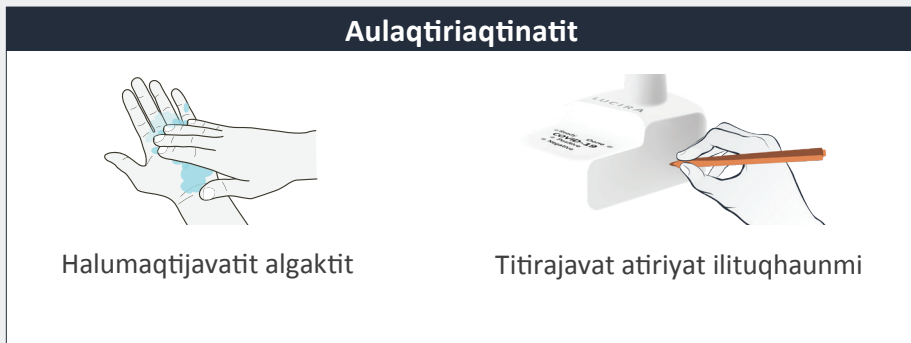
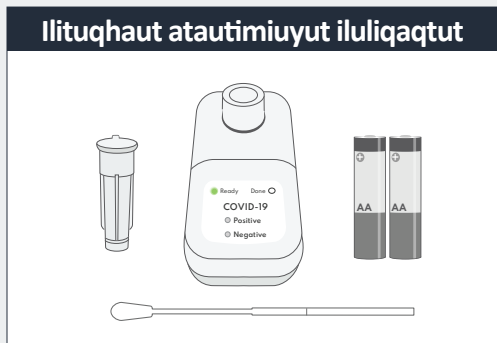


Lucira-guyuq Ilituqhaut KALAKYUAQNIQ-19- mik Ilituqhaut Puuqhimayunik Maliruakhat

Taugujavatit tamaita maliruakhat aulagtiriaqtinaitit



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>Akmajavatit puunuit 1 unalu 2</p>	<p>Ilihijavutit malruuknik AA-nik batuliiqnik</p>	<p>Nalagainaqtillugu</p> <p>Naunaiyajat hugayaaqtuq quliq ikinmagaa</p>	<p>Ahivaqlutu kinitariipkuta</p>	<p>Mikhuut</p> <p>Naqitailugu anmuut</p>	<p>Akmaktailugu nanuutikhaq kinipaniganik atuqniarukni kihiani</p>
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2 Nanuklugik qigaqit ilua

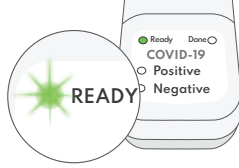
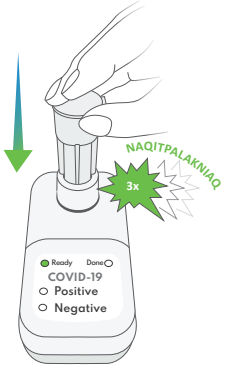
<p>Ilitaililugu hunamuliqaa</p>	<p>Aktuqtailugu</p>	<p>5x 2-satamiitamik</p>	<p>1 2</p> <p>Nanuklugit tamaknik qigaqit iluit</p>	<p>2-satamiitamik 5x</p> <p>Nanujavat nuvua tamat iluani qigaqit. Iluiniaqtuuyaaqtuq ulurianavyakluni.</p>
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3 Igulajavat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

<p>Taunugaraaluk natqanut</p>	<p>15x</p>	<p>Igijavat nanugutikhaq</p>	<p>Pihimaarit tuukliani makpiqigani</p>
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4 Aulapkariaruk ilituqhaut

Utaqjavutit 30-minitmik



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



AULAJAKTAILUGU ilituqhaut



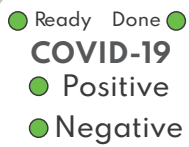
Iniruvit, takuupkajavat tikmiyuliqiyi qanuriliniganik



Malijavatit tikmiyulikiyini havaktuup maliquyainik igitaagani ilituqhaut iluligilu

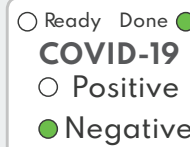
Qanurilinigit

? Nakuugituq qanuriliniga



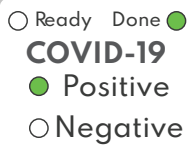
Tuukhijavutit aalamik iluliquaqtumik atufaajavatit ilituqhautmi atuqtakhanik

- Aaniagutiqaqiniqat



Atulaaliquaqtutit aulariaqni Naunaipkut uumiga qanuriliniganik atuqniqaqtuq 72-ni ikaaqqini

+ Aaniarutiqaqiniqat



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

Maligiaqaqtutit atuqyainik tikmiaqaqvikmi havaktut, tikmiyuliqiyini havaktut, nunagiyauyumilu aaniaqtailinikut maliruaqyainik.