ᒐᕙᒪᒃᑯᓐᓂᑦ ᐃᓄᖕᓄᑦ ᑐᓴᒐᒃᓴᖅ

ᓄᕙᒡᔪᐊᖅᑐᖅ ᐅᓄᖅᓯᕙᓪᓕᐊᓕᖅᑐᖅ: ᐃᖅᑲᐃᑎᑦᑎᔾᔪᑎ ᑲᐱᔭᐅᔭᕆᐊᖃᕐᓂᖏᓐᓂᒃ

ᐱᒋᐊᕐᕕᖓᑕ ᐅᓪᓗᖓ: ᑎᓯᐱᕆ 10, 2025
ᐃᓱᓕᕝᕕᖓ: ᑎᓯᐱᕆ 31, 2025
ᓄᓇᕗᓕᒫᒥ 90 ᑎᑦᑕᑯᓗᐃᑦ

ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔨᒃᑯᑦ ᓄᓇᕗᒻᒥᐅᓂ ᑐᓴᖅᑎᑦᑎᕗᑦ ᐅᓄᖅᓯᕙᓪᓕᐊᑐᐃᓐᓇᕐᓂᖏᓐᓂᒃ ᓄᕙᒡᔪᐊᖅᑐᑦ, ᐱᓗᐊᖅᑐᒥᑦ ᒪᒃᑯᒃᑐᓂ, ᐊᒻᒪᓗ ᓂᕆᐅᒍᓐᓇᖅᖢᑕᓗ ᐊᔾᔨᐸᓗᐊᓂ ᐅᓄᖅᓯᕙᓪᓕᐊᑐᐃᓐᓇᕐᓂᖏᓐᓂᒃ ᓄᓇᓕᑦᑎᓐᓂ.

ᖃᓂᒪᓇᖅᑐᒧᑦ ᐋᓐᓂᐊᕈᑕᐅᖃᑦᑕᖅᑐᖅ ᐆᑕᕐᓂᖅ, ᖄᔪᓐᓂᖅ, ᖁᐃᖅᓱᑲᑕᒃᓗᓂ, ᒥᕆᐊᙳᕈᔪᖕᓂᖅ, ᓄᑭᖑᓗᓂ, ᑕᖃᖓᖅᑰᔨᓂᖅ. ᖃᓂᒪᔪᑦ ᐅᕙᓗᓐᓃᑦ ᐋᓐᓂᐊᖃᑦᑕᖅᐸᑕ ᐊᔾᔨᐸᓗᐊᓂᒃ ᐊᖏᕐᕋᖅᓯᒪᑐᐃᓐᓇᕐᓗᑎᑦ. ᐅᓄᕐᓂᖅᓴᑦ ᐃᓄᐃᑦ ᒪᒥᑉᐸᓪᓕᐊᓲᑦ ᓄᕙᖕᓇᒥ 7−ᒥ ᖁᓕᓄᑦ ᐅᓪᓗᓄᑦ.

ᓄᕙᖕᓇᒧᑦ ᐋᓐᓂᐊᕈᑕᐅᖃᑦᑕᖅᑐᑦ ᐃᒪᐃᓕᔪᓐᓇᖅᑐᑦ:

• ᑕᖃᐃᖅᓯᕐᓗᑎᑦ.

• ᐃᒪᕐᓗᒃᑐᑦ, ᓲᕐᓗ ᐃᒪᖅ.
• ᓂᐅᕕᖅᑕᐅᑎᓪᓗᒋᑦ ᐃᓅᓕᓴᐅᑎᑦ ᐆᓇᓗᐊᖁᓇᒃ ᐋᓐᓂᐊᓗᐊᖁᓇᒋᓪᓘᓐᓃᑦ (ᓲᕐᓗ,
ᐊᓰᑕᒥᓄᐱᓐ, ᐃᐳᐳᕈᕕᓐ).

ᖃᖓ ᐋᓐᓂᐊᕕᖕᒥ ᐃᑲᔪᖅᑕᐅᑲᐅᑎᒋᔭᕆᐊᖃᖅᑐᖃᓪᓗᐊᖅᐸ?

• ᐊᓂᕐᓂᑭᓪᓗᓂ
• ᓴᒡᕕᒃᑯᑦ ᐋᓐᓂᐊᕐᓂᖅ.
• ᑐᖑᔪᖅᑕᖅ ᖃᖅᖢᒃᑯᑦ.
• ᐃᒥᑲᑕᐃᓐᓇᕈᓐᓇᙱᓐᓂᖅ.
• ᐅᔾᔨᖅᓱᑦᑎᐊᕈᓐᓃᕐᓗᓂ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓱᒪᒃᑯᑦ ᓇᓗᓕᕐᓗᓂ.

• ᐆᓇᕐᓂᖅ ᖁᕝᕙᓯᒃᑐᒦᓪᓗᓂ ᑲᒪᒋᔭᐅᑦᑎᐊᕐᓇᙱᑦᑐᖅ (Advil® / Tylenol®).

ᑭᒃᑯᑐᐃᓐᓇᕐᓄᑦ ᑐᓴᒐᒃᓴᑦ ᐊᑐᐃᓐᓇᐃᑦ 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 messages d’intérêt public sont disponibles en inuktitut, en anglais, en inuinnaqtun et en français au www.gov.nu.ca.

ᑐᓴᒐᒃᓴᓕᕆᔩᑦ

ᓄᑕᖅᑲᓂᒃ ᑲᒪᒋᔭᖃᓕᕌᖓᔅᓯ, ᐅᑯᓄᖓ ᓇᐅᑦᑎᖅᓱᖅᐸᒡᓗᒋᑦ:

• ᐆᓇᑲᑕᐃᓐᓇᕐᓗᓂ ᐃᑲᕐᕋᑦ 24 ᐅᖓᑖᓄᑦ ᑲᒪᒋᔭᐅᑦᑎᐊᕐᓇᙱᖦᖢᓂ (Advil® /
Tylenol®).
• ᐃᖅᑯᒻᒪᕈᓐᓇᙱᓐᓂᖅ, ᓂᐱᖃᓗᐊᕐᓂᖅ ᑭᐅᔪᓐᓇᙱᓚᕐᓘᓐᓃᑦ.
• ᖃᐅᔨᔾᔪᑕᐅᔪᓐᓇᖅᑐᑦ ᐸᓂᓗᐊᓕᕐᓂᕐᒥᒃ, ᓲᕐᓗ ᖁᐃᖏᓕᓴᖃᙱᓪᓗᓂ 12 ᐃᑲᕐᕋᐃᑦ

ᐃᓗᐊᓂ.

ᐃᓄᖕᒥᒃ ᑕᑯᒃᓴᐅᑎᑦᑎᔪᖃᖅᐸᑦ ᓇᓕᐊᖕᓂᑐᐃᓐᓇᖅ ᑖᒃᑯᓂᖓ ᖃᐅᔨᒪᔾᔪᑕᐅᔪᓐᓇᖅᑐᓂᒃ, ᓄᓇᔅᓯᓐᓂ ᐋᓐᓂᐊᕕᓕᐊᕐᓗᑎᑦ ᐋᓐᓂᐊᕕᔅᓯᓐᓄᓪᓘᓐᓃᑦ ᐃᕐᖐᓐᓇᖅ.

ᐃᓕᖕᓂᒃ ᓴᐳᑎᓯᒪᓗᑎᑦ, ᖃᑕᙳᑎᑎᑦ ᐊᒻᒪ ᓄᓇᓕᔅᓯ ᓴᐳᑎᓯᒪᓗᒋᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎᑦ ᐊᐃᑦᑐᐃᓐᓇᙱᓐᓂᖅᓴᐅᕗᑦ, ᖃᓂᒻᒪᒡᔪᐊᕐᓇᙱᓐᓂᖅᓴᐅᕗᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐃᓅᔪᓐᓃᖅᐸᒃᑐᓂᑦ. ᓄᕙᓗᐊᕐᓇᙱᑦᑐᖅ ᑲᐴᑦ ᖃᖓᑐᐃᓐᓇᒃᑯᑦ ᐱᔭᐅᔪᓐᓇᖅᑐᖅ ᓄᕙᖕᓇᐅᑎᓪᓗᖑ. ᐃᓚᖏᑦ ᑲᐴᑎᑦ ᐃᓅᓯᓕᒫᕐᒧᑦ ᐊᑐᕈᓐᓇᖅᑐᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎᒋᔭᐅᓗᑎᑦ, ᑖᓐᓇᓕ ᓄᕙᓗᐊᕐᓇᙱᑦᑐᒧᑦ ᑲᐴᑎ ᐊᕐᕌᒍᑕᒫᖅ ᐱᔭᐅᖃᑦᑕᕆᐊᓕᒃ.

ᓄᕙᓗᐊᕐᓇᙱᑦᑐᖅ ᑲᐴᑎ ᐊᑐᐃᓐᓇᐅᒋᕗᖅ ᐋᓐᓂᐊᕐᕕᓕᒫᓂᑦ ᐅᖁᒪᐃᓐᓂᕐᓂᐊᕐᕕᖕᓂᓪᓗ ᓄᓇᕗᒻᒥ.

ᑐᓴᒃᑲᓐᓂᕈᒪᒍᕕᑦ, ᑕᑯᒋᐊᕐᓗᒍ ᓄᓇᕗᒻᒥ ᒐᕙᒪᒃᑯᖏᑕ ᐃᑭᐊᖅᑭᕕᖓ.

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ᐱᕙᓪᓕᐊᔪᓂᒃ ᖃᐅᔨᒋᐊᕐᕕᒃᓴᖅ:

ᓵᒪᐃᓐ ᑎᐅᒍᐊᓯᐊᔅ
ᑐᓴᒐᒃᓴᓕᕆᔨᓄᑦ ᐊᐅᓚᑦᑎᔨ
ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔨᒃᑯᑦ
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