

Surraitdjun annigaa isiriaq nunami ingniq

Isiqtuq annirnaqtuaq iyi, qulviliyuaq, quiqtuqtuaq, qingaq kusiqtuaq. Isiq sivituyumik ibyuyuuq, anniaqtuaq puvak, sivituyumik quiqtuqtuaq.

Una mikiyuq saqak isiqmi anniaqtuaq kanralaq. Una saqak itiyuq puvakmun. Mikiyuq saqak isiqmi quiqtuqtuaq asulu aniqsalaktuaq. Avatanni isiqmi ingattaviktuaq uummanlu puvak anniarun, asulu asthma, qigluk quiqtuqtuaq, emphysema, katchuqtuaq uumman anniarun. Innaitlu, mirayualuk nutaraq anniaqtuaq isikmun.

Una isiqtuq ikayuqtuaq inuuniarvikmi.

1. Iluani iglu upkuagaa upkuag igaliqlu.
2. Sigaaqnaqlu. Ungasiaqtuaqlusi inuit sigaaqtuut.
3. Pimagaa suviq uaqtuq asulu HEPA angmagaa.
4. Taimma atugaa qiyuk, gaasiliq, ingnirvik, patquyaqlu. Una ingnirvik iluani suviq ingattaviktuaq.
5. Aksaligaq iluani, igaliq umigaa, suviqtuaq “recirculate” isiqtuq taimma iluani.
6. Inugiaktut niqi katitait taniktat nigliuqti (siratitaalu) iluani isiqnaiktuaq.
7. Imiriktuq qaniqlu qingaq arittuaq anirniq.
8. Naalaktuaqtuaq uqausiqiyi.

9. Naalaktuaq silami taimaagaa piuyaasiq, isiqtuuyuaq.
10. Satqak annirnaqtuaq, puvaiyaayuqqlu sungattaangayuqlu takuyaqtuiyuaq munaqsiri taaktilu. Takuyaqtugaa uummanii puvaklu annirnaqtuaq.
11. Taimaklutin savaamik silami yarayuvit. Sivikittumik nutaraq aniiqtuaq silami.
12. Ilannaq surraituq itiriaqtuqtuaq . Innaitlu, inuitlu uumman puvaklu anniarun anniaqtuaq isiriaq. Upkuaqlu igaliqlu umigaa, isiqtuuaq, iglu iluani uunaqnaiktuaq. Una anniaqtuaq inuit. Atugaa fan iglu iluani.
13. Kiinauyaq savallaitut isiqmi. Mikiyuq saqak iluani kiinauyaq. Iluani iglumi umigaa igalik nakuuyuq.

Inuit uummatit puvaklu anniaqtuaq:

1. Una asthma, uumman puvak anniarun, surraitdjun munaqsisuqtuat annirnaiyautit pimmariksagaa, naalaklutin munaqsiyii taaktilu pitquyaa. Sanasuillutik akunrani annirnaiyautit pimmayaa.
2. Sivukkiuqtuaq atugaa suviq san'ngiqtuuaq, mittitaa inauyaaq, isiqsiyuaq tadjvangatchiaq.
3. Uqaqluutin apiqsugaalu munaqsiyiimun taaktilu isumaaluvit surraitdjun.

Apiqqun kiilu:

Apiqsiyuaq Office of The Chief Public Health Officer (867) 920-8877.

Taigugaa una websites:

www.hlthss.gov.nt.ca (NWT Department of Health and Social Servicesmi)

www.air.enr.gov.nt.ca/NWTAQ/currentairquality.aspx?serialcode=12 (NWT Department of Environment and Natural Resources)

www.air.enr.gov.nt.ca/NWTAQ/currentairquality.aspx?serialcode=12 (NWT Department of Environment and Natural Resourcesmi)

www.enr.gov.nt.ca (NWT Department of Environment and Natural Resourcesmi)

Inuvialuktun