

# Pônitân



## PÔNITÂNIWANG: KIDÂTIBIZIWIN ONDJE MINO-BIMÂDIZIWIN

**MÂNEWAYAGAD  
KE-ONDJI-BÔNI-  
ZAGASWENÂNIWANGIBAN.**

**AWEGONEN KÎN KE-ONDJI-  
BÔNITÂYAMBAN?**

### **NIJTANA (20) MINIT TANAKAMIGIZÎMAGAD:**

Kimiskwî-dibahigan nâjise ashidj kibangawigowin wâge ijise. Kigijinâmiziwin kinîndjing kaye kiziding wâge ijise.

### **NISHWÂSWE(8) TIBAHIGAN KÎ-BIMOSEMAGAK:**

Carbon monoxide kimiskwîng nâjise.

### **NÎJTANA(20) TIBAHIGAN ASHIDJ NEW(4) KÎ-BIMOSEMAGAK:**

Nônd ijiise kidji-odewâpinen.

### **NÎMADANA(40) TIBAHIGAN ASHIDJ NISHWÂSWE(8) KÎ-BIMOSEMAGAK:**

Kiminândjigewin ashidj kinisidopidjigewin kinawe wanishishin.

### **NÎJWÂSOMIDANA(70) ASHIDJ NÎJ(2) TIBAHIGAN KÎ-BIMOSEMAGAK:**

Kipan mino-ondamitâmagad ashidj kinawe kimino-nese.

### **NÎJ(2) MANÂDJITÂGAN AKO NISO(3) KÎZIS**

Kimiskwî mino-dedibâshkâ. Wendat pimosenâniwang. Kipan 20% kinawe mino-ondamitâmagad.

### **1 AKO 9 KÎZIS:**

Ozosodamowin, kineseyâb kibwâg, ayekoziwin, takonândamowin shôwâdj kigad-ayind. Omînisising kê-inenindâgokin kipaning kokî kada-nitâwiginôn wîdôkâzomagadôn kidji-bînag kipanan ashidj chega âkozin.

### **1 PIBÔN:**

KIDANDAGÂDJI-AYÂNIMIKÂGO! Kigî-gîshkahân âbitâ kidji-odewâpinewamban.

### **KIDAGWÂSHINDIZ PÔNITÂN**

Ânîn minigik wenâdjitâsoyen sagaswân taso kîjig, taso manâdjitâgan, taso kîzis, taso pibôn?

Wânakî-bimâdizin mâmawe iye shônîyâ enawisatwân.

Andonan Wîdôkâgôziwin Ondje Segaswedjig mizimizide-nanda-gikenindjiganing *Smoking Calculator* eji-wîndeg [www.smokershelpline.ca](http://www.smokershelpline.ca) ke-wîndamâgoyen ked-iji-anîwisatwân kijônîyâm.



Ontario