

Aiamunnu a minanit kassinu innuat e uauitakan neneun-akushunna

Aimunna e pitshitinikan 60 katshishipanishit:

E mishkutshipan tshishik^u iat ne etatu tshi amithsuepanu neneun-akushunna. Akua tutatshish kie akua tutuekuat auenitshannat

Kautatshikamunanut, kie mak manitushiss-neneun, kie mak animuiek e neneiek kie mak manitushiss, apitin ne e aietiek. Tshetshi ek ashi pitshitinimek tshitakushunau, ek unitshissitamuk^u:

- Atak nete tshitshuauat ekushiek;
- Shukushuk tshishtaputshitshek;
- Utashtamikuian tshikamuta kie minu-tshikamuta;
- E ushtatamek^u kie animuiek minu-akunaimuk^u
- Shekutak pishpauanna tshetshi tshetshi shaputu-nutit
- Nikamuk kie natukunapukatamuk^u nete kassinu uiesh ka tatatshipitamek^u
- Tshishtautshishuk, tshi tshishkautshishuiek^u

Apitin ne e ishi naushunamek^u, tshin ut, tshikanishuaua, tshuitsheuakanau kie ne innu-assi.

Mamu, tshipa tshi tutenanu tshitshi eka mishta-ashuminitunanut, neneun-akushunna. Shaputuepanitau e nanituessimak e ishpashipin ne akushunna kie akua tutatshishutau, akuat e tutuakuat auenitshenat kie nete uminiunuat.

Etatu ui minu-nanitussenimek^u, nete itutek katusseutshitapatakan Canada.ca/maladies-respiratoires.

Aimunna e pitshitinikan 30 katshishipanishit:

E mishkutshipan tshishik^u, iat ne etatu tshi amithsuepanu neneun-akushunna. Kautatshikamunanut, kie mak manitushiss-neneun, kie mak animuiek e neneiek kie mak manitushiss, apitin ne e aietiek. Akua tutatshish kie akua tutuekuat auenitshannat

Eka ui unitshissitamuk^u:

- Atak nete tshitshuauat ekushiek;
- Minu-tshikamutak tshitushtatamikuian;
- Shaputue-nitinitak nete pitukamit;
- Shukushuk tshishtaputshitshek;
- E ushtatamek^u kie animuiek minu-akunaimuk^u
- Shukushuk natukunapukatamuk^u nete ka tatatshipitamek^u
- Tshishtautshishuk, tshi tshishkautshishuiek^u

Mamu, tshika tshunenanu ka ashu-minitun. Akua tutuetau kie akua tutatshishutau ute Canada.

Etatu ui minu-nanitussenimek^u, nete itutek katusseutshitapatakan Canada.ca/maladies-respiratoires.