ᓄᓇᕗᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ
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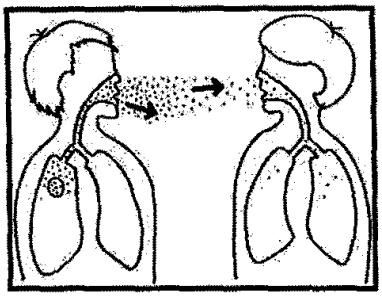
CENTRE DE SANTÉ TULATTAVIK DE L'UNGAVA

ᐃᓄᓕᒻᒥ ᑕᐃᓕᒋᐊᖃᑦᑯᖅ ᐳᕙᓪᓗᓗᓂ



ᐳᕙᓪᓗᓗᑎᑦ, ᐋᓐᓂᐊᓂᒃ ᐃᑦᐸᑎᑦᓯᒍᓐᓇᑐᑎᑦ ᐊᓯᓄᑦ ᐊᓂᑦᓂᑯᑦ ᖁᐃᑦᑐᓂᒃᑯᑦ, ᑕᒋᐅᓐᓂᑯᑦ, ᐅᖃᓕᒪᕕᒋᔭᑎᓐᓄᑦ, ᐃᔪᑦᓗᑎᑦ ᐃᖅᑕᓗᑎᓪᓗᒋᑦ.

ᖃᓂᒪᓪᓗᐊᖅᑲᓗᐊᕈᕕᑦ ᐋᓐᓂᐊᕕᒻᒦᒋᐊᖃᖅᑐᑎᑦ ᐋᓐᓂᐊᒥᒃ ᐊᐃᑦᑐᑑᑎᖃᕈᓐᓇᓗᑎᑦ ᐊᓂᑦᕋᓯᒪᐃᓐᓇᕆᐊᖃᑦᑐᑎᑦ ᐃᓄᓐᓃᑕᐃᓕᓗᑎᑦ.

ᐊᓂᑦᕋᓯᒪᐃᓐᓇᕆᐊᖃᑦᑯᖅ

ᐊᓂᑦᕋᓯᒪᐃᓐᓇᕆᐊᖃᓯᓲᑦ ᐊᐃᑦᑐᑑᑕᐅᒍᓐᓇᑐᒥᒃ ᐋᓐᓂᐊᖃᑐᐊᕋᒥᒃ. ᐊᓂᑦᕋᓯᒪᐃᓐᓇᕆᐊᖃᑦᑯᖅ ᐱᒻᒪᕆᐊᔫᔪᖅ ᐳᕙᓪᓗᓂᑦᒥᒃ ᐊᐃᑦᑐᑑᑕᐅᖁᕕᖅᒍᑦ ᐊᓯᓄᑦ. ᐊᓂᑦᕋᓯᒪᐃᓐᓇᓗᓂ ᐋᓐᓂᐊᓯᐅᑎᑑᒪᑦᓯᓂ ᐱᐅᓂᑦᓴᐅᒥᕗᖅ ᑎᒥᐅᑉ ᐋᕿᑉᓐᓕᐊᓂᕆᐊᓕᖅᓄᑦ ᓴᐳᔫᑕᖅᑦᑕᓗ ᓲᖅᓯᕙᓪᓕᐊᓂᕆᐊᓕᖅᓄᑦ ᐋᕿᓯᐊᑦᓗᓂ ᐊᐃᑦᑐᑑᑎᖃᕈᓐᓇᕈᓐᓇᐃᓗᓂᓗ ᐋᓐᓂᐊᒥᒃ.

ᐊᓂᑦᕋᓯᒪᓗᓂ ᐱᐅᓂᑦᓴᖅ ᐃᓱᑦᓇᓇᑦᓂᓴᐅᑦᓯᓂᓗ ᐋᓐᓂᐊᕕᒻᒥ ᐃᓅᑑᒃᑲᓪᓚᓄᖅᑐᒥ. ᐋᓐᓂᐊᓯᐅᑦᑏᑦ ᒪᓕᑦᑕᐅᓯᐊᖁᔨᔪᑦ ᖃᓄᐃᓛᓇᐊᖃᑦᓂᓂᒃ ᐊᓪᓚᑕᐅᒪᔪᓂᒃ ᐅᑯᓂᖓ.

ᓴᐳᒻᒥᓚᐅᒃᑭᑦ ᐃᓚᑎᑦ, ᐃᓚᓐᓈᑎᑦ ᐊᒻᒪᓗ ᓄᓇᕗᒻᒥᐅᖑᖃᑎᑦ

→ ᐊᓂᑦᕋᓯᒪᐃᓐᓇᓗᑎᑦ. ᑕᖃᐃᑦᓯᓯᐊᖃᑦᑕᓗᑎᑦ ᐊᒻᒪᓗ ᓂᕆᑦᓯᐊᖃᑦᑕᓗᑎᑦ.

→ ᐊᓂᑦᕋᒥᐅᖑᖃᑎᒋᓯᑐᖃᑎᑦ ᑭᓯᐊᓂ ᖃᑎᖓᓐᓇᑕᑎᑦ ᐳᕙᓪᓗᓂᑦᓂ. ᐃᓱᒫᓗᒋᐊᖃᖅᑐᑦ ᐳᕙᓪᓗᓕᑦᓂᐊᖑᑦᓗᑎᒃ ᐳᕙᓪᓗᓇᐅᑉ ᖁᐱᑦᕈᑯᓗᖓᓂᒃ ᐃᓗᒻᒥᑦᑦᒪᑕ ᑎᒥᖅᑦ. ᓯᕗᓪᓕᐸᐅᓗᑎᒃ ᖃᐅᔨᓴᐅᑦᑕᐅᖃᕋᔭᑦᑐᑦ ᐳᕙᓪᓗᒪᖓᒥ.

→ ᐱᐊᕋᐃᑦ 5 ᐊᑖᓂ ᐅᑭᐅᓖᑦ ᖃᐅᔨᓴᑦᑕᐅᓲᕋᔭᑦᑐᑦ ᐊᒻᒪᓗ ᐳᕙᓪᓗᑖᕆᒃᑯᑎᓂᒃ ᐃᖃᑎᑕᐅᓯᑦᓴᐅᑎᒋᓗᑎᒃ ᐅᕕᓂᒃᑯᑦ ᖃᐅᔨᓴᐅᑎᒍᑦ ᖃᐅᔨᓴᑦᑕᐅᓚᐅᕋᑎᒃ. ᑎᒥᖅᑦ ᓴᖅᓱᐊᖅᓇᑐᐃᓐᓇᕆᐊᖃᑦᒪᑕ ᐳᕙᓪᓗᓇᑦᑐᓂᒃ ᖁᐱᑦᕈᑯᓐᓂᒃ ᓲᖓᓯᒋᐊᒥᒃ.

→ ᐃᓄᑑᒍᓐᓇᑐᐊᕈᕕᑦ ᖃᕆᐊᑦᒥ ᓯᓂᖃᑦᑕᕆᐊᖃᑦᑐᑎᑦ. ᖃᕆᐊᓕᑑᖃᔭᖅᑯᕕᑦ, ᑕᐃᒃᑯᐊ ᐳᕙᓪᓗᓂᑦᑎᓗᑎᑦ ᖃᓂᑕᕆᔭᕕᓂᑎ ᓯᓂᕝᕕᓖᒍᓐᓇᑐᑦ.

→ ᐃᒐᓛᑎᑦ ᒪᑐᐃᖓᑎᖃᑦᑕᓗᒋᑦ ᕿᐅᔭᓇᓗᐊᖅᑐᐊᕐᐸᑦ. ᑕᐃᒫᑦ ᐳᕙᓪᓗᓇᑦᑐᐃᑦ ᐊᓂᑦᓂᑯᑦ ᐊᓂᐊᔪᑦ ᖁᐱᑦᕈᑯᓗᐃᑦ ᐊᓂᐊᒍᓐᓇᒪᑕ.

→ ᖁᐃᑦᑐᓕᕈᕕᑦ ᑕᒋᐅᓕᕈᕕᓪᓗᑑᑦ ᖃᑑᑦ ᕿᖓᐃᓪᓗᑲᒃᑭᒍᑎᑦᓴᔭᒧᑦ ᐸᑐᒻᒥᖃᑦᑕᓗᒋᒃ ᑕᓕᓐᓄᓗᓐᑑᑦ.

⊗ **ᐳᓛᑦᑕᐅᖃᑦᑕᕆᐊᖃᕿᑐᑎᑦ** ᐊᓯᓄᓪᓗ **ᐳᓛᕆᐊᖃᑦᑕᕆᐊᖃᕿᓯᑎᑦ.**

⊗ **ᐱᓇᓯᒋᐊᑦᑐᖃᑦᑕᕆᐊᖃᕿᑐᑎᑦ**.

⊗ ᓇᒧᑐᐃᓐᓇᖅ **ᐃᓄᓐᑑᖃᑦᑕᕆᐊᖃᕿᑐᑎᑦ**, ᐃᓕᓐᓂᐊᕕᒻᒧᑦ, ᐱᖑᐊᕕᒻᒧᑦ, ᓂᕿᓯᕕᒻᓄᑦ, ᑐᑦᓯᐊᕕᒻᒧᑦ, ᐃᓪᓗᐃᓗ ᐃᓗᐊᑑᑦᑐᓄᑦ ᐱᖑᐊᕕᓐᓄᑦ ᐅᑦᕙᓘᓐᑑᑦ ᓯᖃᑦᓯᕕᓚᑑᓄᑦ, ᐊᓯᕿᓐᓄᓗ

⊗ **ᐊᐃᖃᑦᑕᕆᐊᖃᕿᑐᑎᑦ** ᑲᑎᑦᕕᐅᔪᓄᑦ ᐃᑑᓕᑦᕕᓯᐅᑦᑐᖃᓕᑦᐸᑦ, ᑲᑎᑎᑕᐅᔪᓄᑦ, ᑐᓴᑦᓂᔫᑦᑎᓯᔪᓄᑦ, ᐃᓚᒋᑦᑐᑦ ᑲᑎᓕᑦᐸᑕ, ᐃᓗᕕᑦᓯᔪᓄᑦ, ᐊᓯᕿᓐᓄᓗ.

⊗ **ᐊᐅᓪᓚᑕᐃᓕᒋᐊᖃᑦᑐᑎᑦ** ᓄᓇᓕᑉᐱᑦ ᐊᓯᐊᓄᑦ.

⊗ **ᐃᒥᐊᓗᑦᑕᐃᓕᒋᐊᖃᑦᑐᑎᑦ** ᓯᐳᑦᑐᑕᐃᓕᓗᑎᓗ **ᐋᖓᔫᓐᓇᑐᓂᒃ** ᐱᕙᑎᑦ ᒪᒥᓴᑦᓂᕿᓐᓂ.

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ᐊᑑᑎᔭᐅᒍᓐᓇᑐᑦ ᐊᓂᕐᕋᓯᒪᔪᒧᑦ

→ **ᖃᓄᐃᓘᖃᑎᖃᖃᑦ ᑕᕈᓐᓇᑐᑎᑦ ᐃᓚᑎᓐᓂᒃ ᐃᓚᓐᓈᑎᓐᓂᓗ** - ᐅᖃᓚᐅᑎᒃᑯᑦ ᐅᕝᕙᓘᓐᓃᑦ ᖃᕆᑕᐅᔭᒃᑯᑦ. ᐃᓄᑑᒋᒃᑯᑎᒋᒍᓐᓇᕋᕕᐅᕐ

→ **ᐊᑐᑐᐃᓐᓇᖃᑦ ᑕᓗᑎᑦ** ᐱᐅᓯᕆᓘᑐᖃᑎᓐᓂᒃ ᐊᓂᕐᕋᓂ ᓂᕆᓂᒃᑯᑦ, ᑕᓚᕕᔭᒥᒃ ᑕᑯᓐᓇᐅᔮᕐᓂᑯᑦ ᐃᓚᒋᔭᑎᓐᓂᓗ ᐅᖃᖃᑎᖃᖃᑦᑕᓂᒃᑯᑦ, ᖃᕆᐊᒦᒃᓚᑐᐃᓐᓇᖃᑦᑕᕆᐊᖃᕐᑐᑎᑦ.

→ **ᐅᕝᕙᖃᑦ ᑕᓗᒋᑦ** ᓂᕆᒍᑎᕕᓂᑎᑦ ᐳᒍᑕᑎᑦ ᔅᕕᑎᑦ ᐅᕝᕕᐅᔭᑎᑦ, ᐊᓐᓄᕌᑎᑦ ᐊᒻᒪᓗ ᕿᐱᑎᑦ..

→ **ᓂᕿᓯᒋᐊᕐᑐᑎᖃᑦ ᑕᓗᒋᑦ** ᐃᓚᑎᑦ ᐃᓚᓐᓈᑎᓐᓗ.

→ **ᓯᓚᒦᒃᐃᓐᓇᖃᑦ ᑕᓗᑎᑦ** ᐱᓯᓐᓗᑎᑦ ᐃᓂᕐᕋᐅᑎᒃᑯᑑᓐᓃᑦ ᓄᑖᑦᑑᓗᐊᕿᑐᐊᕈᕕᑦ. ᐊᒥᓯᑦ ᐃᓯᕐᓇᓕᐅᒥᓱᑦ ᓯᓚᒦᒃᐃᓐᓇᑐᕕᓂᐅᑐᐊᕋᒥᒃ. ᓯᓚᒦᓕᕈᕕᑦ ᖃᓂᕐᓄᑦ ᐸᑐᒻᒥᐅᑎᒃᑲᓇᐊᑐᕿᑐᑎᑦ, ᑭᓯᐊᓂ ᖃᓂᑕᖃᓐᓗᐊᓇᐊᖃᕿᑐᑎᑦ ᐊᓯᑎᓐᓂᒃ ᐃᓄᓐᓂᒃ (ᐅᖓᓯᓐᓂᖃᕐᓗᑎᑦ 1 ᒦᑕᒧᑦ ᐊᓯᓐᓂᒃ ᐅᖃᖃᑎᖃᓇᐊᖃᕈᕕᑦ).

→ **ᐊᐃᑦᓯᖃᑦ ᑕᓗᑎᑦ** ᐱᓇᓯᐊᕈᓯᑕᒫᑦ ᐃᖃᒐᑎᓐᓂᒃ ᐋᓐᓂᐊᕕᒻᒥ. ᑕᐃᒫᒃ ᑭᓯᐊᓂ ᐳᕝᓗᒍᓐᓇᐃᕈᓐᓇᕋᕕᑦ. ᖃᓂᕐᓄᑦ ᐸᑐᒻᒥᐅᑎᒃᑲᓇᐊᖃᕐᑐᑎᑦ ᐋᓐᓂᐊᕕᒻᒦᓕᕈᕕᑦ.

ᖃᓄᑎᒋ ᐊᑯᓂᐅᔪᖅ ᐊᓂᕐᕋᓯᒪᐃᓐᓇᓇᐊᖃᕐᓂᖅ

ᐊᓂᕐᕋᓯᒪᐃᓐᓇᓇᐊᖃᕐᓂᐅᑉ ᐊᑯᓂᐅᓂᖓ ᐊᑦᔨᒌᓯᖑᕐᑐᖅ ᐊᑦᔨᒌᕿᑐᓄᑦ ᐃᓄᓐᓄᑦ. ᖃᓄᑎᒋ ᓱᑲᑦᑐᒥᒃ ᐋᕿᐸᓪᓕᐊᓃᑦ ᑲᒪᒋᔭᐅᑎᓪᓗᒍ ᓯᖑᐃᑕᐅᒍᓐᓇᑐᖅ ᖃᓄᑎᒋ ᐊᑯᓂ ᐊᓂᕐᕋᓯᒪᐃᓐᓇᓇᐊᖃᕐᓃᑦ. ᐃᓚᖓᓂᒃ ᒪᕐᕈᐃᓈᓐᓂᒃ ᐱᓇᓯᐊᕈᓯᕐᑐᕈᓐᓇᑐᖅ ᐃᓚᖓᓂᓪᓗ ᐊᑯᓂᐅᓂᕐᔭᖅ. ᖃᐅᔨᔭᕐᑕᐅᔪᑦᔭᓂᒃ ᐅᓇᐊᕐᑎᑕᐅᖃᑦᑕᓇᐊᖃᕐᑐᑎᑦ ᐳᕝᓗᓐᑦ ᐊᓯᐅᕝᓕᐊᒪᖕᑦ ᖃᐅᔨᔭᕐᑕᐅᒍᑎᑦᔭᖕᓂᒃ ᐊᐃᑦᑐᑑᑕᐅᒍᓐᓇᓂᖓᓗ ᐊᓂᒍᓕᕐᒪᖕᑦ. ᓄᕝᕙᐃᑦ ᐅᓇᐊᕐᑕᕕᓐᑦ ᖁᐱᕐᕈᑯᓐᓂᒃ ᐳᕝᓗᓇᕐᑐᐃᕈᕐᐸᑦ ᐊᓂᕐᕋᓯᒪᐃᓐᓇᓇᐊᖃᕈᓐᓇᐃᕋᔭᑐᑎᑦ ᐱᐅᓯᓇᓱᑎᓐᓄᑦ ᐅᑎᓕᕐᓗᑎᑦ.

ᐊᑎᓕᐅᕐᑎᑕᐅᕗᑎᑦ ᖃᐅᔨᑎᑦᓯᒍᑎᓂᒃ ᖃᓄᐃᓘᓇᐊᖃᕐᓂᓄᑦ ᐳᕝᓗᓂᕐᓂ.

ᐊᓂᕐᕋᓯᒪᐃᓐᓇᖃᑦ ᑕᓇᐊᖃᕐᓃᑦ ᐋᓐᓂᐊᓯᐅᕐᑕᐅᒍᑎᑎᓐᓄᑦ ᐃᓚᒋᔭᐅᕗᖅ.

ᒪᓕᑦᓯᐊᓇᐊᖃᕐᑐᑎᑦ ᐋᓐᓂᐊᓯᐅᕐᑎᒪᓇᐅᑉ ᐊᑑᑎᔭᐅᕐᑯᔭᕐᕿᓐᓂᒃ.

ᐊᓂᕐᕋᓯᒪᐃᓐᓇᓇᐊᒥᒃ ᐱᔭᕐᓃᓕᐅᕈᑎᖃᕈᕕᑦ ᐅᖃᕕᖃᕈᓐᓇᑐᑎᑦ ᐋᓐᓂᐊᓯᐅᕐᑎᑎᓐᓂᒃ.

Adapted from the Toronto Public Health handout dated Dec. 2016