖅᐸᖕᓂᕐᒧᓪᓘᓐᓃᑦ,
ᖃᔅᓯᑲᓪᓚᖕᓂᒃ ᐃᑲᔪᖅᑐᐃᔾᔪᑎᑕᖃᖅᐳᖅ ᐃᑲᔪᕈᓐᓇᖅᑐᓂᒃ.

ᐃᓗᐊᖅᓴᐃᔨᒧᑦ ᐅᖃᖃᑎᖃᕐᓗᑎᑦ.

ᐅᖃᖃᑎᖃᕐᓗᑎᑦ ᐅᒃᐱᕆᔭᕐᓄᑦ ᐃᓐᓇᕐᓄᑦ, ᐃᓚᖕᓄᑦ
ᐱᖃᓐᓇᕆᔭᕐᓄᓪᓗ.

ᐅᖃᓗᒡᓗᑎᑦ ᓄᓇᕗᒻᒥᓄᖅᑲᕈᒪᔪᓄᑦ ᐅᕗᖓ
1-866-368-7848 ᑐᓴᖅᑕᐅᔭᕆᐊᖃᙱᑦᑐᒃᑯᑦ
ᐃᑲᔪᖅᑕᐅᔪᒪᒍᕕᑦ ᐃᓅᓯᓕᕆᔨᓂᑦ ᐃᓄᒃᑎᑐᑦ, ᖃᓪᓗᓈᑎᑐᑦ,
ᐃᓄᐃᓐᓇᖅᑐᓐ, ᐅᐃᕖᑐᓪᓘᓐᓃᑦ.

ᐅᖄᓚᐅᑎᕋᓛᒃᑯᑦ ᑎᑎᕋᕐᓗᑎᑦ
NUQUITS 123456 ᐃᑲᔪᖅᑕᐅᔪᒪᒍᕕᑦ
ᐃᑲᔪᖅᑕᐅᔪᒪᒍᕕᓪᓗ.

ᐅᐸᒃᓗᒍ Facebook.com/NuQuits

ᐃᓯᕐᕕᒋᓗᒍ nuquits.ca

1 - Cannabis risk awareness K-Card
https://nuquits.gov.nu.ca/cannabis/?utm_medium=print-
ed_pamphlet

ᐊᔾᔨᓕᐅᕐᓗᒍ QR
ᓇᓗᓇᐃᒃᑯᑕᖅ
ᐃᓕᑦᑎᒃᑲᓐᓂᕈᒪᒍᕕᑦ
ᐊᑦᑕᕐᓇᙱᓐᓂᖅᓴᒥᒃ
ᓱᕐᕋᖕᓇᖅᑐᒥᒃ ᐊᑐᕐᓂᕐᒥᒃ

ᐊᑯᓂᐅᙱᑦᑐᒃᑯᑦ

ᐊᒃᑑᑎᔪᑦ

ᐃᒃᐱᖕᓂᐊᓗᓂ
ᖁᕕᐊᓱᖕᓂᖅ
ᓴᐃᓕᓂᕐᓗ.

ᐃᒃᐱᖕᓂᐊᓗᓂ

ᓯᕘᕋᓂᖅ
ᐅᐃᒪᔮᕐᓂᓘᓐᓃᑦ.

ᐃᒃᐱᖕᓂᐊᓗᓂ

ᑳᕐᔪᐊᕐᓂᕐᒥᒃ.

ᐃᕐᖐᓐᓇᑲᐅᑎᒋ
ᑭᐅᔪᓐᓇᙱᖦᖢᓂ.

ᐳᐃᒍᑐᓂᖅ.

ᒪᓗᒍᓱᒃᓗᓂ
ᓈᓚᖕᓂᕐᒥᒃ
ᐃᓱᒪᑦᑎᐊᕐᓂᕐᒥᒃᓗ.

ᐊᑯᓂᐅᔪᒃᑯᑦ ᐊᒃᑐᐃᔾᔪᑎᑦ

ᖃᐅᑕᒫᑦ ᓱᕐᕋᖕᓇᖅᑐᖅᑐᖃᑦᑕᕐᓗᓂ ᖃᐅᑕᒫᑲᓴᒡᓘᓐᓃᑦ ᑎᒥᒧᑦ
ᐊᑦᑕᕐᓇᕈᑕᐅᔪᓐᓇᖅᐳᖅ.

ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᖏᑦᑎᐊᕐᓂᖅ

ᐱᐅᔪᓐᓃᖅᐸᓪᓕᐊᓗᓂ
ᖃᐅᔨᔾᔪᑕᐅᔪᓐᓇᖅᑐᑦ ᓂᑲᓪᓗᖓᓂᕐᒧᑦ
ᓯᕘᕋᓂᕐᒧᓪᓗ.

ᐃᓱᒪᑦᑎᐊᕈᓐᓇᐃᓪᓕᓂᖅ

ᐊᒃᑐᐃᓲᖑᖕᒥᔪᖅ ᑕᐅᑐᑦᑎᐊᕐᓂᕆᔭᕐᓂᒃ,
ᐃᖅᑲᐅᒪᔪᓐᓇᕐᓂᕐᓂᒃ, ᐊᒻᒪ
ᐃᓕᑦᑎᕙᓪᓕᐊᓂᕆᔭᕐᓂᒃ.

ᐅᐃᕆᓯᒪᔭᖃᕐᓂᖅ

ᐊᔪᕐᓇᖅᑎᑦᑎᕙᒃᐳᖅ ᓄᖅᑲᕆᐊᒃᓴᖅ.

ᐃᓱᒪᐃᕈᑎᓂᖅ

ᑕᐅᑐᖕᓂᖅ ᑐᓵᓂᕐᓗ ᓱᓕᙱᑦᑐᓂᒃ.

ᐊᓂᖅᑎᕆᑦᑎᐊᕈᓐᓇᙱᓐᓂᖅ

ᖁᐃᖅᓱᑲᑕᖕᓂᖅ, ᐃᔾᔭᙳᑲᑕᖕᓂᖅ,
ᓴᒡᕕᒃᑯᑦ ᐋᓐᓂᐊᕐᓂᖅ, ᐊᒻᒪ
ᐊᓂᕐᓂᑭᓐᓂᖅᓴᐅᓕᕐᓇᖅᖢᓂ.

ᐳᕙᒃ ᐊᒻᒪ ᐆᒻᒪᑎ

ᓱᕐᕋᖕᓇᖅᑑᑉ ᐳᔪᐊ ᐊᒥᓱᓂᑦ
ᐃᓚᐅᕈᑎᒃᓴᖃᖅᐳᖅ ᑎᒥᒧᑦ
ᐊᑦᑕᖕᓇᖅᑐᓂᑦ.