ᐋᖓᓗᕐᓇᖅᑐᖅ ᐊᒻᒪᓗ ᐋᓐᓂᐊᖃᕐᓇᖕᒋᑦᑐᓕᕆᓂᖅ ᐊᐱᖅᑯᑕᐅᒐᔭᒃᑐᑦ (FAQs)

1. ᕿᓚᒥᑯᓗᒃ ᖃᓄᐃᓐᓇᖅᐸ ᑎᒥᑦᑎᓐᓄᑦ ᐋᖓᓗᕐᓇᖅᑐᑐᕐᓗᓂ ᓱᕈᖅᑐᕐᓗᒐᕐᒥᒃ?

ᕿᓚᒻᒥᐅᔪᒃᑯᑦ ᖃᓄᐃᓐᓇᕈᓐᓇᕐᓂᖕᒋᑦ ᐋᖓᓗᕐᓇᖅᑐᖅ ᓱᕈᖅᑐᕐᓗᒐᐅᑉ ᐃᒪᐃᑦᑑᔪᓐᓇᖅᑐᑦ:

- ᐊᓕᐊᓇᐃᒍᓱᖕᓂᖅ ᓴᐃᓕᓂᕐᓗ;
- ᕿᑲᕈᓐᓇᐃᑦᓕᓂᖅ ᐃᓱᒪᒃᑯᑦ ᐊᒻᒪᓗᓐᓃᑦ ᒪᑭᑦᑐᒪᔪᓐᓃᕐᓂᖅ;
- ᑕᑯᓐᓈᒐᖃᕐᓂᖅ ᐊᒻᒪᓗ ᐃᓱᒪᒃᑯᑦ ᑐᑮᒍᑎᑲᐃᓐᓇᕐᓂᖅ;
- ᐅᐃᖕᒐᑦᑎᐊᓕᕐᓂᖅ;
- ᐳᐃᒍᑐᓂᖅ;
- ᐊᑕᐅᑦᑎᒦᑦᑐᓐᓃᕐᓂᖅ ᐅᖃᑦᓚᒐᐅᒐᓗᐊᕐᓂᖅ ᐃᓱᒪᖓᓗᓐᓃᑦ;
- ᓂᕆᖕᒍᓱᖕᓂᖅ;
- ᐆᒻᒪᑎᖓ ᓱᒃᑲᓕᓕᕐᓗᓂ;
- ᐋᖓᓗᓕᕐᓗᓂ ᑎᒥᖓ ᐊᒻᒪᓗ ᓱᒃᑲᐃᓕᐅᔭᕐᓗᓂ ᑭᖑᕙᓱᒃᑐᒥᓗᓐᓃᑦ ᐱᔭᓕᕐᓗᓂ (ᓱᕐᓗ ᐊᕐᑯᒃᑯᓂ); ᐊᒻᒪᓗ
- ᖃᓂᖓ ᓴᓗᐊᕐᓗᓂ ᐃᒡᒋᐊᖓᓗ.

2. ᑎᒥᒧᑦᓗ ᖃᓄᐃᑎᑦᑎᔪᓐᓇᕐᓂᖓ ᐊᒃᑐᐃᓂᕆᔪᓐᓇᖅᑕᖓᓗ ᑭᓲᕙᑦ?

ᑎᒥᑦᑎᓐᓄᑦ ᖃᓄᐃᓕᖓᓕᖅᑎᑦᑎᔪᓐᓇᕐᓂᖓ ᐋᖓᓗᕐᓇᖅᑐᖅᑐᖃᑦᑕᕐᓂᐅᑉ ᐃᒪᐃᑦᑑᔪᓐᓇᖅᑐᑦ:

- ᐃᓱᒪᒃᑰᖅᑐᓂ ᐱᓇᐃᓗᑕᖃᓕᕈᓐᓇᖅᑐᖅ ᓱᕐᓗ ᕿᑲᕈᓐᓇᐃᓕᓂᖅ ᐅᐃᒻᒪᖓᐃᓐᓇᓕᕐᓂᖅ, ᒪᑭᑦᑐᒪᔭᕈᓐᓃᕐᓂᖅ ᓱᒍᒪᐃᕐᓗᓂ ᖁᕕᐊᓱᓕᕈᓐᓇᐃᑦᓕᓗᓂ, ᐃᓱᒪᖓ ᑐᑮᕈᑎᓗᓂ, ᐱᓗᐊᖅᑐᒥᒃ ᐃᓚᒋᔭᖕᒋᓐᓂ ᑕᒪᒃᑯᓄᖓ ᑕᐃᒪᐃᔭᑦᑐᖃᖅᐸᑦ ᑕᐃᒪᐃᑦᑐᖃᖃᑦᑕᕐᓂᑰᒃᐸᑦᓗ.
- ᐳᐃᒍᑐᔪᑦᓚᓇᐅᓕᕐᓗᓂ ᐃᖅᑲᐅᒪᔪᓐᓇᐃᑦᓕᐅᖃᖃᑦᑕᕐᓂᖅ, ᐊᑕᐅᓲᓐᓇᓕᔪᓐᓇᐃᑦᓕᓗᓂ ᐃᓱᒪᖓ, ᕿᑲᕈᓐᓇᐃᑦᓕᓂᖅ, ᐊᒻᒪᓗ ᐃᓱᒪᔪᓐᓇᐃᑦᓕᐅᖃᖃᑦᑕᕐᓂᖅ ᐊᒻᒪᓗᓐᓃᑦ ᐃᓱᒪᒃᓴᖅᓯᐅᕈᓐᓇᐃᑦᓕᐅᖃᖃᑦᑕᕐᓗᓂ ᐊᑐᐃᓐᓇᐅᔭᓗᐊᕈᓂ ᐋᖓᓗᕐᓇᖅᑐᒥᒃ ᓱᕈᖅᑐᕐᓗᒐᕐᒥᒃ (ᖃᐅᑕᒫᕈᓂ ᐊᑐᐊᓱᐊᖃᑦᑕᕐᓗᓂ ᐊᑕᐅᓱᐊᖕᒋᓗᐊᖃᑦᑕᖅᐸᑦᓗᓐᓃᑦ ᖃᐅᑕᒫᑦ).
- ᓱᕈᖅᑐᕐᓗᒐᖅᑐᖃᑦᑕᕐᓂᖅ ᐳᕙᒃᑯᑦ ᐊᓂᕐᓂᕐᒧᑦᓗ ᐃᒪᐃᓕᖓᓕᖅᑎᑦᑎᕈᓐᓇᕐᒥᔪᖅ:
  - ᖁᐃᖅᓱᖃᑦᑕᕐᓂᖅ;
  - ᐳᕙᖕᒋᑦ ᑐᓴᖅᓴᐅᔭᓕᕐᓗᑎᒃ;
  - ᐊᓂᕐᓂᑭᖃᑦᑕᕐᓂᖅ;
  - ᓴᒃᕕᖓ ᐃᒃᐱᖕᓇᐃᔭᓕᕐᓗᓂ ᓱᖃᕐᖃᑦᑕᓕᕐᓗᓂ; ᐊᒻᒪᓗ
  - ᐊᓂᕐᓂᑭᔭᕐᖃᑦᑕᖅᐸᑦ ᐱᓕᐅᒥᓕᕐᓗᓂ.

3. ᑎᒥᒧᑦ ᐋᓐᓂᐊᖃᕐᓂᕐᒧᑦᓗ ᑭᓲᕙᑦ ᑕᐃᒪ ᐊᒃᑐᐊᓂᖃᕈᓐᓇᖅᑐᑦ ᐋᖓᓗᕐᓇᖅᑐᑑᒪᖃᑦᑕᕐᓂᖅ ᓱᕈᖅᑐᕐᓗᒐᕐᒥᒃ?

- ᐃᓄᐃᑦ ᐃᓚᖕᒋᓐᓂ, ᐋᖓᓗᕐᓇᖅᑐᖅᑑᒪᓂᖅ ᐱᓕᐅᒥᑎᑦᑎᔪᓐᓇᖅᑐᖅ ᐃᓱᒪᒃᑯᑦ ᑐᑮᕈᑎᓂᕐᒥᒃ, ᓱᕐᓗ ᑐᓵᒐᖃᑦᑕᕐᓂᖅ ᑕᐅᑐᒐᖃᔭᑦᑐᓄᑦᓗ, ᐱᓗᐊᖅᑐᒥᒃ ᑕᐃᒃᑯᓄᖓ:
  - ᐱᕈᓇᖅᑎᓐᓇᒋᑦ ᐃᓅᓱᓗᐊᖅᑎᑦᓗᒋᑦᓗ ᐊᑐᖃᑦᑕᓕᕐᓂᑰᔪᓄᑦ;
  - ᐋᖓᓗᕐᓇᖅᑐᖅᑐᐃᓐᓇᖃᑦᑕᖅᐸᑦ (ᖃᐅᑕᒫᑦ ᐊᒻᒪᓗᓐᓃᑦ ᖃᐅᑕᒫᑲᓴᒃ); ᐊᒻᒪᓗ/ᐅᕝᕙᓗᓐᓃᑦ
  - ᓇᒥᓂᖅ ᐃᓚᒋᔭᖕᒋᓐᓗᓐᓃᑦ ᐊᒻᒪᓗ/ᐅᕝᕙᓗᓐᓃᑦ ᐃᓱᒪᒃᑯᑦ ᑐᓵᒐᖃᔭᐸᐸᑕ ᑕᐅᑐᒐᖃᔭᓱᖕᒍᒃᐸᑕ.
- ᐋᖓᓗᕐᓇᖅᑐᖅᑑᒪᓂᖅ ᒪᒃᑯᒃᓯᕙᑦᓕᐊᑎᑦᓗᒋᑦ ᐱᕈᓇᖅᑎᓐᓇᒋᑦᓗ ᖃᕋᓴᖓ ᐃᓗᐃᑦᑐᕈᖅᑎᓐᓇᒍ ᐱᕈᖅᐸᑦᓕᐊᓂᖓᓂᒃ ᐊᐅᓚᔾᔪᓱᖓᓂᒃᓗ ᐊᒃᑐᐃᔪᓐᓇᕐᒪᑦ ᐃᓅᓱᓕᒫᖓᓂ. ᐱᔾᔪᑎᒋᔭᖓ ᖃᕋᓴᖓ ᐱᕈᓇᑦᑎᐊᑕᐃᓐᓇᓲᖕᒍᖓᒪᑦ ᑭᓯᐊᓂ ᐅᑭᐅᖃᓕᕋᖓᑕ 25 ᖃᓂᒋᔭᖓᓂ.

4. ᐋᖓᓗᕐᓇᖅᑐᖅ ᓱᐅᖅᑐᕐᓗᒐᖅ ᑕᐹᑭᒥ ᐊᑦᑕᓇᖏᓐᓂᖅᓴᐅᕙ?

ᐋᖓᓗᕐᓇᖅᑐᖅ ᓱᐅᖅᑐᕐᓗᒐᖅ ᑕᐹᑭᒧᑦ ᓱᒐᓕᐊᒧᓘᓐᓃᑦ ᑭᖑᕝᕕᐅᑎᑦᑎᐊᕙᐅᖏᒻᒪᑦ. ᐋᖓᓗᕐᓇᖅᑐᖅ ᓱᐅᖅᑐᕐᓗᒐᑦ ᓱᒐᓕᐊᑉ ᐊᒻᒪᓗ ᑕᐹᑭᐅᑉ ᐃᓗᓕᒋᓱᖏᓐᓂᒃ ᐃᓗᓕᖅᑲᐅᕐᒥᖕᒪᑦ. ᑕᒪᒃᑯᐊ ᐃᒥᕐᓗᐃᑦ ᐃᓚᒋᓱᖏᑦ ᑎᒥᑦᑎᓐᓄᑦ ᐱᐅᖏᒻᒪᑕ ᐳᕙᖅᑐᓪᓗ ᐊᓂᕐᓂᕐᒧᓪᓗ ᐱᐅᔪᓐᓃᖅᑎᑦᑎᓱᖑᓪᓗᑎᒃ ᐊᒻᒪᓗ/ᐅᕝᕙᓘᓐᓃᑦ ᐋᓐᓂᐊᖅᑖᕈᑕᐅᔪᓐᓇᕐᒪᑕ ᑳᓐᓱᒥᒃ. ᓱᐅᖅᑐᕐᓗᒐᖅᑑᒪᖅᑲᑦᑕᖅᑐᑦ ᐅᓗᕆᐊᓇᖅᑐᒦᓕᒃᑲᓐᓂᕈᓐᓇᓱᑦ ᐃᓚᐅᖅᑐᕈᑎᖏᑦ ᐃᒥᕈᔪᖕᓂᖕᒐᖅᑐᑦ ᒥᓗᒃᑕᐅᑯᑖᓱᖑᖕᒪᑕ ᐊᑯᓂᐅᓂᖅᓴᕐᓗ ᐳᕙᖕᒦᑎᑕᐅᓱᖑᓪᓗᑎᒃ ᐊᑯᓂᐅᓂᖅᓴᖅ ᓂᐅᖅᑕᐅᓱᖑᓂᖏᓐᓄᑦ.

5. ᖃᓄᐃᖏᓛᖅ ᓄᑕᖃᑦ ᒪᒃᑯᒃᑐᓪᓗ ᐋᖓᓗᕐᓇᖅᑐᒥᒃ ᓱᐅᖅᑐᕐᓗᒐᖅᑐᖃᑦᑕᕈᑎᒃ?

ᐅᓗᕆᐊᓇᖅᑐᖅ ᓄᑕᖃᑦ ᒪᒃᑯᑦᑐᓪᓗ ᐋᖓᓗᕐᓇᖅᑐᒥᒃ ᓱᐅᖅᑐᕐᓗᒐᖅᑐᖃᑦᑕᖅᐸᑕ ᐊᒻᒪᓘᓐᓃᑦ ᓇᐃᒪᑎᑕᐅᓱᖑᒃᐸᑕ ᐳᔫᕐᕕᐅᔪᒦᑎᑕᐅᖃᑦᑕᖅᐸᑕᓗ.

ᐊᖓᓗᕐᓇᖅᑐᖅ ᓱᐅᖅᑐᕐᓗᒐᖅ ᖃᕋᓴᕐᒥᒃ ᐊᒃᑐᐃᔭᒻᒥᖕᒪᑦ ᐱᓗᐊᖅᑐᒥᒃ ᐱᕈᖅᐸᓪᓕᐊᑎᓪᓗᒋᑦ ᓱᓕ ᐃᓐᓇᕈᓪᓚᓇᒃᑎᓐᓇᒋᑦ ᓱᓕ (ᐅᑭᐅᖃᓕᕋᓱᖕᓂᖕᒐᓂ 25 ᖃᓂᒋᔭᖕᒐᓂ). ᐋᖓᓗᕐᓇᖅᑐᒥᒃ ᓱᐅᖅᑐᕐᓗᒐᖅᑑᒪᖅᑲᑦᑕᖅᑐᑦ ᐅᑭᐅᑭᓗᐊᖅᑎᓪᓗᒋᑦ ᐃᓱᒪᒃᑯᑦ ᖃᓂᒻᒪᓱᖅᑖᕈᓐᓇᕐᒪᑦ ᐊᒻᒪᓗ ᐃᓱᒪᐃᒍᑎᓇᖅᑐᖅ ᐃᓱᒪᒃᑯᑦ ᖃᓂᒻᒪᓱᖃᕐᓂᖅ ᑐᑭᖃᕈᓐᓃᖅᑕᐅᑎᖃᓕᔭᓐᓂᖅ psychosis, ᐊᒻᒪᓗ ᑑᓴᒐᖃᕐᓂᖅ ᑕᐅᑐᒐᖃᕐᓂᕐᓗ.

ᐋᖓᓗᕐᓴᖅᑐᑑᒪᖅᑲᑦᑕᕐᓂᖅ ᓱᐅᖅᑐᕐᓗᒐᕐᒥᒃ ᐃᕐᑭᐊᓱᓕᕈᑕᐅᔪᓐᓇᕐᓂᒥᖕᒪᑦ, ᐃᓕᓐᓂᐊᖅᑕᖏᓐᓂᓗ ᖁᓱᒍᑕᐅᓕᕐᓗᓂ ᐊᒻᒪᓗ ᐃᓕᑦᑐᓐᓇᐃᓪᓕᐅᖃᓕᕐᓗᑎᒃ ᐃᓕᓐᓂᐊᖅᑕᕋᓗᐊᖏᓐᓂ.

6. ᕿᑐᕐᖓᒃᓴᖃᕐᓗᓂ (ᓇᔾᔨᓗᓂ/ᓯᖕᒐᐃᓗᓂ) ᐊᒫᒪᒃᑎᑦᑎᓗᓂᓗ ᖃᓄᐃᖏᓛᖅ ᐋᖓᓗᕐᓇᖅᑐᒥᒃ ᓱᐅᖅᑐᕐᓗᒐᖅᑑᒪᖅᑲᑦᑕᕐᓗᓂ?

ᐅᓗᕆᐊᓇᖅᑐᒦᑎᑦᑎᓇᖅᑐᖅ ᕿᑐᕐᖓᒃᓴᖃᕐᓗᓂ ᓈᕐᒥᐅᑕᖃᕐᓗᓂ ᐊᒫᒪᒃᑎᑦᑎᓗᓂᓗ ᐊᕐᓇᐅᓗᓂ ᐋᖓᓗᕐᓇᖅᑐᒥᒃ ᓱᐅᖅᑐᕐᓗᒐᖅᑑᒪᑭᐊᒃᓴᖅ.

ᐋᖓᓗᕐᓇᖅᑐᖅᑑᒪᖅᑲᑦᑕᕐᓗᓂ ᐅᕿᑦᑐᑯᓗᑎᑦᑎᔪᓐᓇᖅᑐᖅ ᐃᕐᓂᒍᕕᑦ ᐊᒻᒪᓗ ᐱᕈᖅᐸᓪᓕᐊᓂᖕᒐᓂᒃ ᐊᒃᑐᐃᓂᖕᒐᓄᑦ ᕿᑐᕐᖓᖅᑖᕕᑦ ᐃᓕᖅᑯᓯᖕᒐᓂᒃ ᐱᐅᓯᖕᒐᓂᒃᓗ ᑕᑯᒃᓴᐅᓕᕋᔭᖅᑐᑦ ᓄᑕᕋᑯᓗᒃ ᐊᖏᒡᓕᑎᓪᓗᒍ ᐊᒻᒪᓗ ᒪᒃᑯᒃᓯᕙᓪᓕᐊᓕᖅᑎᓪᓗᒍ.

ᐃᓱᒪᒧᑦ ᓱᕋᖕᓇᕐᓂᖕᒐ ᐃᔅᓯᖕᒐᓂᖕᒐᖅᑐᖅ ᐋᖓᓗᕐᓇᖅᑐᖕᒐ (THC) ᓄᐊᑦᑐᓐᓇᕐᒥᖕᒪᑦ ᐊᓈᓇᐅᑉ ᐃᒻᒧᖕᒐᓂ ᐊᒫᒪᒃᑎᑦᑎᑦᑎᓪᓗᒍ. ᐅᓗᕆᐊᓇᖅᑐᒦᑎᑦᑎᔪᓐᓇᕐᓂᖕᒐᓄᑦ ᐊᓈᓇᐅᔪᒧᑦ ᐱᐊᕋᖕᒐᓄᓪᓗ, ᐊᒫᒪᒃᑎᑦᑎᔪᑦ ᐋᖓᓗᕐᓇᖅᑐᖅᑑᒪᕐᑯᔭᐅᓱᖑᖏᓚᑦ ᓱᐅᖅᑐᕐᓗᒐᒥᒃ.

7. ᐅᓗᕆᐊᓇᖅᑐᖅᑲᕆᕝᕙ ᒥᓗᒃᓯᖅᑕᐅᖏᒃᑲᓗᐊᕐᓗᓂ ᐳᔪᖕᒐᓂ ᓂᐅᖅᑲᕈᒪ ᖃᓂᒃᓴᕈᒪᓘᓐᓃᑦ ᓱᐅᖅᑐᕐᓗᒐᖅᑐᖅᑐᒥᒃ?

ᒫᓐᓇᖑᔪᑦ, ᖃᐅᔨᒪᔾᔪᑎᒃᓴᕗᑦ ᐱᑕᖃᓗᐊᖏᒻᒪᑕ ᖃᓄᖅ ᐅᓗᕆᐊᓇᖅᑐᒦᑎᖏᖕᒪᖕᒐᑕ ᓱᐅᖅᑐᕐᓗᒐᖅᑐᖅᑐᖃᖅᑎᑦᓗᒍ ᐳᔪᖕᒐᓂ ᐊᓂᖅᓵᑐᐃᓐᓇᕐᓗᓂ. ᑭᓯᐊᓂᓕ, ᖃᐅᔨᒪᔪᒍᑦ ᑖᓐᓇ ᐋᖓᓗᕐᓇᖅᑐᖅ ᓱᐅᖅᑐᕐᓗᒐᖅ ᓱᒐᓕᐊᑉ ᐃᓗᓕᖏᓐᓂᑦᑐᓂᒃ ᑕᑉᐹᑭᐅᑦᓗ ᐃᔅᓯᕈᔪᖏᓐᓂ ᐱᑕᖃᐅᖕᒥᖕᒪᑕ ᑕᐃᒃᑯᐊ ᐋᓐᓂᐊᖅᑖᕈᑕᐅᕙᒃᑐᑦ ᐳᕙᒃᑯᑦ ᐊᔾᔨᖏᓐᓂᒃ. ᓄᑕᖃᑦ ᐃᓅᓱᒃᑐᑦᓗ (ᒪᒃᑯᒃᑐᑦ), ᓇᔾᔨᔪᓪᓗ, ᐊᔪᕐᓇᖏᑦᑕᕌᖕᒐᑦ ᓱᔪᕐᓗᖏᓐᓂ ᓱᐅᖅᑐᕐᓗᒐᐅᑉ ᓇᔫᑎᖃᑦᑕᖏᑉᐸᑕ ᐊᑲᐅᓂᖅᓴᐅᔪᖅ.

8. ᖃᓄᖅ ᐊᔾᔨᒌᖏᑎᒋᕙᑦ ᐃᓅᓕᓴᐅᑎᒋᓗᒍ ᓱᐅᖅᑐᕐᓗᒐᖅᑐᕐᓂᖅ ᐊᒻᒪᓗ ᐃᖏᐊᖑᐃᔭᐅᑎᒋᑐᐃᓐᓇᕐᓗᒍ ᓴᐃᓕᔾᔪᑎᒋᓇᓱᒃᓗᒍ ᓱᐅᖅᑐᕐᓗᒐᖅᑐᕐᓂᖅ?

ᐃᓅᓯᓴᐅᑕᐅᕐᑯᓪᓗᒍ ᐱᕐᑯᔭᐅᓱᖑᕗᑦ ᓗᒃᑖᒧᑦ ᐋᓐᓂᐊᓯᐅᖅᑎᒻᒪᓇᖕᒧᑦ ᐋᓐᓂᐊᖃᖅᑐᑦ ᖃᓄᐃᔾᔪᓯᖃᖅᑐᕐᓗ ᐱᓪᓗᒍ. ᐃᓅᓕᓴᐅᑕᐅᕐᑯᔭᐅᑎᓪᓗᒍ ᐱᔪᓐᓇᓱᑦ ᓂᐅᕕᕐᓗᑎᒃᓗ ᓱᕐᓗ ᐃᔭᒐᖅᑖᓇᕐᑯᔭᐅᔪᑐᑦ ᑕᐃᑲᖕᒐᓪᓗ ᑭᓯᐊᓂ ᐱᔪᓐᓇᐅᑎᓕᖕᓂ ᐱᔪᓐᓇᖅᑐᑎᒃ ᑲᓇᑕᒥ ᐃᓅᓕᓴᐅᑎᓄᑦ ᐋᖓᓗᕐᓇᖅᑐᓕᐅᖅᑎᓄᑦ.

ᐃᕿᐊᖑᐃᔭᐅᑎᒋᓗᒍ ᓴᐃᓕᔾᔪᑎᒋᓗᒍᓗ ᐋᖓᓗᕐᓇᖅᑐᕐᓂᖅ ᓱᐅᖅᑐᕐᓗᒐᕐᒥᒃ ᖃᖕᒐᑐᐃᓐᓇᒃᑯᑦ ᓇᖕᒥᓂᕐᓕ ᐱᔪᒪᑐᐃᓐᓇᕐᓗᓂᐅᖕᒪᑦ ᐱᔾᔪᑎᖏᓪᓗ ᐊᔾᔨᒌᓱᖑᒐᑎᒃ. ᒫᓐᓇᐅᔪᖅ ᑕᒪᑐᒧᖕᒐ ᐊᑐᕐᓂᐊᕐᓗᒍ ᐃᓅᓕᓴᐅᑕᐅᑎᓐᓇᒍ ᐱᕐᑯᔭᖅᑎᒍᑦ ᐊᔪᕐᓇᖅᑎᑕᐅᖕᒪᑦ; ᐱᔪᓐᓇᐅᑎᕐᑲᖏᑦᑐᓄᑦ ᑕᖅᑳᖕᒐᑐᐃᓐᓇᖅ

ᓂᐅᕕᐊᒃᓴᖃᓲᓄᑦ ᓚᐃᓴᓐᓯᖃᖏᑦᑐᓄᑦ ᓂᐅᕕᐊᒃᓴᐅᓲᖑᓪᓗᓂ ᓂᐅᕕᖅᕕᐅᖏᑦᑐᒥ ᐃᓗᓕᖏᓪᓗ ᐃᓚᐅᖅᑐᖅᓯᒪᓂᖏᑦ ᐊᐅᓚᑕᐅᓂᖃᕋᑎᒃ ᒐᕙᒪᒃᑯᓐᓄᑦ. ᑕᐃᒪᐃᓐᓂᖓᓄᑦ ᐅᓗᕆᐊᓇᕈᓐᓇᕐᒪᑦ ᓴᖏᓂᖓ ᐃᓚᐅᖅᑐᖅᓯᒪᓂᖓ ᐃᓚᐅᖅᑐᖅᓯᒪᖏᓐᓂᖓᓗ ᖃᐅᔨᒪᓇᓲᖑᖏᒻᒪᑕ.

9. ᐅᐃᕆᓯᒪᓕᕐᓇᕆᕝᕕ ᐊᔪᓕᕐᓗᓂ ᓄᖅᑲᕆᐊᒃᓴᖅ ᐋᖓᓛᕐᓇᖅᑐᒧᑦ ᓱᐅᖅᑐᕐᓗᒐᕐᒧᑦ?

ᐃ, ᐅᐃᓯᒪᓕᕈᓐᓇᕐᒥᔪᑎᑦ ᐋᖓᓛᕐᓇᖅᑐᒧᑦ ᓱᐅᖅᑐᕐᓗᒐᕐᒧᑦ. ᐃᒪᖏᑦ ᑕᒪᑐᒧᖓ ᐅᐃᕆᓯᒪᓕᕈᑕᐅᓕᕈᑎᒃᓴᖏᑦ ᐃᒪᐃᑦᑑᕗᑦ:

- ᑕᒪᒃᑯᐊ ᐱᔭᕇᖃᑦᑕᕆᐊᓖᑦ ᐱᔭᒃᓴᑎᑦ ᐃᖅᑲᓇᐃᔭᕐᕕᖕᒥ, ᐃᓕᓐᓂᐊᕐᕕᖕᒥ ᐊᖏᕐᕋᕐᓂᓘᓐᓃᑦ ᐃᖅᑲᓇᐃᖃᑦᑕᖏᓪᓗᒋᑦ (ᐱᔭᕇᖃᑦᑕᖏᓪᓗᒋᑦ);
- ᖁᔭᓈᖅᓯᓂᖅ ᐱᒻᒪᕆᐅᔪᓂᒃ ᐃᓅᓯᕐᓄᑦ ᐃᓅᖃᑎᖃᕐᓂᕐᓄᓪᓗ, ᐃᖅᑲᓇᐃᔾᕐᓄᑦ, ᐱᓕᕆᖃᑎᖃᓲᖑᓂᕐᓄᓗ ᑲᑎᖃᑎᖃᓲᖑᓂᕐᓄᑦ ᐃᓅᖃᑎᖕᓂ ᐅᖓᓯᒃᓯᒍᑎᒋᔪᓐᓇᖅᑕᑎᑦ ᐋᖓᓛᕐᓇᖅᑐᑑᒪᖃᑦᑕᓕᕈᕕᑦ ᓱᐅᖅᑐᕐᓗᒐᕐᒥᒃ;
- ᐋᖓᓛᕐᓇᖅᑐᒥᒃ ᓱᐅᖅᑐᕐᓗᒐᕐᒥ ᐊᖏᔪᑲᓪᓚᖕᒥ ᐊᑯᓚᐃᑦᑐᒥᓗ ᐊᑐᖃᑦᑕᕈᕕᑦ, ᐊᑯᓂᐅᓂᖅᓴᐅᒃᐸᓪᓗ ᐊᑐᕈᒪᓂᕆᓚᐅᖅᑕᕕᑦ ᐅᖓᑖᓄᑦ;
- ᓄᖅᑲᕈᒪᓕᕋᓗᐊᕈᕕᑦ ᑲᑦᑐᕐᔫᒥᔪᒪᓕᕋᓗᐊᕈᕕᓪᓗ ᐲᓐᓇᕆᐊᖃᓕᕈᕕᑦ ᐅᐃᕆᓯᒪᔾᔪᑎᒋᓕᕐᓗᒍ ᑎᒥᕕᑦ.

ᐃᑲᔪᖅᑕᐅᔪᒪᒍᕕᑦ ᐅᐃᕆᓯᒪᓕᕐᓂᕐᓄᑦ ᓄᖅᑲᕈᒪᓗᑎᑦ, ᐋᓐᓂᐊᓯᐅᖅᑎᒻᒪᕆᖕᒥ ᓗᒃᑖᒥᓗᓐᓃᑦ ᐊᒻᒪᓗᓐᓃᑦ ᐃᓱᒪᓕᕆᔨᒥᒃ ᐋᓐᓂᐊᓯᐅᖅᑎᒥᒃ ᑕᑯᔭᖅᑐᕈᓐᓇᖅᑐᑎᑦ ᐋᓐᓂᐊᕕᑦᓯᓐᓂ. ᐅᖁᓚᕕᖅᑲᖁᓐᓇᕆᕗᑎᑦᑕᐅᖅ ᓄᓇᕗᒥ ᑲᒪᑦᓯᐊᖅᑐᑦ ᐅᖅᑲᖅᑎᒋᕕᒃᓴᖏᓐᓄᑦ ᑭᓇᐅᖓᓕᖓᖅᐱᑦ ᐊᑎᖅᓂ ᑐᓂᓯᖁᔭᐅᒐᔭᖏᓐᓇᕕᑦ ᐊᑭᖅᑲᖅᓇᓂᓗ ᐅᖓᓯᒃᑐᒥᒃ ᐅᖅᑳᓚᒐᓗᐊᕈᕕᑦ ᐅᕗᖓ 1-800-265-3333.

ᑖᒃᑯᐊ ᖃᐅᔨᒪᔾᔪᑎᒋᔭᑦ ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᓐᓂᕈᕕᒋᑦ ᑐᒃᓯᕋᖅᕕᒃᓴᐅᔪᖅ ᐋᓐᓂᐊᖅᑲᖅᓇᖏᑦᑐᓕᕆᔨᒃᑯᑦ ᐱᓕᕆᕕᖓᓐᓂ.