

NE TAKUET TSHI TSHISSITAKAN NITE UT CORONAVIRUS (COVID-19)

TSHEKUAN NE UIL

Ne la COVID-19 nite utshipinu ne akushun nite manitushissat coronavirus.

Ne coronavirus innu e kashtaukuet akuatenitakuen kie miam ka utshitshikumunanut e itenitakuat.

ASHUSHKAMATSHEUN

Ne manitushiss coronavirus ishi-ashushkamatsheu shash ne uen e kunuenimat:

- ▶ Shishtikun e tshi ushtashtak^u uen kie mak e tshi alimuat auen;
- ▶ Nass meshekut e tshi tatineiek^u auen ,kie mak e tshi pushukateik^u e kunuenimat nenu manitushisse kie mak kie e kunuenitak^u nenu akushunu;
- ▶ E tshi tatatinakan uiesh e tat ne manitushiss , katshi ma ut tatatinamek tshitunua, tshissunua, mak tshissishukuau eshkuka tshitaputshitsheiek^u.

Apu tshisselitakuet tshi ashushkamatshet ne manitushiss miam nite ut ka putatshipilikau ,kie mak nite ka uluiapitepilit kie mak nite nipit.

TAKUEN E ISHI MITENITAMEK

Takuet e ishi-mitenitamek^u ne akushun COVID-19 , miam ka tshishishunanut tshitutenau, tshushteshtenau kie mak kie tshitanimunau e neneiek^u:

- ▶ Atak nite tshitshuat tshetshi eka ashushkamatsheiek^u:
 - Eka peikupishiek^u , tepan nite katshipaikanishit tak kie mak nishutipashkunan ishpeshe nanipuuk^u nite uenitshen e tat;
- ▶ Eshkuka ituteik^u nite nitakunish kie mak akushishkuessiutshuapit, mituetak^u nite ka aiatinakan ne akushun nite pessish e taiek^u:
 - Uauitamek^u ne tshe imieiek^u tan e itamatshuiek^u , tshet nashimuek^u nenu e ietukuiek^u;
- ▶ Takunukue tshetshi tshiet nitakuieiek^u, nite mitueitak^u 911 tshet uauitumueik^u miam tan e itamatshuiek^u ne uen e imieiek^u.

TAN E ISHI MITELITAKUET

Ne e ishimitenitakuat ne auen e kunuelimat nenu manitushisse coronavirus akuatenitakuen kie mak kushtukushiut.

Nuash kutunnue-tshishik^u apitan tshetshi mussipinitat nenu akushunu katshi pessish taiek^u nite manitushiss.



Katshitshishunanut



Ka ushtashtan



animun e nenet

ASHUSHKAMATSHEUN

Ekuen ume tekuet tshetshi tutakan tshetshi eka ashushkamatsheunanut:



- ▶ Shukushuk^u tshitataputshitshek^u nipi mak uapekaikan apishtak^u , nishunu ishpeshe ka tshishipainishit



- ▶ Eka tatatinamek tshissishukuau, tshissunuuau mak tshitunuu;



- ▶ Eka pessish tak shash ne kunuelitaku nenu akushunu;



- ▶ E ushtatamek^u kie mak kie alimuiek^u:
 - Kuanimek^u tshitunuuau mak tshissunua shit tshishpititunuuau kie mak nite kie mak shinakan tshetshi eka mishituepilitaiek^u;



- Tshiet uepinimuk^u ne shanikan mak tshiet tshishtaputshitshek^u;



- ▶ milu nikaimuak ne nanitam tshekuan ka tatatinamek^u nite uashka e taiek^u mak ne tshekuan shukushuk^u ka tatakinakan miam ne metuakan , titinakan, ka takat ashtuanakan, katshishapishistesht, ka uapekaihshepilit, mak ka pashitshepilit;



- ▶ Itenitamek^u tshakushinuu, tak nite tshuitshauaut tshetshi eka ashushkamatsheiek^u.

ALU UI MILU NANITUSSELITAMEK^u :

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canada.ca/coronavirus