רילים שבאניחסתי Be Tobacco-Wise







ቴ⊳ኑ∟°ፚኈ፟ላር? Did you know?

- ΔωΔ^c Λρィンもやしり^c ላጋも^cCc クやイト^cC^c ላ ^c σ アイシーシー C^c ベード・
 Traditionally, Inuit did not have sacred or ceremonial uses of tobacco.

Health benefits of quitting smoking

- Pニュσ 2σಠ: >ペハ・トレハニュ・ゴーティットのしょういいWithin 2 days: Your lungs and heart will be healthier
- C% す 3 ず: >ペハ ヘト ずいして マトーント
 Within 3 months: Your lung function will be better
- 4らず」 1 つ: トレート・シート・・ はしゃりゃりゃ くんしょく いっぱい 1 year: Your risk of heart disease is cut in half

2 10 - 4 40 10 C Δ - L σ 40 Δ 2 L 6 5 6 7 D 2 Û C

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:

- ΔωθΠζεΛαίσθ: ΔυΛΙΖεΛαίσθο Δε΄ εΛαίσες,
 Λελαίσες ΔωθΛελασθο.
 Inuuqatigiittiarniq: Respecting others, relationships and caring for other people.
- もあらうででは、 Aイレトやイトででいる。 トーンコーディットでは、 はいでは、 Aができるといって、 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.
- へてしたいっか: ペイア・つかくっか さんてんしゃ Cdでんでもら、 もそかからなっからら、へんどでもらら、 Pilimmaksaniq: Development of skills through observation, mentoring, practice, and effort.

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- イルーイもつもCΔーLュハ イン・マン・、Δーハ、 ΔーLュ Λもハハ もってーアるい。
 Refrain from smoking around children, family, and friends.

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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 Smokers' Helpline 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:

Ontario Smokers Helpline

www.smokershelpline.ca 1 877 513-5333 Text iQUIT to 123456

Nunavut Smokers Helpline

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

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 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.

Aboriginal Tobacco Program

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

tobaccowise@cancercare.on.ca www.tobaccowise.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.







I want to quit. How do I start?

$\Delta 4^{4}$ $\Delta 5^{2}$ $\Delta 6^{2}$ $\Delta 6^$

Quitting smoking can be difficult. We're here to help!

$C^{*}C^{*}$ $\Delta b \dot{+} \cap b \dot{+} \Delta^{c}$ $\Delta C^{*}D^{c}$ $\Delta b \dot{+} \cap b \dot{+} \Delta^{c}$ $\Delta C^{*}D^{c}$

Here are some tips to help you on your journey:

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ادکال چکمان الایاء

Set a quit date

Pick a day, and write it down

Get support

Pick a day, and write it down or circle in a calendar

From Elders, family members, friends, or your Community Health Representative or healthcare provider

Cut down before you cut out

Create "smoke-free" zones

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CL°a" anaAdnob

If you're not comfortable quitting cold turkey, just cut down by a few cigarettes a day. Keep cutting down until you're at zero Telling yourself "I will not smoke in my car" or "I will not smoke in my home" can really help

Learn how to avoid tobacco by using the 4 Ds:

$\Lambda^{c}C\Delta$ — L' $b^{c}C\Lambda$

(Fash, et Lar, ap dan, blate, actions)



Delay

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

ΔΙΊΓ ΔΓΩ

רבי^ויר אנים ח, בר יינים ח, בר יינים ח סירבייסר בניר



Drink water

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

AZLA S°JNJ

«ፌፌ ՀՐՄՆ ՋՎԻԾ ՍԵՆԵՆԻԳ ԹՎԼԻ «ՀՎԳ ۷۲-ՀԳՎԼԸ ۷۶-ՀԳ



Distract

Find something to keep your mind



Deep breathing

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

A healthier, happier life is worth the effort!







