ᐊᓐᓂᐊᖅᑲᖕᓇᖕᒋᑦᑐᓕᕆᔨᒃᑯᑦ ᐃᓄᓕᕆᔨᒃᑯᑦᓗ
Munarhiliqiyikkut Inuuhiriknirmullu
Department of Health and Social Services
Ministère de la Santé et des Services sociaux

Naunaipkaitjut: Kikturiat Tuqutjutinnaqtut

Qanuq inuit annirutinikpaktut kikturiat tuqutjutinnaqtunik?
Inuit anniarutiqarniaqtut Kikturiat Tuqutjutinnaqtunik kukughirumik anniaqaqtunik kikturiat. Kikturiaq anniarutinikpaktut aunganik pigumi qupanuamit anniaqtumik. Tuniyauyuq kikturianit qupanuanut. Tamna anniarut pilimaittat atlanit inuknit kukughiqtut kikturiamit.

Qanuqtut naunairniaqit Kikturiat Tuqutjutinnaqtunik pitjutiliqaruvit?
Amigaittut inuit kukughiqtut hapkunanga Kikturiat Tuqutjutinnaqtunik mihigilimaitaa anniarutinga, kihiani ilangit anniarniavlutik Santi atauhirmikluuniit. Naunairutit ilauyut unnaghutik, anniarhutik unalu aanirnalaqiuq. Uviniknilu Kilaqarniaqturlu timingani puvingayuqarlunilu qinirhinangit. Ikiklitqiaq 1 pusanik talvuuna, Kikturiat Tuqutjutinnaqtunik qaritauyami immaktinnaqtuq (puvipkarniq qaritarmi). Inirniriit kihimi qayangnaqtuq tafumunga.

Huna qayagiknarutinga kiitiruvit Kikturiat Tuqutjutinnaqtunik Nunavutmi?
Kikturiat Nunavutmi kihimi hiamittilimaitaa tafuminga anniarutimik, talvuuna qayagiknarutinga anniarutinga hamani angivatlaangittuq. Kihimi, Nunavunmiut kikturiap anniarutaanik pitaaqtuq qablunaanut nunanganut aullarumik taimaittuminga Kikturiat Tuqutjutinnaqtunik piqaqat. Ilihimayaghat tamna anginiqaqpiaqtuq tapkuat inuit aullaliqtut qablunaat nunanganut ilihimayaghaat qanuqtut kamagiyariaqatuq inminik ilaitlu.

Qanga tamna qayagikniq qayagitqiyauva?
Kanataup nunaqutinganit hivungini, Kikturiat Tuqutjutinnaqtunik pitjutigiyauyuq kikturianikpat, kihiani qitqanit Maymit qiqiliqat (nunguliqat Saptaipa-Aktuuba)

Qanuqtut uvamnik kukughiqtailiniaqinga Kikturiat Tuqutjutinnaqtunik
Hulilukaarniq tamarmik kikturianit kiittiqtainiq kikturitjiipkaiyuq ikayuutauyuq ikiklitqiyauyuq qayangnaq kukughirnimit. Munariqupluhi kikturianit kukughirnit talvaniitkumik Kikturiat Tuqutjutinnaqtunik hulilukaarniq imailiuqtughauyuhi:

- Aturlutit nirutuyunik, aiquqtuyunik akuvruanik ataqtaaniklu
- Atimavaklutit taangitunik-kalalgit annuraat taatqiat kalalgit kikturiat aliagingmatik
- Aturlutit kikturiiyautmik piqaqtumik DEET-mik. Illiriniq DEET-mik kikturiiyaut angitqiyauyughaungittuq 30 pusanik inirniit unaluuniit 10 pusaniklu nutaqanut. DEET atuqtauyughangittuq nutaqanit siksinik tatqirhiutiniqaqtunik. Taiguattiarlugu maliktaghait atuqtinnagu kikturiijautingit.
- Kikturiaqaqtuniihuirit kikturiat kukughirnatqiat ubluumami munariqupluhi.

Hulivat Anniaqtuliginikot, Inuliqiyiitlu Havakviat uminga Kikturiat Tuqutjutinnaqtunik?

1) Ilihaqtuliriiniq: Kikturiaq hiamiktittut tapkunanik Kikturiat Tuqutjutinnaqtunik takunnaittut Nunavutmi. Kihimi, Nunavutmiut aullaaliqpaktut qablunaat nunanganut qanganguraangat, talvuuna Anniaktoliginikot, Inulikiyiitlu Havakviat tuniliqtut naunaiyarutinik hunaungmat Kikturiat Tuqutjutinnaqtunik qanurlu inuit munariqupluhi.

2) Qauhimaniq inungnik ihivriurninga: Anniaqtuliniq naunaiyarnia ihivriurninga tuniyauniaqtut munarhitkunut anniarviknut munarhitkunutlu inuit piquplugit anniaqaliqata qablunaat nunangani ilitturiyauyut qilamik.

3) Tuqungayut qupanuat ihivriurninga: Uumayuliqiyiitkut, Avatiliqiyikkutlu, paanariikhutik Angguhiqiitkutlu, uqarniaqtaat ilauyut katitiriunik uuktutingit tuqungayunik qupanuanik takuyamiknik nunami.

Tuniyauhimayuq uumannga: Havakvigiyanganit Aaniaqtailinikkut Atanguyalluangat Aaniaqtailinirmut, 2006