ᓂᒡᓕᓇᖅᑎᑦᑐᒍ

ᐊᑐᖅᑕᐃᓕᑐᒍ ᖁᐊᖅᓴᓇᖅᑐᒥᓕᖅᑎᑦᑎᐊᓐᓇᖅᑐᖅ. ᖁᐱᕈᐃᑦ ᐱᕈᐊᓚᓴᖅᐊᒃᑐᑦ ᐆᓇᕐᓂᕐᓂ ᐅᑯᐊ ᐊᑯᓐᓂᖏᓐᓂ 4°C (40°F) ᐊᒻᒪᓗ 60°C (140°F).

·ᖁᐱᕈᐃᑦ ᐱᕈᖅᐸᓪᓕᐊᕋᓚᓴᓲᖑᕗᑦ ᐃᒡᓗᕈᓯᐅᑉ ᐆᓇᕐᓂᓇᔭᖓᓂ. ᓂᕿᑦ ᐃᓕᕙᒡᓗᒋᑦ ᐃᒍᓇᖅᐸᓪᓕᐊᑐᐃᓐᓇᓇᐊᓖᑦ, ᓱᕈᖅᐸᓪᓕᐊᑐᐃᓐᓇᓇᐊᓖᑦ ᓂᒡᓕᓇᖅᑐᒃᑯᕕᖕᒥ ᖁᐊᒃᑯᕕᖕᒥᓗᓐᓃᑦ ᓂᐅᕕᐊᓪᓚᓚᐅᕐᓗᒋᑦ 1-ᒥᑦ-2-ᓄᑦ ᐃᑲᕐᓇᓄᑦ.

·ᓂᕿᑦ ᓂᒡᓕᓇᖅᑐᑦ ᓂᒡᓕᓇᖅᑎᐸᐸᒡᓗᒋᑦ. ᐋᖅᑭᒃᓗᒍ ᓂᒡᓕᓇᖅᑐᒃᑯᕕᑦ 4ºC (40ºF)-ᒧᑦ ᖁᐊᒃᑯᕕᓪᓗ -18ºC (0ºF)-ᒧᑦ.

·ᐊᐅᒃᓱᕙᖏᓪᓗᑎᑦ ᓂᕿᓂᒃ ᐃᒡᓗᕈᓯᐅᑉ ᐆᓇᕐᓂᖓᓄᑦ. ᐊᐅᒃᓱᕙᒡᓗᑎᑦ ᓂᕿᓂᒃ ᓂᒡᓕᓇᖅᑐᒃᑯᕕᖕᒥ, ᐆᑦᑎᐊᓚᔪᒥ, ᓂᒡᓕᓇᖅᑐᒧᓪᓗᓐᓃᑦ ᐃᒪᕐᒧᑦ (ᐃᒪᖓ ᐊᓯᔾᔨᖅᐸᒡᓗᒍ 30 ᑎᑦᑕᑯᓗᐃᑦ ᐊᓂᒍᑐᐊᕋᖓᑕ). ᓂᕿᑦ ᐊᐅᒃᓱᐊᖑᔪᑦ ᐆᑦᑎᐊᓚᔪᒥ ᐆᑕᐅᓯᒃᑲᐅᑎᑦᓗᐊᖅᐳᑦ.

·ᓂᓇᔭᒃᓴᐅᑦ ᓂᓇᔭᐅᓯᒃᑲᐅᑎᒋᕙᒡᓗᒋᑦ,ᓂᒡᓕᓇᖅᑐᒃᑯᕕᖕᒧᐊ ᖅᐸᒡᓗᖏᓪᓗ ᖁᐊᖅᓱᐊᓇᕙᒡᓗᒋᓪᓗᓐᓃᑦ ᓱᕈᖅᐊᓪᓕᐊᔭᑦᑐᑦ ᓂᕿᑦ, ᓴᓇᓱᒪᕙᕿᖅᑐᑦ ᓂᕿᑦ (ᓲᕐᓗ ᑎᑭᓴᖅᑕᐅᓯᒪᔪᑦ ᓂᓇᕝᕕᖕᒥᑦ) ᐊᒥᐊᒃᑯᕐᓗᑯᐃᓪᓗ ᐃᑲᕐᖑᒃ ᒪᕐᕉᒃ ᐃᓗᐊᓂ. ᓂᕿᓂᒃ ᐃᒡᓗᕈᓯᐅᑉ ᐆᓇᕐᓂᖓᓃᑎᑦᑎᑦᑕᐅᓕᒪᕙᒡᓗᑎᑦ ᐅᑯᐊ ᐊᑯᓐᓂᖏᓐᓂ 4ºC (40ºF) ᐊᒻᒪᓗ 60ºC (140ºF).

ᓂᕿᓂᒃ ᑲᒪᑦᑎᐊᖏᓐᓂᐅᕙᒃᑐᑦ ᐊᖏᕐᕋᓇᔭᐅᔪᓂ ᐊᑐᖅᑕᐅᒐᔪᖕᓂᖅᓴᐅᔭᒃᐳᑦ ᐃᓄᐃᑦ ᐃᓱᒪᒋᕙᒃᑕᖏᓐᓂᑦ. ᐅᑯᐊ ᖁᐊᖅᓴᓇᖅᑕᐃᓕᒪᔾᔪᑏᑦ ᒪᓕᒃᐊᒡᓗᒋᑦ ᓂᕿᓕᓇᔪᖅᑲᓕᕋᖓᑦ ᐃᓕᖕᓂᒃ ᐃᓚᖕᓂᒡᓗ ᓴᐳᑎᓯᒪᔪᒪᒍᕕᑦ ᓂᕿᓂᒐᖅᑐᓂᑦ ᐋᓐᓂᐊᓕᕐᓇᖅᑐᓂᑦ.

ᑐᓴᖅᑕᕐᑲᒃᑲᓐᓂᕈᒪᒍᕕᑦ
ᖃᐅᔨᒋᐊᕐᕕᒋᓗᒍ ᐊᕕᒃᓯᒪᓂᓯ ᐊᕙᑎᒧᑦ
ᖃᓄᐃᙱᑦᑎᐊᕈᓐᓇᕐᓂᕐᒧᑦ ᐱᓕᕆᔨᒋᔭᓯ.

ᐃᖃᓗᐃᑦ - ᕿᑭᖅᑖᓗᖕᒥ

ᐅᖃᓚᐅᑖ:	(867) 975-4817
	(867) 975-4815
ᓱᒃᑲᔪᒃᑯᑦ :	(867) 975-4833
	or
ᐅᖃᓚᐅᑖ:	(867) 473-2639
ᓱᒃᑲᔪᒃᑯᑦ:	(867) 473-2657

ᑭᕙᓪᓕᕐᒥ

ᐅᖃᓚᐅᑖ:	(867) 983-4236
ᓱᒃᑲᔪᒃᑯᑦ:	(867) 983-4063

ᑭᕙᓪᓕᕐᒥ:

ᐅᖃᓚᐅᑖ:	(867) 645-8273
ᓱᒃᑲᔪᒃᑯᑦ:	(867) 645-8274

www.hss.gov.nu.ca

ᑎᓴᒪᑦ ᒪᓕᒃᑕᐅᕙᓪᓕᐊᔪᓐᓇᖅᑐᑦ ᐱᑕᖃᖅᑎᑦᑎᑦᑕᐃᓕᒪᓗᓂ ᓂᕿᓂᙵᖅᑐᓂᒃ ᖃᓂᒪᓕᕐᓇᖅᑐᓂᒃ

Nunavut

ᓴᓗᒻᒪᖅᓴᖅᐸᒡᓗᑎᑦ

ᖁᐱᕿᐃᑦ ᓯᐊᒻᒪᒃᐸᓪᓕᐊᔪᓐᓇᖅᑐᑦ ᓂᕿᓕᐅᕐᕕᓕᒫᒥ. ᓴᓗᒻᒪᖅᓴᐃᒐᔪᖕᓂᖅ ᑕᐃᒪᐃᑎᑦᑎᑦᑕᐃᓕᒪᔾᔪᑕᐅᔪᓐᓇᖅᑐᖅ.

·ᐊᒐᑎᑦ ᐃᕐᒦᓐᓇᐅᔭᕐᓗᑎᑦ ᐃᕐᒥᐅᑎᒧᑦ ᐆᓇᔪᒃᑐᒧᓪᓗ ᐃᒪᕐᒧᑦ 20-ᐸᓗᖕᓄᑦ ᑎᑦᑕᑯᓗᖕᓄᑦ ᑎᒍᓇᓚᐅᙱᓐᓂᕐᓂ ᑎᒍᓈᓂᒃᓯᒪᓕᕌᖓᕕᓪᓗ ᓂᕿᓂᒃ, ᐊᓇᕕᖕᒦᕌᓂᒃᑳᖓᕕᑦ, ᖁᐃᖏᓕᓴᕐᓂᒃ ᐊᓯᔾᔨᖅᓯᐊᓂᒃᑳᖓᕕᑦ, ᑎᒍᐊᓇᔭᐅᔪᓂᒃᓗ ᑎᒍᓈᓂᒃᑳᖓᕕᑦ.

·ᓴᓗᒻᒪᖅᓴᖅᐸᒡᓗᑎᑦ ᖁᐱᕿᖃᕈᓐᓂᖅᑎᐸᒡᓗᑎᓪᓗ ᑭᐳᐃᑦ ᖃᖏᑦ, ᐊᒃᒍᐃᕝᕕᑦ, ᓂᕿᓕᐅᕈᑏᑦᓗ ᐆᓇᔪᒃᑐᒧᑦ ᐃᒪᕐᒧᑦ ᐃᕐᒥᐅᑎᒧᓪᓗ, ᓂᕿᓕᓇᔪᖃᓚᐅᙱᓐᓂᖓᓂ ᓂᕿᓕᓇᔪᖃᓂᒃᓯᒪᓕᕌᖓᓪᓗ. ᓴᙱᙱᑦᑐᒥᒃ ᔭᕕᒃᓯᖃᕐᓗᓂ-ᐃᒪᖃᕐᓗᓂ ᓴᓇᓯᒪᔪᒥᒃ (5 ᒥᓕᓕᑕᓂᒃ/1 ᐊᓗᑎᕋᓛᕐᒥᒃ ᐃᒡᓗᒥᐊᑕᕐᒥᒃ ᔭᕕᒃᓯᒥᒃ 750 ᒥᓕᓛᑕᓄᑦ/3-ᓄᑦ ᐃᙳᓯᕐᓄᑦ ᐃᒪᕐᒧᑦ), ᐊᑐᖅᑕᐅᔪᓐᓇᖅᑐᖅ ᖁᐱᕿᖃᕈᓐᓂᖅᑎᑦᑎᓂᕐᒥᒃ.

·ᐃᕐᒥᒃᐸᒡᓗᑎᑦ ᓂᕆᓯᓄᑦ ᐃᕐᒥᒃᓯᔾᔪᑕᐅᔭᒃᑐᑦ ᖃᐅᑕᒫᑦ ᓯᐊᒻᒪᒃᐸᓪᓕᐊᖁᓇᑎᑦ ᖁᐱᕿᐃᑦ. ᐊᑐᖅᑐᖅᖅᑕᐃᓕᓕ ᐃᒪᕐᒥᒃ ᒥᓪᓗᐊᖅᓯᕙᒃᑐᓂᒃ ᐃᕐᒥᒍᑕᐅᕙᒃᑐᓂᒃ, ᑕᒪᒃᑯᐊ ᐊᔪᕐᓇᕐᓂᖅᓴᐅᕙᖓᑕ ᓴᓗᒪᑎᑦᑕᓇᐊᒃᓴᖅ.

·ᑕᒪᕐᒥᑦᑎᐊᖅ ᐱᕈᖅᓯᐊᑦ ᓲᕐᓇᖅᑐᑦ ᓲᕐᓇᙱᑦᑐᓪᓗ ᐃᕐᒥᒃᑕᐅᔭᓇᐊᖅᐸᒃᐳᑦ ᓴᓇᔭᐅᕙᓪᓕᐊᓚᐅᙱᓐᓂᙱᓐᓂ ᓂᓇᔭᐅᓚᐅᙱᓐᓂᓗᓐᓂᑦ. ᐊᒃᓯᕈᑎᙱᑦᓗᑎᑦ ᐊᒃᓴᓕᒃᓗᑎᑦ ᓲᕐᓇᖅᑐᑦ ᓲᕐᓇᙱᑦᑐᓪᓗ ᐱᕈᕐᓂᑯᐃᑦ ᐃᒪᕐᒧᑦ ᑯᕙᕙᓪᓕᐊᔪᒧᑦ.

ᖃᓄᖅ ᓂᕿᓂᒃ ᓂᒡᓕᓇᖅᑐᒃᑯᕙᖕᒥᑎᑦᑎᖃᑦᑕᓇᐊᖃᖅᐸ

ᖁᐊᒃᑯᕙᑎᔭᕙᑦ ᓂᒡᓕᓇᕐᓂᖓ -18ºC-ᒦᑎᓪᓗᒍ (0ºF).

ᓂᒡᓕᓇᖅᑐᒃᑯᕙᑎᔭᐃᑦ ᓂᒡᓕᓇᕐᓂᖓ 4ºC-ᒦᑎᓪᓗᒍ (40ºF).

ᒥᑭᒐᐃᑦ ᓂᕿᑦ ᒪᑐᓯᒪᔪᓃᑎᐸᐸᒡᓗᑎᑦ ᐳᕐᓂ ᕿᓪᓚᔪᑭᐊᓂᓘᓐᓃᑦ ᐳᕐᓂ ᐊᐅᒃᑕᔫᓂᒡᓘᓐᓃᑦ ᐳᕐᓂ ᖁᓕᕈᐊᖏᓐᓂ ᐊᑦᑎᓛᓂ.

ᐊᕕᒃᓯᒪᑎᐸᐸᒡᓗᑎᑦ

ᒥᑭᒐᐃᑦ ᓂᕿᑦ, ᐊᕿᒡᑎᕐᔪᐊᑦ, ᐃᒪᕐᒥᐅᑕᐃᑦ ᐃᔅᓴᖏᓪᓗ ᐃᓛᒃᑯᖕᒐᑎᐸᐸᒡᓗᑎᑦ ᓂᕿᓂᑦ ᐆᑕᐅᔭᖅᖏᑦᑐᓂᑦ.

·ᓂᕿᑦ ᒥᑭᒐᐃᑦ, ᑎᖕᒥᐊᑦ, ᐃᒪᕐᒥᐅᑕᐃᓪᓗ ᐃᔅᓯᖏᓪᓗᓐᓂᑦ ᐊᑐᐊᑎᑦᑕᐃᓕᕙᒃᓗᑎᑦ ᐊᓯᖏᓐᓄᑦ ᓂᕿᓄᑦ ᓂᕿᓄᑦ ᓂᐅᕕᕐᓂᐊᖅᑕᕐᓄᕝᕕᒋᕙᓪᓕᐊᔭᕐᓄᑦ, ᓂᐅᕕᖅᑕᕐᓄᑦ ᐳᕐᓄ ᓂᒡᓕᓇᖅᑐᒃᑯᕙᖕᒧᓪᓗᓐᓂᑦ. ᑖᓐᓇ ᒪᓕᒃᑕᐅᕙᒃᑐᖅ ᐊᑐᕐᒥᕗᖅ ᓂᕿᓕᐅᕐᓂᐊᕐᓗᓂ ᓂᓇᑎᑦᑎᓂᐊᕐᓗᓂᓗ.

·ᐃᓕᓯᒪᕙᒃᓗᑎᑦ ᒥᑭᒐᐃᑦ ᓂᕿᑦ ᒪᑐᓯᒪᔪᓂ ᐆᑦᓂ ᕿᓪᓚᔪᑭᐊᓂᓘᓐᓃᑦ ᐆᑦᓂ ᖁᓕᕈᐊᖏᓐᓂ ᐊᑦᑎᓛᓂ ᓂᒡᓕᓇᖅᑐᒃᑯᕙᖕᓂ ᐃᔅᓯᖏᑦ ᑯᑐᒃᑎᑦᑕᐃᓕᒪᔪᒪᓗᑎᑦ ᐊᓯᖏᓐᓄᑦ ᓂᕿᓄᑦ.

·ᐃᓕᓯᒪᕙᒃᓗᑎᑦ ᒥᑭᒐᐃᑦ ᓂᕿᑦ ᐆᑐᓯᒪᔪᓂ ᐆᑦᓂ ᕿᓪᓚᔪᑭᐊᓂᓘᓐᓃᑦ ᐆᑦᓂ ᖁᓕᕈᐊᖏᓐᓂ ᐊᑦᑎᓛᓂ ᓂᒡᓕᓇᖅᑐᒃᑯᕙᖕᓂ ᐃᔅᓯᖏᑦ ᑯᑐᒃᑎᑦᑕᐃᓕᒪᔪᒪᓗᑎᑦ ᐊᓯᖏᓐᓄᑦ ᓂᕿᓄᑦ.

·ᐃᓕᓕᒃᓯᒪᖅᖏᑦᑐᐊᖁᓗᑎᑦ ᓂᕿᑦ ᐆᓯᒪᔪᓂ ᐃᕐᒥᒃᓯᒪᖅᖏᑦᑐᒧᑦ ᓂᓇᕝᕕᖕᒧᑦ ᓂᕿᒧᑦ ᐆᓯᒪᖅᖏᑦᑐᒧᑦ ᐊᑐᖅᑕᐅᓵᓕᐅᖅᑐᒧᑦ, ᐊᕿᒡᑎᕐᔪᐊᒧᑦ, ᐃᒪᕐᒥᐅᑕᓄᑦ, ᒪᓐᓂᖕᓄᓪᓗᓐᓂᑦ.

·ᐊᑐᖅᐸᒡᓗᑎᑦ ᐊᑕᐅᓯᕐᒥᒃ ᐊᒡᒍᐃᕝᕕᖕᒥᒃ ᐱᕈᖅᑐᕕᓂᕐᓄᑦ, ᐊᓯᐊᓂᒡᓗ ᐊᑐᖅᐸᖕᒥᓗᑎᑦ ᓂᕿᓄᑦ ᐆᓯᒪᖅᖏᑦᑐᓄᑦ, ᑎᖕᒥᐊᓄᑦ ᐃᒪᕐᒥᐅᑕᓄᓪᓗ.

ᐆᐸᐸᒡᓗᑎᑦ

ᖁᐱᕿᐃᑦ ᐋᓐᓂᐊᓕᕐᓇᖅᑐᑦ ᐆᒪᔪᓐᓇᖅᑐᑦ ᐃᓚᖏᓐᓂ ᓂᕿᓂ ᐊᐃᐸᒃᐸᑦ.

·ᓂᐅᕕᖅᑕᐃᓂᑯᑦ ᓂᕿᑦ ᑎᖕᒥᐊᓪᓗ, ᒪᓐᓂᓂᙵᖅᑐᑦ, ᓂᕿᓂᒃ ᐃᓚᓯᒪᔪᑦ, ᐊᒥᐊᒃᑯᕐᓗᑯᐃᓪᓗ ᐆᑕᐅᖏᓐᓇᐅᔭᕆᐊᖅᑲᖅᐳᑦ ᐃᓗᖏᑕ ᐆᓇᕐᓂᖏᑦ ᐆᓇᖅᓯᑦᑎᐊᕐᓗᑎᒃ ᑐᕐᑯᕋᐃᔪᓐᓇᕐᓗᑎᒃ ᖁᐱᕿᓂᒃ.

ᐊᑐᖅᐸᒡᓗᑎᑦ ᓂᕿᓄᑦ ᐆᓇᕐᓂᖏᓐᓄᑦ ᖃᐅᔨᓴᐅᒻᒥᒃ ᖁᐊᖅᓵᕐᓇᙱᑦᑐᒧᓪᓗ ᐃᓗᐊᑕ ᐆᓐᓂᖓᓄᑦ ᐆᓇᕐᓂᓇᔭᖏᓐᓄᑦ ᒪᓕᒃᑕᐅᕙᓪᓕᐊᓇᔭᖅᑐᒥᒃ (ᐊᑖᓃᑦᑐᒥᒃ) ᖃᐅᔨᒪᔪᒪᓂᕐᒧᑦ ᑖᒃᑯᐊ ᓂᕿᑦ ᐆᓯᒪᓕᕐᓗᐊᕐᒪᖔᑕ ᖁᐱᕿᖏᑦ ᑐᖁᕐᑎᐊᕐᓗᐊᕐᒪᖔᑕ.

·ᐆᑦᑎᐊᖅᐸᒡᓗᑎᑦ ᓯᖃᓕᓯᒪᔪᑦ ᓂᕿᑦ. ᑕᖅᓴᖏᑦ ᐊᑐᖅᑕᐅᒍᑎᒃ ᓈᒻᒪᙱᓕᑦ ᑕᒪᓐᓇ ᓂᕿᑦ ᐅᓯᒪᕐᑎᐊᓕᕐᓂᖓᓂᒃ.

·ᓂᕿᑦ ᐆᓇᖅᑐᑦ 60ºC (140˚F)-ᒦᑎᐸᒡᓗᑎᑦ ᖁᓛᓂᓗᓐᓂᑦ.

·ᐃᓚᓕᐅᔭᐅᕙᒃᑐᑦ ᖃᖏᓐᓄᑦ, ᖃᔪᒃᓴᐃᑦ ᖃᖓᓄᐊᖅᑕᐅᒃᑲᓐᓂᖅᐊᒃᑐᓪᓗ ᖃᓛᖅᑎᐸᒡᓗᑎᑦ ᐆᓇᖅᓯᑎᑕᐅᒃᑲᓐᓂᕝᖓᑕ.

ᖁᐊᖅᓵᕐᓇᙱᑦᑐᑦ ᐃᓗᐊᓂ ᐆᓇᕐᓂᖏᓐᓄᑦ ᐊᑐᖅᑕᐅᔪᓐᓇᖅᑐᑦ

ᐃᒻᒧᒃᓯᐅᒐᓂᙵᖅᑐᑦ ᓲᐱᓂᙵᖅᑐᓪᓗ

ᓯᖃᓕᓯᒪᔪᑦ:	71˚C (160˚F)
ᓵᑦᑑᔭᒐᐃᑦ ᐃᒐᐅᓪᓗ ᐃᓗᐊᓃᑦᑐᑦ:	63˚C (145˚F)
ᐊᕿᒡᑎᕐᔪᐊᑦ ᐊᕿᒡᑎᕐᔪᐊᕐᔪᐊᓪᓗ:	85˚C (185˚F)
ᑰᑰᓯᓂᙵᖅᑐᑦ:	71˚C (160˚F)
ᐃᖃᓗᐃᑦ ᐃᒪᕐᒥᐅᑕᐃᓪᓗ ᐅᕕᓗᕈᔪᐃᑦ:	74˚C (165˚F)
ᐊᒥᐊᒃᑯᕐᓗᑯᐃᑦ ᓂᕿᓂᒃᓗ ᐃᓚᓯᒪᔪᑦ:	74˚C (165˚F)