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ᑐᐊᕕᕐᓇᖅᑐᒥᒃ ᑕᑯᔭᕆᐊᖃᕐᓂᑭᕕ ᐅᑯᐊ ᐃᓱᒪᓕᐅᕈᑎᑦ

ᐃᓛᓐᓂᒃ ᐃᓱᒪᓕᐅᕐᓂᖅ ᐊᔪᕐᓇᔪᖕᒪᑦ ᓄᑕᕋᐃᑦ ᑐᐊᕈᕐᓇᖅᑐᒻᒧᑦ ᑕᑯᔭᕆᐊᒃᓴᖅ (ED). ᑐᑭᓯᐅᒪᐸᓗᑕ ᓂᕕᐅᕐᓂᕐᓂᒃ ᓄᑕᕋᐃᑦ ᐊᓐᓂᐊᖅᑎᓪᓗᒍ ᑐᐊᕕᕐᓇᖅᑐᒻᒥᒃ ᑕᑯᔪᒪᓇᔭᕋᕕᑦ. ᐊᓐᓂᐊᓗᐊᖏᑐᑦ ᑐᐊᕕᕐᓇᑐᒻᒥ ᑕᑯᔭᐅᔪᖕᓇᕐᒪᑕ ᓘᑖᑉ ᑎᑎᕋᕐᕕᖕᒐᓐᓂ. ᐃᓚᖏᓪᓗ ᓘᑖᑦ ᖃᐅᔨᒪᑎᐊᕐᒪᑕ ᐊᔪᖏᑎᐊᕐᓗᑎᒃᓗ ᐊᓐᓂᐊᕐᓂᓇᔭᖏᓐᓂᒃ ᓄᑕᕋᐃᑦ. ᐅᖃᖃᑎᖃᕐᓗᑎᑦ ᐱᐅᓂᖅᓴᐅᕗᖅ ᓘᑖᖅᓂᒃ.

4 ᐃᓗᐊᓐᓂ 10 ᑕᑯᔭᐅᔪᑦ ᑐᐊᕕᕐᓇᖅᑐᒻᒥ ᐊᓐᓂᐊᓗᐊᖏᑐᑦ ᓘᑖᕕᑦ ᓇᔭᖕᒍᐊᐸᓗ ᖃᖓᒥᐊᖅ ᑕᑯᔪᖕᓇᖅᑕᖏᑦ

ᑐᓇᖅᑐᒥ ᑕᑯᔭᐅᓂᐊᖅᑐᓂᒃ ᐃᑲᔪᕈᖕᓇᐳᑎᑦ

ᐊᓐᓂᖅᓯᒪᔪᑦ ᓯᕗᓪᓕᐅᓗᑎᒃ ᑕᑯᔭᐅᔭᕆᐊᖃᖅᐳᑦ ᑐᐊᕕᕐᓇᖅᑐᓕᕆᔨᓐᓄᑦ. ᑭᓯᐊᓐᓂ ᐊᓯᖏᓪᓕ ᐊᓐᓂᐊᓗᐊᖏᑐᑦ ᐅᑕᕿᑎᑕᐅᐸᓗᑎᒃ. ᓇᔭᖑᐃᑦ ᐃᓱᒪᓕᐅᕈᖕᓇᕐᒪᑕ ᐊᓐᓂᐊᖅᑐᑦ ᑕᑯᔭᐅᔭᕆᐊᖃᕐᓂᖕᒐᓐᓂᒃ ᒫᓐᓇ ᐅᑕᕿᓗᓂᓘᓐᑦ.

ᐃᓅᓯᖕᒐ ᑐᐊᕕᕐᓇᖅᐸᑦ

ᓄᑕᖃᑦ ᒪᒃᑯᒃᑐᓪᓗ ᑕᑯᔭᐅᔭᕆᐊᓖᑦ ᒫᓐᓇᓗᐊᕕᒃ. ᓘᑖᑦ ᓇᔭᖑᐃᓗ ᐱᓕᕆᐊᕐᒥᖕᓂᒃ ᓄᖃᖅᑎᑦᓯᓗᑎᒃ ᓄᑕᕋᕐᓂᒃ ᑕᑯᔪᖕᓇᖅᐳᑦ.

ᑐᐊᕕᕐᓇᖅᑐᒥ

ᓄᑕᖃᑦ ᒪᒃᑯᒃᑐᓪᓗ ᖃᐅᔨᓴᖅᑕᐅᔭᕆᐊᓖᑦ ᐃᓗᐊᓐᓂ 30 60 ᒥᓂᑦᓴ.

CHEO

ᑐᐊᕕᕐᓇᖅᐸᑦ

ᓄᑕᖃᑦ ᒪᑯᒃᑯᑐᓪᓗ ᑐᐊᕕᕐᓇᖅᑐᒻᒥ ᑕᑯᔭᐅᔭᕆᐊᖃᖅᑐᑦ.

Less urgent

ᓄᑕᖃᑦ ᒪᑯᒃᑐᓪᓗ ᒥᐊᓂᕆᔭᐅᔫᓪᓗᐊᖅᑐᑦ ᖃᖓᔪᖅᒥᖕᓄᑦ ᐃᓵᓗᐊᖅᓴᐃᔨᓐᓄᓘᓐ. ᐊᓐᓂᕐᓂᑯᑦ ᐱᐅᓂᖅᓴᐅᕗᑦ ᑐᐊᕕᕐᓇᖅᑐᒧᓕᐊᕈᔭᐅᒍᒻᒥᒃ.

ᓄᑕᕋᕐ ᒪᑯᒃᑐᕐᔫᓃᑦ ᑐᐊᕕᕐᓇᖅᑐᒧᓕᐊᕆᐊᖃᖅᐸ?

ᐊᑉ ᓗᑎᑦ ᓄᑕᕋ ᐃᑦ ᖃᐅᔨ ᒪ ᑎᐊᕋᖕ ᓂ. CHEO ᑐᐊᕕᕐᓇᖅᑐᓕᕆᔨᖏᑦ ᐊᑐᐃᓐᓇᐅᖕᒪᑕ. ᐅᑯᐊ ᖃᐅᔨᒪᔪᑎᑦ ᑐᐊᕕᕐᓇᖅᑐᒻᒧᑦ ᓄᑕᕋᐃᑦ ᐊᒃᔭᕆᐊᖃᕐᒪᖔᕐᓃ:

ᑐᐊᕕᕐᓇᖅᑐᖅ	ᑐᐊᕕᕐᓇᖏᑦᑐᖅ
ᐆᓇᖅᓯᒃᐸᑦ: ᑕᕿᑦ ᐱᖓᓱᑦ ᒥᒃᓵᓐᓂ, ᑎᒥᖓ ᓈᒻᒪᖏᑦᑐᖅ ᐊᓂᕐᓂᖓᓗ; ᑐᐸᒃᓯᒪᓱᐊᖅᑕᖏᑦᑐᖅ.	**ᐆᓇᖅᑐᖅ:** ᐊᑐᖅ ᑲ ᐱᔭ ᐅᓯ ᒪ ᐸ ᓗᓂᓗ ᓄᑕᖃᑦ ᖃᓄᐃᑑᔭ ᕐ ᓗᑎᒃ ᐆᓇᖅᓯ ᕙᖕ ᒪ ᑕ ᐃᑉ ᓗᐊᖅᓴ ᐅᑎᑐᕈ ᖕ ᓇᖅ ᐳᑦ (Advil®, Motrin®) or acetaminophen (Tylenol®,Tempra®).
ᐊᓂᖅᓵᖅᑐᑎᐊᖏᐸᑦ: ᐊᖅ ᑐᕐ ᓂᖓᓈᒻ ᒪ ᖕᑕᖅ. ᐊᓂᖅᓵ ᖅ ᑐᐊᓚᓴ ᓗᐊᖅ ᑐᖅ. ᕿᓯ ᖓᑕ ᑕᐅᑦ ᑐᐊ ᖃᐅᔨ ᓗᖅ ᑐᖅ. ᖃᓂᐊᑕ ᓯ ᓈ ᑐᖑᖅ ᑐᖅ, ᐊᓂᖅᓵ ᖅ ᐸᓗᑎᐊᖏᑦ ᑐᖅ, ᖃᓂᖓᒐ ᔪ ᖅ.	**ᐊᓂᖅᓵᑐᑎᐊᖏᑦᑐᖅ:** ᕿᖓᓯ ᒥ ᒃ ᓯ ᒪ ᔫ ᔭ ᕐ ᓗᓐ ᓂ ᖃᓪ ᓚᒃ ᑐᖅ ᑕᖅᐸᑦ (ᓯ ᓂᖕ ᓂᖅ ᐊᔪ ᕐ ᓗᓐ ᓂ) ᓄᕙᖕ ᒪ ᑦ ᖃᐅᔨ ᒪ ᓐ ᓇᕐ ᓗᓐ ᓂ ᐊᓂᖅᓵ ᖅ ᑐᖅ ᐸᓗᐊ ᐊᔾ ᔭ ᐅᑉ ᓗᓐ ᓂ.
ᒥᕆᐊᖅᑕᖅᐸᑦ ᐊᓇᓛᕐᕿᒃᐸᑦ: ᑕᑦ ᒥ ᒃ ᓵ ᓐ ᓂ ᐅᑭ ᐅᓕᒃ , ᒥ ᕆᐊᕈ ᐊᖅᑐᔾᔪ ᐊᖅ (ᖃᑉ ᓯ ᒥ ᐊᓂᒃ ᐅᑭ ᐅᖃᖅᐸᑦ , ᐃᑲ ᕋᑦ 8 ᐅᖓᑖᓂᓘᓃᑦ ᐊᑦ ᐊᕐ ᐸᑦ) ᒥ ᕆᐊᖅᑕᖅᑐᖅ ᐊᓇᓛᕐᕿᔪᕐ ᓘᓃᑦ ᐊᐅᓕᖕᒥᒃ , ᖃᓂᐊ ᐸᓂᖅᑐᖅ, ᕐᑯᖕᒋᖅ ᓯ ᓕ ᐃᑲ ᕋᑦ 8 ᐅᖓᑖᓂ.	**ᒥᕆᐊᖅᑕᖅᑐᖅ ᐊᓇᓛᕐᕿᔪᕐᓘᕙᖕ:** ᒥ ᕆᐊᖅᑕᕐ ᓗᓐ ᓂ ᐊᓇᓛᕐᕿᓗᓂᓘᓃᑦ ᐅᑉ ᓗᓂ 3,4ᕋ ᓗᖕ ᓂᒃ , ᓇᕐ ᓗᖕ ᒪ ᑦ ᖃᐅᔨ ᒪ ᓐ ᓇᕐ ᓗᓐ ᓂ (ᐱᓇᓱ ᐊᕈ ᓯ ᖕ ᓂᒃ ᒪ ᕈ ᖕ ᓂᒃ ᑎᐊᓐ ᓇᐃᑐᖕ ᓇᖅᐳᖅ). ᐊᓐ ᓂᖅᓯ ᒪ ᓐ ᓂᖅᐸᑦ : ᓂᐊᕐᑯᖓᒐᑦ ᕿ ᓯ ᐊᓐ ᓂ ᐊᕙᖅᓯ ᒪ ᖕᒋᓗᓐ ᓂ, ᐊᐅᓚᔨ ᑎᐊᕐ ᓗᓐ ᓂ, ᒥ ᕆᐊᖅᑕᖕᒋᓗᓂᓗ, ᕿᓕᖅᓯ ᒪ ᑐᐃᓐ ᓇᖅᐸᑦ ᖃᓄᐃᑐᖕ ᓇᐃᕐ ᓂᐊᖅ ᖃᐅᔨ ᒪ ᓐ ᓇᕐ ᓗᓐ ᓂ.
ᐅᖕᒋᓚᖕᓇᒻᑐᖃᖅᐸᑦ: ᐅᖕᒋᓚᖕᓇᖅᑐᑦ ᐊᓐᓂᖅᓂᑰᔭᖅᐸᑕ ᒥᕿᓗᑎᒃ.	**ᕐᑯᒥᓛᖅᑐᖅ:** ᐅᖕᒋᓚᐃᓐᓇᒥᐊᖅᑐᖅ; ᖃᓪᓚᒃᑐᕋᖓᒻᒥ ᓄᑕᕋᖅ ᑐᓵᓐᓇᖅᑐᖅ, ᐃᓵᓗᐊᖅᓴᐅᑎᑐᕆᐊᓕᑦ (Reactine®) ᐊᓂᖅᓵᖅᑐᑎᐊᕐᓗᓂ ᐃᒋᐊᖓ ᐅᖃᓗ ᐳᕕᓕᖅᑕᖏᑦᑐᒃ

ᓘᑖᒻᒥᒃ ᑕᑯᔭᕆᐊᖃᕐᓂᕈᕕᑦ

1. ᓘᑖᑦ ᐅᖃᓗᒃᕕᒋᑐᐃᓐᓇᕐᓗᒍ. ᑎᑎᕋᕐᕕᖓ ᒪᑐᓯᒪᒐᓗᐊᖅᐸᑦ ᓂᐱᓕᐅᖅᓯᒪᔪᖅ ᑐᓵᑐᐃᓐᓇᕐᓗᒍ ᑕᑯᔪᒪᒍᖕᓂ ᐃᑲᕋᐃᑦ ᓯᓚᑖᓐᓂ. ᐅᓄᖅᑐᑦ ᐃᓵᓗᐊᖅᓴᐃᔨᑦ ᐅᑉᓗᑐᐃᓐᓇᕐᒥ, ᖃᐅᒃᐸᑦ, ᑕᑯᔭᖅᑐᑐᐃᓐᓇᕐᓗᒋᑦ ᐱᓇᓱᐊᕈᓯᐅᑉ ᓄᖑᐊᓂᓗ ᐊᔪᖕᒋᑎᐊᕐᒪᑕ. ᐃᓚᖕᒋᓪᓗ ᖃᖓᑐᐃᓐᓇᖅ 24/7 ᐅᖃᓗᒃᕕᒋᔪᖕᓇᕐᓗᑎᒃ ᐃᑲᔪᕐᓗᑎᒃ ᑕᑯᔭᐅᖕᒋᓂᕐᓂ.
2. ᐊᓐᓂᐊᕐᕕᒃ ᑕᑯᓴᑐᐃᓐᓇᕆᐊᓕᒃ. ᐊᓐᑎᐊᕆᐅᓪᓂ, ᐅᖃᓘᑎᖓ 211 (24 ᐃᑲᕋᑦ, 7 ᐅᑉᓗᑦ ᐱᓇᓱᐊᕈᓯᐅᑉ ᐃᓗᐊᓐᓂ) ᑐᑭᓯᒋᐊᑲᓂᕐᕕᒃ ᑕᑯᓴᑐᐃᓐᓇᕐᓗᒋᑦ ᐊᓐᓂᐊᕐᕖᑦ ᐃᓕᖕᓂᑦ ᖃᓂᑦᑐᑦ. ᐃᓚᖕᒋᑦ ᑯᐃᐱᖕᒥᑦ ᐱᔪᓐᓂᒃ ᑕᑯᔪᖕᓇᖅᐳᑦ.