

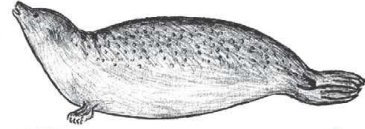


# Puplangniq (Botulism)



## Huuq ihumaaluktughauvik?

- ➔ Puplautinnaqtut (botulism) halumailruit paqitauvaktut aiviqnit nattiqnilu. Ilittuqhitiliklu taimaa paqitauliqaqtut qilalukkanit.
- ➔ Puplautivaktut halumailruit amirnaqhilaqtut anurailluurumik. Halumailruit amirnaqniinit aanniarutiningnaqtut inungnut taiyauvaktuq "puplangniq (botulism)".
- ➔ Puplangniq (botulism) aanniarut taamna amiqnaqhivaktuq inungnut ilaanilu tuqunnaqhuni.

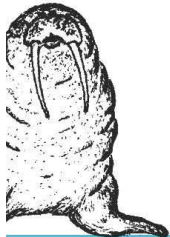


## Qanuq aanniarutiningnaqqa inungnut?



- Halumailruit nauvaktut amiqnaqhilaqhutik anuraittumiitkumik. Halumailruq inmikkut aanniarutiningnaqtuq. Kihimi nauyuq halumailrumit aanniarutiningnaqtuq inungnut.
- Ilangi tutquumatjuhiit tipaalaqhiyullu niqinik puplautinnaqtumik amirnaqtulgit taimaa amiqnaqhivaktut niriyaami. Amiqnaqtunipaktut niqit anuraittumi tutquumagumik. Hapkua tutquumatjuhiit niqinik amiqnaqtut **atuqtauyughaungittutik**:

- Tutquumahimaguffi uuhimaittunik nattiqnik, aiviqnik qilalukkaniklu qipliqitunik matuhimayunik puughanit uunaqniqmik 4°C-mi (uunaqiyaugumi niklaqhiivngmik)
- Ighinnaiguffi uuhimaittunik nattiqnik, aiviqnik qilalukkaniklu hiqiniinnaqmi matuhimayumi qipliqitunik puuqarumik
- Tipaalaqhiigumik niqainnaqnik matulingnik puughanit



## Qanurililaqqik amirnaqhimayaami puplangniqmik (botulism)?

- ✓ Aqiaruiyaqlugu ingaluangiyaglugu nattiq, qilalugaq aiviqilu anguyauhaaqqat.
- ✓ Tutquumalugit uuhimaittut niqainnait niklamayumi (4°C niklammaaqmiluuniit).
- ✓ Tipaalaqhiitailuhi niqainnaqnik matulingnik puughanit. Niqainnait tipaalaqhiilugit niklamaniqmi anurilingmilu. Qipliqitut puughat iqqakuviillu puughait atuqtaghaungittut igunaliuriami.
- ✓ Amiakkuit niklaqhiivngmunngaqlugit, ingniqviup qaangani unnuaqhiitailugit. Niqit ighinnaqtailugit ikluanginnaqmi malruk ikaaqnit avatqullugit. Amiakkuit (natiup imiraatut, natiup niqilianganiklu) uunnatqitauyughat 10 minutes-nik niqhiutqiktinnagu.
- ✓ Puplangniq (botulism) amiqnarniit tuqutaulaqtut igaplugu. Igattiaqhimayunik niqinik amirnaittut aanniarutinit.



**PUIGUQTAILILUHI:** Puplangnaqtut halumailruit amiqnaqniillu tipaaitut. Puplangnaqtut amiqnaqniit tipaalaqhiyuitut niqainnaqnik.

