

## **Miyomahcihowin kisipayihk ohci kaskapatew ka katinamihk ohci ôma kapastihk**

Ka katinamihk ôma kaskâpatew kakiy kiskâc ispayiw êta wisakacâpowinihk, ohcikawâpowin, ostostotamowin mîna sakitakamowin. Kispin ôma kaskâphatew ayaki mihchit kisikâa esko ayamehewkiskawa ahpo mitoni kispâkahki, ayîwak misi mâyipayiw ohpanaspiniwin mîna kinwes ostostotamowin ka ispayiw.

Ôma kapisasikaw miciminkewin metoni apisasihkwa piko kake miyomahcihohk kispin otahcikatihki. Ohi mitoni kispayikwa pehcayihk êta ohpanihk. Kapisâsikwa miscikosa kake ostostotamowin mîna takayiwak ayiman chihehk. Ka katinamihk ôma kaskaphtew tahki ayîwak kesayaw ôma miteh mîna ohpanaspiniwin âhkosowin peyakwan yehewaspiniwin, ohpanahpinewin, chimisikyehewin, mîna ka sakanihkaskohk miteh ka sakocihikohk. Kihtheyahak mîna opiscawasisak mîna ayîwak ka koteyihtamihk.

### **Ohita atiht kikwaya kaki tôtin kispin kaskapâhtew maci âyimanihk êta kîya mâmawâyawin:**

1. Pehcayihk aya tapitawi, asci ohi wasenamawina mîna iskwahtema kipaykatikwaw.
2. Kîya pihtaw. Opimiy aya ohci tanki ayisiyiniwak ka pihtawitaw.
3. Kîspin kitayan takiyawehikewin kanachicikana asci HEPA sapokawihcikewin, ka wasakanin.
4. Kîya apachita mihta ohci kotawnapiskwak, pahkitewipimiy kotawnapiskwak mîna wasaskocenikanisa. Ôma kake pehcayihk kaskamotan takiyawewin ayîwak isayawin.
5. Kîspin kîya pehcayihk kitayan êta kîya sihkepayis apho kitôtapanaskohk, kipâha wasenamawina mîna asta ôma takiyawehikewin “ka papamipicomihk” machika kîya namoya kôtatin kaskaphtew pehcayihk
6. Aya mihcecis-kisikâwa ôtinamatowena ohci kîkway ka nihtamisiwanatahk mecôwina tanih namoya katach ka kîsaman, aspin ekospi piminawasowin (wâwis-kispin pemehk ka kistepohk mîna kapakatihk) kake astasopayow êta pehcayihk iyipatakamihcikewin.
7. Minihkwe mistahi nipîy machika kikot mîna kiton ka miyamawa ohci kwayas chiyihin.

8. Natôta tapitawi ôma kahkiyaw awîyak keci kîkway kawihtamihk wihcikewin.
9. Nakateyita ohi wayawitimihk kîkway ketahkamekahk, ekotowa nanâtohk isi metawina wisâyawîna ahpo mawinehikewin, ahpo ka âhtastak isihcikewin ahpo nakinikewin kispin kaskapahtew ayîwak ohpastew.
10. Kîspin kîya kimosihtan maskan sihcipayiw, maskan wisakahpinewin, siskoc nakinikewin ahpo mistahi kesayahk, siskoc nakinikewin ahpo mistahi kesayahk, kakwecikemow ohci kîya mâmawâyawin maskihkiwiskwew ahpo maskihkiwiyiniw. Kîya poko katotaman kîyam ata eka ayanin awaspeh kîkway kake ispayihk miteh ahpo ohpanaspiniwin.
11. Kâya atoske mîna sesawewin, mîna nake kîspin kîya kinestossin nome isko nakina ôma itahto ohci tipahikan kîya kitawasimisak ka metawitaw wayawitimihk.
12. Kîspin kitayawawak awîyak kisowak kawekitaw kitôtamak, ahpo wahkomakanak ka peyak wikitaw, nitowapenawikohk aspihtaw matisa wîya manantow. Kihtheyaha mînaayisiyiniwak asci miteh ahpo ohpanaspiniwin kake âhkosiwak ohci ôma kaskâpahtew. Kîspin iskwâtem mîna wasenamawina ka kipayikahtekwaw ohci ka kanawetamihk ôma kaskapahtew wayawitimihk, waskahikana mîna mitoni kahke kisitewa. Ôma kake espayiw apwehkasiwin ka pipahinestossihk ahpo ka nome naspcipayihk miteh. Apachitak takiyawehikewina êta pehcayihk waskahikanihk.
13. Atiht minkwakana namoya apatana. Ohi ka miyitocikeskihka miscikosa mitoni apisisasina kake waskamipayiwa ahpo sapo. Pehcayihk ayawin asci mîna wasenamawina kipayikatekwaw ôma mamawici nawasonikewin.

Ayisiyiniwak kiyataw miteh ahpo ohpanaspiniwin kake mîna tôtamohk ohi askokewina:

1. Kîspin kitayan yehwaspiniwin, miteh ahpo ohpanaspiniwin âhkosowin, mitoni nakatehta kwayask ka kanaweyimisoyan. Otina kakiyaw maskihkiya kîya tanihi ohci kake otinaman, ekwa mîna itota kahkîyaw kîkway maskihkiwiskwew ahpo maskihkiwiyiniw kawetamask ka tôtaman. Mitoni kihcinahow ayayin peyak ayamihewkisikaw miyetowina ohci kîya kimaskihkima kakekinehpemastikow.
2. Kîspin kîya kiwê apachitan ôma apiscikîkwas takiyawehikewin, peyak atawe kamiyoskotatowak êta piskihcipahikan taniyekohk kisphehak, mwehcitantowa ohci ôma awîyak ka osehcikewin pâmayes kaskapahtew êta ka ihtateyihamihk ispayik.
3. Pîkiskwâs kîya ohci masihkiwiskwew ahpo maskihkiwiyiniw kîspin kitayan kotaka pîkweyihamona ohci kîya isimahcihowin.

Ohci kotaka kwayaskomowewina:

Kakwecikemowewin ôma Masinahikewikamihk ochi awa Okimahkan Kahkiyaw Awîyak Miyomahcihown Onekanew êta (867) 1-920-8877

Kihokata ôma kawicikemkakh kisikâw masinatahikana:

[www.hlthss.gov.nt.ca](http://www.hlthss.gov.nt.ca) (NWT Piskihtapowin isihcikewnihk ohci Miyomahcihowin mîna Nisohkamakewin)

[www.air.enr.gov.nt.ca/NWTAACE/curenairoequality.aspx?serialcode=12\(NWT\)](http://www.air.enr.gov.nt.ca/NWTAACE/curenairoequality.aspx?serialcode=12(NWT)) Piskihtapowin isihcikewnihk ohci itatisiwin mîna ka ohcimakahk isihcikewin askehk kikway

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