



caronavirus en malaajhii(COVID-19): tawnshi kaa ishi peeyakohk (peeyakw aayaawin) ta mayzoon keeshpin kinakiskeen en malaajhii maaka namooya kimooshitaan keekway

lii moond kaa aahkoshichi ooma COVID-19 ashkaw namooya lii sing di malaajhii keekway. kiyaam meena namooya lii sing di malaajhii keekway, kiyaapic kaakii aashooshkamaakaan COVID-19 avaan lii sing di malaajhii keemaa meena namaakeekway lii sing di malaajhii.

piko kakway peeyakohk meena ka pishkapimisho (ka kanawayyimosho) 14 zhoornii, keeshpin:

- kiishpin kitakohtaan **Canada ahkaamaskiy ouschi** (piko ka peeyak aayaayin)*
- awiyak ciiki aen naasaamblii malaajhii keemaa kaa itayyimeet COVID-19 ayaat
- publik la saantii aen malaajhii ka wiitamaashkik keeshpin malaajhii ee kii nakishkaman akwa piko ka peeyak aayaayin (ka kanawayyimo)

Peeyakowin ooma, 14 zhoornii kinitawiihteen:

- **ayapi ki-mezoñ** akwa pishkapimisho/Kanaweeyimoso 14 kiishikaawa kiispiin ki-mooshihtaan kiyaam meena apishiish
- **kaaya nakishkaw li moond**, eekwa namooya ootinawa tashweetiimakan ooma enn malaajhiii
- **kiiyaanaw ka maamawi wiichiihtoyahk** nawut oomsheeshi aen kanwayimishooyahk ouschi, naanitaw ouschi mooshihtaayni kiikiwaahk.

kiishpin lii sing di malaajhii peechayihk 14 zhoornii anita kaa peeyak aayaayan, piko:

- nitawi peeyako keeshpin ki maachi sing di maalaahjii keekway
- sheemaak kakway peekishkwahtaaw li docteur keemaa aniki kakwii pimitishahamaakok li publik sawntee la zhawnsree ka aachimoshtawaawak ooma kiitaashpinayyan, taanitay en kiiwookeen akwa kananitohtawaawak taawnshi ka itohtaman

kaakii aapachihtaan meena anima ka kitaapamishwayyan keeshpin ki maachi sing di malaajhii (kiishpin en itakohki kaa ohchiyan enn provayns) akwa kiishpin kiyaapich ka takonanitonikaateek COVID-19.





Ooma: kiishpin awiyak kiwiikimaaw en payyakot oshaam en malaad ooma COVID-19, en shooskamowayt COVID-19, 14 zhoornii oohi kaakii takwaashtaawak. ka pay pimitishahamaakok li piblik sawntee la zhawnsree. ka peeyak aayaan (pishkeech aayaan), oohi itoota:

kaaya li moond itahkamikishi

- ayapi kiikiwahk keemaa anita kaa kishahtaman Canada (kaaya nakatahk kiikiwaa)
- li docteur piko kaa wii nitawi waapamat, akota piko kakii shipweeten (aen automobil ka aapachihaw)
- kaaya itootee l'ikol, kaaya nitawi loovraazh, kaaya apachay too dret pimohte (e.g., aen bus, aen taxi).

- kaaya aen visiteur kiiwookewak
- ka-manaachihawaawak aniki li pleu vyeu, keemaa aniki kaa wichi aahkoshichik, akwa osham kaakii-takwaahkoshiwak.

- manaa-nakishkaw li moond, waaweesh aniki mooya kaa ouschi kiiwookeechik keemaa mooy chayshkwa kaa nakishkaahkik enn malaajhii.
- keespin mooya ki-kashkihon, oohi pimitishaha:
 - niisho ki-braa niipawi kapee (meuzeur 2 metres) li mood ouschi
 - achiiyaw piko piikishkwee
 - kiishpin peeyokookwami meena peekow aahpachihtaa la klaazet
- aatiht li moond ka pimohtitaawak COVID-19 kiyaam aata mooy en aahkoshicik. kiishpin kipostiskayn la michinn aen mask ouschi (i.e. piko ka shiishtakikwaatow meena par deu layenn, kahkiyaw la boosh akwa kitoon kikipaheen akwa kaakii shoohkaapiteen kishtikwaanihk keemaa zaray) kiishpin chiiki piko awiyak ka naanakishkaw, waashakaam akota kaa niipawichik ka wihcheekowak.
- manaa shaamin aen nanimaal, oshaam atiht li moond itwaywak an kii aashooshkamowaachik COVID-19 kaa kanaweeyimaachik

oohi kaakii itohteen peeyakooweeni (pishkiichi ayaayani)

kaa meekwaa niipawiiyin 2 braa, oohi kaakii itohteen:

- waashtahikii mooya shakichihcheenekeewin, ocheemitowin, keemaa aakwashkatinikeewin
- kweechim kiwahkomaakan keemaa kitohteen kaa-wiicimis ka pimohteeshtamaask (e.g., ka peetaaw la michinn, li maañzhii)



- mahtaawaapachichikan aaphachitaa ka michisonaawaaw keemaa ouschi meena mayishamihk
- siisaawii ki-mezoñ
- mahtaawaapachichikan aaphachitaa, seewepichikee, piikishkwaash kiwahkohmaakanak meena kitooteemak ka michisonaawaaw, meetaweek
- atoshkii ouschi ki-mezoñ
- kiiikiwaahk piko: aandahor pimohtay, oshiihtaa kahkiyaw kikway, pimbahtaa, taapasinaha ka seesaaweee akwa meetawee.

taapitaw kanaatichihchee

- kaashihchihchee mishtahi ouschi diloo akwa li savoñ 20 chipahikanisha akwa ka paahkochihcheehowaakan ooschi masinahikeewi paahkwaheekan keemaa kaakii-kihtwaam aapachihtaan paahkwahikaakan maaka ka-miishkochastaan shaapipihki.
- Kaakii-kanaacihwaahkaan meena kaa shaapipek paahkwahikanis akwa meena kaa-mashkawaakamik kisheeppeekinichihcheewaapoy 60% la bwasoon taakwashtew.
- Ka manaa shamineen kishkeeshikwa, kikot akwa kitoon
- Ohtstoota akwa chawhchamouhk daan li braw apoo paahkwahikanis

Kanaachihtaa kahkiyaw keekway meena kaaya maamawi aapachihta aapachihchikanisa

- Taahto-kiishikaaw, kwayask piko ka papaami-kanaachihchikewaakee kanaachihchikana anita ka papaami saaminamihk la klaazet, sisonee li lii, la port, seewepichikana, akwa cikaashtepayihchikana.
- Kaa-mashkawaaki li savoñ, piko aapachiitaa kaa mashkawaaki li savoñ Drug Identification Number (DIN). DIN 8 akihtaasoowina ka meekok Health Canada baeñ kaa mashkawak li savoñ akwa ka aapachihtaa oota Canada.
- Kiishpin oohi namaakiikway ashtaywa kaa mashkawaaki li savoñ kaa paahkwahikâkê ouschi, bleach anima kaakii oshihchikaatayw akwa akota anima mashinahikaatayw, keemaa 5 millilitres (mL) bleach akwa 250 mL diloo ka aashtaahk keemaa 20 mL bleach akwa peeyak litre diloo. ayako ohi ka pimitishahamihk 5% sodium hypochlorite, akota ka



mahyikon 0.1% scium hypochlorite li savon. ohi kaakii pimitishaheen ouschi kaa miyo kanaachihchikana (proper handling of household (chlorine) bleach.)

- Kiishpin kashkihowiyini meena kaakii-kanaachipaakwaheen phone, mamahtawi-aahpachihchikana meena mamahtawi-aahpachihchikanisa anima ouschi 70% la bwason kaa mashkawaakamik.
- Kaaya maamawi apachihtaak la brosh di daan, li bedspread, poor la chwiizin keemaa chikaashtaypayihchikanisha.

Naakatookaatisiwin

- kwayask ka-ahkam-nâkatôkâtison, anima kisisowin akwa ohpinaaspinewin, otostotaamowin keemaa maashk iskwataamowin.
- Mashinaha tawnshi iitamaachihowiyn tahto kiishikaw (ka wiihtamakok piblik la zhawnsree public health authority) akwa mooya ka ohtineen la kisisowin michin (acetaminophen, ibuprofen) kiispin ki-kashkion. Keekaach mooya ka-mooshihtaan COVID-19 aahkoshowin.

Aapacheechikana keespin ki-peeyakon ki-mezoñ

- Oohi aen mask keemaa faas kaa poshtishkamihk (i.e., piko ka shiishtakikwaatew meena par deu layenn, kahkiyaw la boosh akwa kitoon kikipaheen akwa kaakii shoohkaapiteen kishtikwaanihk keemaa zaray)
- peeyakwaaw kaa-aahpatisicik la sarrvietet
- chipahikanis kaa kisisot
- diloo
- li maeñ savoñ
- 60% ishkoteewaapoy-kisheepeekinikan
- li owiyaakan savoñ
- li lavaazh savoñ
- la mezoñ kanaachihchikana
- kaa shoohkahk la bwason sarrviet aen noombr ihtakona (DIN) keemaa kotak bleach (5%) ka-pishkichikanawihteen ohpimay
- kotaka meena savoñ kaakii aahpachihtaan kanaachihtahini mamahtaawi aahpachihchikanisha



Aen travayaan ooki opimohteewinowaawa

Aatiht li moond ooki kiichi moohkomaan ashikee kaa pimohtitaachik nanaatohk oohi kaa nanitawayhchikaatayhki akwa kaa aahkaam atoskaychik [essential services](#), keemaa aatiht ooki kaa weechihaachik oota Canada ouschi li moond, mooy kataach ka pishkeechi peeyakochik ooshaam ooma en kii wayawaychik Canada, teepiyaahk mooya malaad (namaakeekway lii sing di malaajhii ooma COVID-19).

Oohi piko kapimitishahamihk:

- taapitaw ka nahkatoohkaychik tawnshi en ishikaapawichik
- ka naakatayyimishochik keeshpin lii sing di malaajhii keekway (keeshpin lii sing di malaajhii keekway, aniki ka pimitishaheen anima kaa itikaween ka wiihtamakok piblik la zhawnsree [public health authority](#))
- kiikiwaahk taapitaw kakway kishaahteen

keeshpin kiwihtamaakok aniki kaa wiihtamakok piblik la zhawnsree ka peeyak aayaayin pitamaa (oshaam ouschi awiyak en nakishkawat en malaad) sheemaak kaa wihtamowaawak ka wiihtamakok piblik la zhawnsree akotay kaa ohciyan akwa ka wihtamaakok tawnshi ka ihtohtaman.

kaahkiyaaw kaakii maamawi wiichihtonaanaw mooya ka mishiwi teemakahk ooma COVID-19.

keeshpin kinohtay tako ayamaychikaan:

Canada.ca/coronavirus keemaa la phone [1-833-784-4397](tel:1-833-784-4397)

La Peeyakowin Lway

ooki Li Goovarnimaan Canada soohk ashtaawak ooma kapimitishaahmihk namooya ooma COVID-19 oota Canada. kahkiyaw ooma kaa pihatikweet Canada piko ka peeyakwaahayaat 14 la zhoornii akwa ka naahkatohkaatishochik ouschi kiishpin mooshihtahtwaawi akoshi anima kakway manaa aashooshkamaakeek COVID-19 oota Canada owiyashiwaywin (piko ka pishkiichi peeyakohk). Akota 14 la zhoornii ka kishaataman anita akospay kaa pihatikwayyan Canada.