

Inungnut Tuhaqtidjutikhanut

Nunaqyuaptingni Hingaiyailaitkutit Ubluanga 2019

Aullagtirvia Ublua: Apitilirvik 26, 2019

Nutqarvixhaq Ublua: **Apitilirvik 26, 2019**

Nunavunmi-tamaat

60 sec

Nunaryuaptingni Hingaiyailaitkutit Ubluanga aulaniaqtun nunaqyuarni tamaat aulaliqlutik Apitilirvia 26mi, ilituqhaiyaangat allatqiinik piqaqtun hingaiyailaitkutiaqtun pigiaqaqtainik, ikayugiangani inungnun ihumaliuttiaqhimayumik atuqtakharnik talvuuna nulliarnikkut nutaraliurnikkut inuuhirikharnik.

Piqaqtun amigaitunik hingaiyailaitkutunik atuqtukharnik. Atugumaguvit hingaiyailaitkutikharnik, akhurnaqtuq pukugiangani ihumagiluaqtangni inuuhirni. Ilangit pidjutikhat hamauyut:

- Uhut Puungit.
- Arnat IUDngit (Algarvianun iliugaqtauvakhimayut).
- Kapuutikhat (Depro-Provera)
- Hingaiyailaitkutunik havautingnik.
- Matutikhaq.
- Mikiligangmiarnik (Nuvaring).

Akhurnaqtuq itqumayaangat atuqtukharnik uhut puunganik avaliituq
atuqtauvakhimayuq hingailaitkut munagidjutiqarniaqtuq taima hingaiyarnaitumik
hiamitirnaitumik nuliarnikkut aanniarutingnik.

Amigaitun hingaiyaitkutikhat akiqangitun Nunavunmiunun Inuinun taima munagidjutiqaqtunik inuuhirinikkut pidjutikharnik. Uqagianganik kitut ihuatqiyauniaqtun ilingnun, munarhiliaqluhi naunaiyattiagianganik. Naunaiqyumirutikharnik qanuritun piquqtun hingailaitkutikharnik piquqtun qunngiarlutik uvani qaritauyaliqidjutingni www.irespectmyself.ca.

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Tuhaqtipkailiqijit