ᒐᕙᒪᒃᑯᓐᓂ ᐃᓄᖕᓄᑦ ᑐᓴᒐᒃᓴᖅ

ᓂᕿᑦᑎᐊᕙᓕᕆᓐᓇᖅ ᑕᖅᑭᖅ − ᓂᕆᔭᒃᓴᑦᑎᐊᕙᑦ ᐊᑐᐃᓐᓇᐅᑎᑉᐸᒡᓗᒋᑦ

ᐱᒋᐊᕐᕕᖓ: ᒫᑦᓯ 14, 2023
ᐃᓱᓕᕝᕕᖓ: ᒫᑦᓯ 30, 2023
ᓄᓇᕘᓕᒫᒧᑦ 60 ᑎᑦᑕᑯᓗᐃᑦ

ᒫᑦᓯ ᑲᓇᑕᒥ ᓂᕿᑦᑎᐊᕙᓕᕆᓂᕐᒧᑦ ᑕᖅᑭᕆᔭᐅᕗᖅ. ᑕᒪᑐᒪᓂ ᐊᕐᕌᒍᒥ ᐱᔾᔪᑕᐅᓂᐊᖅᑐᖅ − ᓂᕆᔭᒃᓴᑦᑎᐊᕙᑦ ᐊᑐᐃᓐᓇᐅᑎᑉᐸᒡᓗᒋᑦ − ᑐᕌᒐᖃᖅᐳᑦ ᐃᓄᐃᑦ ᓂᕿᑦᑎᐊᕙᖕᓂ ᓂᕆᔪᓐᓇᕐᓗᑎᒃ ᐃᓕᓐᓂᐊᖅᑎᑦᑎᔪᒪᓪᓗᑎᒃ. ᓂᕿᑦᑎᐊᕙᖕᓂᒃ ᓂᕆᕙᒃᖢᓂ ᑭᒃᑯᓕᒫᑦᑎᐊᓄᑦ ᐊᔾᔨᒋᔭᐅᙱᑦᑐᒥᒃ ᑕᐅᑦᑐᖃᕐᓇᖅᑐᖅ. ᓂᕆᔭᒃᓴᑦᑎᐊᕙᖕᓂᒃ ᓂᕈᐊᖃᑦᑕᕐᓂᖅ ᐊᔾᔨᒌᒃᐸᙱᒻᒪᑦ ᑭᒃᑯᓕᒫᓄᑦ ᑕᑎᖃᕈᓐᓇᕐᒪᑕᓗ ᓂᕿᑦᑎᐊᕙᖕᓂᒃ ᑐᙵᕕᒋᔭᐅᓗᑎᒃ ᑭᒃᑯᓕᒫᑦᑎᐊᑦ ᖃᓄᐃᙱᑦᑎᐊᕈᓯᖏᑦ, ᐃᓄᖕᒨᖓᔪᑦ ᓂᕈᐊᕆᔭᐅᔪᑦ, ᐃᓕᖅᑯᓯᕆᔭᐅᔪᒨᖓᔪᑦ ᐊᒻᒪ ᓂᕿᒋᕙᒃᑕᖏᓐᓄᑦ ᐱᐅᓯᕆᔭᐅᔪᑦ.

ᓄᓇᕗᒻᒥ, ᓂᕆᖃᑎᒌᖃᑦᑕᕐᓂᖅ ᐱᒻᒪᕆᐅᖃᑕᐅᖕᒪᑦ ᐃᓄᐃᑦ ᖃᐅᔨᒪᔭᑐᖃᖏᓐᓄᑦ ᐊᒻᒪ ᓂᕆᔭᒃᓴᑦᑎᐊᕙᖕᓂᒃ ᓂᕆᖃᑦᑕᕐᓂᕐᒧᑦ. ᓴᙱᒃᑎᒋᐊᕈᑕᐅᔪᓐᓇᕐᒪᑦ ᐃᓅᖃᑎᒌᒍᓯᕐᓄᑦ, ᓴᖅᑭᑦᑎᔪᓐᓇᖅᖢᓂ ᐱᕕᒃᓴᓂᒃ ᐃᓐᓇᕐᓄᑦ ᐅᖃᐅᓯᖃᕈᓐᓇᖅᑎᓪᓗᒋᑦ ᖃᐅᔨᒪᓂᕆᔭᖏᓐᓂᒃ ᐃᓕᖅᑯᓯᑐᖃᖅᑎᒍᑦ ᓂᕆᔾᔪᓯᕐᓂᒃ, ᓴᙱᒃᑎᒋᐊᖅᑎᑦᑎᕙᒃᐳᖅ ᐃᒃᐱᒋᔭᖃᕐᓂᕐᒥᒃ ᐃᓚᒋᔭᐅᓂᕐᒥᒃ, ᐱᕕᒃᓴᖃᖅᑎᑦᑎᓪᓗᓂᓗ ᑭᒃᑯᓕᒫᓂᒃ ᐃᓚᒌᓂᒃ ᐱᕕᒃᓴᒥᒃ ᐃᓚᐅᔪᓐᓇᕐᓂᕐᒥᒃ.

ᖃᓄᑐᐃᓐᓈᓗᒃ ᓄᓇᕗᒻᒥᐅᑦ ᐃᑲᔪᖅᑐᐃᔪᓐᓇᖅᐳᑦ ᓂᕿᑦᑎᐊᕙᖕᓂᒃ ᓂᕆᖃᑦᑕᖁᓪᓗᒋᑦ:

• ᓂᕿᒃᓴᖅᓯᐅᕐᓂᖅ ᐊᒻᒪ ᓂᕿᓕᕆᓂᖅ ᐊᑕᐅᑦᑎᒃᑯᑦ ᐃᓚᒌᓂᒃ ᐱᖃᑎᒌᑦᑎᐊᕈᑕᐅᕗᖅ
ᐊᒻᒪ ᓂᕿᓕᕆᔭᕆᐅᖅᓴᔾᔪᑕᐅᓪᓗᓂ.
• ᐊᔾᔨᒌᙱᑦᑐᓂᒃ ᓂᕿᓪᓚᑦᑖᓂᒃ ᖃᐅᔨᑎᑉᐸᒡᓗᒋᑦ ᓱᓕ ᓄᑕᕋᑯᓘᑎᓪᓗᒋᑦ.
• ᐃᓚᑎᑦ ᐱᖃᓐᓇᕆᔭᑎᓪᓘᓐᓃᑦ ᓂᕆᖃᑎᒋᕙᒡᓗᒋᑦ, ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᙱᑦᑎᐊᕈᑕᐅᕗᖅ.
• ᓄᑕᕋᓛᑦ ᐱᒋᐊᑦᑎᐊᖅᑎᓪᓗᒋᑦ ᑕᖅᑭᑦ ᐊᕐᕕᓂᓕᑦ ᐊᑐᖅᑎᓪᓗᒋᑦ ᐃᕕᐊᖏᒃᑯᑦ
ᐊᒫᒪᒃᑎᑕᐅᕙᒡᓗᑎᒃ ᐊᒻᒪ vitamin D-ᓂᒃ ᐄᔭᒐᖅᑎᑕᐅᕙᒡᓗᑎᒃ.
• ᓂᕿᑖᖃᑦᑕᕈᔅᓯ ᓂᐊᕕᐊᓂᒃ, ᐊᔾᔨᒌᙱᑦᑐᓂᒃ ᓂᕆᖃᑦᑕᕈᕕᑦ, ᐸᓚᐅᒑᒃᓴᔭᓂᒃ,
ᓰᕐᓇᖅᑐᓂᒃ ᐊᒻᒪ ᐱᕈᖅᑐᓂᒃ.
• ᓂᐅᕕᕐᕕᖕᒥ ᓂᕿᑖᓕᕌᖓᕕᑦ, ᓂᕿᓂᑦ ᑎᑎᕋᖅᓯᒪᔪᑦ ᐊᑐᖅᐸᒡᓗᒋᑦ ᐊᔾᔨᒌᙱᓐᓂᖏᑦ
ᖃᐅᔨᓇᓱᒡᓗᒋᑦ ᐊᒻᒪ ᑕᕆᐅᖃᓗᐊᖅᑐᓂᒃ, ᓱᑲᖃᓗᐊᖅᑐᓂᒃ, ᐅᖅᓱᖃᓗᐊᖅᑐᓂᒡᓗ ᐱᓗᐊᖅᑕᐃᓕᒪᕙᒡᓗᑎᑦ.

ᒐᕙᒪᒃᑯᓐᓂ ᐃᓄᖕᓄᑦ ᑐᓴᒐᓴᑦ ᐊᑐᐃᓐᓇᐅᕗᑦ ᐃᓄᒃᑎᑐᑦ, ᖃᓪᓗᓈᑐᑦ ᐃᓄᐃᓐᓇᖅᑐᓐ ᐅᐃᕖᑐᓪᓗ ᐅᕙᙵᑦ www.gov.nu.ca.
Public Service Announcements are available in Inuktitut, English, Inuinnaqtun and French on www.gov.nu.ca. Kavamatkunnin Tuhaqtitaujukhat hailihimajun Inuktitut, Qablunaatun, Inuinnaqtun Uiuitullu uvani www.gov.nu.ca.
Les communiqués de presse sont disponibles en inuktitut, en anglais, en inuinnaqtun et en français au www.gov.nu.ca.

ᑐᓴᒐᒃᓴᓕᕆᔩᑦ

ᐃᒡᕕᑦ ᓇᒡᓕᒋᔭᓪᓘᓐᓃᑦ ᐃᑲᔪᖅᑕᐅᔭᕆᐊᖃᕈᕕᑦ ᓂᕿᑦᑎᐊᕙᖕᓂ ᓂᕆᖃᑦᑕᕐᓗᑎᑦ, ᐋᓐᓂᐊᕕᔅᓯᓐᓄᑦ ᖃᐅᔨᒋᐊᕈᓐᓇᖅᐳᑎᑦ, ᐅᖁᒪᐃᓐᓂᕐᓂᐊᕐᕕᖕᒧᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᓂᕿᑦᑎᐊᕙᓕᕆᔨᒧᑦ ᐅᖃᖃᑎᖃᕐᓗᑎᑦ.

ᐊᑐᖅᑕᐅᔪᓐᓇᒃᑲᓐᓂᖅᑐᓄᑦ ᑐᓴᖅᑕᐅᔪᒃᓴᓄᓪᓗ ᖃᓄᐃᙱᑦᑎᐊᕐᓗᓂ ᓂᕆᕙᖕᓂᕐᒧᑦ, ᐅᕗᖓ ᐃᑭᐊᖅᑭᕕᖕᒧᐊᕈᓐᓇᖅᐳᓯ https://livehealthy.gov.nu.ca/iu

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ᐱᕙᓪᓕᐊᔪᓂᒃ ᖃᐅᔨᒋᐊᕐᕕᒃᓴᖅ:

ᑕᐃᓇᕋᐃ ᓴᒧᕕᐅᓪ
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