ᑭᓇᒃᑯᑦ ᐊᑐᕈᓐᓇᖅᐸᑦ ᐱᔪᓐᓇᐅᑎᖏᓐᓂᒃ ᐋᓐᓂᐊᕐᕕᓕᐊᖅᓯᒪᔪᐃᕐ?

ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᐋᓐᓂᐊᕐᕕᓕᐊᖅᓯᒪᔪᐃᑦ ᒥᒃᓵᓄᑦ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓂᒃ, ᐅᑯᐊ ᑕᒡᕙ ᐊᑖᓂ ᑕᐃᔭᐅᓯᒪᔪᓂᒃ ᐊᑐᕈᓐᓇᖅᐳᑦ ᐱᔪᓐᓇᐅᑎᖏᓐᓂᒃ ᐋᓐᓂᐊᕐᕕᓕᐊᖅᓯᒪᔪᓂᒃ:

- ᑭᓇᒃᑐᐃᓐᓇᐃᑦ ᐋᓐᓂᐊᕐᕕᓕᐊᖅᓯᒪᔪᑦ 19-ᓂᒃ ᐅᑭᐅᓛᑦ ᐅᖓᑖᓂᓗᓐᓂᑦ;
- ᑭᓇᒃᑐᐃᓐᓇᐃᑦ ᐋᓐᓂᐊᕐᕕᓕᐊᖅᓯᒪᔪᑦ ᐅᑭᐅᓛᑦ 19 ᐊᑖᓂ, ᐃᓐᓇᐅᓪᓗᐊᓕᖅᑐᑎᑐᑦ ᓇᖕᒥᓂᖅ ᐃᓱᒪᓕᐅᕈᓐᓇᖅᓯᓯᒪᒍᑎᒃ;
- ᑭᓇᑐᐃᓐᓇᖅ ᐋᓐᓂᐊᕐᕕᓕᐊᖅᓯᒪᔪᖅ ᐅᕝᕙᓗᓃᑦ ᐊᖓᔪᖅᑲᒃᑯᖏᒃ (ᐊᓈᓇᖓ/ᐊᑕᑕᖓ/ᐸᖅᑭᐅᖓᓗᓐᓃᑦ) ᑕᐃᓐᓇ ᐋᓐᓂᐊᕐᕕᓕᐊᖅᓯᒪᔪᖅ ᐅᑭᐅᖃᕈᓂ 19 ᐊᑕᓃ ᐃᓐᓇᕈᖅᓯᒪᖏᓗᐊᕈᓂᓗ ᓇᖕᒥᓂᖅ ᐃᓱᒪᓕᐅᖅᑎᐅᔪᓐᓇᑦᑎᐊᕐᓂᖅ;
- ᐋᓐᓂᐊᕐᕕᓕᐊᖅᓯᒪᓚᐅᖅᑑᑉ ᐃᓄᔪᓐᓂᖅᑑᑉ ᓇᖕᒥᓂᖅ ᑭᒡᒐᖅᑐᐃᔾᔨᒌᖓ/ᐃᑲᔪᖅᑎᖓ, ᐱᕐᑯᑎᒋᓚᐅᖅᑕᖏᓐᓂᒃ ᐊᐅᓚᑦᑎᔾᔨᐅᑎᓚᐅᖅᑎᖓ, ᓄᓕᐊᖓ/ᐅᐃᖓ ᐅᕝᕙᓗᓐᓂᑦ ᐃᓚᖓ;
- ᐋᓐᓂᐊᕐᕕᓕᐊᖅᓯᒪᔫᑉ ᐸᖅᑭᔾᔨᐅᓂᖓ ᐱᓱᒪᔾᔨᓚᐅᖅᑕᖓ, ᒪᓕᒐᖅᑎᒍᑦ ᑎᓕᔭᐅᓯᒪᔪᖅ ᐊᐅᓚᑦᑎᓂᕐᒧᑦ ᐅᕝᕙᓗᓐᓂᑦ ᒪᓕᒐᖅᑎᒍᑦ ᑎᓕᔭᐅᓯᒪᔪᖅ ᑭᒡᒐᖅᑐᐃᔾᔨᓂᕐᒧᑦ ᐃᑲᔪᖅᑎᐅᑎᑕᐅᓂᕐᒧᑦ;
- ᐊᓐᓂᐊᕐᕕᓕᐊᖅᓯᒪᓚᐅᖅᑑᑉ ᒪᓕᒐᖅᑎᒍᑦ ᐱᕐᑯᑎᓂᖏᓐᓂᒃ ᓱᓇᕕᓂᓕᒫᖏᓐᓂᒃ ᐊᐅᓚᑦᑎᔾᔨᐅᓕᖅᑐᖅ ᑎᒍᒥᐊᖅᑎᐅᓗᓂ ᐅᕝᕙᓗᓐᓂᑦ ᑭᓇᑐᐃᓐᓇᖅ ᑕᐃᔭᐅᓯᒪᔪᖅ ᓇᖕᒥᓂᖅ ᑎᑎᕋᖅᓯᒪᕕᓂᖓᒍᑦ ᑎᓕᓯᔾᔪᑎᒃᑯᑦ; ᐊᒻᒪᓗ

- ᑭᓇᑐᐃᓐᓇᖅ ᐱᔪᓐᓇᐅᑎᖃᖅᑎᑕᐅᔪᖅ ᑎᑎᕋᖅᓯᒪᔭᖓᓂᒃ ᐋᓐᓂᐊᕐᕕᓕᐊᖅᓯᒪᔫᑉ, ᐃᓱᒪᒃᑯᑦ ᐊᔪᖏᑦᑎᐊᕈᓂ ᐱᔪᓐᓇᐅᑎᖃᖅᑎᑦᑎᓂᕋᐃᔪᓐᓇᕐᓂᖅ.

ᑐᑭᓯᒋᐊᕐᑎᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ...

ᖃᐅᔨᒋᐊᕈᓐᓇᖅᑐᑎᑦ ᑖᐃᒃᑯᐊ ᐋᓐᓂᐊᕐᕕᓕᐊᖅᓯᒪᔪᑦ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓕᐊᓇᔭᐅᕙᓂᖏᓐᓄᑦ ᒪᓕᒐᐃᑦ ᖃᓄᖅ ᐋᕿᓐᖑᖓᒪᖓᑕ ᐋᓐᓂᐊᓯᐅᖅᑎᐅᔪᑦ ᖃᓄᐃᓕᐅᕈᓐᓇᖅᑕᑦᑕᖏᓐᓂᖏᓐᓂᒃ ᐊᒻᒪᓗ ᖃᓄᐃᓕᐅᕈᓐᓇᖅᑕᑦᑕᖏᓐᓂᖏᓐᓂᒃ ᐱ ᔪᑎᖃᖅᑐᓂᒃ ᑲᑎᖅᓱᖅᑕᐅᕙᓪᓕᐊᔪᓐᓇᕐᓂᖏᓐᓂᒃ, ᐊᑐᖅᑕᐅᔪᓐᓇᕐᓂᖏᓐᓂᒃ ᐊᒻᒪᓗ ᑕᑯᔭᐅᔪᓐᓇᖅᑕᑦᑕᕐᓂᖏᓐᓂᒃ ᐋᓐᓂᐊᕐᕕᓕᐊᖅᓯᒪᓂᕐᓄᑦ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᐅᕙᒃᑐᑦ ᑎᑎᕋᖅᓯᒪᔪᑦ, ᐋᓐᓂᐊᕐᕕᓕᐊᖅᓯᒪᓂᕐᓄᑦ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓕᐊᓇᔭᐅᕙᓂᖏᓐᓄᑦ ᒪᓕᒐᖏᑦ: ᖃᐅᔨᑎᑦᑎᔾᔪᑏᑦ ᑕᐃᒃᑯᓂᖓ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓕᐊᓇᔭᐅᕙᓂᖏᓐᓂᒃ ᖃᑎᖅᓱᖅᑕᐅᔪᓐᓇᕐᓂᖏᓐᓂᒃ, ᐊᑐᖅᑕᐅᔪᓐᓇᕐᓂᖏᓐᓂᒃ ᐊᒻᒪᓗ ᑕᑯᔭᐅᔪᓐᓇᖅᑕᑦᑕᕐᓂᖏᓐᓂᒃ ᐊᓯᖏᓐᓄᑦ.

ᑐᑭᓯᒋᐊᑎᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ ᐱᔪᓐᓇᐅᑎᒋᔭᕐᓂᒃ ᑕᒪᒃᑯᓂᖓ ᐋᓐᓂᐊᕐᕕᓕᐊᖅᓯᒪᓂᕐᒧᑦ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓕᐊᓇᔭᐅᕙᒃᑐᑦ ᒪᓕᒐᐃᑦ ᐱᔾᔪᑕᐅᓂᖏᓐᓂᒃ, ᐊᑏᑦᑐᖅ ᐅᖃᕐᕕᐅᓂᐊᖅᐳᑦ ᐅᑯᐊ:

ᐊᖓᔪᖅᑲᖅ ᐋᓐᓂᐊᕐᕕᓕᐊᖅᓯᒪᓂᕐᒧᑦ ᐸᒡᕕᓴᒃᑕᐅᖃᑦᑕᕆᐊᖃᖏᓐᓂᕐᒧᑦ ᑲᒪᔨᐅᔪᖅ

ᐱᓕᕆᕕᖓᓂ/ᐃᖃᓇᐃᔭᕐᕕᖓᓂ ᐋᓐᓂᐊᖃᖏᑦᑐᓕᕆᔨᑦ ᐃᓄᓕᕆᔨᒃᑯᓪᓗ ᐅᖃᓚᐳᑦ: 867-767-9052
ᖃᕆᑕᐅᔭᒃᑯᑦ ᑎᑎᖃᖅᑖᑲᐅᑎᕕᖓᒍᑦ: hia@gov.nt.ca
ᖃᕆᑕᐅᔭᒃᑯᑦ ᑕᑯᓂᐊᖅᑕᐅᕝᕕᖓ: www.hss.gov.nt.ca

ᐊᑖᒍᑦ ᒪᓕᒐᐃᑦ:

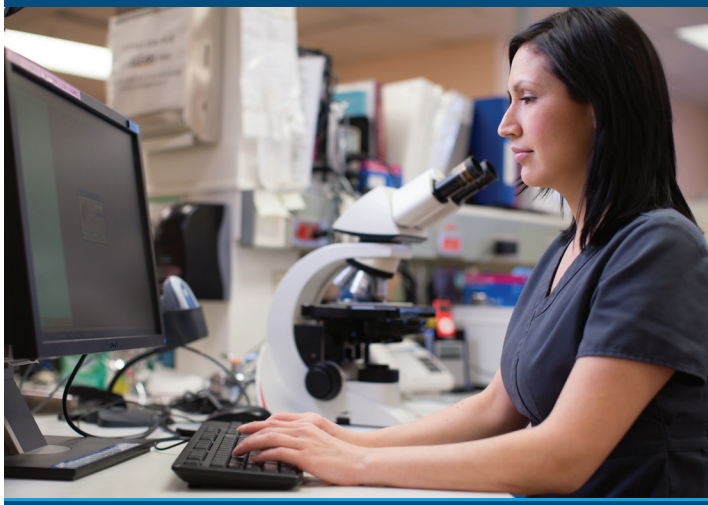
ᐃᓕᖕᓂᒃ ᓇᖕᒥᓂᖅ ᐱᔾᔪᑎᖃᖅᑐᑦ ᐋᓐᓂᐊᕐᕕᓕᐊᕈᑎᒋᓯᒪᔭᕐᓄᑦ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓕᐊᓇᔭᐅᕙᒃᑐᑦ ᒃᑎᖅᓱᖅᑕᐅᔪᓐᓇᖏᒻᒪᑕ, ᐊᑐᖅᑕᐅᔪᓐᓇᖏᑦᑐᑦ ᐅᕝᕙᓗᓐᓂᑦ ᑕᑯᔭᐅᔪᓐᓇᖏᓚᑦ, ᐊᓯᑕᖃᑐᐊᖅᐸᑦ ᐃᓕᖕᓂᒃ ᐃᓕᑕᓇᔭᐅᑎᑦᑎᓂᐊᖏᑦᑐᓂᒃ ᐊᑐᖅᑕᐅᖕᒐᕈᓐᓇᖅᑐᑦ ᐱᑕᖃᑐᐊᖅᐸᑕ.

ᐋᓐᓂᐊᖅᑐᓕᕆᔨᐅᔪᑦ ᐱᓕᕆᔨᖏᑦ ᑲᑎᖅᓱᐃᔪᓐᓇᖏᑦᓚᑦ, ᐊᑐᕈᓐᓇᖏᓚᑦ, ᑕᑯᔭᐅᑎᑦᑎᔪᓐᓇᖏᑦᓚᓗᓐᓃᑦ ᐃᓕᖕᓂᒃ ᓇᖕᒥᓂᖅ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᐋᓐᓂᐊᕐᕕᓕᐊᕈᑎᒋᓯᒪᔭᕐᓂᒃ, ᑕᐃᒃᑯᓇᖏᑦ ᐊᓯᖏᓐᓂᒃ ᑕᑯᔭᐅᔭᕆᐊᖃᒻᒪᕆᒃᑐᐃᓐᓇᐅᔪᓂᒃ ᑭᓯᐊᓂ.

ᑐᑭᓯᒋᐊᑎᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ ᑕᒪᒃᑯᓂᖓ ᖃᐅᔨᒪᑎᑦᑎᒋᐊᕈᑎᒃ ᐊᓯᖏᓐᓂᒃ ᐅᖃᐅᓯᒃᑯᑦ ᓴᓇᔭᐅᓯᒪᔪᓂᒃ, ᐅᕙᑦᑎᓐᓄᑦ ᐅᖃᕐᓂᐊᖅᐳᑎᑦ ᐅᕗᖓ ᐅᖃᓚᐅᑎᓕᖕᒧᑦ (867) 767-9052, ᑭᐅᔭᐅᒃᐸᑦ ᓇᕿᓕᕐᒥᓗᒍ 49045.
If you would like this information in another official language, contact us at (867) 767-9052, ext. 49045.

Inuktitut

ᐋᓐᓂᐊᕐᕕᓕᐊᖅᓯᒪᔪᓄᑦ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓕᐊᓇᔭᐅᕙᓂᖏᓐᓂ ᒪᓕᒐᐃᑦ



ᓴᐳᓐᓂᐊᕐᓂᖅ ᐸᒡᕕᓴᑦᑕᐅᖃᑦᑕᕆᐊᖃᖏᓐᓂᕐᓂᒃ ᐋᓐᓂᐊᖅᑐᓕᕆᓂᕐᒧᑦ ᒪᓕᒐᖅᑎᒍᑦ ᐊᕐᕿᐅᒪᔭᐅᔪᓂᒃ

Northwest Territories Health and Social Services

July 2015
www.hss.gov.nt.ca

ᓄᓇᕗᑦ ᒐᕙᒪᒃᑯᖏᑦ ᐱᓂᐊᕐᓂᖅᑲᕐᒪᑕ ᓴᐳᓐᓂᐊᖅᐅᕆᑎᐊᓇᐊᖅᑲᕐᓂᖏᓐᓂᒃ ᐃᓕᖕᓂᒃ ᓇᖕᒥᓂᖅ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᖃᓄᖅ ᑲᑎᖅᓱᖅᑕᐅᓯᒪᕙᖕᒪᖔᑕ, ᐊᑐᖅᑕᐅᖕᒪᖔᑕ ᐊᒻᒪᓗ ᑐᓂᐅᖅᑲᖅᑕᐅᔪᓇᑲᑦᑕᕐᒪᖔᑕ. ᐱᔪᓐᓇᐅᑎᖅᑲᕐᓇᑦ ᐃᓕᖕᓂᒃ ᓇᖕᒥᓂᖅ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᐋᓐᓂᐊᕐᓇᓕᐊᕈᑎᒋᕙᒃᑕᕐᓂᒃ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᐅᔪᓂᒃ ᓴᐳᓐᓂᐊᖅᑕᐅᓯᒪᑎᑦᑎᓂᖅ. ᑭᓯᐊᓂᓕᑕᐅᖅ, ᐅᔾᔨᖅᑐᑦᑎᐊᓇᑲᑦᑕᕐᓂᑦ ᐱᐅᓂᖅᐸᓂᒃ ᐃᑲᔪᖅᑕᐅᔪᓐᓇᕐᓂᕐᒥᒃ ᐋᓐᓂᐊᕐᓇᓕᐊᖅᓯᒪᓂᕐᓂᒃ, ᐋᓐᓂᐊᖅᑐᓕᓇᔨᑦ ᑐᓂᓯᑐᐃᓐᓇᓇᐊᖅᑲᖅᐳᑦ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᐃᓕᖕᓂᒃ ᓇᖕᒥᓂᖅ ᐋᓐᓂᐊᕐᓇᓕᐊᕈᑎᒋᓯᒪᔾᔪᓂᒃ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᐅᔪᓂᒃ ᐊᓯᒥᓄᑦ.

ᑕᐃᒃᑯᐊ ᒪᓕᒐᐃᑦ ᑕᐃᔭᐅᔪᑦ *ᐋᓐᓂᐊᕐᓇᓕᐊᖅᓯᒪᔪᓄᑦ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᐅᔪᓐᓂᕐᒥᓐᓄᑦ ᒪᓕᒐᐃᑦ ᓇᓕᒧᑏᑎᑦᑎᔭᐊᖃᓱᖕᒍᕗᑦ* ᓴᐳᓐᓂᐊᖅᑕᐅᓯᒪᖃᑦᑕᕆᐊᖃᓂᖏᓐᓂᒃ ᐃᓕᖕᓂᒃ ᓇᖕᒥᓂᖅ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᐋᓐᓂᐊᕐᓇᓕᐊᕈᑎᒋᓯᒪᕙᖕᒍᓂᒃ ᑎᑎᕋᖅᓱᒪᔪᓂᒃ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᐅᔪᓂᒃ, ᓴᓂᐊᓂ ᑕᐃᒃᑯᐊ ᐋᓐᓂᐊᓯᐅᖅᑎᒋᔭᕐᑦ ᐃᓕᖕᓂᒃ ᐱᐅᓂᖅᐹᓂᒃ ᐃᑲᔪᓯᓇᐊᖃᓂᖅᓴᓂᒃ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ.

ᖃᓄᖅ ᑕᐃᒃᑯᐊ ᒪᓕᒐᐃᑦ ᓴᐳᓐᓂᐊᕈᑕᐅᓲᖕᒍᖕᒪᑦ ᐅᕙᓐᓂᒃ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᑎᑎᕋᖅᓯᒪᔪᓂᒃ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓂᒃ?

ᐋᓐᓂᐊᕐᓇᓕᐊᕈᑎᒋᕙᒃᑕᕐᓄᑦ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓕᐊᓇᔭᐅᕙᒃᑐᑦ ᑎᑎᕋᖅᓯᒪᓂᖏᓐᓂᒃ ᒪᓕᒐᖏᑦ ᐊᑐᖅᑕᐅᔭᓇᐊᖃᖅᑐᑦ ᓄᓇᕗᑦᓱᐊᑉ ᒐᕙᒪᒃᑯᖏᓐᓂᒃ ᐃᖃᓇᐃᔭᕐᕕᖕᒐᓐᓄᑦ ᐋᓐᓂᐊᖃᖏᑦᑐᓕᓇᓐᒃᑯᓐᓂᒃ ᐊᒻᒪᓗ ᐃᓄᓕᓇᓐᒃᑯᓐᓂᒃ; ᐋᓐᓂᐊᖃᖏᑦᑐᓕᓇᓂᕐᒧᑦ ᐃᓄᓕᓇᓐᒃᑯᓐᓄᑦᓗ ᐊᐅᓚᑦᑎᓐᒋᔭᐅᓂᖏᓐᓄᑦ, ᐋᓐᓂᐊᖃᖏᑦᑐᓕᓇᓂᕐᒧᑦ ᐃᓄᓕᓇᓐᒃᑯᓐᓄᑦᓗ ᐊᐅᓚᑦᑎᓐᒋᔭᐅᓂᖏᓐᓄᑦ, ᐊᓇᖕᒥᓂᖅᑐᓂᒃ ᐋᓐᓂᐊᓯᐅᖅᑎᒋᔭᖅ, ᐃᓕᓇᖕᒥᓂᖅᑐᓂᒃ ᐋᓐᓂᐊᓯᐅᖅᑎᒋᔭᖅᑐᓂᒃ ᐃᓕᖕᓂᒃ ᐱᐅᓂᖅᐹᓂᒃ ᐃᑲᔪᖅᑕᐅᔪᓐᓇᕐᓂᕐᒥᒃ ᐋᓐᓂᐊᕐᓇᓕᐊᕈᑎᒋᓯᒪᔪᓂᒃ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᐅᔪᓂᒃ ᐊᓯᒥᓄᑦ.

ᖃᓄᖅ ᑕᐃᒃᑯᐊ ᒪᓕᒐᐃᑦ ᓴᐳᓐᓂᐊᕈᑕᐅᓲᖕᒍᖕᒪᑦ ᐅᕙᓐᓂᒃ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᑎᑎᕋᖅᓱᒪᔪᓂᒃ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓂᒃ?

ᐋᓐᓂᐊᕐᓇᓕᐊᕈᑎᒋᕙᒃᑕᕐᓂᒃ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓕᐊᓇᔭᐅᕙᒃᑐᑦ ᑎᑎᕋᖅᓱᒪᓂᖏᓐᓂᒃ ᒪᓕᒐᖏᑦ ᐊᑐᖅᑕᐅᔭᓇᐊᖃᖅᑐᑦ ᓄᓇᕗᑦᓱᐊᑉ ᒐᕙᒪᒃᑯᖏᓐᓂᒃ ᐃᖃᓇᐃᔭᕐᕕᖕᒐᓐᓂᒃ ᐋᓐᓂᐊᖃᖏᑦᑐᓕᓇᓂᕐᒧᑦ ᐃᓄᓕᓇᓐᒃᑯᓐᓂᒃ ᐊᒻᒪᓗ ᐃᓄᓕᓇᓐᒃᑯᓐᓂᒃ; ᐋᓐᓂᐊᖃᖏᑦᑐᓕᓇᓂᕐᒧᑦ ᐃᓄᓕᓇᓐᒃᑯᓐᓄᑦᓗ ᐊᐅᓚᑦᑎᓐᒋᔭᐅᓂᖏᓐᓄᑦ, ᐋᓇᖕᒥᓂᖅᑐᓂᒃ ᐋᓐᓂᐊᓯᐅᖅᑎᒋᓂᒃ, ᐃᓕᓇᖕᒥᓂᖅᑐᓂᒃ ᐋᓐᓂᐊᓯᐅᖅᑎᒋᔭᖅᑐᓂᒃ ᐃᓕᖕᓂᒃ ᐱᐅᓂᖅᐹᓂᒃ ᐃᑲᔪᖅᑕᐅᔪᓐᓇᕐᓂᕐᒥᒃ ᐋᓐᓂᐊᕐᓇᓕᐊᕈᑎᒋᕙᒃᑕᕐᓂᒃ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᐅᔪᓂᒃ ᐊᓯᒥᓄᑦ.

ᑕᐃᒃᑯᐊ ᐅᓗᓇᐊᓇᓈᒃᑯᑎᒃᓴᖃᖅᑎᑕᐅᓂᖏᓐᓄᑦ ᐃᓕᖕᓂᒃᑐᑦ ᒪᑯᓂᖕᒐ:

- ᐃᓄᖕᓂᒃ ᑕᐃᒃᑯᓂᖕᒐᑐᐊᖅ ᑕᑯᔪᓇᖅᑎᑕᐅᔪᓂᒃ ᑕᑯᔭᐅᑎᑦᑎᖃᑦᑕᕆᐊᖃᓂᖅ;
- ᐋᕿᐅᒪᑎᑦᑎᕙᓐᑦᑎᓂᖅ ᓴᐳᓐᓂᐊᖅᑕᐅᓯᒪᐃᓐᓇᕆᐊᖃᓂᖏᓐᓂᒃ ᖃᓄᐃᓕᐅᕈᑎᒃᓴᓂᒃ ᐃᓕᖕᓂᒃ ᐋᓐᓂᐊᕐᓇᓕᐊᕈᑎᒋᕙᒃᑕᕐᓂᒃ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᐅᔪᓂᒃ ᑐᕐᑯᖅᑕᐅᓯᒪᑦᑎᐊᓇᐊᖃᓂᖅᑐᓂᒃ ᖃᓄᐃᓕᐅᓇᐊᖃᓂᖅ.
- ᐃᓕᑦᓇᕈᓐᓇᐃᓕᑎᑕᐅᓯᒪᓲᑦ, ᑕᐃᒃᑯᐊ ᐋᓐᓂᐊᕐᓇᓕᐊᖅᓯᒪᔪᓂᒃ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓕᐊᕕᓐᑦ ᐃᓕᑕᓇᔭᐅᔪᓐᓇᐃᓕᑦᓕᑎᒃ ᑭᓇᒃᑰᓐᓂᒃᒐᓇᐅᕐᓂᕐᒋᓐᓂᒃ. ᓱᕐᓗ ᐆᒃᑑᑎᒋᓗᒍ, ᐊᑐᖅᑕᐅᔭᕐᓂᒃᒐᒥᒃ ᖃᐅᔨᓴᕐᓂᕐᒧᑦ ᐅᕝᕙᓐᓂᑦ ᐊᓐᓂᐊᕐᓇᓕᐊᖅᐸᒃᑐᓄᑦ ᐋᕿᐅᒪᑎᑦᑎᓂᕐᒧᑦ ᐸᕐᓇᐅᑎᓕᓇᓚᐅᕐᓂᕐᒧᓪᓗᓐᓂᑦ; ᐊᓐᓂᐊᕐᓇᓕᐊᖅᐸᒃᑐᓄᑦ ᐋᕿᐅᒪᑎᑦᑎᓂᕐᒧᑦ ᐅᕝᕙᓐᓂᑦᑐᓕᓇᓂᕐᒧᓪᓗᓐᓂᑦ; ᐊᓐᓂᐊᕐᓇᓕᐊᖅᐸᒃᑐᓄᑦ ᖃᓄᐃᓕᐅᕈᑎᒃᓴᓂᖅ;
- ᐃᓕᑦᓇᕈᓐᓇᐃᓕᑎᑕᐅᓯᒪᓲᑦ, ᑕᐃᒃᑯᐊ ᐋᓐᓂᐊᕐᓇᓕᐊᖅᓯᒪᔪᓂᒃ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓕᐊᕕᓐᑦ ᐃᓕᑕᓇᔭᐅᔪᓐᓇᐃᓕᑦᓕᑎᒃ ᑭᓇᒃᑰᓐᓂᒃᒐᓇᐅᕐᓂᕐᒋᓐᓂᒃ. ᓱᕐᓗ ᐆᒃᑑᑎᒋᓗᒍ, ᐊᑐᖅᑕᐅᔭᕐᓂᒃᒐᒥᒃ ᖃᐅᔨᓴᕐᓂᕐᒧᑦ ᐅᕝᕙᓐᓂᑦ ᐊᓐᓂᐊᕐᓇᓕᐊᖅᐸᒃᑐᓄᑦ ᐋᕿᐅᒪᑎᑦᑎᓂᕐᒧᑦ ᐸᕐᓇᐅᑎᓕᓇᓚᐅᕐᓂᕐᒧᓪᓗᓐᓂᑦ; ᐊᓐᓂᐊᕐᓇᓕᐊᖅᐸᒃᑐᓄᑦ ᖃᓄᐃᓕᐅᕈᑎᒃᓴᓂᖅ;
- ᒪᓕᒐᖅᑕᐅᑎᑦᑎᓂᖅ ᑕᒪᕐᓕᑦᑎᐊᖅ ᐃᓄᖕᓂᒃ ᓇᖕᒥᓂᖅ ᐊᓐᓂᐊᕐᓇᓕᐊᕈᑎᕕᓂᖏᓐᓂᒃ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓕᐊᑦ ᑐᕐᑯᖅᑕᐅᓯᒪᖃᑦᑕᕆᐊᖃᓂᖏᓐᓂᒃ, ᒪᑐᐃᖅᑕᐅᓴᕐᓂᐃᖏᑦᑐᓂᒃ, ᑎᒃᑯᐊᖅᑕᐅᓯᒪᑎᐊᖅᑐᓂ ᐃᓂᒃᓴᖅᑲᖅᑎᑕᐅᓂᖅ; ᐊᒻᒪᓗ
- ᐸᒐᕕᒃᑕᐅᖅᑲᑦᑕᕆᐊᖅᑲᖏᓐᓂᕐᒧᑦ ᒪᓕᒐᖅᓂᒃ ᓱᕋᐃᔪᖅᑲᑦᑕᕆᐊᖅᑲᓂᖏᓐᓂᒃ ᐊᒻᒪᓗ ᖃᓄᐃᓕᐅᕈᑕᐅᔭᕆᐊᖅᑲᓂᖏᓐᓄᑦ ᒪᓕᒐᖅᑲᓯᑎᒃ ᐊᑐᖅᑕᐅᔭᕆᐊᖅᑐᓂᒃ.

ᖃᓄᐃᓕᐅᖅᑲᑦᑕᕆᐊᖅᑎᑕᐅᕙᑦ ᐋᓐᓂᐊᖅᑐᓕᕆᔨᑦ?

ᒪᓕᒐᐃᑦ ᒪᓕᖅᑕᐅᔭᕆᐊᖅᑲᖅᑐᓂᖏᓐᓄᑦ, ᐊᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᑦ ᐃᒪᐃᓐᓇᐅᓕᐅᖅᑲᑦᑕᕆᐊᖅᑲᖅᐳᑦ:

- ᖃᐅᔨᒪᑎᑦᑎᖃᑦᑕᕆᐊᖅᑐᑦ ᖃᓄᖅ ᐊᓐᓂᐊᕐᓇᓕᐊᕈᑎᒋᓯᒪᔪᓂᒃ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓕᐊᕆᔭᐅᓯᒪᔪᑦ ᐱᓯᒪᔭᐅᔪᓐᓇᕐᒪᖔᑕ, ᐊᑐᖅᑕᐅᔪᓐᓇᕐᒪᖔᑖ ᐊᓯᖏᓄᓪᓗ ᑕᑯᔭᐅᔪᓐᓇᖃᑦᑕᕐᒪᖔᑕ;
- ᐋᕿᐅᒪᑎᑦᑎᔭᕆᐊᖅᑐᑦ ᒪᓕᒐᕆᔭᐅᔪᓂᒃ ᑲᓇᑕᒥᐅᑕᓕᒫᓄᑦ ᒪᓕᖅᑕᐅᔭᕆᐊᖅᑐᑦ ᐊᓐᓂᐊᕐᓇᓕᐊᕈᑎᒋᕙᒃᑕᕐᓂᒃ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᐅᔪᑦ ᑐᕐᑯᖅᑕᐅᓯᒪᑦᑎᐊᓇᐊᖃᓂᖅᑐᓂᒃ ᖃᓄᐃᓕᐅᕈᑎᒃᓴᓂᖅ ᐃᓕᖕᓂᒃ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᐅᔪᓂᒃ ᐊᓯᒥᓄᑦ.
- ᐃᓕᖕᓂᒃ ᖃᐅᔨᑎᑦᑎᔭᕆᐊᖅᑐᑦ ᑭᓇᒃᑯᓐᓄᑦ ᐅᖃᕆᐊᖃᓂᖅ ᐋᔾᔨᖏᓐᓂᒃ ᑐᓂᓯᔭᕆᐊᖃᓂᐊᕈᕕᑦ ᐅᕙᓐᓂᑦᑐᓕᓇᓂᕐᒧᑦ ᑕᒻᒪᖅᓯᒪᔪᖃᓂᕈᓂ ᐃᓕᖕᓂᒃ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓕᐊᖑᓯᒪᔪᓂᒃ, ᐅᕙᓐᓂᑦᑐᓕᓇᓂᕐᒧᑦ ᐊᐱᖁᑎᖃᕈᕕᑦ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᐋᓐᓂᐊᕐᓇᓕᐊᕈᑎᒋᕙᒃᑕᕐᓂᒃ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓕᐊᖑᓯᒪᔪᓂᒃ ᐅᕙᓐᓂᑦᑐᓕᓇᓂᕐᒧᑦ ᐊᐱᖁᑎᖃᕈᕕᑦ ᐋᓐᓂᐊᕐᓇᓕᐊᕈᑎᒋᕙᒃᑕᕐᓂᒃ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓕᐊᕐᓇᕐᓂᕐᒋᓐᓂᒃ ᒪᓕᒐᕐᓂᒃ; ᐊᒻᒪᓗ
- ᑕᑯᔭᐅᑎᑦᑎᔪᓐᓇᕐᓂᖅ ᐅᖃᐅᓯᖃᕈᓐᓇᕐᓂᕐᓗᓐᓂᑦ ᒥᑭᓂᖅᐹᖑᕆᐊᖅᑕᐅᔪᓂᒃ ᐃᓕᖕᓂᒃ ᓇᖕᒥᓂᖅ ᐋᓐᓂᐊᕐᓇᓕᐊᕈᑎᒋᓯᒪᔪᓂᒃ ᖃᐅᔨᒪᔾᔪᑎᓂᒃ ᑕᐃᒫᒃ ᐱᐅᓂᖅᐹᓂᒃ ᐃᒃᑲᔪᖅᑕᐅᔪᓐᓇᕐᓂᐊᕋᕐᑦ.

ᓱᓇᐅᖕᒪᑕ ᓇᖕᒥᓂᖅ ᐅᕙᓐᓂᒃ ᐱᔾᔪᑎᖃᖅᑐᑦ ᐋᓐᓂᐊᕐᕕᓕᐊᕈᑎᒋᔭᓐᓇᖅᑕᒃᑲᓐᓄ ᖃᐅᔨᒪᔾᔪᑎᑦ?

ᑕᐃᒃᑯᐊ ᓇᖕᒥᓂᖅ ᐃᓕᖕᓂᒃ ᐃᕝᕕᒃ ᐋᓐᓂᐊᕐᕕᓕᐊᕈᓐᓇᕐᓂᕐᒧᑦ ᖃᐅᔨᒪᔾᔪᑎᑦ ᐱᑕᖃᖅᐳᑦ ᖃᓄᐃᑦᑐᐃᓐᓇᕐᑎᐊᓂᒃ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᐃᒡᕕᑦ ᑎᒥᒃᑯᑦ ᐃᓱᒪᒃᑯᓪᓗᓐᓂᑦ ᖃᓄᐃᓐᓂᕐᓂᒃ ᐃᓕᖕᓂᒃ ᐃᓕᕆᓇᔭᐅᔪᑕᐅᕙᒃᑐᑦ. ᒪᑯᓂᖓ ᐃᓕᖃᖅᑐᑦ:

- ᐋᓐᓂᐊᕐᓇᓕᐊᕈᓐᓇᐅᑎᖕᓂᒃ ᓈᓴᐅᑎᑦ/ᓇᒻᒪᐃᑦ;
- ᖃᐅᔨᒪᑎᑦᑎᔾᔪᑎᒃᓴᓕᐊᓇᔭᐅᓯᒪᔪᑦ ᖃᓄᖅ ᐱᔾᔪᑎᖅᑕᐅᓚᐅᕐᒪᖔᖅᐱᑦ;
- ᖃᐅᔨᓴᖅᑕᐅᓚᐅᖅᑐᓂᒃ ᓴᕿᓚᐅᖅᑐᑦ;
- ᖃᐅᔨᒪᔾᔪᑎᑦ ᑲᑎᖅᓱᖅᑕᐅᓯᒪᓂᖏᑦ ᐊᑐᖅᑕᐅᕙᖕᓂᖏᓪᓗ ᑐᓕᐅᕈᑕᐅᓂᕐᒧᑦ ᖃᓄᐃᑦᑐᓂᒃ ᐊᑐᒐᒃᓴᓂᒃ ᐱᔾᔪᑎᕋᐅᑎᓂᒃᓗᓐᓂᑦ ᐱᑎᑕᐅᔪᓐᓇᕐᒪᖔᑦᓕᑎᒃ ᑕᐃᒃᑯᓄᖕᒐ; ᐊᒻᒪᓗ
- ᐊᑭᓕᒐᒃᓴᖅᐸᓪᓕᐊᓂᖏᓐᓂᒃ ᐊᒻᒪᓗ ᖃᓄᖅ ᐊᑭᓕᖅᑕᐅᕙᖕᒪᖔᑕ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᐅᔪᓂᒃ.

ᖃᓄᐃᑦᑐᓂᒃ ᖃᓄᐃᓕᖕᒐᔪᓂᒃ ᐱᔪᓐᓇᐅᑎᖃᕋᒪ?

ᑕᐃᒃᑯᐊ ᒪᓕᒐᐃᑦ ᐃᓕᖕᓂᒃ ᐱᔪᓐᓇᐅᑎᖃᒃᖃᑎᑦᑎᕗᑦ ᐊᑕᓐ ᑎᑎᕋᖅᓯᒪᔪᓂᒃ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᓇᖕᒥᓂᖅ ᐃᓕᖕᓂᒃ ᐋᓐᓂᐊᕐᓇᓕᐊᕈᑎᒋᕙᒃᑕᕐᓂᒃ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓂᒃ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ:

- ᐱᔪᓐᓇᐅᑎᖃᖅᐳᑎᑦ ᐃᓱᓕᑎᑦᑎᓯᒪᔪᓐᓇᕐᓂᖅ ᑲᑎᖅᓱᖅᑕᐅᕙᓪᓕᐊᓂᖏᓐᓂᒃ, ᐊᑐᖅᑕᐅᔪᓐᓇᕐᓂᖏᓐᓂᒃ,

  ᐃᓕᖕᓂᒃ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᓇᖕᒥᓂᖅ;
- ᐱᔪᓐᓇᐅᑎᖃᖅᐳᑎᑦ ᓴᑐᐃᔪᓐᓇᕐᓂᖅ/ᖁᔭᓈᖅᓱᔪᓐᓇᕐᓂᖅ ᐊᖏᕈᑎᒋᓯᒪᔾᔪᓂᒃ ᑲᑎᖅᓱᖅᑕᐅᔪᓐᓇᕐᓂᖏᓐᓂᒃ, ᐊᑐᖅᑕᐅᔪᓐᓇᕐᓂᖏᓐᓂᒃ, ᑕᑯᔭᐅᔪᓐᓇᕐᓂᖏᓐᓂᒃᓗᓐᓂᑦ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓕᐊᓇᔭᐅᓯᒪᔪᓂᒃ ᐃᓕᖕᓂᒃ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᓇᖕᒥᓂᖅ;
- ᐱᔪᓐᓇᐅᑎᖃᖅᐳᑎᑦ ᖃᐅᔨᒪᑎᑕᐅᔪᓐᓇᕐᓂᖅ ᐊᑐᖅᑕᐅᔪᓐᓇᕐᓂᖏᓐᓂᒃ, ᑕᑯᔭᐅᔪᓐᓇᕐᓂᖏᓐᓂᒃᓗᓐᓂᑦ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓕᐊᓇᔭᐅᓯᒪᔪᓂᒃ ᐃᓕᖕᓂᒃ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᓇᖕᒥᓂᖅ;
- ᐱᔪᓐᓇᐅᑎᖃᖅᐳᑎᑦ ᑕᑯᔪᓐᓇᕐᓂᖅ ᐃᓕᖕᓂᒃ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᓇᖕᒥᓂᖅ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓕᐊᓇᔭᐅᓯᒪᔪᓂᒃ ᑎᑎᕋᖅᓯᒪᔪᓂᒃ;
- ᐱᔪᓐᓇᐅᑎᖃᖅᐳᑎᑦ ᐊᓱᔾᔨᖅᑕᐅᑎᑦᑎᔪᒪᔪᓐᓇᕐᓂᖅ ᐃᓕᖕᓂᒃ ᓇᖕᒥᓂᖅ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᖃᐅᔨᒪᔾᔪᑎᒃᓴᓕᐊᕈᓐᓂᒃ; ᐊᒻᒪᓗ
- ᐱᔪᓐᓇᐅᑎᖃᖅᐳᑎᑦ ᓂᕈᐊᕈᓐᓇᕐᓂᖅ ᐊᓱᖓᕐᓂᒃ ᐃᓱᒪᓕᐅᖅᑎᐅᔪᓐᓇᖅᑐᓂᒃ ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᐃᓕᖕᓂᒃ ᓇᖕᒥᓂᖅ ᖃᐅᔨᒪᔾᔪᑎᒋᔭᐅᔪᓂᒃ.