

# IMIQ UNALU HINGAINIQ



**Qaffuningit taangarnit hivuunaaqhuani arnaq hingaiyarumi nutaranikhaqarumagumigluuniit.**

Tamaat taangat ayuqhautinnaqtuq iblaurnut – pia, vain, hiirnaqtuq, taangaryuaniglu.

## Qanuq ikpingnaqqa nutarakhanut iblaurnut?

Arnaq imiraangat, iblaunnaqtauuq imiqpakhuni. Taangaaq ikaaqpakhuni iluanut arnaup iglianga nutaranikhaliuraangat nutqaliqhugu niqikhaa anirnikhaalu nutarakhanut angikligiangani. Ayuqharnaqhuani inuudjuhianut timingnut ihumanigut ayuqhautinigut.

## Hunaukmat Imirnirmit I lumiutarlirniq (FASD)?

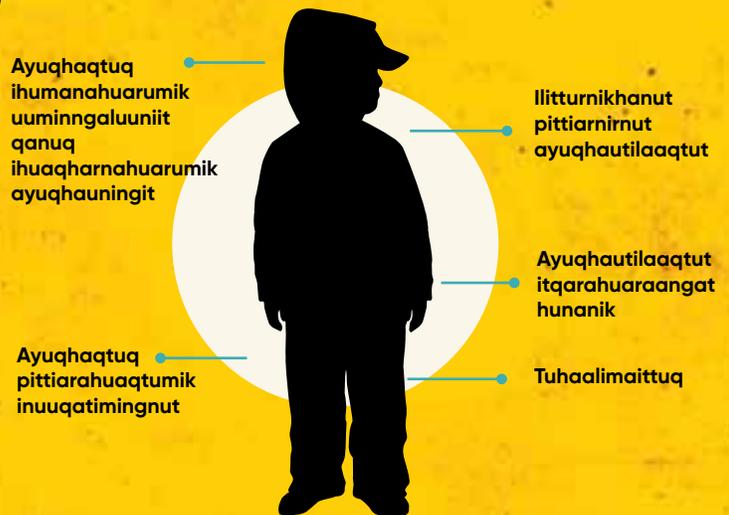
Arnaq imirumi hingaihimatillugu, biibinnuanga inuuniaqtuq Imirnirmit I lumiutarlirniq (FASD). Una imaatut ittuq biibinnuag timimitigut hakuirutiqarluni, pitquhinga ayurhautingit aadlatlu ayurhautiqarniaqtuq.

**FASD pittailinnaqhuani una arnaq imiqtukhaunngitkumi hingaiyaqatilluni.**

### Arnaq hingaiyarumik imirumilu taangarnik, nutarannuanga illituqhimalaaqtuq:



### Una inuk qaritakut ayuqhautiqarumik taimaaraaluk ayuqhautihimalaaqtuq:



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## Naamakpa imiriama "mikiumik" imiriamiluuniit quviahuutini?

QAFFIUNINGIT taanngarnit hivuuranaaqpiaqtuq hingaiyaqhimayunut, ilihimayaunnginnami qaffiuningit taanngaqtuqhimayut hiamilaaqtuq FASD nut.



## Una arnaq imirumik taanngarnit qauymalihaarumik hingaiyaqtuq?

Ilaani hingaiyaqpaktut ilihimangittumik. Arnaq nailihimalaaqtangit ayuqhautinianut nutarannuanga imiruiqhimaluni ilittuqhimalihaarumi hingaiyaqhimayuaq. Pulaarungnaqhuni munaqhiqarvingmut uqarvigilugulu munaqhinut. Niplautigiyangit ahinut uqalaittuni.

## Imiruvit taanngarnik iviangirnut amaammaktitiguvit ulurianaqqa nutarannuanut?

Naamatqiyauyuq imiqhimaittumik iviangirnut amaammaktitiguvit taannga q iviangit itungnungauvakkami. Una aktuqhimalaaqtuq qanuq nutarannuatit niraangat, hinikhuni, angkiliraangat.

Una arnaq iviangirnut amaammaktitigumi imirumagumi taanngarnit hulinahuaraangat, taimaa ingattaqhinnaittuq nutarannuanut:



- Taamna taannga q unguvaraluarluniuk timingnut amaammaktipkaqtinnagu. Malrurnik-pingahunilluuniit ikaarnikkut taamna taannga q atauhiinnarmik imiruvit inmi unguvalaaqtuq iviangivit ituanit.
- Upalungairiiqhimalutit. Qilamiuqtumik tutquqhimalugu iviangivit itua ilihimaguvit amaammaktipkalairungni nutarannuanut.
- Una arnaq pukukhimagumi imirumayuaq taanngarnik iviangirnut amaammaktilluni naunaittiarumagumi qanuq ayurnaittumik piyumagumi, apirilaaqtaa munaqhi munaqhiqarvingmi.

## Ikayuqtauyumavit imiqhimaittumik taanngarnik hingaiyaqtillutit?

- Pulaarlutit munaqhiqarvik uumaniluuniit kavamangit aanniarvinga uqarvigilugulu munaqhinut.
- Uqarvigilugu Inirnikhanut, ilavillu, kinaliqaak ukpiqtatit.
- Hivayarlugu hamna Kanata-Hingaiyarnikkut-Munariyangit Piliriakhaq (CPNP) nunaptingni.
- Pulaarlutit Kavamat Nunavutiup Munarittiarnaqtumik Inuuhirnut qaritauyakkut turaarutaanit uvani [livehealthy.gov.nu.ca/in](http://livehealthy.gov.nu.ca/in).
- Hivayarlugulu uvani hivayautikkut ikayuuhiat taidjutilik Motherisk Ikayuqtauyumayunut Hivayaut uvani 1-877-327-4636.

