



Qiss'artelleq Picurlaggarluni Pateq Akngirrluku (TBI)

Ernerni qavcini nunakuarcutekun picurlallran TBI-aretraarcelluku, Seneca-q qiss'artellruuq. Assiringnaqvigmi American Indian Health Center-aami tuatnallruuq.



Atauciq 10-aani yugni yuungcarvigmi itengqalria TBI-arrarluni qiss'artelartuq.

Amlleret qiss'artelartut qavcini ernerni wall' nitilini TBI-arrarluteng.

Taugaam ilait iralurtelartut wall' allrakurtelartut qiss'artellerkait TBI-arrarluteng.

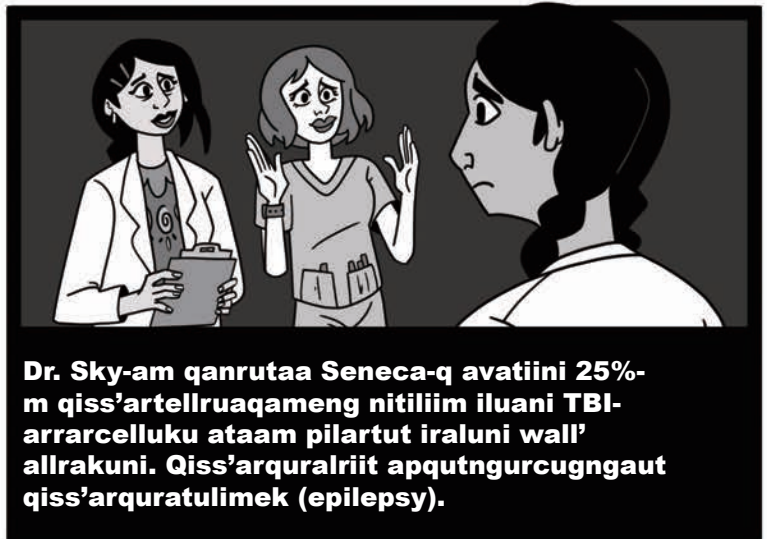
Qiss'arpailegmi, Seneca-q ayuqucilkiangqellruuq. Tang'allruuq ciqenqeptaalrianek mingugnek cali mernurtuurluni alqunaq.

**Caugat
ciqenqeptaalriit
ming'uut?**

Ilakluki tang'allran cimillra mernuqercukarallran-llu wat'nayugngaut:

- **Qamiquan, temiin, talliak, iruak, wall' iingan pek'taallra allayugnaqluni.**
- **Ellaunani tangvauruni-llu.**
- **Tamualuni, qerrlugni mecarteqtaarlukkek, wall' pek'taavialugaqluni.**
- **Alqunaq camek narngaqluni wall' elpegniuraqluni.**
- **Qalarcesciigataqluni wall' taringesciigataqluki allat.**
- **Mak'uqercukaarangluni wall' iluteqeryukarangluni.**

**Ciin-llu alqunaq
mernuqertelarcia?**



Taumek-waa Seneca-q qiss'arcugngaam ciuqvaarni, Dr. Sky-aam qalarutaa cat aarcarivkaryugngallrinek qiss'artellerkaanun.

Aarnarqutai qiss'artenqigcaram



Dr. Sky-am qanrutaa Seneca-q iinrukicugnganiluku angniiterpanrirrsuutnek ikayungnaqluku qiss'artenritlerkaq. Amilleret yuut assiriqertelartut iinruturaqameng.

Iinruum allanek puggeriuravkalaqaku, yuungcarista allamek iinrukiciyugngauq.





Uuleggluni.



Tangellrak malrupeggluni.



Uunguciinani.



Dr. Sky-am qanrutaa Seneca-q qiss'artenrirsuutet amllermek calilartut. Taugaam calinrilkuneng, yuvrivsiarnarqeciqa kangingnaurluku qiss'arquratulit caliviitni.

Dr. Sky-am qanrutaa Seneca-q aarnarqutetangqerniluki elpekuumaarkaneq qiss'arquraaqan.



Amllerni state-ani, alulanritlerkait pillerkiularait qiss'artellruaqata. Nallunrircetarkaugaten-llu DMV-t qiss'artellerpenek.



Angelrianek calissutnek caliarkaunrituuten wall' kallulegnek calissutnek qanrrarumavkenaku yuungcaristen piyugngariniluten.



Mayuqsaunak mayuryararteggun, napat, qalirnernun, wall' allat takellriit cat.



Mermi uitaqavet kitumek aipangqerrarkauguten.

**Dr. Sky-am cali qanrutaa Seneca-q
igautelaasqelluki qiss'arteqtaallni.
Ilakaqluki erenra, sass'aa, taktacia,
ayuqucillra-llu qiss'artellran.
Yuungcaristem nallunriryugciqai
nallunairilten, malikluki
qiss'artenrirrsuutvet iinrui. Amlletet
qiss'artelliit ak'aniyuitut cali cakneq
akngircuitut.**



**Quyana
ikayullerpenek,
Dr. Sky!**



**Aang. Uumek cali
nallunaircuutmek pingqertua,
qanrumaluni aulukestait
callerkaitnek kina
qiss'areskan.**



Maligtaquarkait aulukistet qiss'arcaraamun

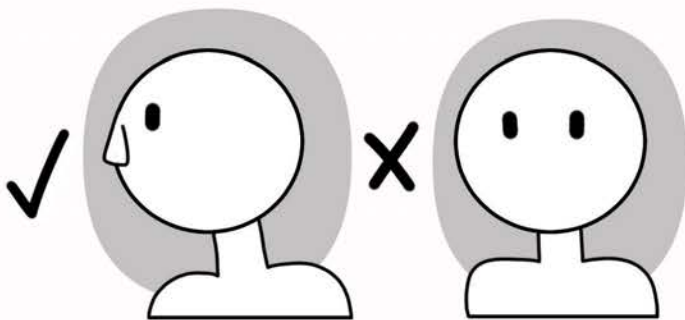
1. Cagnialcarluki aturai, arcaqerluku uyaquan avatii.



2. Igtevkaryaquunaku yuk.

- Tegumiaqluku yuk aqumllermi, couch-ani, wall' inglermi uitakan.
- Yuk nangengqakan, mulngakuurluku natermun elliluku.

3. Tuyiggluku yuk qamiquorra-llu caniqaanun qanrani uitalriit, qecian-llu mellanritniaraa tuqlua.



4. Camek elliviksaqunaku qanra; keggesciuryartuten.



5. Ircaqum ayagninqigcecaaranek nallunrilkuvet wall' CPR-aamek, nutngaurallra paqnianan uyaquani.

- Nutngalriartailkan, ayagnirluku CPR-aaq. Qayagaurulu 911.

6. Niicugniluku aneryaalra qanrani.

- Nengcelluku yuum uyaqua aneryaarciigalliyeqan.
- Yuk aneryaanrilkan, ayagnirluteng CPR-amek. Qerrlugpenek qanra patuluku cukalriigne-llu aneryaarvikluku.
- Qerrlugpenek qanra patuluku cukalriigne-llu aneryaarvikluku.
- Aneryaarvikaqluku qanra 5-aanek cetyaarem iluani yaavet aneryaanqigtellerkaanun ellmigun yuk.
- Qayagaurulu 911.



7. Man'a qiss'artellran ciuqliqkaku TBI-aararluni, qayagaurniaran taum yuungcaristii callerkavnek apluku.

8. QISS'ARTELLRA ARULAINRILKAN 3-AANI CETYAARNI, QAYAGAURRU 911.

9. Qiss'artellra arulaiqan 3-t cetret iluatni, qayagaurulu taum yuungcaristii.

10. Yuk tauna utermun pilallmitun ayuqlirinrilkan 20-ni cetyaarni qiss'arterraarcelluku, qayagaurru 911.



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

Nalqigun: Matum nallunairutem cimingnaqenritaa yuungcaristet alerquatait. Qalarutniaran yuungcaristen naullutevnek wall’ assiringnaqlerpet tungiinun. Tarenralget nallunairutet imait pilillruut kaigatkun akiikun National Institute on Disability-mek, Independent Living-aamek, Rehabilitation Research-aamek-Illu (NIDILRR kaigatem akim nampaara 90DPKT0008). NIDILRR Center-aaruq iluani Administration for Community Living-aam (ACL), Department of Health and Human Services-aam (HHS). Tarenralgem nallunairutem imain pillerkiuraqenritai NIDILRR-aam, ACL-aam, wall’ HHS-aam, umyuarturyaqunak cingumayukluki Anguyagtenun.

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

