ᐊᕙᖅᑐᖃᓚᐅᖅᓯᒪᑎᓪᓗᒍ ᑐᓴᖅᑕᐅᑎᑦᑎᔾᔪᑎᓄᑦ ᑎᑎᕋᕐᕕᒃᓴᖅ ᓄᓇᕗᒻᒥ ᓄᑕᖅᑲᓄᑦ

Parachute
Concussion Series

ᑭᓲᖕᒪᑦ ᐊᕙᕐᓂᖅ?

ᐊᕙᕐᓂᖅ ᖃᕋᓴᕐᒧᑦ ᐋᓐᓂᕈᑕᐅᔪᖅ ᑕᑯᔭᒃᓴᐅᙱᕐᓗᓂ ᑕᕋᓕᐅᕈᑎᒃᑯᑦ, ᖃᕋᓴᐅᑉ ᑕᕋᓕᐅᕈᑎᖕᒐᒍᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐳᖅᑕᐅᓯᒪᓗᓂ ᑕᕋᓕᐅᖅᑕᐅᔪᓐᓇᙱᒻᒥᔪᖅ ᐊᒃᑐᐃᓂᖃᖅᐸᒃᑐᖅ ᖃᕋᓴᐅᑉ ᐊᐅᓚᓂᖕᒐᓂᒃ.

ᑭᓱᐃᓐᓇ ᐊᕙᕈᑕᐅᖃᑦᑕᖅᐸ?

ᓇᐅᒃᑯᑐᐃᓐᓇᖅ ᐋᓐᓂᖅᑕᐅᒍᕕᑦ ᓂᐊᕐᑯᒃᑯᑦ, ᑮᓇᒃᑯᑦ ᖁᖕᒐᓱᒃᑯᓪᓗᓐᓃᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᑎᒥᒃᑯᑦ ᐊᐅᓚᔾᔭᒃᑎᑦᑎᒃᑦᓚᒡᓗᓂ ᓂᐊᕐᑯᕐᒥᒃ ᐊᕙᖅᑐᖃᕈᓐᓇᕐᒥᔪᖅ. ᐊᕙᖅᑐᖃᒐᔪᒃᑐᖅ ᐱᙱᐊᖅᑎᓪᓗᒋᑦ ᓱᕐᓗ ᐄᐊᑭᖅᑎᓪᓗᒋᑦ, ᐊᖅᓴᕐᒥ ᐊᕐᑭᔭᐃᑲᑕᒃᑎᓪᓗᒋᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᒪᑦᑎᑦᑕᐅᑎᙱᐊᑦ ᐅᖓᑖᒎᖅᑎᑦᑎᑲᑕᒃᑎᓪᓗᒋᑦ ᐊᖅᓴᕐᒥᒃ ᐅᕝᕙᓘᓐᓃᑦ ᐃᖏᑦᑕᔾᔪᑎᒃᑯᑦ ᐱᕐᕈᓗᐊᕐᑭᓂᒃᑯᑦ ᑲᑕᖕᓂᒃᑯᓪᓗᓐᓃᑦ.

ᖃᖕᒐᒃᑯᑦ ᐊᕙᖅᑐᓂ ᐸᓴᒍᓱᖕᓇᖅᐸ?

ᐊᕙᖅᑐᖃᕋᓱᒋᔭᐅᔪᓐᓇᖅᑐᖅ ᓄᑕᖅᑲᓂᒃ ᐋᓐᓂᖅᑐᓄᑦ ᓂᐊᕐᑯᒃᑯᑦ, ᑮᓇᒃᑯᑦ, ᖁᖕᒐᓱᒃᑯᑦ, ᑎᒥᒃᑯᓪᓗᓐᓃᑦ ᐊᕙᖅᓯᒪᖅᑰᔾᔪᓂ ᖃᐅᔨᔾᔪᑕᐅᔪᓐᓇᖅᑐᓂᒡᓗᓐᓃᑦ.

ᐊᕙᐅᖅᑲᔪᑦ ᖃᓄᐃᓕᖕᒐᕙᒃᐸᑦ?

ᖃᐅᔨᔾᔪᑕᐅᔪᓐᓇᖅᑐᑦ ᐊᕙᐅᖅᑲᔪᓂᒃ ᓇᓗᓇᐃᖅᓯᒪᔪᑦ ᖃᓄᖅ ᐃᒃᐱᒍᓱᒃᐸᖕᒪᖕᒑᑦ ᐋᓐᓂᖅᑕᐅᕐᓂᒃᑎᓪᓗᒋᑦ. ᐊᕙᐅᖅᑲᙱᒃᑲᓗᐊᕐᓗᓂ (ᑖᖅᑎᓪᓗᓂ) ᐋᓐᓂᖅᑐᖃᕈᓐᓇᖅᑐᖅ. ᐃᓚᖏᑦ ᖃᐅᔨᔾᔪᑕᐅᔪᓐᓇᖅᑐᑦ ᓴᖅᑭᙱᑦᑐᓐᓇᖅᑐᑦ ᖃᐅᒍᓂ ᑭᓱᐊᓂ. ᒪᓗᖕᓇᕈᓐᓇᖅᑐᖅ ᐃᒪᐃᑉᐸᑦ:

- ᓂᐊᕐᑯᕐᓕᖕᒐᕐᑲᑦᑕᕐᓗᓂ ᐅᕝᕙᓘᓐᓃᑦ ᐅᕐᑯᒪᐃᒃᓴᖅᑑᔭᕐᓗᓂ
- ᐅᐃᔭᖑᓗᓂ
- ᒥᕆᐊᙱᓗᓂ ᐊᒻᒪ ᒥᕆᐊᑲᑕᒡᓗᓂ
- ᑕᑯᑦᑎᐊᑲᑕᙱᓪᓗᓂ ᑕᐅᑐᒃᑕᖕᒐᓘᓐᓃᑦ ᐱᐅᙱᓪᓗᓂ
- ᖃᐅᒪᒍᓱᒃᓴᕋᐃᓪᓗᓂ ᓂᐱᖅᑯᖅᑐᒍᓱᒡᓗᓂᓗ
- ᒪᑭᑕᑦᑎᐊᕈᓐᓇᐃᓪᓕᓗᓂ
- ᓱᒃᑲᐃᓪᓗᓂ, ᑕᖃᖕᒐᖅᑰᔾᔪᓗᓂ ᐊᒻᒪ ᐆᒻᒪᕐᓗᒃᑑᓗᓂ
- ᐃᓱᒪᑦᑎᐊᕈᓐᓇᐃᓪᓕᐅᖅᑲᓗᓂ
- ᐃᓗᐃᓪᓕᖅᓴᕋᐃᓪᓗᓂ ᓂᙱᒃᓴᕋᐃᑦᑑᓗᓂᓗᓃᑦ
- ᓄᒫᓱᖕᓂᖅ
- ᓇᓗᖅᑯᑎᓂᖅ ᐅᐃᒻᒪᒃᓴᕋᐃᓐᓂᕐᓗᓃᑦ
- ᐃᒃᐱᒍᓱᒃᓴᕋᐃᑦᑑᓗᓂ
- ᓯᓂᖕᓂᖅᓴᐅᑲᑕᒡᓗᓂ ᐅᕝᕙᓘᓐᓃᑦ ᓯᓂᖕᓂᕈᓐᓂᖅᓴᐅᓕᕐᓗᓂ
- ᓯᓕᒍᓐᓇᐃᓪᓕᐅᖅᑲᑲᑕᒡᓗᓂ
- ᖃᓇᓴᐅᔭᓕᓇᓗᓂ ᐱᓕᓇᔪᓐᓇᐃᓪᓕᐅᖅᑲᓂᖅ
- ᐅᖃᓕᒫᕈᓐᓇᐃᓪᓕᓗᓂ ᐃᖅᑲᐅᒪᔪᓐᓇᐃᓪᓕᓗᓂᓗᓐᓃᑦ

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ᑭᓱᑦ ᓇᓗᓇᐃᒃᑯᑕᐅᕙᑦ ᐊᕙᐅᖅᑲᔪᖅᑲᖅᑎᑦᓗᒍ?

ᖃᐅᔨᔾᔪᑕᐅᔪᓐᓇᖅᑐᑦ ᐊᕙᐅᖅᑲᔪᓂᒃ ᓇᓗᓇᐃᖅᓯᒪᔪᑦ ᖃᓄᖅ ᐃᒃᐱᒍᓱᒃᐸᖕᒪᖕᒫᑦ ᐋᓐᓂᖅᑕᐅᕋᓂᒃᑎᑦᓗᒋᑦ. ᐊᕙᐅᖅᑲᔪᖅᑲᖅᑐᕕᓂᐅᑎᑦᓗᒍ ᐃᒪᓐᓇᐅᑐᐃᓐᓇᕆᐊᓕᒃ:

- ᓇᓚᓗᑎᒃ ᒪᓂᖅᑲᒥ ᓯᑯᒥᑦᔫᓐᓃᑦ
- ᓱᒃᑲᐃᑦᓗᑎᒃ ᒪᑭᓐᓇᓱᒃᓱᑎᒃ
- ᓇᓗᓕᖅᐸᒡᓗᓂ ᐊᐱᖅᑯᑕᐅᔪᓂᒡᓗ ᑭᐅᔪᓐᓇᙱᑦᓗᓂ
- ᑕᒪᐅᙱᒥᐊᖅ ᐃᔨᒃᑭᐅᒥᓗᑎᒃ
- ᓇᙱᕈᓐᓇᖅᑎᐊᙱᕐᓱᑎᒃ ᐱᓱᒍᓐᓇᙱᕐᓱᑎᒡᔫᓐᓃᑦ
- ᐃᓕᙱᒡᓗᓂ ᑮᓇᒃᑯᑦ ᐅᕝᕙᔫᓐᓃᑦ ᓂᐊᕐᑯᕐᒥᓂ ᑎᒍᒥᐊᑲᑕᒡᓗᓂ

ᖃᓄᐃᓕᐅᕆᐊᖃᖅᐸ ᓄᑕᕋᖅ ᐃᒻᒥᓂᒃ ᐱᖃᓐᓇᕆᔭᙱᑦᔫᓐᓃᑦ ᐊᕙᕋᓱᒋᒍᑎᒃ?

ᓄᑕᖃᓕᒫᑦ ᐊᕙᖅᑐᑦ ᐱᓕᕆᐊᕆᔭᒥᓂ ᓄᖅᑲᐅᑎᑦᓗᐊᖅᑐᑦ ᔫᒃᑖᒥᓗ ᐃᓗᐊᖅᓴᐃᔨᒥᔫᓐᓃᑦ ᑕᑯᑲᐅᑎᒋᓗᑎᑦ. ᓄᑕᕋᓕᒫᑦ ᐊᕙᖅᑐᑦ ᑎᑎᖅᑲᖅᑖᖅᓯᒪᔭᕆᐊᓖᑦ ᔫᒃᑖᒥ ᐃᓗᐊᖅᓴᐃᔨᒥᔫᓐᓃᑦ ᐃᖃᐃᓕᓴᒃᑲᓐᓂᓚᐅᙱᓐᓂᙱᓐᓂᒃ.

ᖃᙵᒃᑯᑦ ᓄᑕᕋᖅ ᐊᕙᖅᓂᑯ ᑕᑯᔭᖅᑐᒃᑲᓐᓂᕆᐊᖃᖅᐸ ᔫᒃᑖᒥ ᐃᓗᐊᖅᓴᐃᔨᒥᔫᓐᓃᑦ?

ᓄᑕᖅᑲᑦ ᐊᕙᖅᓂᑯᑦ ᑕᑯᔭᖅᑐᒃᑲᓐᓂᓪᓗᐊᖅᑐᑦ ᔫᒃᑖᒥᑦ ᐃᓗᐊᖅᓴᐃᔨᒥᒡᔫᓐᓃᑦ ᐃᒪᐃᒃᑯᑎᒃ ᖃᐅᔨᔾᔪᑕᐅᔪᓐᓇᖅᑐᓂᒡᔫᓐᓃᑦ:

- ᑐᑭᓯᐅᒪᔪᓐᓃᑲᑕᒡᓗᓂ
- ᓂᐊᕐᑯᕐᓕᙵᓂᙵ ᐊᑲᐅᔪᓐᓃᖅᐸᓪᓕᐊᙱᓐᓇᖅᐸᑦ
- ᒥᕆᐊᖅᓴᑲᑕᒃᐸᑦ ᐊᑕᐅᓯᐊᙱᓪᓗᓂ
- ᖁᖅᓱᖃᑦᑕᕐᓂᖅ
- ᐃᖅᑯᒻᒪᙵᓐᓇᓕᖅᐸᑦ
- ᐱᓱᒍᓐᓇᑦᑎᐊᙱᓪᓗᓂ
- ᐅᖃᓪᓚᒍᓐᓇᑦᑎᐊᙱᕐᓱᑎᒃ
- ᐃᓕᖅᑯᓯᕆᙱᑕᒥᓂᒃ ᐊᑐᕐᓂᖅ

ᓄᑕᕋᖅ ᖃᓄᐃᓕᐅᕈᓐᓇᖅᐸ ᒪᒥᓴᕐᓂᕐᒥᓂ ᐊᕙᓚᐅᖅᓯᒪᔪᕕᓂᐅᓗᓂ?

ᐱᒻᒪᕆᐅᔪᖅ ᑕᒪᐃᓐᓂᒃ ᓄᑕᖅᑲᑦ ᐊᕙᓚᐅᖅᓯᒪᑐᐊᕈᑎᒃ ᒪᒥᓴᕐᑎᐊᕆᐊᖃᖅᑐᑦ ᖃᓄᐃᑦᑐᓐᓃᖅᓯᐊᕆᑦᑎᐊᕐᓗᑎᒃ. ᐅᕝᕙᐅᑯᐊ ᐃᓚᖕᒋᑦ ᐆᒃᑑᑎᒃᓴᑦ:

- ᑎᒥᒃᑯᑦ ᐃᓱᒪᒃᑯᓪᓗ ᐊᒃᓱᕈᕐᓇᖅᑐᓂᒃ ᐱᓕᕆᐊᖃᖅᑕᐃᓕᓗᑎᑦ ᖃᐅᔨᔾᔪᑕᐅᔪᓐᓇᖅᑐᓂ ᐱᐅᔪᓐᓃᖅᑎᑦᑎᕙᓪᓕᕈᑕᐅᕙᒃᑐᓂ
- ᓄᖅᑲᖕᒐᓚᐅᑲᒡᓗᑎᑦ ᐱᓗᐊᖅᐸᓪᓕᐊᑐᐃᓐᓇᕈᕕᑦ
- ᐱᓕᕆᐊᖃᖅᑕᐃᓕᒪᓗᑎᑦ ᐊᒃᓱᕈᕐᓇᖅᑐᓂᑦ
- ᐃᒥᑲᑕᒃᐸᒡᓗᑎᑦ ᐃᒪᕐᒥᒃ ᓂᕿᑦᑎᐊᕙᖕᓂᓗ ᓂᕈᐊᖅᑖᑦᑎᐊᖅᓯᒪᔪᓂ ᓂᕆᕙᒡᓗᑎᑦ
- ᓯᓂᑦᑎᐊᑲᑕᒃᐸᒡᓗᑎᑦ
- ᐱᖃᓐᓇᕆᔭᑎᑦ ᖃᑕᙵᑎᑎᓪᓗ ᐅᐸᒃᓯᒪᑲᑕᒡᓗᒋᑦ
- ᙭ᐃᓕᓐᓂᐊᕐᓂᖅ ᐊᒃᓱᕈᕐᓇᕐᓂᖅᓴᐅᓕᖅᐸᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᓄᒫᓱᖕᓂᖅᓴᐅᒍᑎᒃ ᓇᓗᖅᑯᑎᓂᖅᓴᐅᒍᑎᒡᓘᓐᓃᑦ ᐃᓕᖅᑯᓯᕆᕙᒌᒋᑕᒥᑐᑦ, ᐅᖃᐅᔨᔾᓪᓗᐊᖅᑐᑦ ᑕᑎᒋᔭᒥᓂ ᐱᖃᓐᓇᕆᔭᒥᓂᒃ, ᖃᑕᙵᑎᖕᒐᓂᒃ, ᐃᓕᓴᐃᔨᒥᒃ, ᐃᓄᓕᕆᔨᒥ, ᓗᒃᑖᒥ, ᐃᓗᐊᖅᓴᐃᔨᒥ ᐃᓐᓇᕐᒥᒡᓘᓐᓃᑦ
- ᐊᖕᒐᔾᕐᓇᖅᑐᓂᒃ/ᓱᕋᖕᓇᖅᑐᓂ ᐊᑐᓗᐊᖅᑕᐃᓕᓗᓂ, ᐃᒥᐊᓗᖕᓂ, ᐱᓕᕆᐊᒃᓴᓄᑦᓗ ᐱᕐᕈᓗᐊᕐᕿᓗᑎᒃ ᐋᓐᓂᕈᓐᓇᖅᑐᓄᑦ ᓂᐊᕐᑯᖕᒋᑦᑎᒍᑦ
- ᐋᓐᓂᐊᕕᖕᒥ ᐃᓂᒃᓴᓕᐊᕆᔭᐅᓯᒪᔪᑦ ᐅᐸᒃᑕᐃᓐᓇᕆᓗᒋᑦ

ᖃᖕᒐᓕ ᒪᒃᑯᒃᑐᐃᑦ ᐃᓕᓐᓂᐊᕐᓂᕐᒥᓄᑦ ᐱᙳᐊᖃᑦᑕᕐᓂᕐᒥᓄᑦᓘᓐᓃᑦ ᐅᑎᕈᓐᓇᖅᓯᓇᔭᖅᐸᑦ, ᐊᒻᒪ ᓯᓚᒥᖃᑕᐅᖃᑦᑕᒃᑲᓂᓕᕐᓗᑎᒃ ᐊᕙᕋᓂᓚᐅᖅᑎᑦᓗᒍ?

ᓄᑕᖅᑲᓕᒫᓄᑦ ᐱᒻᒪᕆᐅᔪᖅ ᐊᕙᐅᖅᑲᓵᖅᑐᓄᑦ ᓱᒃᑲᐃᑦᑐᒥ (ᒪᓕᒋᐊᓕᖕᓂ) ᐅᑎᕐᓂᐊᖅᑎᑦᓗᒋᑦ ᐃᓕᓐᓂᐊᕐᕕᖕᒧᑦ ᐱᙳᐊᕐᓂᕐᓄᑦᓗ. ᒪᓕᒋᐊᓖᑦ ᐊᑐᖅᑕᐅᓇᔭᖅᑐᑦ ᐅᑦᓗᐃᓐᓇᕐᒧᑦ. ᖃᐅᔨᔾᔪᑕᐅᔪᓐᓇᖅᑐᑦ ᐅᑎᕈᑎᒃ, ᑭᖑᑦᓕᖅᐹᒥ ᐱᓕᕆᐊᕆᓚᐅᖅᑕᑦ ᐊᑐᕐᓗᒍ ᑕᐃᒪᐃᓕᐅᖕᒋᓐᓇᕐᓗᑎᑦᓗ ᖃᐅᔨᔾᔪᑕᐅᔪᓐᓇᖅᑐᑦ ᐊᑐᙱᑦᓗᒋᑦ. ᐱᒻᒪᕆᐅᔪᖅ ᓗᒃᑖᒥ ᑎᑎᖅᑲᖅᑖᖅᓯᒪᓂᕐᒥᒃ ᐱᓕᒻᒪᒃᓴᓂᕆᔭᐅᕙᒃᑐᓄᑦ ᐱᙳᐊᕐᓂᕐᒧᑦᓗ ᐱᓕᕆᐊᖃᑦᓚᕆᓚᐅᙱᓐᓂᖕᒋᓐᓂᒃ.

ᐃᓕᓐᓂᐊᕐᕕᖕᒧᑦᐅᑎᖅᐸᑦᓕᐊᓕᕐᓗᓂᐊᑐᖅᑕᐅᔪᓐᓇᖅᑐᑦ:

ᓇᓃᓐᓂᖕᒐ	ᐱᓕᕆᐊᖑᔪᖅ	ᐆᒃᑑᑎ
1	ᐱᓕᕆᐊᒃᓴᑦ ᐊᖕᒋᕐᕋᒥ ᓄᑕᕋᕐᒧᑦ ᓱᕐᑯᓯᓗᐊᕐᓇᙱᑦᑐᑦ	ᐱᓕᕆᐊᒃᓴᑦ ᓱᕐᑯᓯᖅᓯᓗᐊᖅᐸᙱᑦᑐᑦ ᖃᐅᔨᔾᔪᑕᐅᔪᓐᓇᖅᑐᓂᒃ (ᓱᕐᓗ ᐅᖃᓕᒫᕐᓂᖅ, ᐅᖃᓚᐅᑎᕋᓛᒃᑯᑦ ᑎᑎᕋᖃᑦᑕᐅᑎᓂᖅ, ᖃᕆᑕᐅᔭᒃᑯᑦ ᑕᐅᑐᖃᑦᑕᐅᑎᓂᖅ, ᐃᒡᓗᕈᓯᕐᒥ ᓴᓗᒻᒪᖅᓴᐃᓂᖅ) ᐱᒋᐊᕐᓗᑎᑦ 5-ᓂᒃ 15- ᓄᑦ ᑎᑦᑕᑯᓗᖕᓄᑦ (minutes)
2	ᐃᓕᓐᓂᐊᕐᕕᖕᒥ ᐱᓕᕆᔭᒃᓴᐃᑦ	ᐊᖕᒋᕋᐅᑎᓗᒋᑦ ᐱᐊᓂᒋᐊᓖᑦ, ᐅᖃᓕᒫᑲᑕᖕᓂᖅ ᐅᕝᕙᓘᓐᓃᑦ ᐱᓕᕆᐊᒃᓴᓂᒃ ᐃᓕᓐᓂᐊᕐᕕᐅᑉ ᓯᓚᑖᓂ
3	ᐃᓕᓐᓂᐊᕐᕕᖕᒧᑦ ᐅᑎᕐᓗᓂ ᐅᓪᓘᑉ ᐃᓚᐃᓐᓇᖕᒐᓂ	ᐃᓕᓐᓂᐊᕆᐊᒃᑲᓐᓂᕐᑲᑦᑕᕐᓂᖅ ᖃᔅᓯᐊᕐᔪᖕᓄᑦ ᐃᑲᕐᕋᓄᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐅᓪᓘᑉ ᓇᑉᐸᖕᒐᓂ
4	ᐃᓕᓐᓂᐊᕐᕕᖕᒧᑦ ᐅᑎᕐᓗᓂ ᐅᓪᓗᓕᒫᒧᑦ	ᓱᒃᑲᐃᑦᑐᒥ ᐅᑎᖅᐸᓪᓕᐊᓂᖅ ᐅᓪᓗᓕᒫᒧᑦ ᐃᓕᓐᓂᐊᕐᕕᖕᒥᑦ

ᐃᖃᐃᓕᓴᒃᑲᓐᓂᕈᓐᓇᖅᓯᓂᖅ/ᐱᙳᐊᕐᓂᐊᕐᓗᓂ ᐊᑐᖅᑕᐅᔪᒃᓴᑦ:

ᓇᓃᓐᓂᖓ	ᐱᓕᕆᐊᖑᔪᖅ	ᐆᒃᑑᑎ
1	ᑎᒥᒃᑯᑦ ᐃᖃᐃᓕᓴᕐᓂᐅᔪᑦ ᓄᑕᕋᕐᒧᑦ ᓱᕐᑯᓯᓗᐊᕐᓇᙱᑦᑐᑦ	ᐱᓱᒃᐸᒡᓗᓂ ᐊᖏᕐᕋᒥᑦ ᐃᓕᓐᓂᐊᕐᕕᖕᒥᓪᓘᓐᓃᑦ
2	ᐃᖃᐃᓕᓴᕐᓂᖅ	ᐅᑦᓚᒡᓗᓂ ᐅᕝᕙᓘᓃᑦ ᓄᖅᑲᖓᖅᑐᒥ ᐸᐃᓯᑰᕐᓂᖅ ᓱᒃᑲᐃᑦᑐᒥᒃ ᐊᒻᒪ ᓱᒃᑲᓴᒐᓚᖕᓂᖅᓴᒥ. ᐅᕐᑯᒪᐃᓐᓂᕐᑲᙱᑦᑐᒥ ᐱᓕᒻᒪᒃᓴᕐᓂᖅ.
3	ᐃᖃᐃᓕᓴᕐᓂᒃᑯᑦ–ᐱᙳ ᐊᕐᓂᕐᒧᑦ ᐱᓕᒻᒪᒃᓴᕐᓂᖅ	ᐅᑦᓚᖕᓂᖅ ᐅᕝᕙᓘᓐᓃᑦ ᓯᐊᕐᕆᔭᐅᑎᓄᑦ ᐊᔪᕈᓐᓃᖅᓴᕐᓂᖅ. ᐊᔪᕈᓐᓃᖅᓴᕐᓂᖃᕆᐊᖃᙱᑦᑐᑦ ᐅᓗᕆᐊᓇᖅᑐᓄᑦ ᓂᐊᕐᑯᒃᑯᑦ ᐋᓐᓂᕐᓂᖕᒋᓐᓂᒃ
4	ᖃᐅᔨᒋᐊᕕᖃᙱᑦᓗᓂ ᐱᓕᕆᓂᖃᕐᓂᖅ	ᐱᓕᕆᓂᖃᕐᓂᖅ ᑎᒥᒧᑦ ᐊᒃᑐᐊᓂᖃᙱᑦᑐᓂ. ᐃᖃᐃᓕᓴᕐᓃᑦ ᐊᑦᑕᕐᓇᕐᓂᖃᙱᕐᔪᓂ ᓂᐊᕐᑯᒃᑯᑦ ᐋᓐᓂᖅᓯᒪᔪᒥ
5	ᑎᒥᒃᑯᑦ ᑐᓗᖃᑦᑕᐅᑎᓐᓇᖅᑐᒥᒃ ᐱᓕᒻᒪᒃᓴᕐᓂᖅ	ᑎᒥᒃᑯᑦ ᐱᓕᒻᒪᒃᓴᓃᑦ ᐅᑦᓗᓕᒫᖅ ᐃᓕᓐᓂᐊᓚᐅᖅᓱᑎᒃ ᓘᒃᑖᒥᑦᓗ ᑎᑎᖅᑲᖅᑖᓚᐅᖅᓱᑎᒃ
6	ᐃᖃᐃᓕᓴᕐᓂᕐᒧᑦ ᐅᑎᖅᐸᑦᓕᐊᓕᕐᓗᓂ	ᐱᙳᐊᑐᐃᓐᓇᕐᓂᖅ

ᓄᑕᖅᑲᑦ ᐅᑎᖅᓯᒪᓕᖅᑎᑦᓗᒋᑦ ᐃᓕᓐᓂᐊᕐᕕᖕᒧᑦ ᐃᖃᐃᓕᓴᖅᓱᑎᒡᓗ ᐋᓐᓂᐊᙱᕐᓱᑎᒃ, ᐱᓕᕆᐊᒃᓴᓕᕆᒃᑲᓐᓂᕈᓐᓇᖅᑐᑦ ᓱᕐᓗ ᓯᐊᕐᕆᔾᕐᓂᖅ, ᐊᖑᓇᓱᖕᓂᖅ, ᑐᒃᑲᕆᐊᓕᖕᓂᑦ ᐃᖏᕐᕋᔾᔪᑦᑎᓂᒡᓘᓐᓃᑦ ᐊᑐᖅᑲᑦᑕᕐᓃᑦ ᓱᕐᓗ ᓯᑭᑑᑦ ᑎᓴᒪᓖᓪᓗ.

ᖃᓄᖅ ᐊᑯᓂᐅᑎᒋᔪᖅ ᒪᒥᓐᓇᓱᒐᔭᖅᐸ ᓄᑕᕋᖅ ᐊᕙᖅᑕᐅᓚᐅᖅᑎᓪᓗᒍ?

ᓄᑕᖅᑲᑦ ᐅᓄᕐᓂᖅᓴᐃᑦ ᐊᕙᕐᓂᑯᐃᑦ ᒪᒥᑉᐸᓪᓕᐊᓂᖃᕈᓐᓇᖅᑐᑦ ᐱᓇᓱᐊᕈᓯᓕᒫᒥᑦ ᑎᓴᒪᓄᑦ ᐱᓇᓱᐊᕈᓯᕐᓄᑦ ᑭᓯᐊᓂᑦᑕᐅᖅ ᐃᓚᖏᑦ (30%) ᐊᑯᓂᐅᓂᖅᓴᐅᔪᓐᓇᖅᑐᑦ.

ᓄᑕᕋᖅ ᖃᓄᐃᑦᑐᓐᓇᖅᐸ ᐃᖃᐃᓕᓴᖅᓵᓕᓗᐊᕈᓂ ᐊᕙᓵᖅᑎᓪᓗᒍ?

ᓄᑕᕋᖅ ᐊᕙᕐᓂᑯ ᐅᑎᖅᓵᓕᓗᐊᕈᓂ ᐃᖃᐃᓕᓴᕐᓂᕐᒧᑦ, ᐋᓐᓂᒃᑲᓐᓂᕈᓐᓇᖅᑐᑦ ᐱᐅᔪᓐᓃᕈᑕᐅᒃᑲᓐᓂᕈᓐᓇᖅᑐᓄᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᑯᓂᐅᓂᖅᓴᖅ ᖃᐅᔨᔾᔪᑕᐅᔪᓐᓇᖅᑐᑦ ᐱᓗᐊᒃᑲᓐᓂᖅᑐᓂᒡᓘᓐᓃᑦ ᐅᕝᕙᓘᓐᓃᑦ ᖃᕋᓴᒃᑯᑦ ᐃᓕᙱᒡᓗᓂ.

ᖃᓄᕐᓕ ᓄᑕᖅᑲᑦ ᐃᑲᔪᕈᓐᓇᖅᐸᑦ ᐊᕙᖅᑎᑦᑎᑦᑕᐃᓕᒪᓂᕐᒥᒃ ᐊᒻᒪ ᖃᓄᐃᔾᔪᑎᕐᑲᓕᓲᓂᒃ?

ᐊᕙᖅᑎᑦᑎᑦᑕᐃᓕᒪᓗᓂ, ᓄᑕᖅᑲᑦ ᒪᓕᖅᑲᑦᑕᓪᓗᐊᖅᑐᑦ ᒪᓕᒋᐊᓕᖕᒋᓐᓂᒃ ᐱᙳᐊᖅᑎᓪᓗᒋᑦ, ᐃᒃᐱᒋᑦᑎᐊᕐᓗᒋᑦ ᐊᑭᕋᖕᒋᓐᓂᒃ, ᓂᐊᕐᑯᒃᑯᑦ ᐊᒃᑐᖅᑲᑦᑕᐅᑎᑦᑕᐃᓕᒪᓗᑎᒃ, ᐅᖃᐅᑎᓗᒋᑦ ᐊᖓᔪᕐᑲᓇᔭᐅᔪᑦ, ᐃᓕᓴᐃᔨᑦ, ᐱᙳᐊᖅᑐᓂᒡᓗ ᑲᒪᔨᑦ ᐃᒻᒥᖕᓂᒃ ᐱᙳᐊᖅᑎᒋᔭᖕᒋᓐᓂᒡᓘᓐᓃᑦ ᐊᕙᕋᓱᒋᔭᐅᒍᑎᒃ. ᓄᑕᖅᑲᑦ ᑎᓯᔪᓂᒃ ᓇᓴᖅᓯᒪᖅᑲᑦᓕᓪᓗᐊᖅᑐᑦ ᓯᓚᒥ ᐱᙳᐊᕐᓂᐊᖅᑎᓪᓗᒋᑦ ᓱᕐᓗ ᓯᐊᕐᕆᔾᕐᓂᐊᕐᓗᑎᒃ ᐅᕝᕙᓘᓐᓃᑦ ᑐᒃᑲᕆᐊᓕᖕᓂᒃ ᐊᑐᕐᓗᑎᒃ, ᓯᑭᑑᕐᓗᑎᒃ ᑎᓴᒪᓕᒡᓗᑎᒡᓘᓐᓃᑦ.

ᖃᓄᒃᑲᓐᓂᖅ ᖃᐅᔨᔪᓐᓇᖅᐱᑦ ᐊᕙᕐᓂᐅᑉ ᒥᒃᓵᓄᑦ?

ᖃᐅᔨᕙᓪᓕᒃᑲᓐᓂᕈᒪᒍᕕᑦ ᐊᕙᖃᑦᑕᕐᓂᐅᑉ ᒥᒃᓵᓄᑦ ᐃᑭᐊᖅᑭᕕᒃ ᑕᑯᓗᒍ ᐅᓇ: parachute.ca/concussion