ᖃᐅᔨᒪᔾᔪᑎᒃᓴᑦ

- ✓ ᑐᑭᓯᒋᐊᖅᐸᑏᕐᓗᒋᑦ ᑕᑯᔭᐅᕝᕕᒃᓴᑎᑦ ᓘᒃᑖᒥ ᐃᓗᐊᖅᓴᐃᔨᒥᓪᓘᓐᓃᑦ, ᑕᑯᔭᐅᕝᕕᒃᓴᕕᑦ ᐅᓪᓗᖕᒋᑦ ᐊᒻᒪ ᓇᒧᙳᖅᐸᑦ ᑕᑯᔭᐅᓇᔭᕐᒪᖔᖅᐱᑦ ᐱᖃᓯᐅᑎᓗᒋᑦ.
- ✓ ᑎᑎᖅᑲᑦ ᐱᔭᕆᐊᖃᖅᑕᓗᒃᑖᑎᑦ ᐱᐅᕋᕐᓗᒋᑦ ᓘᒃᑖᒥ ᐃᓗᐊᖅᓴᐃᔨᒥᒃᓘᓐᓃᑦ (ᑕᕐᕋᖅᑐᖅᑕᐅᔾᔪᑎᑦ ᐊᓯᖏᓪᓘᓐᓃᑦ ᑎᑎᖅᑲᑦ).
- ✓ ᐅᖃᓕᒫᕐᓗᒍ ᐊᑎᓕᐅᕐᓗᒍᓗ ᖃᖓᑦᑕᐅᑎᓄᑦ ᐊᖏᖅᑲᑎᒌᒍᑎ.
- ✓ ᐋᓐᓂᐊᕐᕕᓕᐊᕐᓂᐊᖅᑐᒧᑦ ᐃᓚᐅᔪᒃᓴᓗᒃᑖᑦ, ᓄᑕᖅᑲᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓚᒋᔭᑦ ᐃᓚᐅᕐᑯᔭᑎᑦ ᐊᖏᖅᑕᐅᓯᒪᒐᓗᐊᕐᒪᖔᑕ ᖃᖓᑦᑕᐅᑎᓄᑦ. ᓘᒃᑖᕆᔭᑦ ᐃᓗᐊᖅᓴᐃᔨᒋᔭᑦᓘᓐᓃᑦ ᐅᖃᖅᑲᑎᒋᓗᒋᑦ. ᐊᖏᖅᑕᐅᒍᕕᑦ ᐱᖃᑎᖅᑲᕈᓐᓇᖅᑎᑕᐅᓗᑎ, ᓘᒃᑖᒥᒃᓘᓐᓃᑦ ᐃᓗᐊᖅᓴᐃᔨᒥᒃᓘᓐᓃᑦ ᐃᑲᔪᖅᑕᐅᔪᓐᓇᖅᐳᑎᑦ ᓈᒻᒪᓛᒥᒃ ᐊᐅᓪᓚᖃᑎᒋᔭᒃᓴᖅᓯᐅᖅᑕᐅᓗᑎᑦ.
- ✓ ᐱᖃᑎᒋᓂᐊᖅᑕᑦ ᖃᐅᔨᒪᑎᑦᑎᐊᕐᓗᒍ ᖃᓄᐃᒻᒪᖔᖅᐱᑦ ᖃᓄᐃᓕᐅᕆᐊᖃᕐᒪᖔᖅᐱᓪᓗ.
- ✓ ᑮᓇᐅᔭᒋᑦᑎᐊᕐᓗᑎᑦ ᓂᕆᔾᔪᑎᒃᓴᕐᓂᒃ, ᑕᒧᓗᒐᒋᑎᒃᓴᕐᓂᒃ, ᑭᓯᑖᒋᑎᒃᓴᕐᓂᒃ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓅᓕᓴᐅᑎᑖᕐᕕᖕᒥ, ᐊᑭᓖᔾᔪᑎᒃᓴᒥᒃᓘᓐᓃᑦ ᐱᑯᑎᑎᑦ ᖃᖓᑦᑕᓱᒃᑰᖅᑐᑦ ᐅᕐᑯᒪᐃᓗᐊᓕᖅᐸᑕ ᖃᖏᐅᑎᒍᕕᑦ ᓱᓕ ᐊᖏᕐᕋᓚᐅᖕᒋᑎᓪᓗᑎᑦ.
- ✓ ᐃᒪᓐᓇᐅᖃᑦᑕᕐᑯᔭᐅᕗᖅ ᑕᖅᑭᓕᒫᒧᑦ ᓈᒻᒪᒃᑐᓂᒃ ᐃᓅᓕᓴᐅᑎᒡᒋᖃᑦᑕᕐᑯᔭᐅᕗᓯ ᐃᓅᓕᓴᐅᑎᔾᓯᓐᓂ.
- ✓ ᑕᒻᒪᖅᑎᕕᖕᒥᔾᔭᖕᒋᒃᑲᖕᒐᔾᔪ, ᑐᔪᕐᒥᕝᕕᒋᔭᕕᑦ ᐊᑎᐊ, ᑐᕋᕈᑖ, ᐊᒻᒪ ᖃᐅᔨᒋᐊᕐᕕᒃᓵᓂ ᐱᕝᕕᐅᖃᑦᑕᓇᐊᖃᖅᐳᓯ ᐃᓚᔾᔪᓐᓄᑦ ᐊᒻᒪ ᖃᖓᑦᑕᐅᑎᓕᓇᔨᒧᑦ ᐋᓐᓂᐊᕐᕕᖕᒥ.
- ✓ ᑕᒻᒪᖅᑎᕕᒻᒥᔾᔭᖕᒋᒃᑯᕕᑦ ᑮᓇᐅᔭᖃᑦᑎᐊᕋᓗᐊᕐᒪᖔᔾᔪ ᖃᐅᔨᒪᒋᐊᑦᑎᐊᖅᐸᒡᓗᓯ ᓂᕆᔾᔪᑎᒃᓴᔾᔪᓐᓄᑦ ᐊᒻᒪ ᑐᔪᕐᒥᔾᔪᑎᒃᓴᔾᔪᓐᓄᑦ.

ᐱᓕᕆᐊᒃᓴᑦ ᓇᓗᓇᐃᖅᓯᒪᔪᑦ

ᑭᓯᑦ ᓇᒃᓴᕆᐊᖃᕐᒪᖔᑕ:

- ✓ ᓄᓇᕗᒻᒥ ᐋᓐᓂᐊᕐᕕᓕᐊᕈᓐᓇᐅᑎᑦ
- ✓ ᒐᕙᒪᒃᑯᓐᓂᖕᒐᖅᓯᒪᔪᖅ ᐊᔾᔨᖑᐊᖅ ᓇᓗᓇᐃᒃᑯᑕᑦ (ᑲᓇᑕᐅᑉ ᓯᓚᑖᓄᐊᕈᓐᓇᐅᑦ, ᐊᕐᑯᑦᑐᓐᓇᐅᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᓄᓇᕗᑦ ᒐᕙᒪᒃᑯᓐᓂᖕᒐᖅᑐᖅ ᑭᓇᐅᖕᒪᖔᖅᐱᑦ ᓇᓗᓇᐃᒃᑯᑕᒥ).
- ✓ ᐊᔾᔨᓕᐅᖅᑕᐅᓯᒪᖕᒋᒃᑯᕕᑦ, ᒪᕐᕉᖕᓂ ᐊᑐᕐᓗᑎᒃ ᑭᓇᐅᖕᒪᖔᖅᐱᑦ ᖃᐅᔨᔾᔪᑎᒃᓴᓂᒃ ᐱᓯᒪᒋᐊᖃᕐᓂᐊᖅᐳᑎᑦ.
- ✓ ᐋᓐᓂᐊᕐᕕᓕᐊᕐᓂᐊᕐᓗᑎᑦ ᖃᓄᓗᒃᑖᖅ ᖃᐅᔨᒪᔭᐅᔾᔪᑎᒃᓴᑎᑦ ᑕᑯᔭᐅᔾᔪᑎᒋᓂᐊᖅᑕᕐᓄᑦ.
- ✓ ᖃᖓᑦᑕᐅᑎᓄᑦ ᓇᓕᖅᑲᐃᑦ ᐊᒻᒪ ᑕᑯᔭᐅᕝᕕᒃᓴᔾᔪᓐᓄᑦ ᐸᑦᑕᑯᓗᐃᑦ.
- ✓ ᓇᒃᓴᕆᐊᖃᖅᑕᓯ ᓇᒃᓴᕐᓗᓯᐅᒃ (ᐊᓐᓄᕖᑦ, ᑭᒍᑎᓯᐅᑎᑦ, ᐅᐊᓴᐅᑎᖓ, ᓂᐊᕐᑯᕐᒧᒃ ᐅᐊᓴᐅᑦ, ᐊᒡᒐᒃᓯᐅᑦ, ᐊᓯᖏᓪᓗ).
- ✓ ᑮᓇᐅᔭᓂᒃ ᑐᔪᕐᒥᔾᔪᑎᒃᓴᓄᑦ, ᑖᒃᓯᓄᑦ, ᓂᕆᔾᔪᑎᓄᑦ ᐊᒻᒪ ᑕᒧᓗᒐᑎᓄᑦ ᑕᒻᒪᖅᑎᕕᖕᒥᔾᔭᖕᒋᒃᑯᓯᔪ.
- ✓ ᐃᔭᒐᑦ ᐃᓅᓕᓴᐅᑎᑦ.

ᐱᕐᑯᑎᑦ ᓇᒃᓴᕆᐊᖃᖕᒋᑦᑐᑦ:

- ⊘ ᐃᒥᐊᓗᐃᑦ
- ⊘ ᐋᖓᔭᕐᓇᖅᑐᑦ ᓱᐳᖅᑐᒐᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐃᓅᓕᓴᐅᑎᑦ ᐱᒋᖕᒋᑕᑎᑦ.
- ⊘ ᑎᒍᐊᑦ
- ⊘ ᓱᒋᐅᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓴᓇᕐᑕᑎᑦ ᓱᕐᓗ ᓂᕆᓂᐊᕐᓗᓂ ᐱᓚᒃᑑᑎᑦ.
- ⊘ ᓇᓗᓇᖅᑐᑦ ᐆᒃᓴᐅᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐆᖅᑲᖅᓯᒪᔪᑦ.

ᖃᐅᔨᒋᐊᕐᕕᒃᓴᖅ

ᐋᓐᓂᐊᕕᓕᐊᕐᓂᐊᕐᓗᓂ ᖃᖓᑦᑕᐅᑎᓕᕆᔨᑦ

(ᖃᖓᑦᑕᓱᒃᑰᑦ ᕿᒪᒃᑕᐅᔪᑦ · ᑕᑯᔭᐅᕝᕕᒃᓴᒥᓄᑦ ᐅᐸᒍᑎᖕᒋᑦᑐᑦ · ᐊᖏᕐᕋᐅᓂᖅ)

- ᕿᑭᖅᑖᓗᖕᒥ
  1-866-371-3305
- ᑭᕙᓪᓕᕐᒥ
  1-867-645-4336
- ᕿᑎᕐᒥᐅᓂ
  1-867-983-5196

ᑕᒻᒫᖅᑎᕕᑦ

- ᑰᒡᔪᐊᕋᓗᒃ - ᐃᒡᓗᐊᓗᒃ ᑐᔪᕐᒥᕕᐊᓗᒃ
  1-204 675-2270
- ᐃᖃᓗᐃᑦ - ᑕᒻᒫᖅᑎᕕᒃ
  1-867-979-5900
- ᐅᐃᓂᐱᐊᖕ - ᑭᕙᓪᓕᕐᒥ ᐃᓄᒃᑯᕕᒃ
  1-204-944-7110
- ᐊᑦᒪᓐᑕᓐ - ᑕᒻᒫᖅᑎᕕᒃ
  1-780-477-6284
- ᐋᑐᕙ - ᑕᒻᒫᖅᑎᕕᒃ ᕿᑭᖅᑖᓗᖕᒥ
  1-613-248-3552
- ᓴᓗᓇᐃ - ᑕᒻᒫᖅᑎᕕᒃ ᕿᑎᕐᒥᐅᓄᑦ
  1-867-766-3410

ᖃᖓᑦᑕᐅᑎᓕᕆᔨᑦ

- ᑲᓪᒥᐅ
  1-800-839-2256
- ᕗᔅᑦ ᐃᐊ
  1-800-267-1247
- ᑲᓂᑎᖃᓐ ᓄᐊᑦ
  1-800-661-1505

Nunavut

ᐋᓐᓂᐊᕐᕕᓕᐊᖅᑐᓄᑦ ᖃᖓᑦᑕᐅᑎᑦ

ᐊᐱᖅᑯᑕᐅᒐᔪᒃᑐᑦ

ᐅᑯᐊ ᑐᑭᓯᒋᐊᕈᑎᒃᓴᑦ ᑐᕌᖓᑎᑕᐅᙱᑦᑐᑦ ᑭᖑᕝᕕᔾᔪᑕᐅᓇᓱᒃᓱᑎᒃ ᐋᓐᓂᐊᕐᕕᓕᐊᖅᑐᓄᑦ ᖃᖓᑦᑕᐅᑎᓄᑦ ᐊᑐᐊᒐᕐᒧᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᔾᔨᐸᓗᖏᓐᓄᑦ ᖃᐅᔨᒪᔾᔪᑎᓄᑦ ᐋᓐᓂᐊᕐᕕᓕᐊᖅᑐᑦ ᖃᖓᑦᑕᐅᑎᓄᑦ ᐊᑐᐊᒐᖅ ᐊᒻᒪ ᐊᔾᔨᐸᓗᖏᑦ ᖃᐅᔨᒪᔾᔪᑎᑦ ᐱᔭᒃᓴᐅᕗᑦ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔨᒃᑯᑦ ᐃᑭᐊᖅᑭᕕᖓᓐᓂᓂ ᐆᒥᖓ ᑐᕋᕈᑎᖃᖅᑐᑦ www.health.gov.nu.ca.

ᖃᓄᐃᒻᒪᑦ ᐋᓐᓂᐊᕐᕕᓕᐊᕐᓗᑕ ᖃᖓᑦᑕᐅᑎᖃᕆᐊᖃᖅᐱᑕ?

ᑲᓇᑕᒥ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔨᒃᑯᑦ ᐱᕐᑯᔭᖓ ᐅᖃᖅᓯᒪᖓᑦ ᓄᓇᖃᖅᑐᓕᒫᑦ ᐊᔾᔨᑏᒃᑎᑕᐅᔭᕆᐊᖃᕐᓂᖏᓐᓂᒃ ᐋᓐᓂᐊᕐᕕᖕᒥ ᑲᒪᒋᔭᐅᔾᔪᑎᓄᑦ. ᓄᓇᕗᒻᒥ, ᐋᓐᓂᐊᕐᕕᖕᒥ ᑲᒪᒋᔭᐅᔾᔪᑎᑦ ᒪᓂᒪᙱᑦᑕᑦᖓᑕ ᓄᓇᒋᔭᓂᒃ ᖃᖓᑕᓲᒃᑯᑦ ᑭᓯᐊᓂ ᐋᓐᓂᐊᕐᕕᓕᐊᕐᓇᕐᒪᑦ. ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔨᒃᑯᑦ ᖃᖓᑦᑕᐅᑎᓄᑦ ᐃᑲᔪᓲᖑᕗᑦ ᐊᔪᖅᑎᑕᐅᙱᑦᑐᓄᑦ ᐋᓐᓂᐊᕐᕕᓕᐊᕆᓕᓄᑦ ᖃᖓᑕᓲᒃᑯᕆᐊᖃᖅᐸᒃᑐᓄᑦ ᐋᓐᓂᐊᕐᕕᖕᒥ ᑲᒪᒋᔭᐅᔪᓇᕐᑯᓪᓗᒋᑦ.

ᑭᒃᑯᓐᓄᑦ ᐋᓐᓂᐊᕐᕕᓕᐊᖅᐸᒃᑐᓄᑦ ᖃᖓᑦᑕᐅᑎᑦ ᐊᑐᐊᒐᖓ ᑐᕌᖓᖓᒪᑦ??

ᐋᓐᓂᐊᕐᕕᓕᐊᖅᐸᒃᑐᑦ ᖃᖓᑕᓲᒃᑯᑦ ᐊᑐᐊᒐᖓ ᑐᕌᖓᕗᖅ ᓄᓇᕗᒥᐅᓕᒫᓄᑦ ᐋᓐᓂᐊᕐᕕᓕᐊᕈᓐᓇᐅᑎᖃᕆᑎᐊᖅᑐᓄᑦ ᐊᐅᒃᑕᔫᒥᒃ ᐊᒻᒪ ᐊᐅᓪᓚᕐᑯᔭᐅᔭᕌᖓᑕ ᓄᓇᕗᒻᒥ ᓘᒃᑖᒥᒃ.

ᑭᓲᖓᑕ ᐊᖏᖅᑕᐅᓯᒪᔪᑦ ᐋᓐᓂᐊᕐᕕᑦ?

‘ᐊᖏᖅᑕᐅᓯᒪᔪᑦ ᐋᓐᓂᐊᕐᕕᑦ’ ᒪᑯᐊᖑᕗᑦ ᐋᓐᓂᐊᕐᕕᐊᓗᒃ, ᐋᓐᓂᐊᕕᒃ, ᐃᕐᓂᔭᖅᑐᕐᕕᒃ, ᐊᕕᒃᓯᒪᓂᕐᒥ ᐋᓐᓂᐊᕕᒃ ᐅᕝᕙᓘᓐᓃᑦ ᐊᔪᖅᑐᒃᑯᕕᑦ ᐊᖏᖅᑕᐅᓯᒪᔪᑦ ᓄᓇᕗᑦ ᒐᕙᒪᒃᑯᑦ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔨᒃᑯᑦ ᑲᒪᒋᔭᐅᔪᓇᕐᑯᓪᓗᒋᑦ ᐋᓐᓂᐊᕐᕕᓕᐊᕆᐊᖃᖅᑑᑉ ᓄᓇᓕᖓᓐᓂᒃ ᐱᑕᖃᙱᑦᑕᕐᖓᑦ. ᐊᖏᖅᑕᐅᓯᒪᔪᖅ ᐋᓐᓂᐊᕐᕕᖕᒥ ᓄᓇᓕᖓᑦᑕ ᖃᓂᓛᖓᓄᑦ ᐋᓐᓂᐊᕐᕕᓕᐊᖅᑎᑕᐅᕙᒃᓗᑎᒃ. ᓲᕐᓗ ᐃᒪᓐᓇ, ᕿᑭᖅᑖᓗᖕᒥ ᐋᓐᓂᐊᕐᕕᓕᐊᕆᐊᖃᖅᑐᒥᒃ ᐋᓐᓂᐊᕆᖕᒐᒃᑐᒥ, ᐅᐃᓂᐱᐊᖕᒥ ᐅᕝᕙᓘᓐᓃᑦ ᐊᕐᒪᓐᑕᓐᒥ, ᕿᑭᖅᑖᓗᖕᒧᑦ ᖃᓂᓛᖓᔪᖅ ᐋᑐᕙᒦᓐᓇᔭᖅᐳᖅ.

ᖃᑯᒍ ᐊᖏᖅᑕᐅᓯᒪᔪᖅ ᖃᖓᑦᑕᐅᑎᒐ ᐊᑐᓯᒋᐊᕈᓐᓇᕐᒪᑦ?

ᐊᖏᖅᑕᐅᓯᒪᔪᑦ ᖃᖓᑦᑕᐅᑎᑦ ᐊᑐᖅᑕᐅᓯᑲᐅᑎᒋᓲᖑᕗᑦ ᑕᑯᔭᐅᕝᕕᒃᓴᕕᑦ ᓯᕗᓂᐊᒍᑦ. ᐊᖏᕐᕿᕈᓐᓇᖅᓯᓂᕐᖃᑕᐅᒍᕕᑦ, ᐅᑎᖅᑎᑕᐅᓇᔭᖅᐳᑎᑦ ᖃᖓᑦᑕᕐᕕᒋᓚᐅᖅᑕᕐᓄᑦ ᐊᑭᑭᓐᓂᖅᐹᒃᑯᑦ ᖃᖓᑦᑕᖃᐅᑎᒃᑯᑦ ᑭᖑᓪᓕᖅᐹᒥ ᑕᑯᔭᐅᕝᕕᒃᓴᕕᑦ ᓯᕗᓂᐊᒍᑦ.

ᑭᒃᑯᑦ ᐱᖃᑎᖃᕈᓐᓇᕐᒪᑦ ᐋᓐᓂᐊᕐᕕᓕᐊᕐᓂᐊᕐᓗᑎᒃ?

ᐋᓐᓂᐊᕐᕕᓕᐊᕐᑑᑉ ᑲᒪᔨᒋᔭᖏᓪᓗᓐᓂᑦ ᐱᒋᐊᖅᑎᑦᑎᐊᓐᓇᖅᐳᑦ ᐋᓐᓂᐊᕐᕕᓕᐊᕐᓂᐊᕐᓗᖅᑐᖅ ᐱᖃᑎᖃᕆᐊᖃᕆᔭᐅᒃᐸᑦ. ᓄᓇᕗᒻᒥ ᐋᓐᓂᐊᓯᐅᖅᑎ ᓇᓗᓇᐃᖅᓯᓇᔭᖅᐳᖅ ᐃᑲᔪᖅᓯᐃᔾᔪᑖᓂᒃ ᐃᑲᔪᖅᓯᐃᙱᔾᔪᑖᓂᓪᓗᓐᓂᑦ ᑐᒃᓯᕋᐅᑖᓄᑦ. ᑐᒃᓯᕋᐅᑦ ᐊᖏᖅᑕᐅᓇᔭᖅᐳᖅ ᐊᕕᒃᑐᖅᓯᒪᔪᓂ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔨᒃᑯᑦ. ᐋᓐᓂᐊᕐᕕᓂᐊᖅᑑᑉ ᐱᖃᑎᒋᔭ ᐊᖏᖅᑕᐅᑐᐃᓐᓇᕆᐊᓕᒃ ᐋᓐᓂᐊᕐᕕᓕᐊᖅᑕᐅᑐᐃᓐᓇᕆᐊᓕᓪᓗᓐᓂᑦ ᐋᓐᓂᐊᕐᕕᓕᐊᖅᓯᒪᔪᖅ ᐋᓐᓂᐊᕐᕕᖕᒥᓐᓂᓕᒫᖓᓂ.

ᑭᒃᑯᑦᓕ ᐋᓐᓂᐊᕐᕕᓕᐊᖅᑐᓂᒃ ᐱᖃᑎᒋᔪᓐᓇᖅᑎᑕᐅᖓᒪᑕᕝᕙᕝ?

ᐋᓐᓂᐊᕐᕕᓕᐊᖅᑑᑉ ᐱᖃᑎᒋᓇᔭᖅᑖ ᐃᓐᓇᐅᔭᕆᐊᖃᖅᐳᖅ ᐊᕐᕋᒍᖃᕐᓗᓂ 19-ᓂᒃ ᐅᖓᑖᓂᓪᓗᓐᓂᑦ. ᓄᓇᕗᒻᒥ ᐋᓐᓂᐊᓯᐅᖅᑎ ᐅᖃᖃᑎᖃᑦᓚᓚᐅᕐᓗᓂ ᐋᓐᓂᐊᕕᓕᐊᖅᓯᒪᔪᒥ ᑲᒪᔨᒋᔭᒧᓪᓗᓐᓂᑦ ᐱᖃᑎᖃᕆᐊᖃᕐᒪᖔᑦ ᐅᖃᐅᓯᖃᕋᔭᕐᒪᑎᒃ. ᐋᓐᓂᐊᕐᕕᓕᐊᖅᑐᒥᒃ ᐱᖃᑎᒋᔭᐅᔪᖅ ᐊᖏᕆᐊᖃᖅᐳᖅ ᐅᑯᓄᖓ, ᐊᑎᓕᐅᕐᓗᓂᓗ, ᐋᓐᓂᐊᕐᕕᓕᐊᖅᑑᑉ ᐱᖃᑎᒋᓂᐊᑖᑕᓗ ᖃᖓᑦᑕᐅᑎᒋᓂᐊᖅᑕᖏᑕ ᐊᖏᕈᑎᓄᑦ. ᐊᑯᓂᐅᓂᖅᓴᖅ ᑲᒪᒋᔭᐅᔭᕆᐊᓕᖕᓄᑦ ᐋᓐᓂᐊᕐᕕᓕᐊᖅᑑᑉ ᐱᖃᑎᒋᔭ ᐱᓇᓱᐊᕈᓱᑦ ᑎᓴᒪᑦ ᐅᓄᙱᓛᖅᓇ, ᕿᑭᖅᑖᓗᖕᒥ ᐊᖏᕋᕈᓐᓇᖅᓯᓚᐅᙱᓐᓂᖓᓂ ᐱᖃᑎᒋᔭᐅᔪᖅ. ᐱᓇᓱᐊᕈᓱᑦ ᑎᓴᒪᙱᔾᔨᒃᐸᑦ, ᐋᓐᓂᐊᕐᕕᓕᐊᖅᓯᒪᔪᑉ ᐱᖃᑎᒋᔭ ᑐᒃᓯᕋᕈᓐᓇᖅᐳᖅ ᐊᕕᒃᑐᖅᓯᒪᔪᓂ ᐋᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᓐᓄᑦ ᐊᖏᕋᕐᕕᔾᔪᑎᒃᓴᓂᒃ ᐊᒻᒪ ᐊᓯᐊᓂᖓᖅ ᐱᖃᑎᒋᔭᒃᓴᓂᒃ ᐋᖅᑭᒃᑕᐅᔪᖅᑐᐃᓐᓇᕆᐊᖅᑲᓂ.

ᐋᓐᓂᐊᕐᕕᓕᐊᖅᑐᒧᑦ ᐱᖃᑎᒋᔭᖅ ᓄᑕᕋᓛᒋᕆᐊᖅᙱᑦᑐᖅ. ᐋᓐᓂᐊᕐᕕᓕᐊᖅᑐᓄᑦ ᐱᖃᑎᒋᔭᒃᓴᑦ ᑭᖑᓂᐊᒍᑦ ᒪᓕᒋᐊᓕᖕᓂᒃ ᒪᓕᖅᑭᑦᑕᖅᓯᒪᙱᑦᐸᑦ ᐋᓐᓂᐊᕐᕕᓕᐊᕐᓂᐊᖅᑐᒧᑦ ᐊᖏᖅᑎᒌᒍᑎᒥᒃ ᓂᕈᐊᖅᑕᐅᙱᑦᑐᐃᓐᓇᕆᐊᓕᒃ ᐋᓐᓂᐊᕐᕕᓕᐊᕐᓂᐊᖅᑐᒧᑦ ᐱᖃᑎᒋᕐᑯᔭᐅᓗᓂ ᓯᕗᓂᒃᓴᒥ.

ᑐᓴᖅᑕᐅᒃᑲᓐᓂᕐᑯᔾᔪᑎᑦ?

ᐋᓐᓂᐊᕐᕕᓕᐊᖅᑐᖅ ᐅᕝᕙᓘᓐᓃᑦ ᑲᒪᔾ ᐅᓪᓗᖅᑎᑕᐅᕗᖅ 60-ᓂᒃ ᑐᒃᓯᕋᐅᑖ ᐋᒃᑲᖅᑕᐅᑎᓪᓗᒍ ᑐᓂᓯᓂᐊᖅᐸᑦ ᐱᐊᓂᒃᓯᒪᔪᒥᒃ ᑐᓴᖅᑕᐅᒃᑲᓐᓂᕐᑯᔾᔪᑎᒥᒃ ᑕᑕᑎᓇᐊᓕᖕᒥ. ᐱᔪᓐᓇᕐᓂᓕᒃ ᐊᕕᒃᑐᖅᓯᒪᔪᓂ ᑐᒃᒧᐊᒃᑎᕋᑦ ᑎᓕᔭᐅᓯᒪᔪᕐᓗᓐᓂᑦ ᕿᒥᕐᕈᓂᐊᖅᐳᖅ ᑐᓴᖅᑎᓪᓗᓂᐅᔭᖓᓗ. ᖃᓄᐃᓕᐅᖅᑕᐅᕐᑯᔾᔪᓐᓇᕐᓗᓂᐅᒃ ᑐᓴᖅᑎᓪᓗᓂᐅᔭᖓᓗ. ᐋᓐᓂᐊᕐᕕᓕᐊᖅᓯᒪᔪᖅ ᑲᒪᔨᒋᔭᓐᓂᑦ ᐅᓪᓗᑦ ᖁᓪᓗᑦ ᐊᑐᖅᑎᓪᓗᒋᑦ ᐃᖅᑲᓇᐃᔭᕐᓇᐃᑦ ᑐᓴᖅᑕᐅᒃᑲᓐᓂᕐᑯᔭᐅᔪᒥᒃ ᐱᑎᑕᐅᓕᐅᖅᑎᓪᓗᒍ. ᐃᓱᒪᓕᐊᓇᔭᖅ ᒪᓕᒋᐊᖅᑲᖅᑐᖅ ᑐᓴᖅᑕᐅᒃᑲᓐᓂᕐᑯᔾᔪᑎᓇᐊᖅᑲᖅᑐᖅ.

ᐋᓐᓂᐊᕐᕕᓕᐊᖅᑐᓄᑦ ᖃᖓᑦᑕᐅᑎᑦ