Kavamatkunnin Tuhaqtitaujukhaq

Nunaqyuaptingni Hingaiyailaitkutit Ubluanga 2020

Aullaqtiqvia Ublua: **Apitilirvia 25, 2020**
Nutqarvikhaa Ublua: **Apitilirvia 26, 2020**
Nunavut-tamaat **60 sec**

Nunaqyuaptingni Hingaiyailaitkutit Ubluanga aulanaqtuq nunaqyuap tamaat Apitilirvia 26mi. Nunaryuaptingni Hingaiyailaitkutit Ubluanga ilituqhaiyaangat allatqiinik piqaqtun hingaiyailaitkutiqaqtun pigiaqaqtainik, ikayugianganik inungnun ihumaliuttiaqhimayumik atuqtakharnik talvuuna nulliarnikkut nutaraliurnikkut inuuhirikharnik.

Piqaqtun amigaitunik hingaiyailaitkutinik atuqtukharnik. Atugumaguvit hingaiyailaitkutikharnik, akhurnaqtuq pukugianganik ihumagiluaqtangni inuuhirni. Ilangit pidjutikhat hamauyut:

- Uhut Puungit.
- Arnat IUDngit (Algarvianun iliugaqtauvakhimayut).
- Kapuutikhat (Depro-Provera)
- Hingaiyailaitkutinik havautingnik.
- Matut Uvinirmun (Atuqniit hingaiyailaitkutinik talvuuna uvinikkut).
- Mikiligaryuaq uttup iluani (Atuqniit hingaiyailaitkutinik uttup luani atuqtauvakhimayuq).

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 piqaqtun hingailaitkutikharnik piqaqtun qunngiarlutik uvani qaritauyaliqidjutingni www.irespectmyself.ca.

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ᐱᕙᓪᓕᐊᔪᑦ ᑐᓴᒐᒃᓴᙳᖅᑎᑕᐅᔪᑦ ᐱᔭᐅᔪᓐᓇᖃᑦᑕᖅᑐᑦ ᐃᓄᒃᑎᑑᖕᒐᓗᑎᒃ, ᖃᓪᓗᓈᑎᑐᑦ, ᐃᓄᐃᓐᓇᖅᑐᓐ ᐅᐃᕖᑎᑐᓪᓗ ᐅᕙᓂ, *www.gov.nu.ca.*
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