



**Uluriahugjuaqtailinikkut munaqhiniq kangiqhijauulluatarinngitaat Kanatamiut. Hamma 10 ukpirijaujut akkuqpaktavut.**

# 10 UKPIRIJAUJUT ULURIAHUGJUAQTAILINIKKUT MUNAQHINIQ

**UKPIRIJAQ 1:** Uluriahugjuaqtailingni munaqhiqarvingmiitkaangat tuqunnariqpaktut.

**ITQUMAJUQ:** Uluriahugjuaqtailiniq munaqhiniq tuqunnarikitaijuittut. Munarittiarnirmiujuut aanniaruhiagut pittiaqtaublutik inuuhuirkhaanut.



**UKPIRIJAQ 2:** Uluriahugjuaqtailinikkut munaqhijut kaansaqaqtuinnanik munaqhijut.

**ITQUMAJUQ:** Uluriahugjuaqtailiniq munaqhinnikkut ikajuqtiuvaktuq tamainnut aanniaqtunut ilainnullu iliturihimalirnianit aanniaruhiagut qanurliqaak inuuhia naiglitaaruhianut.



**UKPIRIJAQ 3:** Aanniaqtut Uluriahugjuaqtailinikkut munaqhivingniittut nirijungnairaangamik aqiaruaqhutik tuquvaktut.

**ITQUMAJUQ:** Aanniaqtut aanniaruhiuhirjuaqaqtut kaagungnaiqpaktut imirugungnaiqhutiglu aannianngitunit atuqpagainik pihuiqpaktut. Huiqpaktut aanniaruhirmingnit aqiaruarnirmiunngittuq.



**UKPIRIJAQ 4:** Uluriahugjuaqtailinikkut munaqhivaktut aanniarviinnarni.

**ITQUMAJUQ:** Uluriahugjuaqtailinikkut munaqhivaktut humiliqaak aanniarutiqaqtuq nunaani - aimaviani, inutquat najurvianni, aanniarutiqaqtut munaqhivianni aanniarvingniluunniit.



**UKPIRIJAQ 5:** Nutaqqat tautuktitakharinngitavut tuquttunik tuquliqtuniglu.

**ITQUMAJUQ:** Uqaqatigiblugit nutaqqat tuqunikkut tuqulirnikkut ikajuutauniaqtuq inuuhiqattiarangata ihumainni inirninngurumik. Inirnitut, nutaqqat piqpajiaqtik takutilimaiqtaqtik takujakhaallu.



**UKPIRIJAQ 6:** Uluriahungniq ilaujuq tuquliraangat.

**ITQUMAJUQ:** Uluriahungniq ilaunngittuq tuqunirmut. Uluriahuutiqaqqat tuqujuqiliqtuni amigaittuqaqtut ikajuriangita uluriahunngittaangita.



**UKPIRIJAQ 7:** Uluriahugjuaqtailinikkut munaqhiviinni uluriahungnailrutinik atuqattainnaraangita ajuridjutigivagait.

**ITQUMAJUQ:** Naammairiangita ilaani havautituqtitavaktut uluriahungnaittumik. Imaa hunngiutivagait havautit timiata, ajuriniunngittuq.



**UKPIRIJAQ 8:** Morphine-mik havautituqtitavaktut tuqunnaririangita.

**ITQUMAJUQ:** Ihuaqtumik morphine-tuqtitavaktut naammairiangita, tuqunnariqtitaunngittuq.



**UKPIRIJAQ 9:** Uluriahugjuaqtailinikkut munariliqtaugaangat imaa kangiqhivunga, taaktiga taimaarutiijaanga iriugijakhaiqtunga.

**ITQUMAJUQ:** Uluriahugjuaqtailinikkut inuuhiqattitainahuaqpaktut taapkununga aanniarutiqaqtunut ajurnaqhijunik. Aanniarutairuhikhanik niriunairmat inuuhittiaruhia ihumagijauullualiqhuni.



**UKPIRIJAQ 10:** Ilatka in'ngumaktitpatka aihimapkarlugu tuquttiqkannginapku

**ITQUMAJUQ:** Ilaani aanniaqtup munaridjuhia ikpingnatqijauvaktuq aihimapkajumagaluahuni. Nakuutqijakkt munarijaujangat, humiliqaak, taimaarutaunngittuq.



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