



Qiss'artelleq Picurlaggaarluni Ilquq Aqngirrluku (TBI)

Ernerni qayutuni akalriakun picurlallran TBI-arcitrarcilluku, Seneca-q qiss'artellruuq. Assiringnaqvigmi American Indian Health Center-ami tawatnallruuq.



**Atauciq 10-ani
cugni cungcarvigmi
itengqalria TBI-arraarluni
qiss'artetuuq.**

**Amilleret qiss'artetut
qayuturtaqaata erenret
wall'uqa Agayunret TBI-
arrarluteng.**

**Tawaam ilait iralurtetut
qayutuneng wall'uqa
al'rrakurtetut
qiss'artellerkait TBI-
arraarluteng.**

Qiss'arpailegmi, Seneca-q ayuqucilkiangqellruuq. Tang'allruuq qilqiqtalrianeng mingugneng cali mernuqercugluni alqunaq.

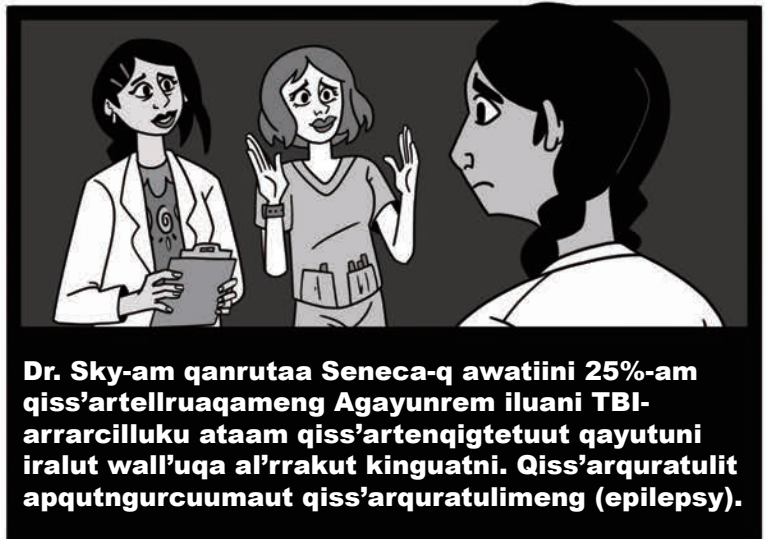


**Caugat qilqiqtalriit
mingut?**

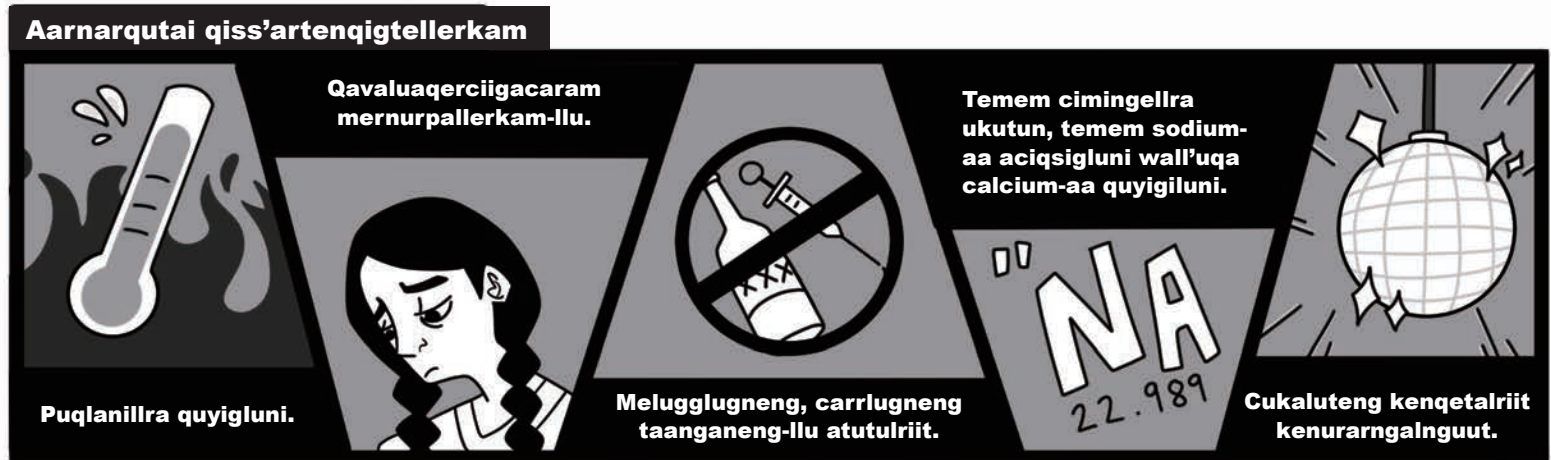
**Giin-llu alqunaq
mernuqeryukaararcia?**

**Ilakluki tangallran cimillra
mernuqercukarallran-llu wat'nayuumaut:**

- **Nasqua, temii, talliak, iruak, wall'uqa iingak pek'teqtarciquq allayugnaqluni.**
- **Cill'aunani cali iingak kap'uarcimaurelutek.**
- **Tamualuni, cugg'egni mec'arteqtarlukkek, wall'uqa teyqiqluni pek'tallra.**
- **Alqunaq cameng naraqluni wall'uqa qanmikon elpegniuraqluni.**
- **Qanerciigataqluni wall'uqa taringesciigataqluki allat.**
- **Mak'uqercukaarariiluni wall'uqa iluteqeqeryukarariiluni.**



Tawai-ga Seneca-q qiss'arcuumallinian civuqvaarni, Dr. Sky-am qanrutaa cat arcarivkaryuumallrineng qiss'artellerkaanun.



Dr. Sky-am qanrutaa Seneca-q cungcautekiicuumaniiluku aliyugpanrirrsuutneng ikayungnaqluku qiss'artenritlerkaa. Amilleret cuuget assiriqertetuut cungcautetuuraqaameng.

Cungcautem allaneng puggeriuravkaraqaku, cungcarista allameng cungcautekiciyuumaq.





Uuleggłuni.



Tangellrak malrupegglutek.

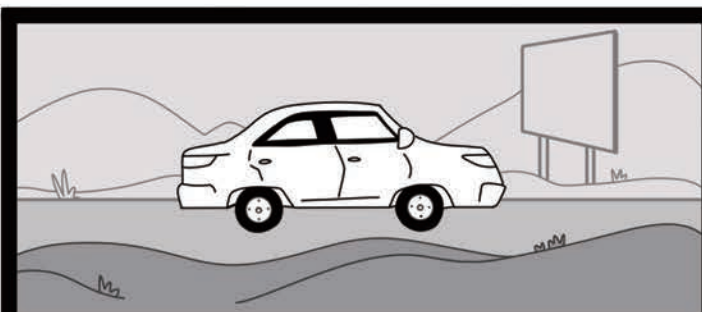


Uunguciinani.



Dr. Sky-am qanrutaa Seneca-q qiss'artenrirsuutet amllerquneng calituut. Tawaam calinrilkuneng, curviviarnarqeciqa kangingengnaqluku qiss'arquratulit caliviitni.

Dr. Sky-am qanrutaa Seneca-q arnarquutetangqerniluki elpekuumaarkaineng qiss'arquraaqan.



Amlerni state-ani, alulanritlerkait pillerkiutuit qiss'artellruaqata. Nallunrircitarkaугaten-llu DMV-t qiss'artellerpeneng.



Angelrianeng massinaneng aulukiarkaunrituuten wall'uqa kallulegneng calisstuneng aturciigatuuten qanraarumavkenaku cungcaristen piyuumariniluten.



Mayuqsaunang mayuryararteggung, napanun, qalirnernun, wall'uqa allanun takelrianun canun.



Mermi wiitaaqavet kitumeng aipangqerrarkauguten.

**Dr. Sky-am cali qanrutaa Seneca-q
igauqurasqelluki qiss'arteqtaallni.
Ilakaqluki erenra, cass'aa, taktacia,
ayuqucillra-llu qiss'artellran.
Cungcaristem nallunriryugciqai
nallunairilten, malikluki
qiss'artenrirrsuutvet cungcautai.
Amllet qiss'artelriit ak'aniyuitut cali
cakneq aqngirciyuitut.**



**Quyana
ikayullerpeneng,
Dr. Sky!**

**Ii-i. Uumeng cali
nallunairrsutmeng pingqertua,
qanrumaluni aulukestait
callerkaitneng kina
qiss'areskan.**



Maligtaquarkait aulukistet qiss'arcaraamun

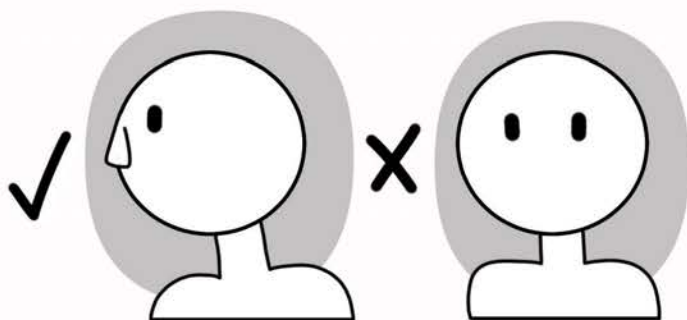
1. Cagnialcarluki aturai, arcaqerluku uyaquan awatii.



2. Igtevkankurlluku cuk.

- Tegumiaqluku cuk wiitakan aqumllitaami, couch-ani, wall'uqa inglermi.
- Cuk nangengqakan, mulngakuurluku natermun elliluku.

3. Tuyiggluku cuk nasqurra-llu caniqaanun elliluku, qanrani uitalriit, qecian-llu mellanritniaraa tuqlua.



4. Cameng elliviksaqunaku qanra; keggesciuryartuten.



5. Ircaqum ayagninqigcicaaraneng nallunrilkuvet wall'uqa CPR-aameng, nutngaurallra paqnianan uyaquani.

- Nutnganrilkan, ayagnirluku CPR-aq. Qayagaurlluku 911.

6. Niicugniluku aneryiallra qanrakun.

- Nengcilluku cum uyaqua aneryiarciigalliiqekan.
- Cuk aneryianrilkan, CPR-aq ayagnirniaran. Cugg'erpeneng qanra patuluku cukalriigneng-llu aneryiarvikluku.
- Cugg'erpeneng qanra patuluku cukalriigneng-llu aneryiarvikluku.
- Aneryiarvikaqluku qanra 5 seconds-aneng yaavet aneryianqigtellerkaanun ellmiggun cuk.
- Qayagaurlluku 911.



7. Man'a qiss'artellran civuqliqaku TBI-arrarluni, qayagaurnianan taum cungcaristii callerkavneng apluku.

8. QISS'ARTELLRA ARULAINRILKAN 3-ANI CITYAGARNI, QAYAGAURRU 911.

9. Qiss'artellra arulaiqan 3-at citret iluatni, qayagaurlluku taum cungcaristii.

10. Cuk tauna utermun ayuquciimitun ayuqlirinrilkan 20-ni cityagarni qiss'arterraarcilluku, qayagaurru 911.



Kangingutai: Mat’um imai tarenralget nallunairilriit atullruut piciulriim kalikaineng aprumaluni *Seizures After Traumatic Brain Injury*, ayagniqarrallruluk Jeffery Englander, MD, David X. Cifu MD, Ramon DiazArrastia MD, cali Alan Towne, MD cali nutartellruluk David X. Cifu MD, Ramon Diaz-Arrastia MD, cali Alan Towne, MD, calillgutekluki Model Systems Knowledge Translation Center-aq (<https://msktc.org>).

Nalqigun: Matum nallunairutem cimingnaqenritaa cungcaristet alerquatait. Qan’askiu cungcaristen naullutevneng wall’uqa assiringnaqlerpet tungiinun. Tarenralget nallunairutet imait pilillruut kaigatkun akiikun National Institute on Disability-meng, Independent Living-aameng, Rehabilitation Research-aameng-llu (NIDILRR kaigatem akim naaqutii 90DPKT0008). NIDILRR Center-aruuq iluani Administration for Community Living-am (ACL), Department of Health and Human Services-am (HHS). Tarenralgem nallunairutem imain pillerkiuraqenritai NIDILRR-am, ACL-am, wall’uqa HHS-am, umyugarturyaqunang cingumayukluki Kamam’anun.

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**Traumatic Brain Injury
Resource Bundle
for Alaska Natives**

