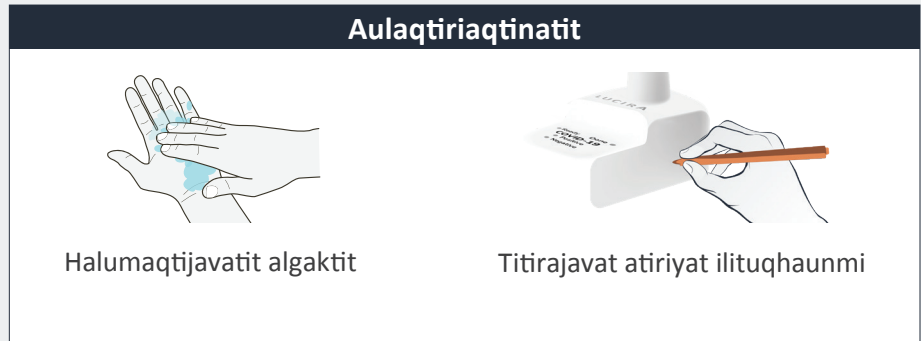
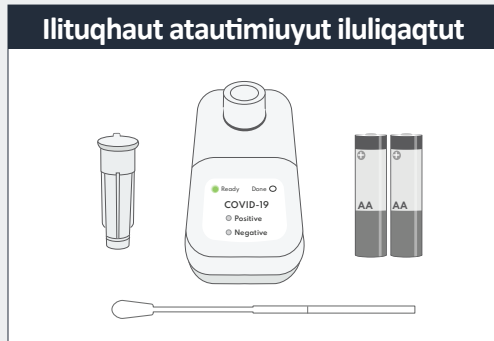


# Lucira-guyuq Ilituqhaut KALAKYUAQNIQ-19- mik Ilituqhaut Puuqhimayunik Maliruakhat

## Taugajavatit tamaita maliruakhat aulagtiriaqtinatit



Hanaqijavat ilituqhaut maniktumi qaaqaqtumik. Nanihijavutit inikhaqnik apqutailrumi una piqut aulajagiaqaginmat 30-minitmi ilituqhainiqmi. Apiqhijavutit ikayuqtikhaqnik ayuqhaliruvit ukuniga maliruakhanik. Ilituriniarunaqhvutit tariyautimik aturuvit ikayuutauniaqtuq.

## 1 Ihuaqhajavat ilituqhautikhat

<p><b>Akmajavatit puunuit 1 unalu 2</b></p>	<p><b>Ilihijavutit malruuknik AA-nik batuliiqnik</b></p>	<p><b>Nalagainaqtulugu</b></p> <p>Naunaiyajat hugayaaqtuq quliq ikinmagaa</p>	<p><b>Ahivaqlutu kinitariipkutaa</b></p>	<p><b>Mikhuut</b></p> <p>Naqitailugu anmuut</p>	<p><b>Akmaktailugu nanuutikhaq kinipaniganik atuqniilirukni kihiani</b></p>
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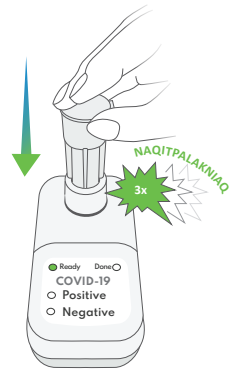
## 2 Nanuklugik qigaqit ilua

<p><b>Ilitaililugu hunamuliqaa</b></p>	<p><b>Aktuqtailugu</b></p>	<p><b>1</b></p> <p>2-satamiitamik 5x</p> <p><b>2</b></p> <p>2-satamiitamik 5x</p> <p>Nanuklugit tamaknik qigaqit iluit</p> <p>Nanujavat nuvua tamat iluani qigaqit. Ihuiniaqtuuyaaqtuq ulurianavyakluni.</p>
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## 3 Igulajavat nuvua hikulianuap iluani

<p><b>Taunugaraaluk natqanut</b></p>	<p><b>15x</b></p>	<p><b>Igijavat nanugutikhaq</b></p>	<p><b>MAPIIPALAKNIAQ</b></p> <p><b>Pihimaarit tuukliani makpiqniгани</b></p>
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## 4 Aulapkariaruk ilituqhaut



**READY**

UPALUGAIQAT qulik qamiqataqniaquq 5-sakin iluani. Pigitpat, naqijavat akhuut hikuluuanuami

Utaqijavutit 30-minitmik



AULAJAKTAILUGU ilituqhaut



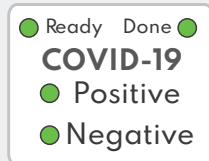
Iniruvit, takuupkajavat tikmiyuliyiqi qanuriliniganik



Malijavatit tikmiyulikiyini havaktuup maliquyainik igitaagani ilituqhaut iluligilu

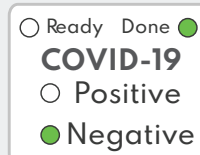
## Qanurilinigit

### ? Nakuugituq qanurilinigat



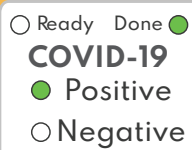
Tuukhijavutit aalamik iluliqaqtumik atufaajavatit ilituqhautmi atuqtakhanik

### - Aaniagutiqaqiniqat



Atulaaliqniaqtutit aulariaqni Naunaipkut uumiga qanuriliniganik atuqniqaqtuq 72-ni ikaaqniqni

### + Aaniarutiqaqiniqat



KALAKYUAQNIK-19 ilituriyaukpat. Ihumaalaktailutit, qauyipkajavatilu tikmiyulikiyit qilamik. Atulaitunaqhivutit aulariaqni.

Maligiaqaqtutit atuquyainik tikmiaqaqviki havaktut, tikmiyuliyiqini havaktut, nunagiyauyumilu aaniaqtailinikut maliruaquyainik.