ᐋᓐᓂᐊᖅᑲᕐᓇᖏᑦᑐᓕᕆᔨᒃᑯᑦ ᐃᓄᓕᕆᔨᒃᑯᓪᓗ
Munarhiliqiyikkut Inuuhiriknirmullu
Department of Health and Social Services
Ministère de la Santé et des Services sociaux

ᓱᓕᓪᓗᑎᒃ ᑎᑎᕋᖅᓯᒪᔪᑦ:

ᕿᑦᑐᕆᐊᑦ ᑐᕐᑯᓐᓇᖅᑐᒥᒃ ᐊᐃᑦᑐᐃᔪᓐᓇᕐᓂᖏᑦ

ᖃᓄᖅ ᐃᓄᐃᑦ ᐊᐃᑦᑐᖅᑕᐅᕙᒃᐸᑦ ᕿᑦᑐᕆᐊᓂᒃ ᑐᕐᑯᓐᓇᖅᑐᓕᖕᓂ?
ᐃᓄᐃᑦ ᐊᐃᑦᑐᖅᑕᐅᔪᓐᓇᖅᐳᑦ ᑐᕐᑯᓐᓇᕐᑐᒥᒃ ᕿᑦᑐᕆᐊᒃᑯᑦ ᐊᐃᑦᑐᖅᑕᐅᓯᒪᓂᑯᒃᑯᑦ. ᕿᑦᑐᕆᐊᖅ ᐅᓗᕆᐊᓇᖅᑐᒥᒃ ᐊᐃᑦᑐᖅᑕᐅᕙᒃᐳᑦ ᐊᐅᖕᒥᒃ ᒥᓗᖃᕐᓂᑯᕕᓂᐅᒍᓂ ᖁᑦᐸᓄᐊᕕᓂᕐᒥᒃ. ᑕᒪᓐᓇ ᐊᐃᒃᑑᑕᐅᕙᒃᐳᖅ ᐊᑯᓐᓂᖏᓐᓂ ᕿᑦᑐᕆᐊᑦ ᐊᒻᒪᓗ ᖁᐸᓄᐊᑦ. ᐊᐃᑦᑐᖅᑕᐅᔪᓐᓇᖏᓚᒋᑦ ᐃᓅᖃᑎᖕᓂᒃ ᑮᔭᐅᔪᕕᓂᕐᒧᑦ ᕿᑦᑐᕆᐊᒧᑦ.

ᖃᓄᖅ ᖃᐅᔨᔪᓐᓇᖅᐱᑕ ᐊᐃᑦᑐᖅᑕᐅᓐᓂᕈᑦᑕ?
ᐃᓄᐃᑦ ᐊᐅᑦᑐᖅᑕᐅᔪᑦ ᑕᒪᑐᒧᖕᒐ ᖃᓄᐃᑉᐸᖕᒋᑦᑐᑦ ᑎᒥᒥᑦᑎᒍᑦ, ᐃᓚᖏᑦ ᐅᓇᓕᖅᐸᒃᓱᑎᒃ ᐃᒻᒪᖅᑳ ᐱᓇᓱᐊᕈᓯᓗᒃᑖᒧᑦ. ᐊᓐᓂᐊᖅᓂᐅᔪᑦ ᐅᓇᖅᓂᖅᑲᖅᑕᖅᐳᑦ, ᓂᐊᖅᑯᖑᓪᓗᑎᒃ ᐊᒻᒪᓗ ᓴᐅᓂᖑᕙᒃᐳᑦ. ᐊᐅᐸᓪᓛᓂᖅᑲᖅᐸᕈᕗᖅ ᑎᒥᖕᒋᑦᑕ ᐃᓚᖓᓂᒃ ᐊᒻᒪᓗ ᕿᓕᖅᓯᓇᐃᑦ ᐃᓚᖏᑦ ᐳᓕᖅᐸᒃᓱᑎᒃ. ᑕᒪᐃᓐᓂᒃ ᖃᐅᔨᓴᖅᑕᐅᓂᑯᓂ 1-ᐳᓴᓐᒥᒃ ᐃᓚᖏᑦ ᐅᓗᕆᐊᓇᖅᑐᒥᒃ ᐊᐃᑦᑐᐃᔪᓐᓇᕆᕗᖅ ᖃᕆᑕᕐᓂᒃ ᐳᕕᓕᖅᑎᑦᓯᔪᓐᓇᕐᒥᖕᒪᑕ. ᐃᓐᓇᐃᑦ ᐅᓗᕆᐊᓇᖅᑐᒦᓗᐊᖅᐳᑦ ᐃᓐᓇᐅᓂᖏᑦ ᐊᑦᑕᓇᕐᓂᖏᓐᓄᑦᓗ ᑕᒪᑐᒧᖕᒐ ᐊᓐᓂᐊᕐᓇᖅᑐᒥᒃ ᐊᐃᑦᑐᖅᑕᐅᔪᓐᓇᖅᑐᑦ.

ᖃᓄᖅ ᐅᓗᕆᐊᓇᖅᑎᒋᓂᕆᔭᖓ ᓄᓇᕗᒥᐅᓄᑦ ᐊᒃᑐᐊᓂᖃᕐᓂᐊᖅᐸ?
ᕿᑦᑐᕆᐊᑦ ᓄᓇᕗᒥᐅᑕᐅᔪᑦ ᑕᒪᐃᑦᑐᒥᒃ ᐊᐃᑦᑐᐃᖏᒃᑲᓗᐊᖅᐳᑦ, ᑕᐃᒪᓕ ᐊᐃᑦᑐᖅᑕᐅᔪᓐᓇᕐᓂᖅ ᑕᒪᑐᒧᖕᒐ ᐅᓗᕆᐊᓇᓗᐊᖏᓚᖅ. ᑮᓯᐊᓂᓕᑦᑕᐅᖅ, ᓄᓇᕗᒥᐅᑕᐃᑦ ᐊᐃᑦᑐᖅᑕᐅᔪᓐᓇᖅᐳᑦ ᖃᐸᓗᓈᑦ ᓄᓇᖓᓐᓄᑦ ᐊᐅᓚᕈᑎᒃ ᕿᑦᑐᕆᐊᓂᒃ ᐊᐃᑦᑐᐃᔪᓐᓇᖅᑐᑦ ᑕᒪᑐᒥᖕᒐ. ᖃᐅᔨᒪᔭᐅᓪᓚᕆᒋᐊᖃᖅᐳᖅ ᐃᓄᐃᑦ ᐊᐅᓚᖅᐸᒃᑐᑦ ᖃᐸᓗᓈᑦ ᓄᓇᖓᓐᓄᑦ ᐃᖏᓂᒃ ᑲᒪᒋᔭᕆᐊᖃᖅᐳᑦ ᐊᐃᑦᑐᖅᑕᐅᑦᑕᐃᓕᒪᓂᕐᒧᑦ ᖃᐅᔨᒪᔭᕆᐊᖃᖅᐳᑦ ᐅᔾᔨᖅᑐᑦᓯᐊᕐᓗᑎᒡᓗ ᐃᖏᓂ ᐊᒻᒪᓗ ᖃᑕᓐᖑᑎᒥᖕᓂᒃ.

ᖃᑯᒍᓕ ᑕᒪᓐᓇ ᐅᓗᕆᐊᓇᕐᓂᖓ ᐅᔾᔨᖅᑐᕆᐊᖃᒻᒪᕆᒃᐸ?
ᑲᓇᑕᐅᑉ ᓄᓇᖁᑎᖕᒋᑦ ᑲᓇᖕᓇᖅᓱᐸᓯᒋᑦᑐᑦ, ᑕᒪᓐᓇ ᕿᑦᑐᕆᐊᑦ ᐊᐃᑦᑐᐃᔪᓐᓇᕐᓂᖏᑦ ᐅᓗᕆᐊᓇᖅᑐᒥᒃ ᓴᕿᔭᕐᓂᖅᓴᐅᕙᒃᐳᑦ ᐊᐅᔭᒃᑯᑦ ᕿᑦᑐᕆᐊᖃᕐᓇᓕᖅᑎᓪᓗᒍ, ᐱᒋᐊᖅᓱᑎᒃ ᕿᑎᕈᔪᐊᓂ ᒥᐃ ᑎᑭᓪᓗᒍ ᕿᑎᕈᔪᐊᓂᒃ ᓯᑎᐱᕆ ᐅᕝᕙᓘᓐᓃᑦ ᐊᒃᑐᐸᒧᑦ.

ᖃᓄᕐᓕ ᐅᕙᓐᓂᒃ ᓴᐳᑎᔪᓐᓇᖅᐳᖓ ᐊᐃᑦᑐᖅᑕᐅᑦᑕᐃᓕᒪᓂᕐᒥᒃ ᑕᒪᑐᒧᖕᒐ?
ᖃᓄᑐᐃᓐᓇᖅ ᐱᓕᕆᐊᕆᔭᐅᔪᑦ ᓴᐳᑎᓯᒪᒍᓐᓇᖅᐅᑦ ᐊᒪᒪᒃᑕᐅᑦᑕᐃᓕᓂᕐᒧᑦ ᐱᔾᔪᑎᒃᓴᐃᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᕐᓂᐅᓂᒃᓴᖏᑦ ᐃᓂᒋᔭᖏᓐᓂᒃ ᐊᒥᓱᓐᖑᖅᑎᕐᓯᑕᐃᓕᒪᓂᕐᒥᒃ ᑕᒪᒃᑯᐊ ᐅᔾᔨᕆᔭᐅᒃᐸᑕ ᐊᐃᑦᑐᖅᑕᐅᖏᔾᔪᑎᒋᒍᓐᓇᖅᓂᐊᖅᐸᓯᐅᒃ. ᓴᐳᑎᓇᓱᐊᕐᓂᖅ ᐃᓕᖕᓂ ᐊᒻᒪᓗ ᖃᑕᓐᖑᑎᖕᓂ ᕿᑦᑐᕆᐊᓂᒃ ᐊᐃᑦᑐᐃᔪᓐᓇᖅᑐᓂᒃ ᐱᑕᖃᐅᖅᑐᒦᑯᔾᔪ ᐃᒪᐃᓕᐅᕈᓐᓇᖅᐳᓯ:

- ᓂᕈᑐᔪᓂᒃ ᐊᐃᕐᑯᖅᑐᔪᓂᒡᓗ ᐊᓐᓄᕋᖅᓯᒪᕙᒡᓗᓯ
- ᖃᐅᔨᓗᕈᔪᒃᑐᓂᒃ ᐊᓐᓄᕋᖅᓯᒪᕙᒡᓗᓯ, ᕿᓂᖅᑐᐃᑦ ᕿᑦᑐᕆᐊᓄᑦ ᐱᐅᒋᔭᖑᓂᖅᓴᐅᕙᖕᒪᑕ
- ᕿᑦᑐᕆᐊᓯᐅᔪᒥᒃ ᐊᑐᖅᐸᒡᓗᓯ ᑎᑎᖃᓕᖕᒥ ᐃᒪᐃᑦᑐᒥᒃ Deet. ᐃᓪᓕᕆᓂᖅ ᕿᑦᑐᕆᐊᖅᓯᐅᒻᒥᒃ 30ᐳᓴᓐ ᐅᖓᑖᓄᑦ ᐃᓐᓇᐃᑦ ᐃᓪᓕᕆᔭᕆᐊᖃᖏᓚᑦ ᐊᒻᒪᓗ ᓱᕈᓯᕐᓄᑦ 10ᐳᓴᓐ ᐅᖓᑖᓄᑦ ᐃᓪᓕᕆᔭᕆᐊᖃᖏᓚᑦ. ᕿᑎᑐᕆᐊᖅᓯᐅᑦ ᑕᐃᒪᐃᑦᑐᖅ ᓱᕈᓯᕐᓄᑦ ᑕᕿᓕᖕᓄᑦ ᐊᕐᕕᓂᖕᓂ ᐃᓪᓕᕆᔭᐅᔭᕆᐊᖃᖏᓚᑦ. ᐅᖃᓕᒫᕐᓯᐊᕐᓗᒋᑦ ᑎᑎᖃᖏᑦ ᕿᑦᑐᕆᐊᖅᓯᐅᑏᑦ ᐱᕙᓂᐊᖅᐳᓯ.

ᐊᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᑦ ᐊᒻᒪ ᐃᓄᓕᕆᔨᒃᑯᑦ ᖃᓄᐃᓕᐅᖅᐸᓪᓕᐊᕙᑦ ᑕᒪᑐᒧᖕᒐ ᕿᑦᑐᕆᐊᓄᑦ ᐅᓗᕆᐊᓇᖅᑐᖃᕐᓂᖏᓐᓂᒃ?

1) ᐃᓕᓐᓂᐊᖅᑐᓕᕆᓂᖅ: ᕿᑦᑐᕆᐊᑦ ᐅᓗᕆᐊᓇᖅᑐᖃᖅᑐᑦ ᖃᐅᔨᔭᐅᔪᖃᓚᐅᖏᓚᖅᓱᓕ ᓄᓇᕗᒦᑦᑐᖃᓕᕐᓂᖓᓂᒃ. ᑮᓯᐊᓂᓕᑦᑕᐅᖅ, ᐃᓄᐃᑦ ᓄᓇᕗᒥᐅᑕᐅᔪᑦ ᖃᐸᓗᓈᑦ ᓄᓇᖏᓐᓄᑦ ᐊᐅᓚᕋᔪᖓᑕ, ᑕᐃᒪᓕ ᐊᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᑦ ᐊᒻᒪ ᐃᓄᓕᕆᔨᒃᑯᓪᓗ ᐊᑐᐃᓐᓇᐅᑎᑕᐅᓂᐊᖅᐳᑦ ᐱᓕᕆᔨᐅᔪᓄᑦ ᓇᓂᑐᐃᓐᓇᖅ ᐊᒻᒪᓗ ᑕᒪᒃᑯᐊ ᕿᑦᑐᕆᐊᑦ ᐊᐃᑦᑐᐃᔪᓐᓇᕐᓂᖏᓐᓂᒃ ᐅᓗᕆᐊᓇᖅᑐᒥᒃ ᐊᒻᒪᓗ ᖃᓄᖅ ᓴᐳᑎᒍᓐᓇᕐᓂᖏᑦ ᐃᓄᐃᑦ ᐊᒻᒪᓗ ᖃᑕᓐᖑᑎᑦ.

2) ᖃᐅᔨᓴᕐᓂᖅ ᐃᓄᖕᓂᒃ ᐊᐃᑦᑐᖅᑕᐅᔪᕕᓂᕐᓂᒃ: ᖃᐅᔨᓴᖅᑕᐅᓂᑯᕕᓂᕐᓂ ᑐᓴᒐᒃᓴᐃᑦ ᐊᑐᐃᓐᓇᐅᑎᑕᐅᓂᐊᖅᐳᑦ ᐱᓕᕆᔨᐅᔪᓄᑦ ᐊᓐᓂᐊᕐᕕᓕᖕᓄᑦ ᓇᓂᑐᐃᓐᓇᖅ ᐊᒻᒪᓗ ᑕᒪᒃᑯᐊ ᐊᓐᓂᐊᕐᕕᑦ ᖃᐅᔨᓴᕐᓯᐊᕈᓐᓇᕐᑯᐸᓗᒋᑦ ᐃᓄᖕᓂᒃ ᐊᐃᑦᑐᖅᑕᐅᓯᒪᑐᐃᓐᓇᐊᖃᕋᓱᒋᔭᐅᔪᓂᒃ ᖃᐸᓗᓈᑦ ᓄᓇᖏᓐᓂᓚᐅᖅᑐᕕᓃᑦ ᖃᐅᔨᔭᐅᓵᓕᕐᑯᓪᓗᒋᑦ ᖃᐅᔨᓴᖅᑕᐅᕙᖕᓂᐊᖅᐳᑦ.

3) ᑎᖕᒥᐊᓂᒃ ᑐᕐᑯᖓᔪᓂᒃ ᖃᐅᔨᓴᕐᓂᖅ: ᐆᒪᔪᓕᕆᕝᕕᒃ, ᐊᕙᑎᓕᕆᔨᒃᑯᓐᓂ, ᐱᓕᕆᖃᑎᖃᕐᓗᑎᒃ ᐊᖑᓇᓱᒃᑐᓕᕆᔨᓂᒃ ᓄᓇᓕᖕᓂ, ᖃᐅᔨᑎᕐᓯᓯᒪᓂᐊᕐᒪᑕ ᑲᑎᒪᔨᔪᓂᒃ ᖃᑎᖅᓱᐃᓂᐊᕐᓂᖏᓐᓂᒃ ᑐᕐᑯᖓᔪᕕᓂᑐᖃᐅᔪᓂᒃ ᑎᖕᒥᐊᓂᒃ ᕿᑦᑐᕆᐊᓄᑦ ᐊᐃᑦᑐᖅᑕᐅᓯᒪᖏᓐᓂᑰᓗᐊᕐᒪᖔᑖ ᓄᓇᒥ ᓇᓂᔭᐅᓂᕈᕕᓂᕐᓂᒃ.