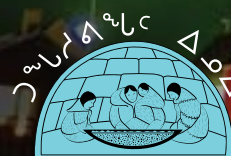


Be Tobacco-Wise



INUIT



Tungasuvvingat Inuit



Ontario
Health

Reasons to be smoke-free

Reducing the rates of smoking would greatly lower the risk of cancer and other diseases and help communities grow stronger. By thinking about some of the eight Traditional Inuit Qaujimajatuqangit (IQ) Principles, it could help you in your journey to be smoke-free:

- **ᐃᓄᖃᑎᑦᑎᐳᑦᓂᖅ:** ᐃᖃᐱᓯᑎᐳᑦᓂᖅ ᐃᑭᑦᑎᐳᑦᓂᐳ,
ᐱᑦᑎᐳᑦᓂᐳ ᐃᓄᖃᑎᑦᑎᓂᖅ.
Inuuqatigiittiarniq: Respecting others, relationships and caring
for other people.
- **ᖃᓄᖃᑦᑦᓂᖅ:** ᐃᓯᐤᖃᖃᓯᐳᑦᓂᖅ ᐱᓄᐳᐳ ᐳᖃᓯᓯᐳᑦᓂᖅ ᐳᖃᓯᓯᐳᑦᓂᖅ.
Qanuqtuurniq: Being resourceful and persistent to solve problems,
recognizing that we must constantly explore many different opportunities
in order to find the best ways to move forward.
- **ᐱᓯᑦᓯᑦᓂᖅ:** ᐃᑭᑎᓂᖅ, ᐃᓄᖃᑎᑦᑎᓂᖅ ᓄᓄᖃᖃᑎᑦᑎᓂᐳ ᐱᓯᑦᓯᓯᑎᖃᐳᐳ.
Pijitsirniq: Serving and providing for family and the community.
- **ᐱᑭᐤᐤᖃᖃᑦᓂᖅ:** ᐳᓯᓯᓂᖃᖃᑦᓂᖅ ᓯᓄᑭᐤᐳ ᑭᓄᓄᓂᓂᐳᐳ,
ᖃᓯᓯᖃᖃᑦᓂᐳᐳ, ᐱᓄᓯᓄᓂᐳᐳ, ᐳᑭᑦᓂᐳᐳ.
Pilimmaksaniq: Development of skills through observation,
mentoring, practice, and effort.

How can you help your community become Tobacco-Wise?

- ሥራ ላይ ስላለህ ለጋራው ልሳሳት ሳይሆን ለራስህ ልሳሳ፡፡
Refrain from smoking around children, family, and friends.
- ልሳሳት ለሌሎች ስላለህ ለራስህ ልሳሳ፡፡
Make smoke-free spaces that are available to you and your community.

ልዩነትና ምክንያቶች ለሀገራችን ሥራ ማድረግና ለሕገ መንግሥታችን ማስፈጸም ይረዳናል።

For more tips on quitting smoking, open up this poster and pin it up in your home as a daily reminder!



Resources

Counselling

Some people find it helpful to meet with a quit-smoking counsellor or coach in person or by phone. Another option is joining a quit smoking group, in person or online.

Quit lines, such as Talk Tobacco and Nunavut Smokers' Helpline, more than double the chance of quitting.

To find a quit-smoking counsellor or group in your community, call or visit the helplines below:

Talk Tobacco

talktobacco.ca 1-833-998-8255 (TALK).

Interpreter services are available in French, and 16 Indigenous Languages.

Nunavut Smokers Helpline

www.nuquits.gov.nu.ca 1-866-3NU-QUIT

Health811

Health811.ontario.ca

Call 811 (TTY1-866-797-0007)

Get fast, free health advice or find health services over the phone or online 24/7

Healthcare Centres and Providers

Talk to your doctor or local public health unit to find out what services are available in your community.

Tungasuvvingat Inuit (TI) Support Services

For further information on TI projects or services, contact:

www.tungasuvvingatinuit.ca

info@tungasuvvingatinuit.ca

Nicotine Replacement Therapy (NRT)

NRT reduces the symptoms of quitting, and doubles the chances of successful quitting compared to not using an aid. There are several ways of introducing NRT, including:

- Lozenges
- Inhalers
- Mouth Sprays
- Gums
- Patches

Non-Insured Health Benefits (NIHB)

Inuit are also eligible to receive up to three courses of NRT treatments in a 12-month period. The three courses include:

- **Two 12-week courses** of nicotine replacement therapy (e.g. patches).
- **One 12-week course** of treatment like gum, lozenges, and inhalers that are intended to be taken as needed.

Indigenous Tobacco Program

Contact your local Tobacco-Wise Lead to find out how we can support you and your community.

tobacchowise@ontariohealth.ca

www.tobacchowise.com

Inuit IT'S TIME Toolkit

To access this resource for healthcare professionals, please visit www.teachproject.ca and click Toolkits, and Toolkit for Inuit.



Indigenous Tobacco Program
tobacchowise.com



**Ontario
Health**

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[illegible]

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 ምክር ቤቱ ለሥራ ስራ

ሙሴ ለገባው ሕግ ምስጋና ያቀርባል፡፡
 ሙሴ ለገባው ሕግ ምስጋና ያቀርባል፡፡
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 ሙሴ ለገባው ሕግ ምስጋና ያቀርባል፡፡

Δεῦτε ἄγε

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 ለጥያቄዎች፣ ለጥያቄዎች ለጥያቄዎች
 ለጥያቄዎች ለጥያቄዎች ለጥያቄዎች
 ለጥያቄዎች ለጥያቄዎች ለጥያቄዎች

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Delay

Cravings often go away within 3 to 5 minutes so try to wait it out

 $\Delta L^{\text{q}} \Gamma \quad \Delta \Gamma_n$

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မန္တလေးတိုင်းဒေသကြီး၊ မန္တလေးမြို့



Drink water

Instead of reaching for tobacco,
reach for a glass of cold water

ΔΕΛΤΑ ΚΟΥΚΟΥ

የፖለቲካ ልማትና ልማት ልማት ልማት
ለሀገራችን ልማት ልማት ልማት



Distract

Find something to keep your mind and hands busy

[illegible][illegible]

Deep breathing

It can help you relax and push away
the urge to smoke

[illegible]

A healthier, happier life is worth the effort!



INUIT

tobaccowise.com



Tungasuvvingat Inuit



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tobaccowise.com



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