ᐃᑯᒪᒧᑦ ᐊᑦᑕᕐᓇᖅᑕᐃᓕᒪᓂᖅ

This book is part of the Inuutsiarniq Reading Series, developed by the Department of Health in Nunavut. The Inuutsiarniq Reading Series is a unique, Nunavut-developed literacy initiative that infuses Northern values of healthy living and self-care into a culturally appropriate reading program.

The Inuutsiarniq Reading Series was developed to support the reading level guidelines outlined in the Department of Education's Inuktut reading program, Uqalimaariuqsaniq. Uqalimaariuqsaniq is a sequential and progressive Inuktut reading program that supports students in their development as readers.

Healthy students are better learners and become healthy adults. For more information, visit www.gov.nu.ca/health and your local health centre.

Book details

Level: 14

Text type: Non-fiction, information book

Subjects/themes: Fire hazards and fire safety practices at home and on the land; emergency services and firefighters; first-degree burn first-aid; what to do in an emergency

Key features: 32 pages, headings, supportive illustrations, diagrams, lists, final review list

ᐃᑯᒪᒧᑦ
ᐊᑦᑕᕐᓇᖅᑕᐃᓕᒪᓂᖅ

ᑎᑎᕋᖅᑐᖅ
ᑲᐃᓚᑉ ᒪᒃᑖᓄᑦ

ᑎᑎᖅᑐᒐᖅᑐᖅ
ᐋᓐᑖᓐ ᑰᑦᓕᓇᑦ

ᐊᐃᖓᐃ, ᐳᓃᔅᖑᔪᖓ ᖃᑦᑎᕆᔨᐅᔪᖓ.

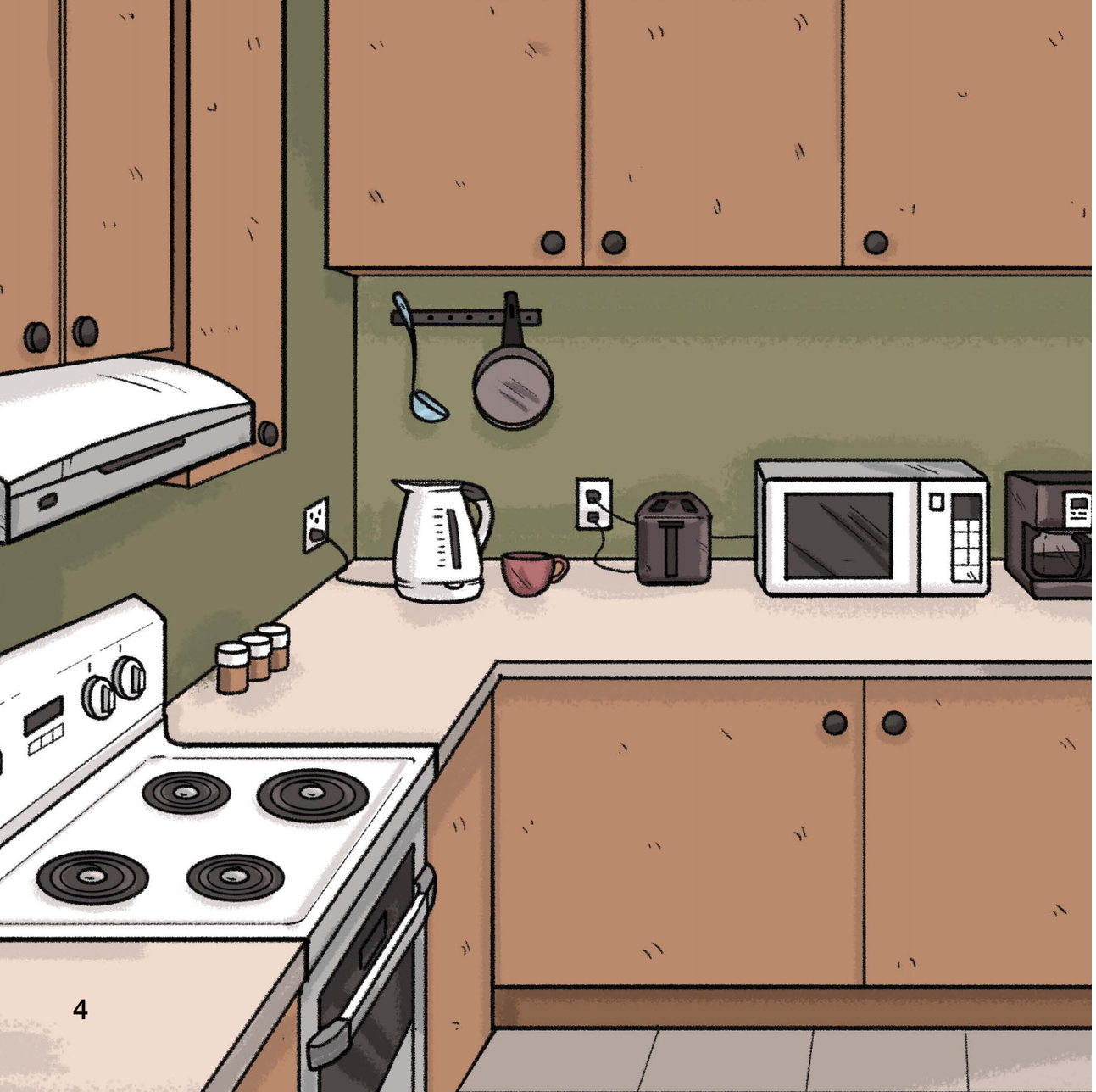
ᑲᑎᖃᑎᖃᖅᐸᒃᑐᖓ ᖃᑦᑎᕆᔨᐅᖃᑎᓐᓂᒃ ᐃᓕᓐᓂᐊᖅᓱᑕ ᐱᓕᒻᒪᒃᓴᖅᓱᑕᓗ ᖃᑦᑎᕆᓂᕐᒥᒃ. ᐃᑭᑦᑐᖃᓕᕐᓂᖅᐸᑦ, ᖃᑦᑎᕆᔨᑦ ᓄᓇᓕᖕᓂ ᖃᐃᕐᑯᔭᐅᕙᒃᑐᑦ. ᑐᐊᕕᖅᓱᑕ ᖃᑦᑎᕆᔨᒃᑯᓐᓄᖓᐅᕙᒃᑐᒍᑦ ᐃᑭᑦᑐᓕᐊᖅᐸᒃᓱᑕᓗ ᖃᑦᑎᕈᑎᒃᑯᑦ ᓄᓇᓯᐅᑎᒃᑯᑦ.

ᐅᓇ ᐊᖓᕋ, ᒫᓇᓯ. ᐃᓕᓐᓂᐊᖅᑎᓂᐊᖅᑐᒍᒃ ᐊᑦᑕᕐᓇᖅᑕᐃᓕᒪᓂᕐᒥᒃ.

ᐃᑯᒪᓂᒃ ᐊᑐᖅᐸᒃᑐᒍᑦ ᑭᓯᑐᐃᓐᓇᕐᓄᑦ, ᓲᕐᓗ ᓂᖅᓵᐅᖅᓱᑕ ᐅᖅᑰᓇᓱᐊᖅᓱᑕᓗ. ᑭᓯᐊᓂ ᐃᑯᒪ ᐊᑦᑕᕐᓇᕈᓐᓇᖅᑐᖅ ᑲᒪᒋᔭᐅᑦᑎᐊᖕᒋᐸᑦ.

ᐃᑯᒪᒧᑦ ᐊᑦᑕᕐᓇᖅᑕᐃᓕᒪᓂᕐᒥᒃ ᖃᐅᔨᒪᒍᕕᑦ ᐊᑦᑕᕐᓇᖅᑐᒧᐊᖅᑕᐃᓕᔪᓐᓇᖅᑐᑎᑦ.

ᒫᓇᓯᐅᑉ ᐃᓕᓐᓂᐊᖅᑎᓐᓂᐊᖅᑖᑎᒍᑦ ᖃᓄᖅ ᐃᑯᒪᒧᑦ ᐊᑦᑕᕐᓇᖅᑐᒧᐊᖅᑕᐃᓕᔪᓐᓇᕐᒪᖔᑦᑕ ᐊᖏᕐᕋᒥ ᐊᐅᓪᓵᖅᓯᒪᑎᓪᓗᑕᓗ!



ᐊᖏᕐᕋᒥ ᐃᑯᐊᓪᓚᒃᑎᑦᑎᑦᑕᐃᓕᒪᓂᖅ

ᐃᑯᐊᓪᓚᒃᑎᑦᑎᑦᑕᐃᓕᒪᓂᖅ ᐅᖃᐅᓯᕆᖅᑳᖅᓚᕗᑦ. ᑲᒪᑦᑎᐊᕐᓂᒃᑯᑦ ᐃᑯᐊᓪᓚᒃᑎᑦᑎᑦᑕᐃᓕᒪᖅᑳᕆᐊᖃᖅᑐᒍᑦ.

ᐃᑭᑎᑦᑎᓂᐊᕐᔭᑕ ᐃᑯᒪ ᐱᖓᓱᓂᒃ ᐊᑐᕆᐊᓕᒃ: ᐆᓇᖅᑐᒥᒃ, ᐅᖅᓱᒥᒃ, ᐊᓂᖅᓵᖅᐸᒃᑕᑦᑎᓐᓂᒡᔭ. ᐊᒥᓱᑦ ᐃᑭᑦᑐᓐᓇᖅᑐᑦ ᐃᑯᒪᒧᑦ ᐊᑦᑕᕐᓇᕈᑕᐅᔪᓐᓇᖅᑐᑦ.

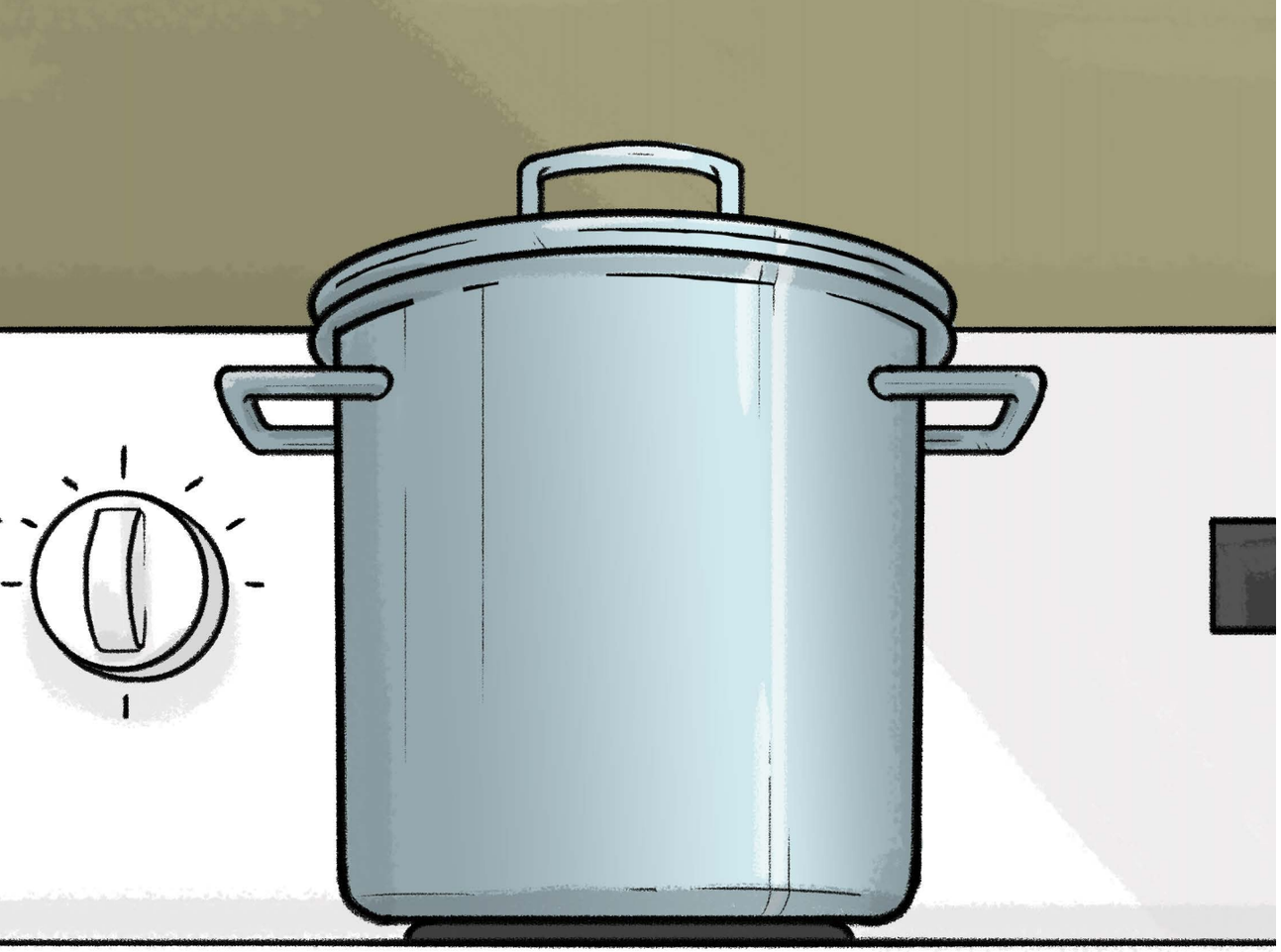
ᑭᓱᑐᐃᓐᓇᐃᑦ ᐃᑭᓕᕈᓐᓇᖅᑐᖅ ᐊᒻᒪᓗ ᐊᑦᑕᕐᓇᕈᑕᐅᔪᓐᓇᖅᓱᓂ. ᐊᒥᓱᓱᑦ ᐊᖏᕐᕋᑦᑎᓐᓂᐆᓇᖅᑎᓪᓗᒋᑦ ᐊᒃᑐᐊᔭᐅᓕᕋᖓᒥᒃ ᐃᑯᐊᓪᓚᒃᑎᑦᑎᔪᓐᓇᕐᒪᑕ, ᓱᕐᓗ ᖃᖓᒍᑦ ᐆᓇᖅᑐᑦ, ᐃᑯᒪᑦ, ᐅᐊᔭᒧᖅᑐᑦ, ᐊᒻᒪ ᓇᑲᓱᔭᑦ, ᐊᑐᖅᑕᐅᑦᑎᐊᙱᑦᑕᕋᖓᒥᒃ ᐊᑦᑕᕐᓇᕈᓐᓇᖅᑐᑦ.

ᐊᕝᕙᖏᓐᓂᒃ ᐅᓄᕐᓂᖅᓴᑦ ᐊᖏᕐᕋᒥ ᐃᑯᐊᓪᓚᒍᑕᐅᕙᒃᑐᑦ ᐱᒋᐊᖅᐸᒃᑐᑦ ᓂᖅᑕᐅᕐᕕᖕᒥ. ᓂᖅᑕᐅᕐᕕᖕᒥ ᐊᑦᑕᕐᓇᖅᑐᖅᑲᐅᖅᑐᖅ ᓱᕐᓗ ᐃᒐ, ᐆᑦᑎᐊᓚᓴᕈᑦ, ᓯᕋᒃᓯᔾᔪᑦ ᐊᓯᖏᓪᓗ ᑲᑉᐳᑎᔭᕆᐊᓕᑦ ᑲᑉᐳᔾᔭᖅᑐᓄᑦ.

ᒫᓇᓯ ᖃᐅᔨᒪᔪᖅ ᐅᔾᔨᖅᓱᑦᑎᐊᕆᐊᖃᕐᓂᕐᒥ, ᒪᓕᒋᐊᓕᖕᓂᒃ ᐊᑐᑦᑎᐊᕐᓂᕐᒥᒃ, ᐊᒻᒪᓗ ᓂᖅᑕᐅᕐᓗᓂ ᐊᑦᑕᕐᓇᖅᑕᐃᓕᓂᕐᒥᒃ.

ᒫᓇᓯ ᐊᓈᓇᓂ ᓂᖅᑕᐅᖃᑎᒋᒋᐊᖓ ᖁᕕᐊᒋᔭᖓ. ᖁᕕᐊᒋᓂᖅᐹᖓ ᑐᒃᑐᒥᒃ ᐊᒡᒍᐊᓚᕿᓵᓕᐅᕆᐊᒃᓴᖅ. ᐊᓈᓇᖓ ᐊᒡᒍᐊᓚᕿᓵᓕᐅᖅᐸᒃᑐᑦ ᐅᒃᑯᓯᕐᔪᐊᕐᒧᑦ. ᐊᑯᓂᐊᓗᒃ ᐆᑦᑎᔭᐅᔪᓐᓇᕐᒪᑦ, ᒫᓇᓯᑉ ᖃᐅᔨᓴᐃᓐᓇᖅᐸᒃᑕᖓ ᐆᓗᐊᖅᑐᖃᓕᙱᒃᑲᓗᐊᕐᒪᖔᑦ.

ᒫᓇᓯᒃᑯᒃ ᐊᓈᓇᒋᒃ ᐊᖏᕐᕋᒥᖕᓂᑦ ᐊᓂᓂᐊᓕᕌᖓᒥᒃ ᖃᐅᔨᒋᐊᖏᓐᓇᐅᔭᖅᑑᒃ ᐃᒐᒥᓂᒃ ᖃᒥᓯᒪᒐᓗᐊᕐᒪᖔᑦ.



ᒫᓇᓯ ᐅᓯᕋᕐᖓᒥ ᐃᒐᒥ ᓂᖅᓱᐅᖅᓱᓂ, ᐊᑦᓚᑲᐅᑎᒋᕙᒃᑕᖓ. ᐅᓯᕋᕐᓂᑯᑦ, ᐱᓗᐊᖅᑐᒥᒃ ᐅᖅᓱᐃᑦ ᓂᕿᒥᒃ ᓴᑦᑑᔭᕈᑕᐅᑦᓗᑎᒃ, ᐃᑯᐊᑦᓚᒃᑎᑦᑎᔪᓐᓇᕐᒪᑕ. ᑕᐃᒪᐃᑉᐸᒃᑐᖅ ᐅᖅᓱᑦ ᐃᑯᐊᑦᓚᒍᓐᓇᕐᒪᑕ. ᒪᓐᓇ ᑐᑭᖅᑲᖅᐳᖅ, ᐃᑯᐊᑦᓚᒃᓴᕋᐃᒻᒪᑕ ᖃᒥᑕᕐᓂᙱᑦᑐᓐᓇᖅᓱᑎᒡᓗ.

ᒫᓇᓯᒃᑯᒃ ᐊᓈᓇᑏᒃ ᓂᕿᓕᐅᕋᓂᒃᑳᖓᒥᒃ, ᒫᓇᓯᑉ ᐊᓈᓇᖓ ᖃᐅᔨᓴᖅᐸᒃᑐᖅ ᐆᑦᑎᔾᔪᖅᑲᐅᔪᑦ ᖃᒥᑕᐅᑦᑎᐊᖅᑐᐃᓐᓇᐅᒐᓗᐊᕐᒪᖔᑕ.

ᐅᑯᐊᑦᑕᐅᖅ ᐃᖅᑲᐅᒪᔭᐅᔭᕆᐊᓖᑦ ᐊᖏᕐᕋᒥ ᐃᑯᐊᑦᓚᒃᑎᑦᑎᑦᑕᐃᓕᒪᓂᕐᒧᑦ:

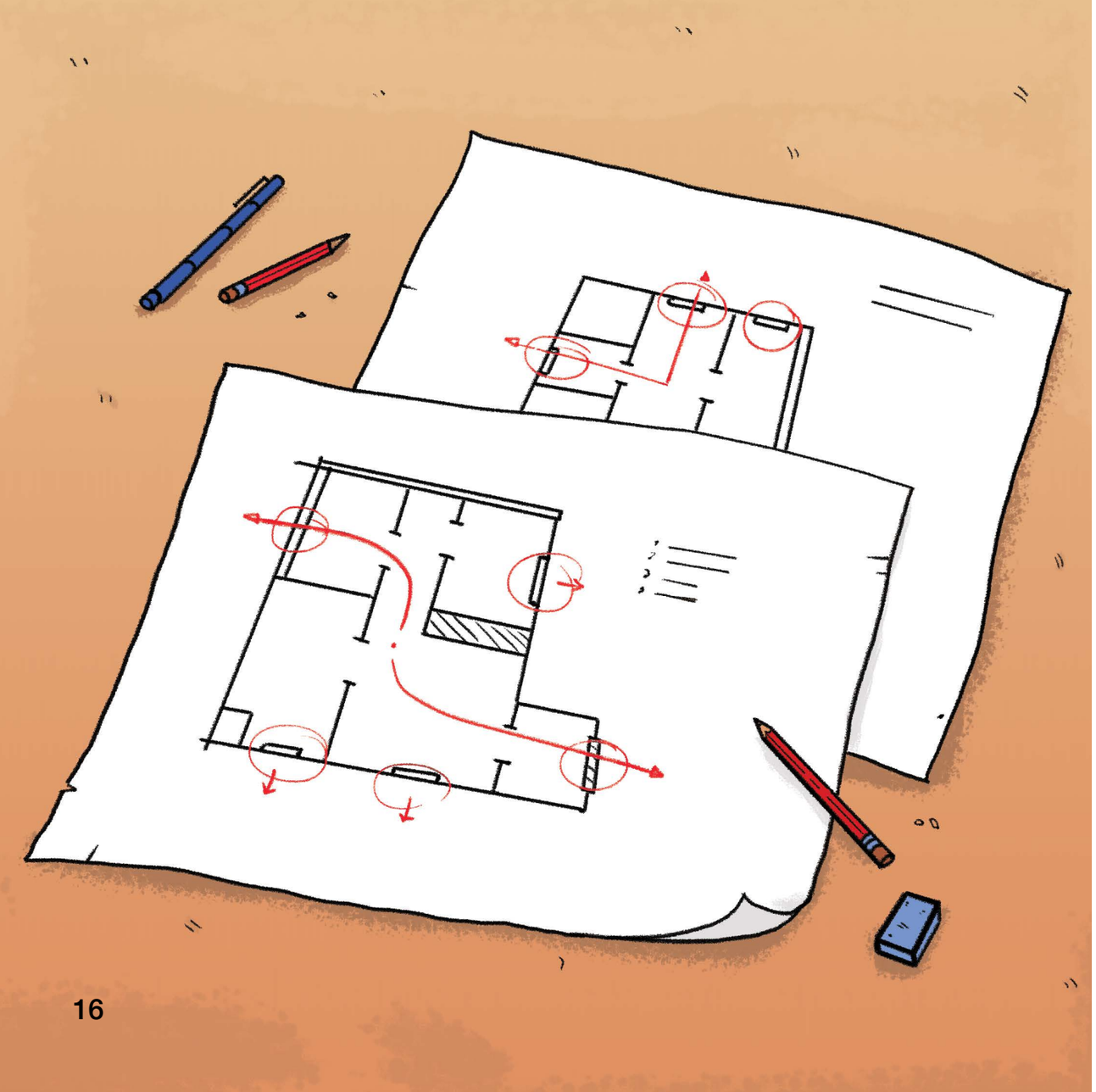
- ᐱᙳᐊᖃᓚᐅᖅᓯᒪᙱᑦᓗᑎᑦ ᐃᒃᑭᑎᓂᒃ ᑲᓱᖕᓂᒡᓗ, ᐃᒡᓘᑉ ᐃᓗᐊᓂ ᓯᓚᒥᑦᓘᓐᓃᑦ. ᓄᓇᕗᒻᒥ ᓯᓚ ᐸᓂᖅᑑᖕᒪᑦ ᐃᑯᐊᑦᓚᒃᑐᖃᑦᓚᒍᓐᓇᖅᑐᖅ ᐃᑯᒪᓗ ᐊᖏᒡᓕᑲᐅᑎᒋᓗᓂ. ᐃᒃᑭᑎᑯᓗᒃ ᒥᑭᑦᑑᒐᓗᐊᕐᒪᑦ ᐊᖏᔪᐊᓗᖕᒥᒃ ᐊᑦᑕᕐᓇᖅᑐᒥᒃ ᐃᑭᑦᑎᔪᓐᓇᖅᑐᖅ. ᓇᓂᓯᓐᓂᕈᕕᑦ ᐃᒃᑭᑎᓂᒃ ᑲᓱᖕᓂᒡᓘᓐᓃᑦ ᐃᓐᓇᕐᒧᑦ ᑐᓂᓯᖃᑦᑕᕐᓗᑎᑦ.
- ᓇᑉᐸᖅᑕᑦ ᑲᒪᒋᑦᑎᐊᖅᐸᒡᓗᒋᑦ. ᐊᖏᕐᕋᔅᓯᓐᓂ ᖃᒥᓐᓂᕈᔅᓯ ᓇᑉᐸᖅᑕᓂᒃ ᐃᑭᑦᑎᔭᕆᐊᖃᕈᔅᓯ ᐃᓐᓇᕐᒧᑦ ᐃᑭᑕᐅᑎᑉᐸᒡᓗᒋᑦ. ᓇᑉᐸᖅᑕᖅ ᖃᒥᑉᐸᒡᓗᒍ ᐊᓂᔪᐃᓐᓇᐅᓂᐊᓕᕈᔅᓯ. ᓇᑉᐸᖅᑕᕐᒥᒃ ᐃᑯᒪᔪᒥᒃ ᕿᒪᒃᓯᑦᑕᐃᓕᒋᑦᓯ ᐃᓄᖃᙱᑦᑐᒥ.
- ᓱᐅᖅᑐᓲᖅᑕᖃᖅᐸᑦ, ᓯᓚᒥ ᓱᐅᖅᑐᖃᑦᑕᕆᐊᓕᒃ ᓯᒡᒐᓕᐊᓂᓗ ᖃᒥᑦᑎᐊᖅᐸᒡᓗᒍ ᓱᐅᖅᑐᓈᕐᖓᒥ.

ᐱᑕᖃᕆᐊᓖᑦ ᐊᖏᕐᕋᒥ ᐃᑯᐊᓪᓚᒃᑕᐃᓕᒪᓂᕐᒧᑦ

ᐊᖏᕐᕋᒥ ᐃᑯᒪᒧᑦ ᐊᑦᑕᕐᓇᖅᑕᐃᓕᒪᓂᐊᕐᔪᓂ ᐊᑦᑕᕐᓇᖅᑕᐃᓕᒪᔾᔪᑎᖃᕆᐊᖃᖅᑐᑎᑦ. ᐊᖑᔪᖅᑳᒃᑭᒃ ᐸᖅᑭᐅᑎᓪᓗᓐᓃᑦ ᖃᐅᔨᓴᖃᑎᒋᓗᒋᑦ ᐅᑯᓂᖓ ᐊᖏᕐᕋᔅᓯᓐᓂ ᐱᖃᕐᒪᖔᔅᓯ:

- **ᖁᖁᐊᕈᑎᑦ.** ᐳᔪᕐᒧᑦ ᖁᖁᐊᕈᑎᑦ ᓂᐱᖅᑯᖅᑐᓗᓂ ᖁᖁᐊᕋᔭᖅᑐᖅ ᐳᔫᖅᑐᖃᖅᐸᑦ. ᖁᖁᐊᕈᑎᖃᓪᓗᐊᖅᑐᓯ ᓂᖅᑖᐅᕐᕕᐅᑉ ᐃᒡᓗᕈᓯᓪᓗ ᖃᓂᒋᔭᖏᓐᓂ. ᓇᓂᑐᐃᓐᓇᑦᑎᐊᖅ ᐊᖏᕐᕋᕐᓂ ᖁᖁᐊᖅᑐᖅ ᑐᓴᕈᓐᓇᓪᓗᐊᖅᑕᑦ. ᐊᖑᔪᖅᑳᕐᓄᑦ ᐸᖅᑭᐅᖕᓄᓪᓗᓐᓃᑦ ᐊᔪᕆᖅᓲᔭᐅᔪᒪᓗᑎᑦ ᖃᐅᔨᓴᕐᓂᕐᒥᒃ ᖁᖁᐊᕈᑎᑦ ᐱᔪᓐᓇᑦᑎᐊᕋᓗᐊᕐᒪᖔᑕ. ᖃᐅᔨᓴᖃᑦᑕᕐᓗᒋᑦ ᐱᔪᓐᓇᕋᓗᐊᕐᒪᖔᑕ ᖃᑯᒍᖕᒍᕋᖔᑦ ᐹᑕᓖᖏᓪᓗ ᐊᓯᔾᔨᖅᐸᒡᓗᒋᑦ ᐅᑭᐅᕐᒥ ᒪᕿᐃᖅᓱᕐᓗᒍ.

- **ᖃᑦᑎᑭᑦ.** ᒥᑭᑦᑐᒥᒃ ᐃᑭᑦᑐᖃᓕᕐᓂᖅᐸᑦ, ᐃᓐᓇᕐᒧᑦ ᖃᑦᑎᖅᑕᐅᔪᓐᓇᖅᑐᖅ ᖃᑦᑎᑭᑎᒧᑦ. ᑭᓯᐊᓂ ᐱᒻᒪᕆᐊᓗᔪᖅ ᖃᑦᑎᕆᔨᑦ ᐅᖃᓗᒡᕕᒋᑲᐅᑎᒋᓗᒋᑦ ᐃᓄᑑᒍᕕᑦ ᐃᓐᓇᕐᒧᑦᑑᓐᓃᑦ ᖃᒥᑕᐅᔪᓐᓇᙱᑉᐸᑦ ᖃᑦᑎᑭᑎᒧᑦ.
- **ᖃᑦᑎᕆᔨᒃᑯᑦ ᐅᖄᓚᐅᑎᖓ ᓄᓇᔅᓯᓐᓂ.** ᐅᖄᓚᐅᑎᐅᑉ ᓈᓴᐅᑎᖓ ᑎᑎᕋᖅᓯᒪᓗᒍ ᐊᖏᕐᕋᔅᓯᓐᓂ ᓴᖅᑭᔾᔭᖅᑐᒥᑎᓪᓗᒍ ᓱᕐᓗ ᓂᒡᓕᓇᖅᑐᖃᐅᑎᒃᑯᕕᖕᒥ, ᐃᒐᐅᑉ ᖄᖓᓂ, ᐅᖄᓚᐅᑎᕕᓪᓗᓐᓃᑦ ᓴᓂᐊᓂ ᐊᒻᒪᓗ ᐅᖄᓚᐅᑎᕋᓛᓕᒫᓂ ᑐᖅᑯᖅᓯᒪᓗᒍ.



ᐊᖏᕋᕐᒥ ᐃᑭᑦᑐᖃᓕᖅᐸᑦ ᐊᓂᔭᕆᐊᖃᓕᕈᕕᑦ

ᐊᖏᕋᕐᕋᓂᑦ ᐊᓂᔭᕆᐊᖃᓕᕈᕕᑦ ᐃᑭᑦᑐᖃᓕᖅᐸᑦ, ᕿᓚᒻᒥᐅᓛᒃᑯᑦ ᐊᓂᕝᕕᒃᑯᑦ ᐊᓂᓗᑎᑦ. ᖃᓄᕐᓕ ᐊᓂᕝᕕᒃᓴᑦ ᐳᔫᖅᐸᑦ ᐃᑭᐸᐸᓪᓘᓐᓃᑦ? ᑕᐃᒪᐃᒻᒪᑦ ᐊᓂᕝᕕᒃᓴᕐᓂᒃ ᐸᕐᓇᒃᓯᒪᑦᑎᐊᕆᐊᖃᖅᐳᓯ. ᐊᖏᕋᔅᓯᓐᓃᑦᑐᓕᒫᑦ ᐊᓂᕝᕕᒃᓴᓕᒫᓂᒃ ᖃᐅᔨᒪᔪᐃᓐᓇᐅᔭᕆᐊᓖᑦ.

ᒫᓇᓯᒃᑯᒃ ᓄᑲᓈᒃ ᓴᓇᓚᐅᖅᑑᒃ ᐃᓚᒌᓄᑦ ᐊᓂᕝᕕᒃᓴᐅᔪᓐᓇᖅᑐᓂᒃ. ᑎᑎᕋᐅᔭᓚᐅᖅᑑᒃ ᐃᒡᓗᖓᑕ ᓴᓇᒪᓂᖓᓂᒃ. ᑎᑎᕋᖅᑕᐃᓐᓇᓇᓪᓗᒋᑦ ᐃᒐᓛᓕᒫᑦ ᐹᓕᒫᓪᓗ. ᐸᕐᓇᐅᑎᖏᑦ ᐊᑕᐅᓯᐅᙱᑦᑐᒥᒃ ᐊᓂᕝᕕᒃᓴᓕᐅᖅᓯᒪᔪᑦ.

ᐃᒐᓛᑦ ᐊᓂᕝᕕᒃᓴᐅᔪᓐᓇᖅᑐᑦ ᐊᖏᓂᖏᑦ ᓈᒻᒪᑐᐊᖅᐸᑕ ᖁᕝᕙᓯᓗᐊᙱᑐᐊᖅᐸᑕᓗ. ᒫᓇᓯᑉ ᐊᖓᔪᖅᑳᓂ ᐊᐱᕆᓚᐅᖅᑕᖏᒃ ᓇᓕᐊᒃ ᐃᒐᓛᑦ ᐊᑦᑕᖅᓇᙱᑦᑐᑎᒃ ᐊᓂᕝᕕᒃᓴᐅᔪᓐᓇᕐᒪᖔᑕ. ᖃᐅᔨᒋᐊᖅᑐᑦ ᒪᑐᐃᒐᕐᓂᕐᒪᖔᑕ. ᐃᓚᖏᑦ ᐃᒐᓛᑦ ᖁᐊᖅᓯᒪᓕᕈᓐᓇᕐᒪᑕ ᐊᐳᒻᒧᑦ ᐅᑭᐅᒃᑯᑦ.

ᒫᓇᓯᑉ ᐊᓂᕝᕕᒃᓴᓕᐊᕆᓯᒪᔭᖏᑦ ᐱᖃᓯᐅᔨᓯᒪᔪᑦ ᓇᒧᑦ ᑲᑎᓐᓇᔭᕐᒪᖔᑕ ᐃᒡᓗᒥᑦ ᐊᓂᓯᒪᓕᕈᑎᒃ.

ᑲᑎᕝᕕᒃᓴᒥᖕᓂ, ᒫᓇᓯᑉ ᐃᓚᖏᑦ ᖃᐅᔨᓴᕈᓐᓇᖅᑐᑦ ᐊᓂᔪᐃᓐᓇᐅᑦᑎᐊᕐᒪᖔᑕ. ᓯᓚᒥ ᓂᒡᓚᓱᒃᑐᐊᓗᔪᓐᓇᕐᒪᑦ ᑲᑎᕝᕕᒃᓴᓯ ᐅᖅᑰᔪᒦᑎᒋᐊᕐᓗᒍ, ᐃᒻᒪᖔᒃ ᓯᓚᖅᑲᑎᔅᓯᓐᓄᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓇᒧᑐᐃᓐᓇᖅ ᐅᓐᓄᐊᒃᑯᑦ ᒪᑐᐃᖓᓱᕐᒧᑦ.

ᐃᒡᓗᓯ ᐳᔫᖅᑐᐊᓘᒃᐸᑦ ᐹᒻᒪᒃᓗᓯ ᓇᑎᕐᒧᑦ, ᐹᕐᖑᓕᕐᓗᓯ ᐊᓂᓇᓱᒋᐊᖃᖅᑐᓯ. ᐳᔫᖅ ᖁᕝᕙᖅᐸᓪᓕᐊᓲᖑᖕᒪᑦ, ᑕᑯᕝᕕᒃᓴᐅᑦᑎᐊᙱᑦᑐᓐᓇᖅᑐᖅ ᐊᓂᖅᖅᑐᒐᕐᓇᖅᓱᓂᓗ ᓇᙱᕐᓗᓂ.

ᐊᙱᕐᕋᔅᓯᓐᓂ ᐃᑭᑦᑐᖃᓕᖅᐸᑦ, ᐹᑉ ᑎᒍᓕᐊ ᐊᒃᑐᖅᑳᕐᓗᒍ ᐊᒃᒐᕕᑦ ᑐᓄᐊᓄᑦ ᒪᑐᐃᙱᓐᓂᕐᓂ. ᐆᓇᖅᐸᑦ ᒪᑐᐃᖅᑕᐃᓕᒍᒃ ᐃᒡᓗᕈᓯᖅ ᐃᑯᐊᓛᑐᐃᓐᓇᕆᐊᖃᕐᒪᑦ.

ᒫᓇᓯᒃᑯᑦ ᐃᓚᒋᑦ ᐊᕐᕌᒍ ᒪᕐᕈᐃᖅᓱᖅᓱᒍ ᐱᓕᒻᒪᒃᓴᖅᐸᒃᑐᑦ ᐊᙱᕐᕋᒥᖕᓂᑦ ᐊᓂᔭᕆᐊᖃᓕᕐᓂᕈᑎᒃ ᖃᓄᐃᓕᐅᕋᔭᕐᒪᖔᕐᒥᒃ ᐃᑭᑦᑐᖃᓕᕐᓂᖅᐸᑦ ᐃᒡᓗᖓᓂ.

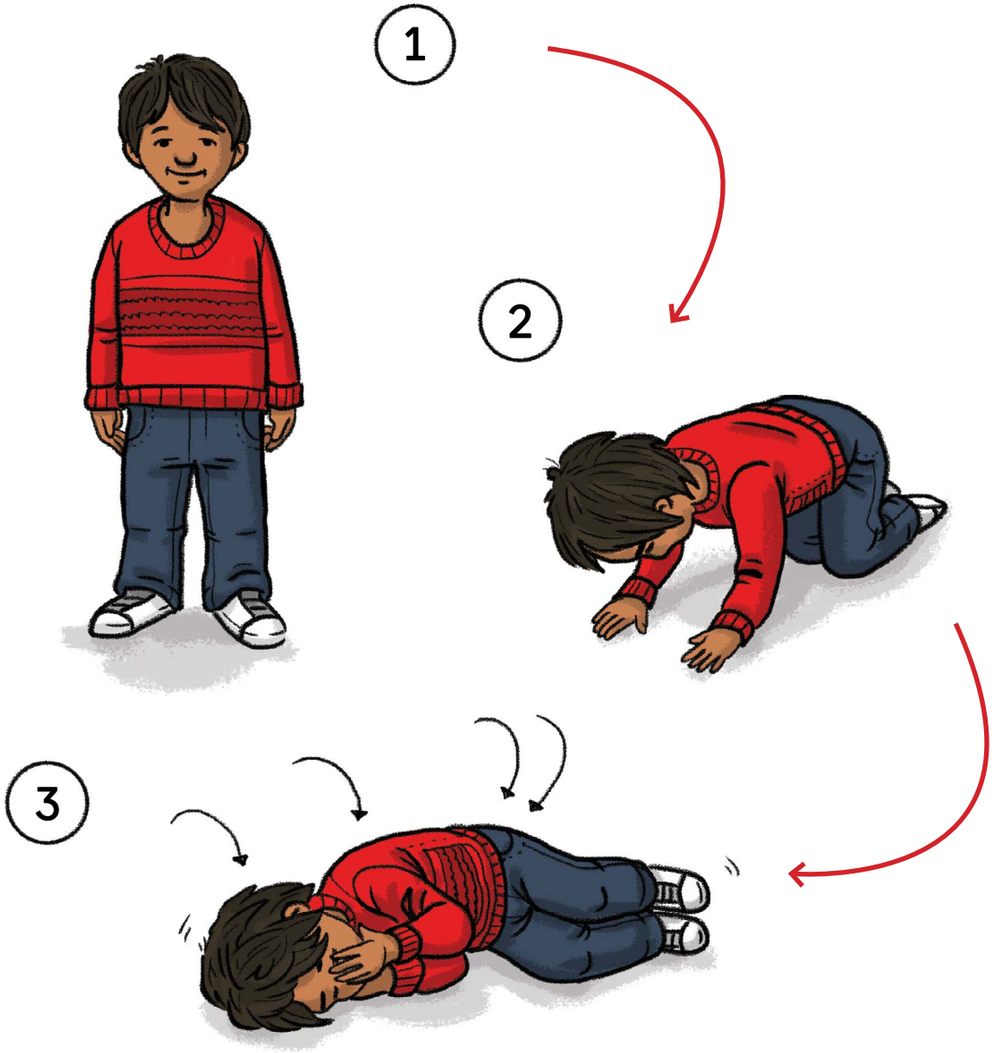
ᐊᓐᓄᕐᑎᑦ ᐃᑭᓕᕐᓂᖅᐸᑕ ᓱᔭᕆᐊᖃᖅᐱᑦ

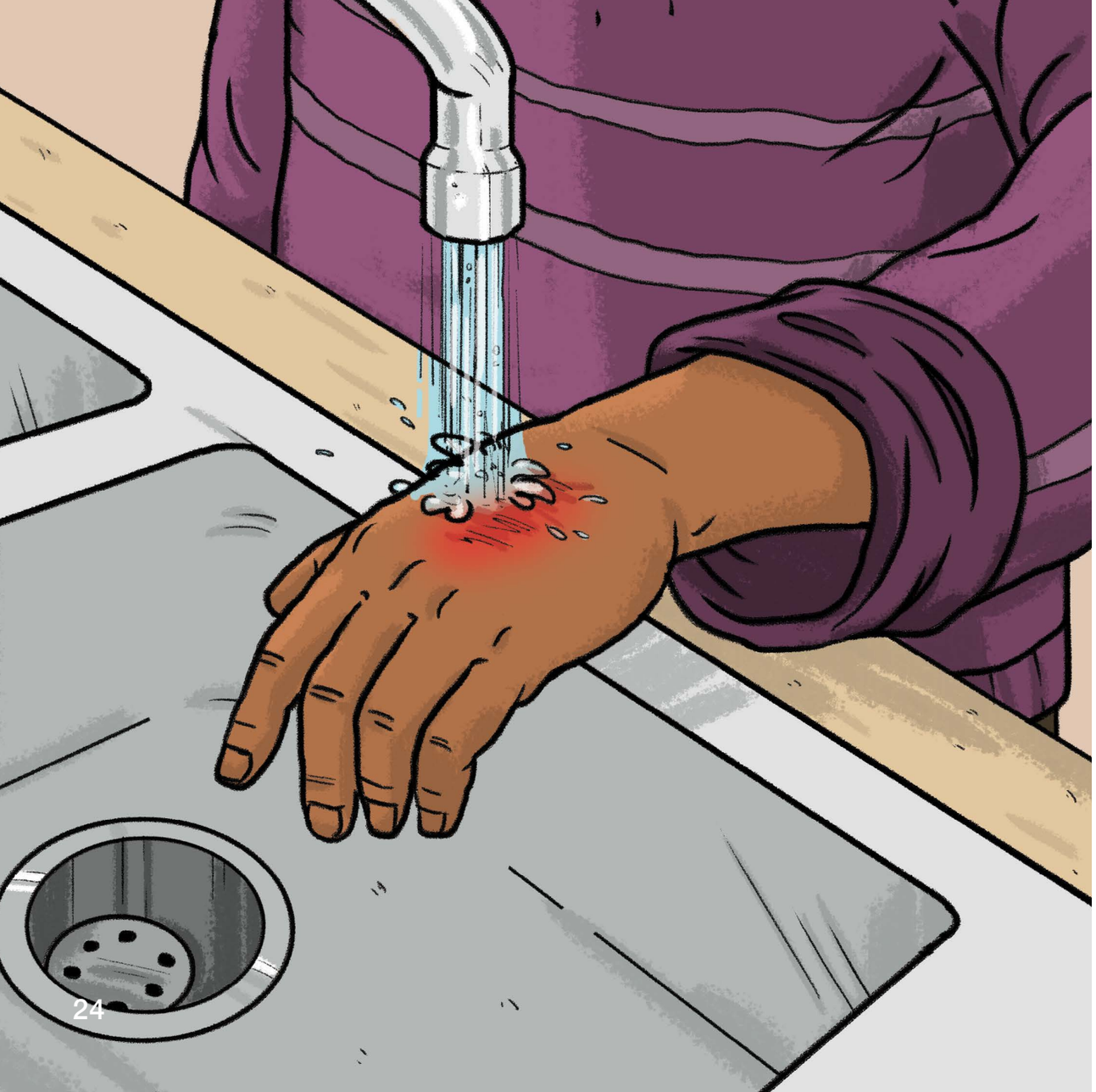
ᐃᑯᐊᓚᔪᓂᑦ ᐅᖓᓯᒋᐊᖏᓐᓇᐅᔭᕐᓗᑎᑦ. ᐊᓐᓄᕐᑦ ᓄᔭᑦᓗ ᐃᑭᑲᐅᖅᑐᕈᓐᓇᕐᒪᑕ ᐆᔭᔪᑕᐅᔪᓐᓇᖅᓗᑎᒡᓗ.

ᒫᓇᓯᐅᑉ ᐃᓕᓐᓂᐊᖅᑎᓐᓂᐊᖅᐸᑎᑦ ᓱᔭᕆᐊᖃᕐᒪᖔᖅᐱᑦ ᐊᓐᓄᕐᑎᑦ ᐃᑭᓕᕐᓂᖅᐸᑕ.

1. **ᓄᖅᑲᕐᓗᑎᑦ!** ᑕᓖᒃᑭᒃ ᐊᐅᓚᑎᑦᑕᐃᓕᓗᒋᒃ. ᐊᐅᓚᑎᒃᑯᕕᒋᒃ ᐃᑯᒪᖓ ᓯᐊᒻᒪᒍᓐᓇᕐᒪᑦ ᑎᒥᖕᓄᑦ ᐊᓐᓄᕐᕐᓄᑦᓗ.
2. **ᐹᒻᒪᒃᓗᑎᑦ!** ᒪᓂᖅᑲᒧᑦ ᐹᒻᒪᑲᐅᑎᒋᓗᑎᑦ. ᐃᓗᒃᑭᒃ ᖃᓃᑦᓗ ᒪᑐᓗᒋᑦ ᐊᒃᒐᖕᓄᑦ.
3. **ᐊᒃᓴᑳᓗᑎᑦ!** ᐊᒃᓴᑳᓗᑎᑦ ᐃᑯᒪ ᖃᒥᓐᓇᓱᒃᓗᒍ.

ᖃᒥᑉᐸᑦ, ᐃᓐᓇᕐᒧᑦ ᐋᓐᓂᐊᕐᕕᓕᐊᕈᔭᐅᔪᒪᓗᑎᑦ.





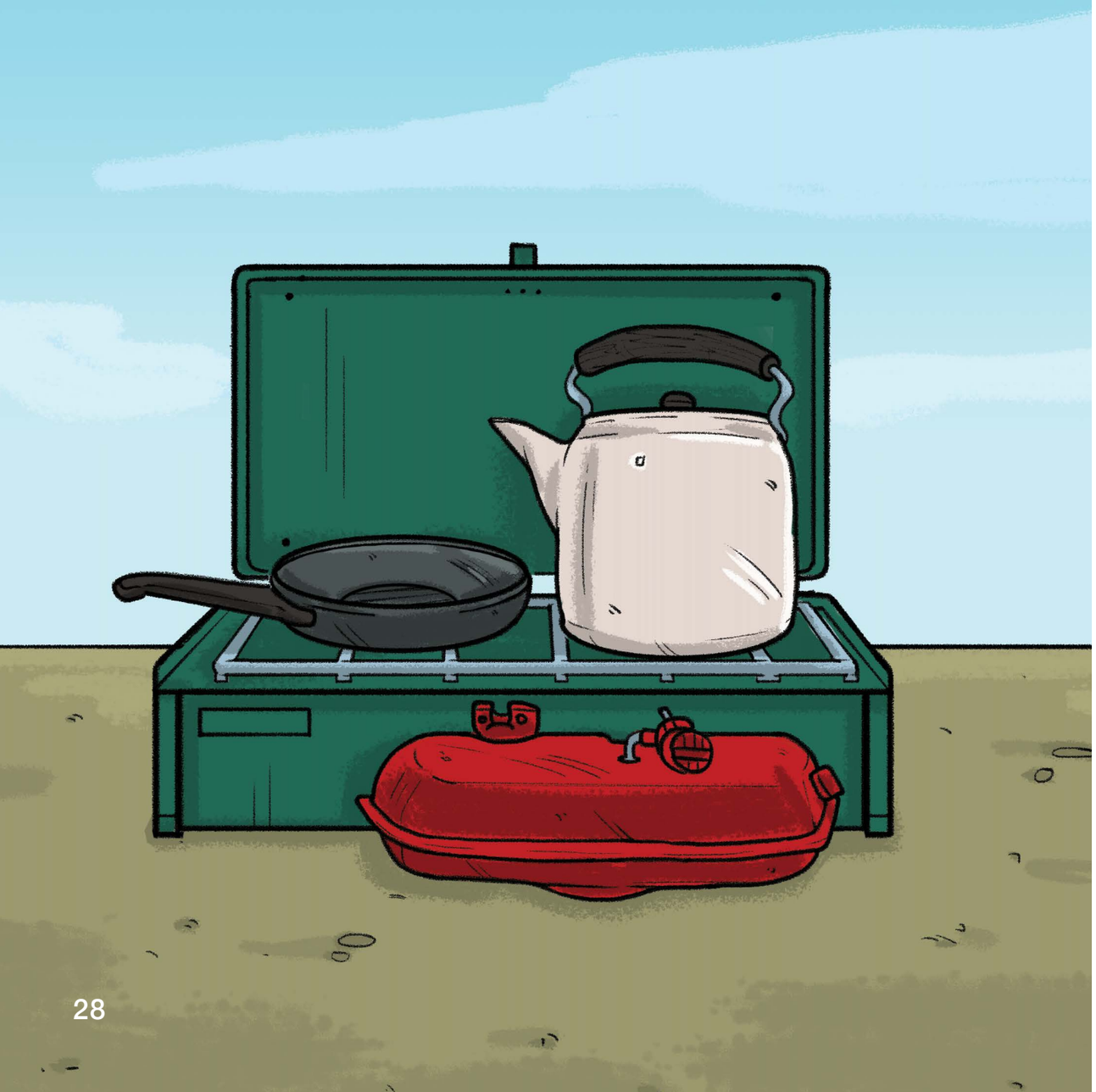
ᐆᓯᒪᔪᓂᒃ ᑲᒪᒋᔭᖅᑲᕐᓂᖅ

ᐃᑯᒪᑦ ᐆᔾᔪᑕᐅᔪᓐᓇᖅᑐᑦ. ᐱᖓᓱᐃᓕᖓᔪᑦ ᐆᓯᒪᔾᔪᑕᐅᔪᓐᓇᖅᑐᑦ: ᓯᕗᓪᓕᖅᐸᖅ ᐱᓗᐊᙱᑦᑐᖅ, ᑐᒡᓕᐊ ᐱᓂᖅᓴᖅ, ᐱᖓᔪᖓᓪᓗ ᐱᓂᖅᐸᖅ. ᓯᕗᓪᓕᖅᐸᕐᒥᒃ ᐆᓯᒪᓕᕈᓐᓇᖅᑐᑦ ᐃᑯᐊᓛᖅᑐᒥᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐆᓇᖅᑐᒥᒃ ᐊᒃᑐᖅᓯᓗᑎᑦ ᓲᕐᓗ ᐃᒐᒥᒃ ᐆᓇᖅᑐᒥᒃ. ᓯᕗᓪᓕᖅᐸᖅ ᐆᔾᔪᑕᐅᔪᓐᓇᖅᑐᖅ ᐅᕕᓂᖕᒥᒃ ᐊᐅᐸᖅᓯᑎᑦᑎᔪᓐᓇᖅᑐᖅ ᐋᓐᓂᐊᕐᓇᕐᓗᓂᓗ.

ᐊᖏᕐᕋᒥ ᑲᒪᒋᔭᒃᓴᐅᔪᓐᓇᖅᑐᖅ ᓯᕗᓪᓕᖅᐸᕐᒥᒃ ᐆᓯᒪᓂ. ᓯᕗᓪᓕᕐᒥ ᓂᒡᓕᓇᕈᔪᒃᑐᒧᑦ ᐃᒪᕐᒧᑦ ᑯᕕᑎᑦᑎᕝᕕᒋᓗᒍ 10–15 ᒥᓂᑦᓯᓄᑦ. ᐅᕝᕙᓘᓐᓃᑦᖅ ᓴᓗᒪᔪᒧᑦ ᖃᐅᓯᖅᑎᓯᒪᔪᒧᑦ ᐊᓪᓚᕈᔾᔨᕕᒋᔪᓐᓇᖅᑕᐃᑦ. ᒥᖑᐊᕈᑎᓂᒃ ᐊᑐᕈᓐᓇᖅᑐᑎᑦ ᐋᓗ ᕕᐅᕐᖃᖅᑐᒧᑦ ᒪᒥᑲᐅᖅᑐᕐᓂᐊᕐᒪᑦ.

ᐆᓇᖅᑐᒥᒃ ᐃᑯᐊᓛᖅᑐᒥᒐᔫᓃᑦ ᐊᒃᑐᖅᓯᒍᕕᑦ ᐅᕕᓃᑦᑐ ᐃᒻᒪᒃᑎᖅᐸᑦ ᐊᐅᐸᖅᓯᒃᐸᓪᔫᓃᑦ ᐳᕕᓕᕐᑐᓂ, ᐆᓐᓂᕆᔭᐃᑦ ᑐᒡᓕᐊ ᐱᓂᖅᓴᐅᑐᐃᓐᓇᕆᐊᖃᖅᑐᖅ ᐅᕝᕙᔫᓃᑦ ᐱᖓᔪᖓᑦ ᐱᓂᖅᐹᖅ. ᑕᒪᒃᑯᐊ ᐆᓯᒪᓃᑦ ᑲᐸᐊᓇᖅᑐᑦ ᐅᕕᓂᖕᓂᒃ, ᓄᑭᓂᒃ, ᐃᒃᐱᖕᓂᐊᔾᔪᑎᓂᒡᔫᓃᑦ ᐊᒡᓛᑦ ᓴᐅᓂᕐᓂᒃ ᕿᓕᕈᕐᑲᓕᖅᑎᑦᑎᔪᓐᓇᕐᒪᑕ. ᐋᓐᓂᐊᕐᕕᓕᐊᑲᐅᑎᒋᔭᕆᐊᖃᖅᑐᑎᑦ. ᑐᒡᓕᐊᓂᒃ ᐱᓂᖅᓴᕐᒥᒃ ᐅᕝᕙᔫᓃᑦ ᐱᖓᔪᖓᓂᒃ ᐱᓂᖅᐹᒥᒃ. ᐆᓯᒪᔪᓂᒃ ᓇᖕᒥᓂᖅ ᑲᒪᒋᔭᖅᑲᕆᐊᖅᑕᐃᓕᑦᑎᐊᕐᔪᑎᑦ.

ᐃᑯᒪᑦ ᐳᔪᖕᒋᑦ ᐊᑦᑕᕐᓇᕈᓐᓇᕐᒥᔪᑦ. ᐳᔪᑦ ᐃᒡᒋᐊᕐᓄᑦ, ᐳᕙᖕᓄᑦ ᐃᐆᖕᓄᑦᔫᓃᑦ ᐆᑎᑦᑎᔪᓐᓇᖅᑐᑦ. ᑐᕐᑯᓐᓇᖅᑐᑖᖅᑎᑦᑎᔪᓐᓇᕐᒥᔪᑦ ᓂᐅᖅᓯᔪᓂ ᐳᔪᕐᔪᖕᓂᒃ.



ᓄᓇᒥ ᐃᑯᒪᒧᑦ ᐊᑦᑕᕐᓇᖅᑕᐃᓕᒪᓂᖅ

ᐊᐅᔭᒃᑯᑦ, ᒫᓇᓯ ᐃᓚᐅᔪᒪᓲᖅ ᐃᓚᖏᑦ ᐊᐅᓪᓗᓕᔭᕋᖕᒐᑕ. ᖃᐅᔨᑎᓐᓂᐊᖅᐹᑎᒍᑦ ᓄᓇᒥ ᐊᐅᓪᓚᖅᓯᒪᓗᓂ ᐊᑦᑕᕐᓇᖅᑕᐃᓕᒪᓂᕐᒥᒃ.

ᐊᐅᓪᓗᖅᓯᒪᑎᓪᓗᓯ ᐃᑯᐊᓗᖅᑐᒧᑦ ᓱᐅᔫᕐᒧᓪᓘᓐᓃᑦ ᓂᕿᓕᐅᕋᔭᖅᑐᓯ ᐅᖅᑰᓇᓱᐊᕐᓗᓯᓗ. ᓱᐅᔫᑦ ᐃᑭᑎᑕᓪᓗ ᑲᒪᒋᑦᑎᐊᙱᒃᑯᕕᒋᑦ ᐃᑯᐊᓪᓚᒃᑎᑦᑎᔪᓐᓇᖅᑐᑎᑦ ᐊᑦᑕᕐᓇᖅᑐᒥᒃ.

ᐊᐅᓪᓚᓚᐅᙱᓐᓂᕐᒥᓂᒃ ᒫᓇᓯᐅᑉ ᐊᓈᓇᖕᒐ ᖃᐅᔨᓴᖅᐸᒃᑐᖅ ᓱᐅᔫᖅ ᐱᔪᓐᓇᑦᑎᐊᕋᓗᐊᕐᒪᖔᑦ.

ᒫᓇᓯᐅᑉ ᐊᓈᓇᖕᒐᑕ ᓱᐅᔫᖅ ᒪᓂᕋᑦᑎᐊᖅᑐᒧᐊᖅᓗᓂᐅᒃ ᐅᕕᔭᓐᓂᐊᙱᒻᒪᑦ. ᐃᑭᕐᓗᓂᐅᒃᓗ. ᐃᑯᒪᓂᖕᒐᓂ ᒫᓇᓯᐅᑉ ᖃᐅᔨᓴᐃᓐᓇᖅᐸᒃᑕᖕᒐ. ᖃᓂᒋᓗᐊᕐᓇᓂᐅᒃ ᐊᒡᒐᒥᓄᓪᓗ ᐊᒃᑐᖅᐸᙱᑕᖕᒐ. ᓱᐅᔫᑦ ᐆᓇᖅᑐᐊᓘᖕᒪᑕ ᐊᒃᑐᕐᓗᒍᑎᓪᓗ ᐆᔾᔪᑕᐅᔪᓐᓇᖅᓗᑎᒃ.

ᐱᒻᒪᕆᐅᔪᖅ ᐅᔾᔨᖅᓱᑦᑎᐊᖏᓐᓇᐅᔭᕆᐊᖃᕐᓂᖅ ᓱᔾᔪᕐᒥᒃ ᖁᓪᓕᕐᒥᒡᔫᓐᓃᑦ ᐊᑐᕈᕕᑦ ᐃᑯᒪᑎᓚᐅᖅᓯᒪᖏᓪᓗᒋᑦ ᐃᓄᖃᖏᑦᑐᒥ.

ᓱᔾᔪᖅ ᐃᑭᔭᑦᑐᓂᒃ ᖃᓂᑎᑦᑕᐃᓕᓗᒍ ᓱᕐᓗ ᖁᐲᑦ, ᐊᓐᓄᕌᑦ, ᖁᑐᑦᑐᒐᐅᔭᓪᓗ.

ᐃᓚᖏᑦ ᐃᓄᐃᑦ ᓯᓚᒥ ᐃᑯᐊᓛᖅᑎᑦᑎᔪᒪᕝᒃᑐᑦ ᐊᐅᓪᓛᖅᓯᒪᓪᓗᑎᒃ. ᐃᑯᐊᓛᖅᑐᖅ ᑲᒪᒋᑦᑎᐊᕐᓗᒍ ᖃᒥᑦᑎᐊᕋᓗᐊᕐᒪᖔᓪᓗ ᖃᐅᔨᒋᐊᖅᐸᒃᓗᒍ ᖁᒪᖏᓐᓂᕐᓂ.

ᒫᓇᓯᓗ ᐅᖃᐅᓯᖃᕈᓘᔾᔨᖅᑐᒍᒃ ᐃᑯᒪᒧᑦ ᐊᑦᑕᕐᓇᖅᑕᐃᓕᒪᓂᕐᒥᒃ!
ᕿᒥᕐᕈᒃᑲᓐᓂᓚᐅᕐᓚᕗᑦ ᐅᓪᓗᒥ ᐃᓕᔨᖅᑕᑎᑦ!

- ᐃᒐ ᖃᒥᑉᐸᒡᓗᒍ ᓂᕿᓕᐅᕋᓂᒃᑳᖕᒐᕕᑦ.
- ᓇᑉᐸᖅᑕᑦ ᐃᒡᓗᒥ ᐃᓄᖃᖕᒋᑦᑐᒥ ᐃᑯᒪᑎᓚᐅᖅᓯᒪᖕᒋᓪᓗᒋᑦ.
- ᐃᒃᑭᑎᓂᒃ ᑲᓱᖕᓂᒡᓗ ᐱᖕᒍᐊᖃᓚᐅᖅᓯᒪᖕᒋᓪᓗᑎᑦ.
- ᐊᖕᒋᕋᔅᓯᓐᓂ ᐅᑯᓂᖓ ᐱᖃᕐᓗᑎᑦ ᖁᕐᑯᐊᕈᑎᑦ, ᖃᑦᑎᕈᑎᑦ ᓄᓇᔅᓯᓐᓂ ᖃᑦᑎᓇᕝᕕᐅᑉ ᐅᖁᓚᐅᑎᖓᑕ ᓈᓴᐅᑎᖓ.
- ᓴᓇᓗᓯ ᐊᓂᕝᕕᒃᓴᓂᒃ ᐸᕐᓇᐅᑎᓂᒃ ᒪᕐᕉᒃ ᑐᖕᒑᓂᐅᖕᒋᑦᑐᖅ ᐊᓂᕝᕕᖃᕐᓗᓯ.
- ᐊᖕᒋᕋᓯ ᐳᔫᓕᕐᓂᖅᐸᑦ ᐃᑯᒪᒧᑦ ᐹᒻᒪᒃᓗᑎᑦ, ᐹᕐᖑᓕᕐᓗᑎᑦ ᐊᓂᕝᕕᖕᓄᐊᕐᓗᑎᑦ ᖃᓂᒋᒪᓛᕐᓄᑦ.
- ᐊᓐᓄᕋᑎᑦ ᐃᑭᓕᖅᐸᑕ ᓄᖅᑲᕐᓗᑎᑦ, ᐹᒻᒪᓚᐅᕐᓗᑎᑦ ᐊᒃᓴᑲᓕᕐᓗᑎᑦ.
- ᐆᓐᓂᕈᕕᑦ ᓯᕗᓪᓕᕐᒥᒃ ᐆᔾᔪᑎᒥᒃ ᓂᒡᓕᓇᔪᒃᑐᒧᑦ ᑯᕕᑎᕝᕕᒋᓗᒍ 10 ᒥᓂᑦᓯᓄᑦ, ᐆᕐᔪᐊᕐᓂᖅᓴᐅᒍᕕᑦ ᐋᓐᓂᐊᕐᕕᓕᐊᑲᐅᑎᒋᓗᑎᑦ.
- ᐳᔪᑦ ᐃᑯᒪᒥᑦ ᐋᓐᓂᕈᑕᐅᔪᓐᓇᕐᒥᔪᑦ.
- ᐊᐅᓪᓛᖅᓯᒪᓗᑎᑦ ᐊᑦᑕᕐᓇᖅᑐᒧᐊᖅᑕᐃᓕᒪᓗᑎᑦ. ᑲᒪᒋᑦᑎᐊᖕᒋᓐᓇᐅᔭᕐᓗᒋᑦ ᓱᐳᔫᖅ, ᖁᓪᓕᖅ ᓯᓚᒥᓗ ᐃᑯᐊᓛᖅᑎᑕᐅᔪᖅ.

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