V

ᓱᕐᕋᖕᓇᖅᑐᖅ ᐊᒻᒪᓗ

ᑎᒦᑦ

ᐱᔪᓐᓃᖅᐹᓪᓕᖅᑎᓪᓗᒍ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐ-
ᓕᕆᓂᕐᒧᑦ ᐊᑦᑕᕐᓇᖅᑐᑦ

2 - Cannabis and Your Body Pamphlet
htps://nuquits.gov.nu.ca/cannabis/efects-canna-
bis/?utm_medium=printed_pamphlet

nuquits.ca

ᑎᒥᒃᑯᑦ ᐊᒻᒪᓗ

ᐃᓱᒪᒃᑯᑦ ᐊᒃᑑᑎᔪᑦ
ᓱᕐᕋᖕᓇᖅᑐᖅ ᐃᓚᐅᕐᕈᑎᒃᓴᖃᖅᐳᖅ

ᐊᑦᑑᑎᔪᓂᑦ ᐃᒃᐱᒍᓱᖕᓂᕐᒥ, ᑳᑲᑕᖕᓂᖅ,
ᐊᒻᒪᓗ ᐃᒃᐱᖕᓂᐊᖕᒪᖔᑕ ᐊᓐᓂᐊᕐᓂᑦᑎᓐᓂ.
ᐊᑐᖅᖃᑦᑕᕐᓂᑦ ᓱᕐᕋᖕᓇᖅᑐᓂ ᑎᒥᒧᑦ
ᐊᑦᑕᕐᓇᕈᑕᐅᒃᑲᓐᓂᕈᓐᓇᖅᐳᖅ.
ᐊᑐᖃᑦᑕᕐᓂᖅᓴᐅᓕᕈᕕᑦ, ᐊᑦᑕᕐᓇᕐᓂᖅᓴᐅᕗᖅ.

ᐊᓯᔾᔨᖅᑕᖅᑐᖅ
ᖃᓄᐃᓐᓂᖓ,
ᐃᖅᑲᐅᒪᔪᓐᓇᕐᓂᖓ
ᓈᓚᒍᓐᓇᑦᑎᐊᕐᓂᖓᓗ.

ᐃᓱᒪᓕᕆᓂᕐᒧᑦ
ᐊᑦᑕᕐᓇᕈᓐᓇᕐᓂᖓ
ᐊᑦᑕᕐᓇᕐᓇᕐᓂᖅᓴᐅᓕᕐᓗᓂ
ᐃᓱᒪᐃᕈᑎᓯᒪᓂᖅ
ᐃᓕᖅᑯᓯᖅᓱ-
ᙱᓐᓂᕐᓗ.

ᖃᕋᓴᐃᑦ
ᐱᕈᖅᐸᓪᓕᐊᖏᓐᓇᖅᑐᖅ
25−ᓂᒃ ᐅᑭᐅᖃᓕᕋᓱᖕᓂᖓᓂ!

25

ᐃᑲᔪᖅᑕᐅᓂᖅ ᐊᒻᒪ ᑕᑎᒃᓴᓕᐅᕐᓂᖅ

ᓱᕐᕋᖕᓇᖅᑐᖅ ᐊᒃᑐᖅᓯᒃᐸᑦ ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᙱᑦᑎ-
ᐊᕈᓐᓇᕐᓂᕐᒥᒃ, ᖃᓄᐃᙱᑦᑎᐊᕈᓐᓇᕐᓂᕐᒥᒃ
ᐃᓅᖃᑎᖃᖅᐸᖕᓂᕐᒧᓪᓘᓐᓃᑦ, ᖃᔅᓯᑲᓪᓚᖕᓂᒃ
ᐃᑲᔪᖅᑐᐃᔾᔪᑎᑕᖃᖅᐳᖅ ᐃᑲᔪᕈᓐᓇᖅᑐᓂᒃ.

ᐃᓗᐊᖅᓴᐃᔨᒧᑦ ᐅᖃᖃᑎᖃᕐᓗᑎᑦ.

ᐅᖃᖃᑎᖃᕐᓗᑎᑦ ᐅᒃᐱᕆᔭᕐᓄᑦ ᐃᓐᓇᕐᓄᑦ,
ᐃᓚᖕᓄᑦ ᐱᖃᓐᓇᕆᔭᕐᓄᓪᓗ.

ᐅᖄᓚᓗᑎᑦ ᓄᓇᕗᒻᒥ ᓄᖅᑲᕐᓂᕐᒧᑦ
ᐅᖄᓚᕝᕕᒃ ᐅᕗᖓ 1-866-368-7848
ᑐᓴᖅᑕᐅᔾᔮᙱᑦᑐᒃᑯᑦ ᐃᑲᔪᖅᑕᐅᔪᒪᒍᕕᑦ
ᐃᓅᓯᓕᕆᔨᓂᑦ ᐃᓄᒃᑎᑐᑦ, ᖃᓪᓗᓈᑐᑦ,
ᐃᓄᐃᓐᓇᖅᑐᓐ ᐅᐃᕖᑐᓪᓘᓐᓃᑦ.

ᐅᖄᓚᐅᑎᕋᓛᒃᑯᑦ ᑎᑎᕋᕐᓗᑎᑦ NUQUITS
123456 ᐃᑲᔪᖅᑕᐅᔪᒪᒍᕕᑦ ᐃᑲᔫᑎᒃᓴᓄᓪᓗ.

ᖃᐅᔨᒋᐊᕐᕕᒋᓗᒍ

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ᐅᐸᒃᓗᒍ nuquits.ca

ᐃᓕᑦᑐᖅᓯᒪᓂᖓ
ᐊᑐᖃᑦᑕᕐᓂᖅᓴᐅᓗᓂ
ᐊᔾᔨᖓᓂ ᓱᕐᕋᒐᓱᒡᓗᓂ.

ᐅᐃᕆᓯᒪᔭᖃᕐᓂᖅ
ᐊᑐᖃᑦᑕᕐᓂᖅ ᓱᕐᕋᖕᓇᖅᑐᓂ
ᖃᐅᑕᒫᑦ ᐅᕝᕙᓘᓐᓃᑦ ᖃᐅᑕᒫᑲᓴᒃ
ᐊᑦᑕᕐᓇᕐᓂᖅᓴᐅᔪᓐᓇᖅᐳᖅ
ᐅᐃᕆᓯᒪᓂᕐᒧᑦ.

ᐃᒥᕈᒡᓗᑎᑦ ᐸᓐᓈᑦᑏᓗᑎᓪᓗ
ᐃᒡᒋᐊᒃᑯᑦ.

ᓇᓕᒧᒌᒃᑎᑦᑎᓂᖅ
ᐊᐅᓚᑦᑎᓗᑎᓗ
ᐊᑲᐅᙱᑦᑐᓂᑦ.

ᖃᕋᓴᐅᑉ ᐱᕙᓪᓕᐊᓂᖓ:
ᐊᑐᖃᑦᑕᕐᓂᖅ ᓱᕐᕋᖕᓇᖅᑐᓂ ᐅᑭᐅᖅᑖᓚᐅᙱᑎᓪᓗᓂᑦ
25−ᓂᑦ ᐊᓯᔾᔨᕈᑕᔪᓐᓇᖅᐳᖅ ᓈᓚᒍᓐᓇᕐᓂᖅ,
ᐃᓕᓐᓂᐊᕐᓂᖅ, ᐃᒃᐱᒋᔭᖃᕐᓂᖅ ᐊᒻᒪᓗ ᐃᓱᒪᒃᑯᑦ
ᖃᓄᐃᙱᑦᑎᐊᕐᓂᕐᒧᑦ.

ᑳᒃᐸᒃᑐᑦ.

ᐆᒻᒪᑎᒃᑯᑦ
ᖃᓄᐃᙱᑦᑎᐊᕐᓂᖅ
ᐆᒻᒪᑎᖓ ᓱᒃᑲᓴᓕᕐᓗᓂ
ᐊᐅᒃ ᐃᖏᕐᕋᓂᖓ
ᓱᒃᑲᓗᐊᓕᕐᓗᓂ.

ᐳᕙᒃᑯᑦ
ᖃᓄᐃᙱᑦᑎᐊᕐᓂᖅ
ᐊᓂᖅᑎᕆᖃᑦᑕᕐᓂᖅ,
ᐳᕙᒃᑯᑦ ᐱᐅᔪᓐᓃᖅ-
ᐸᓪᓕᐊᓗᓂ ᖁᐃᖅᓱᖅᐸᓪᓕᐊ-
ᑐᐃᓐᓇᕐᓗᓂᓘᓐᓃᑦ
ᓱᐴᖅᑐᖃᑦᑕᕐᓂᕐᒧᑦ ᓱᕐᕋᖕᓇᖅᑐᓂ.

ᐊᑦᑕᕐᓇᕐᓂᖅᓴᐅᓕᕐᓗᓂ
ᓯᐊᖅᑲᓴᒃᑐᑦ
ᓂᑲᓪᓗᖓᓂᕐᓗ.

ᐱᒋᐊᕐᓗᑎᑦ ᒥᑭᒃᑐᒥ

ᐊᑐᖅᐸᒡᓗᑎᑦ ᓱᕐᕋᖕᓇᖅᑐᓂᒃ ᐊᑦᑎᖕᓂᖅᓴᓂᒃ
THC−ᖃᖅᑐᓂᒃ ᐃᓕᖕᓂᒃ ᐃᑲᔪᕋᔭᖅᐳᖅ
ᐊᐅᓚᑦᑎᔪᓐᓇᕐᓂᖅᓴᐅᓂᕐᒥᒃ.

ᓱᒃᑲᐃᓐᓗᑎᑦ

30−ᓂᒃ ᒥᓂᑦᓂᑦ ᐃᑲᕐᕋᐃᑦ ᑎᓴᒪᓄᑦ
ᐃᒃᐱᖕᓂᕋᓱᖕᓇᖅᐳᖅ ᐊᑕᖏᕐᓗᒍ ᐃᒃᐱᒋᔭᐅᓲᓂᑦ
ᓱᕐᕋᖕᓇᖅᑐᓂᑦ.

ᐃᓱᓕᑦᑕᕐᕕᖃᕐᓗᓂ ᐊᑐᖅᑕᐅᓂᖓ
ᐱᓇᓱᐊᕈᓯᕐᒥ ᐊᑕᐅᓯᐊᕐᓗᓂ ᑐᖔᓂᓘᓐᓃᑦ.

ᐃᓚᓯᕙᙱᓪᓗᑎᑦ
ᓱᕐᕋᖕᓇᖅᑐᑦ ᐊᓯᖏᓐᓂᓗ ᐊᖓᔮᕐᓇᖅᑐᓂᑦ.

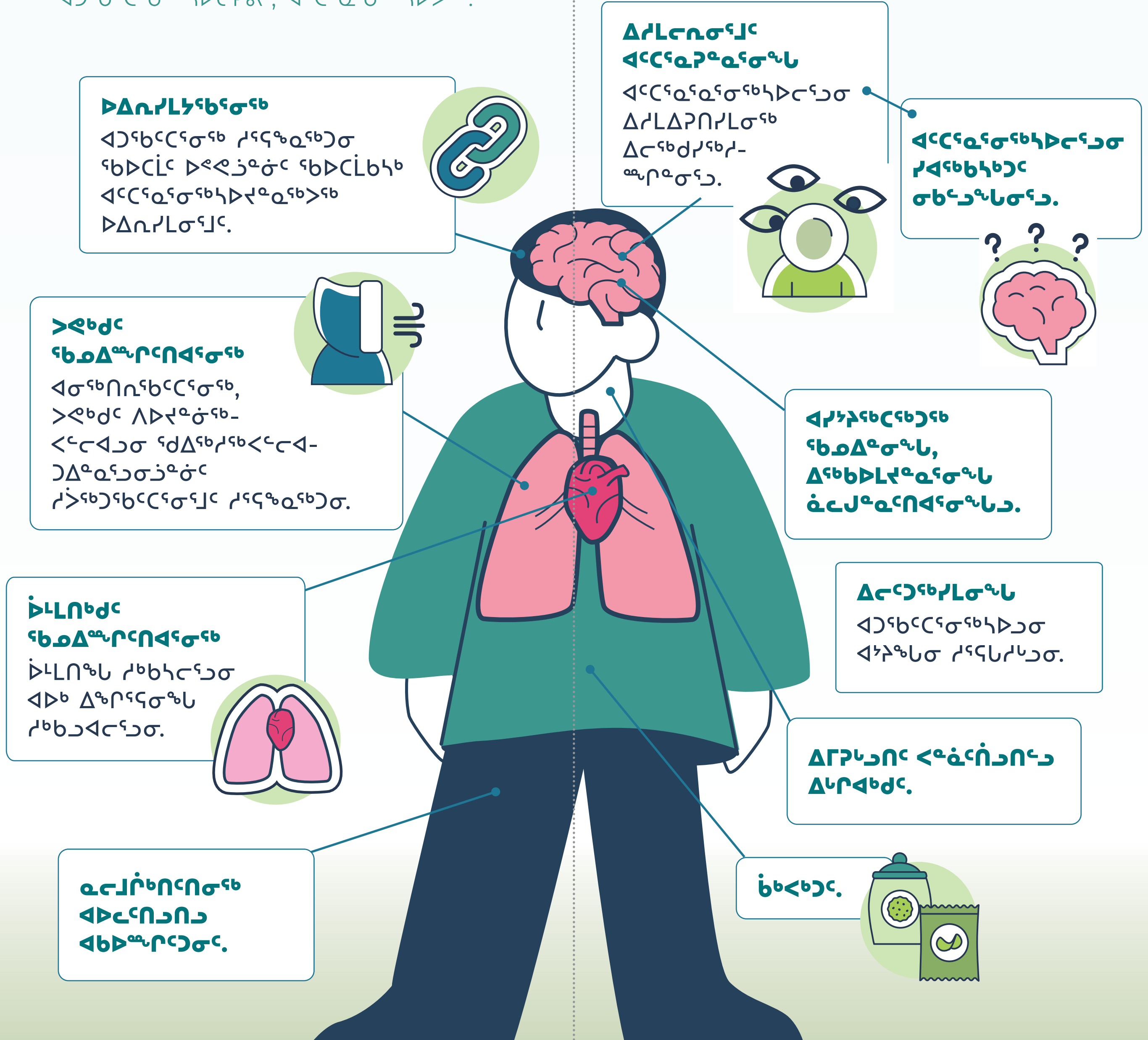
ᐊᖁᑉᐸᙱᓪᓗᑎᑦ

ᓱᕐᕋᖕᓇᖅᑐᖅᑐᓕᕌᖓᕕᑦ
ᐅᑕᖅᑭᓗᑎᑦ ᐃᒻᒪᖄ ᐃᑲᕐᕋᓄᑦ 6−ᓄᑦ
ᓱᕐᕋᖕᓇᖅᑐᖅᑐᓚᐅᖅᑎᓪᓗᑎᑦ ᐊᖁᓐᓂᐊᕐᓗᑎᑦ.

ᐊᑐᑦᑎᐊᕐᓗᒍ
ᒥᒃᖠᒋᐊᖅᑎᓪᓗᒍ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᓂᕐᒧᑦ
ᐊᑦᑕᕐᓇᕈᓐᓇᖅᑐᑦ ᓱᕐᕋᖕᓇᖅᑐᖅᑐᓵᓕᕙᙱᓪᓗᑎᑦ
ᑭᓯᐊᓂ ᐅᑭᐅᖃᓕᕈᕕᑦ 25−ᓂᒃ.

ᐊᑐᖅᑕᐃᓕᓗᑎᑦ
ᓯᖓᐃᒍᕕᑦ ᐃᕕᐊᙱᒃᑯᑦ

ᐊᒫᒪᒃᑎᑦᑎᒍᕕᓘᓐᓃᑦ

ᓱᕐᕋᖕᓇᖅᑐᖅ
ᐋᓐᓂᕈᑕᐅᔪᓐᓇᕐᒪᑦ ᓄᑕᕋᓛᖅᐱᑦ
ᖃᓄᐃᙱᑦᑎᐊᕈᓯᖓᓂᑦ.