



World Contraception Day 2020

Nunaqyuaptingni Hingaiyailaitkutit Ubluanga 2020

(September 25, 2020)

Kavamatkunnin Tuhaqtitaujukhaq

Nunaqyuaptingni Hingaiyailaitkutit Ubluanga 2020

Nunaqyuaptingni Hingaiyailaitkutit Ubluanga aulanaqtuq nunaqyuap tamaat Apitilirvia 26mi. Nunaryuaptingni Hingaiyailaitkutit Ubluanga ilituqhayaangat allatqiinik piqaqtun hingaiyailaitkutiqaqtun pigiaqaqtainik, ikayugianganik inungnun ihumaliuttiaqhimayumik atuqtakharnik talvuuna nulliarnikkut nutaraliurnikkut inuuhirkarnik.

Piqaqtun amigaitunik hingaiyailaitkutinik atuqtukharnik. Atugumaguvit hingaiyailaitkutikharnik, akhurnaqtuq pukugianganik ihumagiluaqtangni inuuhirni. Ilangit pidjutikhat hamauyut:

- Uhut Puungit.
 - Arnat IUDngit (Algarvianun iliugaqtauvakhimayut).
 - Kapuutikhat (Depro-Provera)
 - Hingaiyailaitkutinik havautingnik.
 - Matut Uvinirmun (Atuqniit hingaiyailaitkutinik talvuuna uvinikkut).
 - Mikiligaryuaq uttup iluani (Atuqniit hingaiyailaitkutinik uttup luani atuqtauvakhimayug).

Akhurnaqtuq itqumayaangat atuqtukharnik uhut puunganik avaliituuq atuqtauvakhimayuq hingailaitkut munagidjutiqarniaqtuq taima hingaiyarnaitumik hiamicirnaitumik nuliarnikkut aanniarutingnik.

Amigaitun hingaiyaitkutikhat akiqangitun Nunavunmiunun Inuinun taima munagidjutiqaqutnik inuuhirinikkut pidjutikharnik. Uqagianganik kitut ihuatqiyauniaqtun ilingnun, munarhiliaqluhi naunaiyattiagianganik. Naunaiqyumirutikharnik qanuritun piqaqtun hingailaitkutikharnik piqaqtun qunngiarlutik uvani qaritaulyaliquidjutingni www.irespectmyself.ca.

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