

**Tshin tshiu tshika minuau 24 hrs
puntane epituain.**

- 20 min eka pituain tshin tshimiuk tshika nashikupanu.
- 8 hr tatipeikana eka pituain nenu essi upitamen epituaen tshika minupanu ne tshimiuk.
- 24 hrs tatipeikana eka pituain nenu etu minupan eka eiakushin tshetshi.
- 48 hrs tatipeikana eka pituain ne emishimataman mak ekutshipun tshekuan tshika iapit tshika minupanu.
- 2 wks to 3 months pishumua eka pituain eukun tsheminuenimun mak tshe minenein).
- 9 months pishumua eka pituain eukun ama shuka ushtuman, neshtuin, minu nenein, mak menu shenukun.
- 1 yr - 1 pupuna eka pituain, eukun manatshita tshitei tshetshi eka iakushin esk epituiakue.
- 5 yrs- 5 pupuna eka pituain eukun eka mishte aiatshin nash mishte nashukupanu.5 mak 15 yrs (pupuna) eka pituain peikuin eiapit eshinakushin uin eka pituan.
- 10 pupuna eka pituain eukun tshetshi nenu minu iniun ne mishta akushun eukun mishte akushin eiapit . Nete tshitun ,tshukutakan, utetekushish, ushipun mak utetemitshiman.
- 15 pupuna ekapituain eukun ishinakun mitein eiakushinanut uin eapit epituat.

**Tante tshentumeskaman
tshekuan nenu unauitakant
epituananut**

**Ute tshentumeskamek
uipunekue epituaiek
tsheiemit (Physician, Health
Educator, Public Health
Nurse or Employee Nurse)**

**Kapituashet Kaimiakanet -
1-800-363-5864**



**Labrador - Grenfell
Health**

**Eka pituananut,
tshin mak
ekanaunenimitishuin**



Ume uatutakant, mak etshitapatakant mak eshinakuak ute Labrador Grenfell minu ininiun. Ute etananut apu tapue-tuakant auen tshetshi pituak shash etshishipinant ume pishum (Tshishe pishum). Ute tsheka pituananut ete kaia-tussein, Kauauitakant tsheka pituan unu-etamit mitshima tshipushkuat mak nete kaiahtetshi utapana.

Ume uauitamakunau tshetshi eka pituananut tshiuitamakunan tshetshi minu iniunaka, mak kaiatusseshet, minu iniunak, mak kaiatusseshet, kauauitshinueshet, kaiakushet mak ne kamupishtuat auenua. Ume minu iniun uauitak tshuuiitamakunan tshetshi minu kanauenitamau mak nakatuenimatauntshi nenu uaminu iniut mak tsheminuenimunau.

Q: Tshekuan uen tshetshi eka peikusset tshetshi pituat unuetamit.

A: Epituananut uinakatuentakanu tshetshi eka mishte akushishkatshet mak nipanuet. Auen eka pituat eiapit eaushishtsheu ne uentshe eka pituatau. Ume uaminu kanauentamen minu ininiun nitapuetunana nikaiatusseshiminiant, kamupituant auenua, kaiatusseshet ute mak uen eshinakust mak tshitassinan eukun meshat uapatimau eshinakuak iniun aptshitanau ume etukunau kaitishumunau tshekuminuau tapue tshetshi mishiue tutamau tshetshi etuish minu minuenimunau.

Q: Tan eshinakutakanipan ne eka menenitakan tshetshi eka pitanut mak uatutakant.

A: Uipat neuatutakant tsheka pituananut ute nitunkutshuapit unuetamit. Miku takunipan

etananut epituananut nete nitunkutshuapit. (ie mak uasheskunau emishinaniketets nete epituananut). Ume Tshishe pishum 2008 nutshish kupunua shash uitutakanu tshetshi mishiue pituananut ute nitunkutshuapit unuetamit., utapana mitshima kesteuani.

Q: Eiapit takunu tshetshi eka pituatau ne kuuipituautshi kamishte kanauenimakanit.

A: Mishiue auen apu tapuetuakant ume ishinakun nash tshetshi eka pituananut 100% uishinakutakanu ute kaiatussenanut. Nissenenan tapue tshetshi miskutshipant ne kamishte pituats etatau mak nash tsheuinakutentau tshetshi eka tutamau.

Q: Tshekuanu ne Labrador Grenfell minu ininiun uauitshiat nenua kaiatusseshintshi neuakapituantshi. Takunuante tshekuanu tshemitshinikuts uamishkutshipantats.

A: Labrador Health minu ininiun tshika takunu tshemitshiakushet mak tsheuauitamakunek. Epituananut tsheka pituananut tshika uauitamakunau eshinakuat mak etutatuets. Kaiakushets minakanuts tshekuanu tshetshi apastats, nicotine, petshu, put kie nitukuna etataui nitukuntshuapits mak eiapit tshikashunanua eapastakantau nenu nicotine muku auentshe uapuntatau epituats.

Q: Kaiatusseshets, kamupishets, kauauitshunueshuets eiapita tshika punuts eka pituats.

A: Mauats , metshuuinakanukunau tshetshi eka pituaiek. Muk tshuuiitamakunau tshetshi eka pituaiek ute Labrador Grenfell minu

ininiun nitunkuntshuapit. Mak takun tapue tshetshi kanauentamat mak nakatuenimitshit kaiatusseshets tshetshi minu natuenimitshut mak nakatuenitakau tshekuanu etentakunitsh.

Q: Eku auen epeikushet tshetutak.

A: Tshin epeikussin uatutamen ne uapituaain eukun uantenimitshun. Metsheuitamakun tshetshi puntain tshetshieka pituain. Kutak auentshe uin muk uatutakuan uitutamuk nenu epitutuau. Eku nenu mak tshuuitamaku-mau tshetshi eka pituaiek ute kanatapueta-kunau.

Q: Katshi unuiu kaiakushets nete unuetamit tshetshi pituat.

A: Kaiakushets uin uapituat tshika unuiu muku eiapit ama tshika tau nete eka pituananut kakushtianut. Muku uinuau tshekututashut uin etuish tshemishte iakushet. Mak iapit tshika itutanikun nete uapituaani. Kaiakushet auen uapituat uin minu nakatuenimitshu.

Q: Ume uipituaname nitshit. Katshi eiapit nekamakun uapitanane.

A: Kautusshet ute Labrador Grenfell minu ininiun uiminu nakatuenimeu nenua kaatusseshima tshetshi eka akushishkakunua nenu epituananut. Eku tshuuitamatinan kauipituaak nete eka pituananut put kie uitsuats nenu uakanauenimitshut.