INUKTITUT / INUKTITUT

ᖃᓄᖅ ᐊᓂᑦᑕᐃᓕᔭᕆᐊᖃᕐᓂᖅ (ᓇᒻᒥᓂᖅ–ᐊᓂᑦᑕᐅᓕᓗᑎᑦ) ᐊᖏᕐᕋᕐᓃᕕᑦ ᓄᕙᒡᔪᐊᕐᓇᖅ–19–ᓕᒻᒥᒃ ᖃᓪᓕᔭᖃᖅᑐᒥᓂᐅᓗᑎᑦ ᑲᖏᓇᕈᑎᖃᖏᓪᓗᑎᓪᓗ ᑕᒪᒃᓱᒧᖓ ᓄᕙᒡᔪᐊᓇᕐᒧᑦ

ᐃᓄᐃᑦ ᓄᕙᕐᔪᐊᓇᖅᑐᓖᑦ -19–ᒥᒃ ᖃᐅᔨᑦᓴᐅᑎᒋᕙᙱᑦᑐᑦ ᓄᕙᕐᔪᐊᓇᖅᑐᖃᓕᓇᐊᒃᓴᖅ, ᐊᐃᑦᑐᕐᓘᑕᐅᑐᐃᓐᓇᓇᐊᓕᒃ ᓄᕙᕐᔪᐊᕐᓇᖅ-19 ᑲᖏᓇᖅᓯᓚᐅᖏᒃᑲᓗᐊᕈᕕᑦ ᓄᕙᕐᔪᐊᕐᓇᖅᑐᖃᓇᐊᖅ ᐅᕝᕙᓘᓐᓃᑦ ᐱᕙᓪᓕᐊᓕᕐᓂᕋᓗᐊᖅᐸᑦ ᓄᕙᕐᔪᐊᕐᓇᖅᑐᒧᑦ ᑲᖏᓇᕈᑏᑦ. ᐃᓄᑑᔭᕆᐊᖃᖅᑐᑎᑦ (ᐊᓂᑦᑕᐃᓕᓗᑎᑦ) ᐅᓪᓗᓂᒃ 14–ᓂᒃ, ᐃᒪᐃᒍᕕᑦ:

- ᐅᑎᖅᐸᓪᓕᐊᔪᑎᑦ ᐊᐅᓚᖅᓯᒪᓚᐅᕐᓗᑎᑦ ᑲᓇᑕᐅᑉ ᓯᓚᑖᓂ (ᐊᑐᕆᐊᖃᓪᓚᕆᑦᑎᑕᖅ ᐃᓄᑑᓂᕐᒥᒃ)*
- ᖃᓪᓕᔪᒥᓂᐅᒍᕕᑦ ᓄᕙᕐᔪᐊᕐᓇᖅᑐᓕᒻᒥᒃ ᓄᕙᕐᔪᐊᓇᖅᑐᖃᖅᑐᕆᔭᐅᔪᒥᓪᓘᓐᓃᑦ -19–ᒥᒃ
- ᐅᖃᐅᔾᔭᐅᓯᒪᒍᕕᑦ ᐋᓐᓂᐊᓯᐅᖅᑎᒧᑦ ᓄᕙᕐᔪᐊᓇᖅᑐᓕᒻᒦᑦᑐᕕᓂᐅᓂᕐᓂᑦ ᐊᓂᑦᑕᐃᓕᕆᐊᖃᖅᑎᑕᐅᓗᑎᓪᓗ (ᓇᖏᓂᖅ ᐃᓄᑑᒋᖃᖅᑎᑕᐅᓂᖅ)

  ᐃᓄᑑᔭᕆᐊᖃᕐᓂᖅ (ᓇᖏᓂᖅ ᐊᓂᑦᑕᐃᓕᔭᕆᐊᖃᕐᓂᖅ) ᑐᑭᓕᒃ, ᐅᓪᓗᓂᒃ 14–ᓂᒃ ᐃᒪᐃᒋᐊᖃᖅᑐᑎᑦ:

  - ᐊᖏᕐᕋᖅᓯᒪᓗᑎᑦ ᖃᐅᔨᓴᕐᓗᑎᓪᓗ ᐃᒻᒥᓂᒃ ᑲᖏᓇᕈᑎᓄᑦ ᓄᕙᕐᔪᐊᓇᕐᒧᑦ ᐃᐸᐱᓐᓂᐊᒻᒪᖔᖅᐱᑦ, ᑲᖏᓇᖅᑐᒥᒃ ᐃᐸᐱᓐᓂᐊᖏᒃᑲᓗᐊᕈᕕᑦ
  - ᐊᓯᓐᓂᒃ ᖃᓪᓕᑦᑕᐃᓕᓗᑎᑦ ᐊᐃᑦᑐᓗᐃᑦᑕᐃᓕᓂᕐᒥᑦ ᐃᑲᔪᖅᓯᒪᓂᐊᕋᕕᑦ ᓄᕙᕐᔪᐊᓇᕐᒥᒃ ᑲᖏᓇᖅᑐᓂᑦ ᐋᓐᓂᐊᒍᑕᐅᔪᓂᑦ ᖃᓂᒻᒪᔾᔭᐃᖅᓯᒪᓂᕐᒧᓪᓗ
  - ᓯᐊᒻᒪᑎᑦᓯᑦᑕᐃᓕᒪᖃᑕᐅᒋᑦ ᖃᓂᒪᓐᓇᕐᒥᒃ ᐅᖓᓯᒋᔭᖃᕐᓂᒃᑯᑦ ᐊᓯᓂᒃ ᐊᖏᕐᕋᓐᓂ
  - **ᖃᐅᔨᓴᕆᑦ ᐃᓕᓐᓂᒃ ᖃᖏᓇᕈᑎᖃᓕᙱᒃᑲᓗᐊᕐᒪᖔᖅᐱᑦ,** ᓱᕐᓗ ᖁᐃᖅᑐᖃᑦᑕᓕᕋᑖᕈᕕᑦ ᐅᕝᕙᓘᓐᓃᑦ ᖁᐃᖅᑐᖃᑦᑕᕐᓃᑦ ᐱᕙᓪᓕᐊᑐᐃᓐᓇᖅᐸᑦ, ᐊᓂᕐᓂᑭᓕᖃᑦᑕᕐᓗᑎᑦ ᐊᓂᖅᓵᖅᑐᕐᓃᓪᓘᓐᓃᑦ ᐊᔪᕐᓇᖅᑐᖅᓯᐅᕈᑎᒋᓕᕈᕕᐅᒃ, ᐆᑎᕐᓇᕐᓃᑦ 38°C–ᓃᓕᖅᐸᑦ, ᐆᓇᖅᓯᖃᑦᑕᕈᕕᑦ, ᕿᐅᓂᐊᓕᖅᐸᒃᑯᕕᑦ, ᑕᖃᓴᕋᐃᒃᑯᕕᑦ ᓄᑭᑭᓪᓗᑎᓪᓘᓐᓃᑦ, ᓄᑭᑎᑦ ᑎᒦᓪᓘᓐᓃᑦ ᐋᓐᓂᐊᒋᒍᕕᒋᑦ, ᓇᐃᒪᑦᓯᐊᕈᓐᓃᑲᓪᓚᒃᑯᕕᑦ ᓂᓇᑎᓪᓘᓐᓃᑦ ᑎᐱᖃᕈᓐᓃᖅᐸᑕ, ᓂᐅᕐᑯᙱᖃᑦᑕᕈᕕᑦ, ᓈᕐᒥᒃ ᐱᔪᒥᒃ ᐋᓐᓂᐊᓚᑦᓯᖃᑦᑕᓕᕈᕕᑦ (ᓈᖑᒍᕕᑦ, ᐃᑎᑦᑕᕐᓗᑎᑦ, ᒥᓇᐊᖃᑦᑕᕐᓗᑎᑦ) ᐊᑲᐅᑦᓯᐊᖏᓪᓚᓇᓪᓗᑎᓪᓗ.
  - **ᖃᐅᔨᒪᒐᓯᐊᑦᓯᐊᕈᖅ ᑎᑎᖅᐸᓪᓗᒍᓗ ᐆᓇᕐᓃᑦ ᖃᐅᑕᒫᑦ** (ᐅᕝᕙᓘᓐᓃᑦ ᐊᑐᖅᑕᐅᕐᑯᔭᖓ ᒪᓕᓪᓗᒍ ᐋᓐᓂᐊᖃᕐᓇᖏᑦᑐᓕᓇᓂᕐᒧᑦ ᐱᔪᓐᓇᕐᓂᖃᖅᑎᑕᐅᑉ) ᐊᒻᒪ ᐆᓇᖅᓯᔭᕐᓂᕐᒧᑦ ᐃᖅᑲᒐᕐᓂᖅ ᐃᓯᑦᑕᐃᓕᖃᑦᑕᕐᓗᑎᑦ (ᓱᕐᓗ, ᐃᖅᑲᒐᐃᑦ ᐆᓇᖅᑐᖅᓯᐅᑏᑦ) ᐱᑦᑕᐃᓕᔭᕆᐊᖃᓪᓚᕆᑦᑕᑎᑦ. ᑕᒪᒃᑯᐊ ᐃᔭᒐᐃᑦ ᐆᓇᖅᓯᔭᖅᑐᖅᓯᐅᑏᑦ ᓄᕙᒡᔪᐊᕐᓇᖅ–19–ᒥᒃ ᐱᑕᖃᖅᑐᒥᓂᐅᔪᖃᓕᖅᑎᓪᓗᒍ ᖃᐅᔨᔭᐅᓇᓵᕈᑎᐅᒻᒪᑕ.

ᑲᖏᓯᓕᕈᕕᑦ ᓄᕙᕐᔪᐊᓇᕐᒥᒃ ᐅᓪᓗᐃᑦ 14 ᐃᓗᐊᓂ ᐊᓂᑦᑕᐃᓕᓗᑎᑦ, ᐃᒪᐃᒋᐊᖅᖅᑐᑎᑦ:

- ᐃᓄᑑᓗᑎᑦ ᖃᓪᓕᑦᑕᐃᓕᓗᑎᑦ ᐊᓯᓐᓂᒃ ᖃᐅᔨᑐᐊᕈᕕᑦ ᑲᖏᓇᖅᑐᒥᒃ ᓄᕙᕐᔪᐊᓇᕐᒥᒃ
- ᐅᖃᓚᕕᒋᑦᓴᐅᑎᒋᓗᒍ ᐋᓐᓂᐊᓯᐅᖅᑎ ᐅᕝᕙᓘᓐᓃᑦ ᐋᓐᓂᐊᖃᕐᓇᖏᑦᑐᓕᕆᔨᒃᑯᑎᒍᑦ ᐱᔪᓐᓇᕐᓂᖃᖅᑎᑕᐅᔪᖅ ᐅᖃᖃᑎᒋᓂᐊᕋᕕᐅᒃ ᑲᖏᒋᔭᕐᓂᒃ ᐊᒻᒪ ᐊᐅᓚᖅᓯᒪᓚᐅᕐᓂᖅᐱᑦ ᒥᒃᓵᓄᑦ, ᒪᓕᑦᓯᐊᕐᓗᒋᓪᓗ ᐊᑐᖅᑕᐅᕐᑯᔭᐅᔪᑦ

ᐋᓐᓂᐊᓂᒃ ᐋᓐᓂᐊᔾᔪᑕᐅᓲᓂᓪᓘᓐᓃᑦ ᐋᓐᓂᐊᒍᑎᖃᕈᕕᑦ ᐃᓕᓐᓂᒃ ᖃᐅᔨᓴᑦᓯᐊᕆᐊᖅᖅᑐᑎᑦ ᐱᐅᖏᓕᐅᒥᕙᓪᓕᐊᔫᖏᒃᑲᓗᐊᕐᒪᖔᖅᐱᑦ ᒪᑯᐊᓘᓐᓃᑦ ᐊᑐᓕᖅᐸᓪᓕᐊᒻᒪᖔᖅᐱᒋᑦ (ᓲᕐᓗ., ᐊᓂᕐᓂᑭᓕᖃᑦᑕᕈᕕᑦ, ᓴᕝᕕᒃᑯᑦ ᐋᓐᓂᐊᓚᑦᓯᒍᕕᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑎᓪᓕᕐᓃᑦ ᐃᐸᐱᓇᖅᓯᕙᓪᓕᐊᑐᐃᓐᓇᖅᐸᑦ, ᓇᓗᓕᖅᓯᒪᖃᑦᑕᓯᒍᕕᑦ ᐃᖅᑯᒪᒍᓐᓇᐃᓕᖃᑦᑕᓕᕈᕕᓪᓘᓐᓃᑦ). ᖃᖏᓇᕈᑎᖃᓕᕈᕕᑦ ᐊᑐᖃᑦᑕᓚᐅᙱᑕᕐᓂᒃ, ᐅᖃᓚᒋᐊᖃᖅᑐᑎᑦ ᐅᕗᖓ 911 ᓄᓇᓕᒋᔭᕐᓂᓘᓐᓃᑦ ᑐᐊᕕᕐᓇᖅᑐᓕᕆᔨᒃᑯᓐᓄᑦ ᓇᓗᓇᐃᖅᓯᕕᒋᓗᒋᓪᓗ ᓄᕙᒡᔪᐊᕐᓇᖅ–19–ᒥᒃ ᐋᓐᓂᐊᔾᔪᑎᖃᑐᐃᓐᓇᕆᐊᖃᕐᓂᕐᓂᒃ ᑎᒦᑦ ᒪᓕᓪᓗᒍ ᐋᓐᓂᐊᒍᑎᖃᕐᓃᑦ ᐱᔾᔪᑎᒋᓪᓗᒍ ᐅᓗᕆᐊᓇᕐᓂᖅᓴᒦᑐᐃᓐᓇᕆᐊᖃᕋᕕᑦ.

ᐊᑐᕈᓐᓇᕐᒥᔭᑎᑦ ᐃᑭᐊᖅᑭᕕᒃᑯᑎᒍᑦ ᐊᑐᐃᓐᓇᐅᑎᑕᐅᔪᑦ ᓇᖏᓂᖅ–ᖃᐅᔨᓴᕈᑏᑦ (ᐊᑐᐃᓐᓇᐅᑎᑕᐅᑉᐸᑦ ᓄᓇᓐᓂ ᓄᓇᓕᓐᓂᓘᓐᓃᑦ) ᖃᐅᔨᒍᑎᒋᓂᐊᕋᕕᐅᒃ ᖃᐅᔨᓴᖅᑕᐅᒋᐊᖃᕐᒪᖔᖅᐱᑦ ᖃᐅᔨᓴᖅᑕᐅᓗᑎᓪᓘᓐᓃᑦ ᓄᕙᕐᔪᐊᕐᓇᖅ-19–ᒧᑦ.

ᓇᓗᓇᐃᖅᓯᒍᑎ: ᐃᓪᓗᒥᐅᖃᑎᖃᕈᕕᑦ ᐃᓄᑑᑎᑕᐅᔭᕆᐊᓕᒻᒥᒃ ᑲᖏᒋᔭᐅᔪᒥᒃ ᓄᕙᕐᔪᐊᓇᖅᑐᖃᕆᐊᖓᓂᒃ-19–ᒥᒃ, ᐃᓄᑑᔭᕆᐊᖃᕐᓃᑦ ᐊᑯᓂᐅᓂᖅᓴᐅᑐᐃᓐᓇᕆᐊᓕᒃ ᐅᓪᓗᑦ 14 ᐅᖓᑖᓄᑦ. ᖃᐅᔨᒋᐊᕐᕕᒋᒍᒃ ᐋᓐᓂᐊᖃᕐᓇᖏᑦᑐᓕᕆᔨᒃᑯᑎᒍᑦ ᐱᔪᓐᓇᕐᓂᖃᖅᑎᑕᐅᔪᖅ.
ᐊᓂᑦᑕᐃᓕᔭᕆᐊᖃᕐᓂᐊᕐᓗᑎᑦ (ᓇᒻᒥᓂᖅ–ᐃᓄᑑᓂᖅ) ᐅᑯᐊ ᒪᓕᒋᐊᓖᑦ:

ᖃᓪᓕᓗᐊᑦᑕᐃᓕᓂᖅ ᐊᓯᓂᑦ

- ᐊᓂᑦᑕᐃᓕᔭᕆᐊᖃᕐᓂᖅ ᐊᑐᕆᐊᖃᙱᑕᐃᑦ ᐊᖏᕐᕋᓐᓂ ᐊᔪᕐᓇᖅᐸᑦ ᐃᓪᓗᒥᐅᖃᑎᑦ ᐱᔾᔪᑎᒋᓪᓗᒋᑦ. ᓱᕐᓗ, ᐃᒪᐃᒍᕕᑦ
  - ᐃᓪᓗᒥᐅᖃᑕᐅᒍᕕᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓪᓗᖃᖃᑕᐅᒍᕕᑦ ᓇᔪᖅᑕᕐᓂᒃ,
  - ᐱᕕᑭᑦᑐᒥᒃ ᐃᓪᓗᒥᒃ ᐊᑐᖅᑐᐊᖃᑕᐅᒍᕕᑦ,
  - ᐃᓪᓗᒥᐅᖃᑕᐅᒍᕕᑦ ᐊᒥᓱᕋᔭᕐᓂ ᐃᓚᔭᑏᓂ ᐊᒥᓱᓂᓘᓐᓃᑦ ᐃᓄᓕᒻᒥ,
  - ᐃᓪᓗᒥᐅᖃᑎᖃᕈᕕᑦ ᐊᐅᓪᓚᖅᓯᒪᖃᑎᒋᓯᒪᙱᑦᑕᕐᓂᒃ ᐊᔪᕐᓇᕐᓗᓂ ᑲᓱᒪᑦᑕᐃᓕᒋᐊᙱᑦ, ᐅᕝᕙᓘᓐᓃᑦ
  - ᓇᔪᖅᑕᐃᑦ ᐊᒥᓲᕕᐅᐸᑦ, ᐃᓕᓐᓂᐊᖅᑎᓄᑦ ᓇᔪᒐᐅᐸᑦ ᐊᒥᓱᓄᓪᓘᓐᓃᑦ ᑲᑐᔾᔨᖃᑎᒌᓄᑦ ᓇᔪᒐᐅᐸᑦ ᖃᓪᓕᖃᑦᑕᐅᑎᓗᓂ ᑭᓯᐊᓂᐅᐸᑦ ᓇᔪᖅᑕᐅᕙᑦᑐᓂᓗ ᑲᑎᖃᑦᑕᕐᕕᐅᐸᑦ.
- ᐊᖏᕐᕋᖅᓯᒪᓗᑎᑦ ᐃᓂᒋᔭᕐᓂᓘᓐᓃᑦ ᒫᓐᓇᐅᔪᖅ ᑲᓇᑕᒥ (ᐊᓂᑦᑕᐃᓕᒋᑦ ᓇᔪᖅᑕᕐᓂ).
- ᐊᓂᓗᑎᑦ ᑭᓯᐊᓂ ᐋᓐᓂᐊᕕᓕᐊᓇᐊᖃᕈᕕᑦ ᐅᐸᕐᕕᓴᐅᑎᑕᐅᔪᓄᑦ (ᐃᓄᑐᐊᒃᑯᕕᐅᒍᓐᓇᖅᑐᑎᒍᑦ ᑕᐃᔭᐅᓯᒪᔪᒧᑦ ᐃᖏᕐᕋᔾᔪᑎᒃᑯᑦ ᐋᑕᐅᓗᑎᑦ ᑕᒪᓐᓇ ᐱᔾᔪᑎᒋᓪᓗᒍ).
- ᐃᓕᓐᓂᐊᕐᕕᓕᐊᑦᑕᐃᓖᑦ, ᐃᖅᑲᓇᐃᔭᕐᕕᒻᒧᑦ, ᐊᓯᖏᓐᓄᓘᓐᓃᑦ ᐃᓄᖕᓄᑦ ᐅᐸᖓᔪᓄᑦ ᐅᕝᕙᓗᓐᓃᑦ ᑭᒃᑯᑐᐃᓐᓇᕐᓂᑦ ᐅᓯᒍᓐᓇᖅᑐᓃᑦᑕᐃᓖᑦ (ᓱᕐᓗ ᓄᓇᓯᐅᑎᑯᑖᓂ, ᑖᒃᓯᓂ).

- ᐳᓛᖅᑎᖃᑦᑕᐃᓕᓗᑎ, ᐊᓃᕋᓗᐊᕈᕕᓪᓘᓐᓃᑦ ᓯᓚᒥ.
- ᖃᓪᓕᔭᖃᑦᑕᐃᓕᒋᑦ ᐃᓄᖕᓂᒃ <u>ᐋᓐᓂᐊᔾᔪᑎᖃᖅᑐᓂᒃ ᑎᒥᒥᒍᑦ ᐊᓯᖏᑎᒍᓪᓘᓐᓃᑦ ᖃᐅᔨᔭᐅᓯᒪᔪᓂ ᐋᓐᓂᐊᓕᓐᓂᒃ</u>, ᐱᖃᓯᐅᑎᓗᒋᑦ ᐃᓐᓇᐅᓂᖅᓴᐃᑦ, ᐃᓄᐃᑦ ᐊᕐᕌᒍᖏᑦ ᓇᐅᑐᐃᓐᓇᐅᒐᓗᐊᖅᐸᑕ ᐋᓐᓂᐊᓖᑦ, ᐃᓄᐃᑦ ᐊᕐᕌᒍᖏᑦ ᓇᐅᑐᐃᓐᓇᐅᒐᓗᐊᖅᐸᑕ ᑎᒥᒥᒍᑦ ᐅᓇᑕᐅᑎᖏᑦ ᐋᓐᓂᐊᒥᒃ ᐊᑐᑦᓯᐊᖏᔾᔪᑎᓖᑦ, ᐊᒻᒪᓗ ᐃᓄᐃᑦ ᐃᓪᓗᒥᐅᖃᑕᐅᔪᑦ ᐅᕕᓂᑦᑐᓪᓗᑎᒃ (BMI > 40)
- ᖃᓪᓕᔭᖃᑦᑕᐃᓕᒋ ᐃᓪᓗᒥᐅᖃᑎᓐᓂᒃ, ᐱᓗᐊᖅᑐᒥ ᑕᐃᒃᑯᐊ ᐊᐅᓪᓚᖅᓯᒪᖃᑎᒋᓯᒪᙱᑦᑕᑎᑦ.
- ᑐᔪᕐᒥᕕᒻᒦᒃᑯᕕᑦ, ᐃᓂᒋᔭᐅᕙᑦᑐᓖᑦᑕᐃᓕᒋᑦ ᓱᕐᓗ ᑲᑎᕕᐅᕙᑦᑐᓂ, ᓯᓚᒥ ᐊᓖᖅᑐᐊᕕᓐᓂ, ᓂᕆᕕᓐᓂ, ᐃᖃᐃᓕᓴᕐᕕᓐᓂ ᐳᐃᔾᔪᕋᕐᕕᓐᓂᓘᓐᓃᑦ.
- ᖃᓪᓕᑦᑕᐃᓕᒍᓐᓇᙱᒃᑯᕕᑦ, ᐅᑯᐊ ᒪᓕᒋᐊᓖᑦ:
  - ᑭᓪᓕᖃᖅᑎᓪᓗᒋᑦ ᐅᖃᖃᑎᖃᕐᓂᑎᑦ ᑲᑎᑲᐃᓐᓈᕐᔪᓐᓂᑎᑦ ᐃᓪᓗᒥᐅᖃᑎᓐᓂᒃ ᒥᓕᒐᖅᓯᒪᓗᑎᑦ ᒪᑐᐊᕐᒥᓘᓐᓃᑦ 2–ᒦᑕᓂᒃ ᐅᖓᓯᑦᓯᓯᒪᒋᐊᖃᕐᓂᖅ ᐊᓯᒥᒃ ᐊᔪᕐᓇᖅᐸᑦ
  - ᐃᓪᓗᕈᓯᑐᐊᖃᓇᑦ ᐊᓯᐊᓂᓪᓗ ᖁᕐᕕᓕᐊᕐᕕᒻᒥᒃ ᐊᑐᖅᐸᓪᓗᑎᑦ, ᐊᔪᕐᓇᖏᐸᑦ. ᑕᒪᓐᓇ ᐱᖃᓯᐅᔾᔨᔪᖅ ᐃᓪᓗᒥᐅᖃᑎᖃᕈᕕᑦ ᐱᖃᓐᓇᕆᔭᕐᓂᒃ/ᐃᓚᔭᓐᓂᒃ ᐊᐅᓪᓚᖅᓯᒪᖃᑎᒋᓐᓂᖏᑦᑕᕐᓂᒃ.

- ᐃᓚᖏᑦ ᐃᓄᐃᑦ ᐊᐃᑦᑐᐃᓲᖅ ᓄᕙᕐᔪᐊᕐᓇᒥᑦ ᐊᓪᓛᒃ ᖃᓂᒪᔫᖏᒃᑲᓗᐊᖅᑎᓪᓗᒋᑦ. ᐋᓐᓂᐊᕕᔭᐅᖏᑦᑐᒥᑦ ᒪᑐᐊᖅᓯᒪᖃᑦᑕᕐᓗᑎᑦ ᑮᓇᐃᓪᓘᓐᓃᑦ ᑕᕐᕆᓯᒪᑎᓪᓗᒍ (ᓱᕐᓗ, ᒪᕐᕉᓕᖅᑲᖓᓗᒍ ᖃᓪᓗᓈᖅᑕᒥᑦ, ᓴᖅᑭᔾᕆᐊᖃᖏᑦᑐᖅ ᕿᖓᐃᑦ ᖃᓃᓪᓗ ᐊᓂᖅᓵᖅᑐᒡᒐᖏᓪᓗᑎᓪᓗ, ᓂᐊᕐᑯᕐᓄᑦ ᕿᓚᔅᓯᖅᓯᒪᑦᑎᐊᕐᓗᓂ ᓯᐅᑎᒃᑯᓪᓘᓐᓃᑦ ᓂᔅᓯᔅᓯᒪᓗᒍ) ᐅᖓᓯᒋᔭᖃᕈᓐᓇᖏᒃᑯᕕᑦ ᐃᓚᖏᓐᓂ ᐃᓄᓐᓂᑦ, ᒪᑐᐊᖅᓯᒪᒍᕕᑦ ᐊᐃᑦᑐᐃᖏᒍᓐᓇᕋᕕᑦ.
- ᖃᓪᓕᑦᑕᐃᓕᓗᒋᑦ ᐆᒪᔪᕐᑯᑎᒋᔭᐅᔪᑦ, ᐊᒥᓱᓚᓐᓂᑦ ᓇᓗᓇᐃᖅᑕᐅᓯᒪᔪᖃᕐᒪᑦ ᐊᐃᑦᑐᕐᓕᐅᓂᕐᒥᓂᕐᒧᑦ ᓄᕙᕐᔪᐊᕐᓇᖅ-19-ᒥᒃ ᐆᒪᔪᕐᑯᑎᒥᓐᓄᑦ.

ᒪᑯᐊ ᐊᑐᕈᓐᓇᖅᑕᑎᑦ ᐊᓂᑦᑕᐃᓕᓂᕐᓂ (ᓇᖕᒥᓂᖅ–ᐃᓄᑑᔭᕆᐊᖃᕐᓂᖅ)

ᐅᖓᓯᑦᓯᓂᕐᓂ ᑎᒥᒃᑯᑦ ᐊᓯᓐᓂᒃ 2–ᒦᑕᓂᒃ, ᐃᒪᐃᒍᓐᓇᖅᑐᑎᑦ:

- ᑐᙵᓇᖅᓴᕐᓗᑎᑦ ᐊᒡᒐᓐᓄᑦ ᓄᓗᕋᕐᓗᑎᑦ ᑎᒍᑎᖏᖕᒐᕐᓗᑎᑦ, ᑯᓂᖏᓪᓗᑎᑦ ᐃᕿᑦᓯᖏᓪᓗᑎᓪᓘᓐᓃᑦ
- ᐊᐱᕆᓗᒍ ᐃᓚᔫᑦ, ᓴᓂᓪᓖᑦ ᐱᖃᑏᓪᓘᓐᓃᑦ ᐃᑲᔪᖅᑕᐅᒍᒪᓗᑎᑦ ᐱᔭᕆᐊᓕᓐᓄᑦ (ᓱᕐᓗ., ᐊᐃᔭᐅᑎᓪᓗᒋᑦ ᐃᓅᓕᓴᐅᑎᒃᓴᐃᑦ, ᓂᕿᓂᖅ ᓂᐅᕕᕆᐊᖅᑎᑦᓯᓃᑦ)
- ᓂᕿᓂᑦ ᑎᑭᓴᐃᕕᑦᓴᐃᑦ ᐊᑐᕐᓗᒋᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᑭᐊᖅᑭᕕᒃᑯᑎᒍᑦ ᑎᑭᓴᐃᓗᑎᑦ
- ᐃᖃᐃᓕᓴᖃᑦᑕᕐᓗᑎᑦ ᐊᖏᕐᕋᒥ
- ᐅᐊᔭᒧᖅᑐᖅ ᐊᑐᕋᑦᓴᐃᑦ ᐊᑐᕐᓗᒋᑦ, ᓱᕐᓗ ᖃᕆᑕᐅᔭᑎᒍᑦ ᑕᑯᓐᓇᖃᑦᑕᐅᑎᓗᓂ ᐅᖃᓚᖃᑦᑕᐅᑎᓂᑦ, ᖃᕆᑕᐅᔭᑎᒍᑦ ᐃᓚᔫᕐᓂᑦ ᐱᖃᑎᓐᓂᓪᓗ ᓂᕆᖃᑎᒌᓐᓂᒃᑯᑦ ᐊᒻᒪ ᐱᙳᐊᕈᑎᑎᒍᑦ ᐊᑐᖕᒐᕐᓗᓯ
- ᐃᖅᑲᓇᐃᔭᕐᓗᑎᑦ ᐊᖏᕐᕋᓐᓂ
- ᐊᓂᕙᓪᓗᑎᑦ ᐊᓃᕐᑐᐊᕕᓐᓄᑦ ᓯᓚᑖᓃᑦᑐᒥᒃ ᐃᓪᓗᕕᑦ ᐊᑕᔪᒥᓘᓐᓃᑦ ᐃᓪᓗᒧᑦ ᐊᓃᖅᑐᐊᕕᒻᒥ, ᐊᓂᕙᓪᓗᑎᑦ ᑲᑕᓐᓄᑦ ᓯᓚᑎᑦᓯᓃᑦᑐᓄᓪᓘᓐᓃᑦ ᐃᓂᐅᔪᓄᑦ, ᐱᓱᖃᑦᑕᕐᓗᑎᑦ ᐊᖏᕐᕋᕕᑦ ᖃᓂᑕᖓᓂ ᑭᓯᐊᓂ ᐅᕝᕙᓘᓐᓃᑦ ᑎᑎᖅᑐᒐᕐᓂᒃᑯᑦ ᓯᓚᑎᓐᓂ ᐅᕝᕙᓘᓐᓃᑦ ᓯᓚᑎᑦᓯᐊᓐᓂ ᑕᖅᑳᓂ ᐅᓪᓚᑦᓴᕋᕐᓗᑎᑦ ᐱᙳᐊᕐᓗᑎᓪᓗ

ᐊᒡᒐᑎᑦ ᓴᓗᒪᑎᒃᑭᑦ

- ᐊᐅᓴᖅᐸᓪᓗᒋᑦ ᐊᒡᒐᑎᑦ ᕿᓚᒥᒃᑯᑦ ᐅᐊᓴᐅᒻᒧᑦ ᐃᒥᕐᒧᓪᓗ ᑎᑦᑕᐃᑦ 20 ᐅᐊᓴᕐᓗᑎᑦ, ᐊᓪᓚᑎᕐᓗᑎᑦ ᐃᒡᒐᑎᒃᓴᒃᒧᑦ ᐸᓂᖅᑐᒧᓪᓘᓐᓃᑦ ᐃᒡᒍᑎᒧᑦ, ᑭᖑᕝᕕᖅᐸᓪᓗᒍ ᖃᐅᔨᐅᓕᕋᐃᑉᐸᑦ ᐃᒡᒍᑦ.
- ᐃᐱᔭᕈᓐᓇᖅᑕᑎᑦ ᐊᓪᓚᕈᑎᕋᓛᒧᑦ ᕿᐅᒃᑲᖕᒐᑦᑕᐅᑎᒋᔪᒥᑦ ᐊᑐᕐᓗᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑐᕐᑯᓴᐃᑎᓕᒻᒧᑦ ᒥᖑᐊᕈᑎᒧᑦ ᑐᕐᑯᓴᐃᑎᓕᒻᒥᑦ ᑕᒫᓂᕐᔪᐊᖑᓐᓃᑦ 60%–ᒥᑦ.ᐃᓵᒃᑭᑦ, ᕿᖕᒐᐃᑦ ᖃᓃᓪᓗ ᐊᑦᑑᕿᔭᑦᑕᐃᓕᒪᓗᒋᑦ.
- ᖁᐃᖅᑐᖃᑦᑕᕐᓗᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑕᒋᐅᓪᓗᑎᑦ ᑕᓕᕐᓄᑦ ᒥᓕᒋᐊᕐᓗᑎᑦ ᑲᒃᑭᐅᑎᒃᓴᒧᓪᓘᓐᓃᑦ.

ᓯᓗᒪᑎᒃᑭᑦ ᖀᓛᑦ ᐃᓕᓯᒪᕕᒋᔭᒃᓴᐃᑦ ᐊᒥᖅᑲᐅᑎᖃᑎᖃᑦᑕᐃᓕᓗᑎᓪᓗ ᓇᖕᒥᓂᒃ ᐱᓐᓂᒃ

- ᐅᓪᓗᖅ ᐊᑕᐅᓯᐊᕐᓗᒍ, ᓴᓗᒻᒪᖅᓴᖃᑦᑕᒃᑭᑦ ᖁᐱᕐᕈᐊᕐᔪᓂᓪᓗ ᑐᖁᑦᓯᔪᓐᓇᖅᑐᓄᑦ ᓴᓗᒻᒪᖅᓴᐃᑎᑦᓴᔭᓄᑦ ᓴᓗᒻᒪᓴᕐᓗᒋᑦ ᖀᓛᑦ ᐃᓕᓯᒪᕕᒃᓴᐅᔪᑦ ᐊᑦᑐᕋᔪᑦᑕᑎᑦ, ᓱᕐᓗ ᖁᕐᕕᒃ, ᐃᒡᓕᐅᑉ ᓴᓂᐊᓃᓯᑦ ᐃᓕᔾᔨᕕᑦ, ᒪᑐᐃᕐᑕᕐᕕᑦ ᑎᒍᕕᖕᒋᑦ, ᐅᖃᓚᐅᑏᑦ ᐊᒻᒪᓗ ᑕᓚᕕᓴᐅᑉ ᓇᕿᑦᑕᐅᑎᖕᒋᑦ.
- ᓴᓗᒻᒪᖅᓴᐃᓂᐊᕐᓗᓂ ᖁᐱᕐᕈᐊᕐᔪᓂᑦ ᑐᖁᑦᓯᔪᓐᓇᖅᑐᓄᑦ ᓴᓗᒻᒪᖅᓴᐃᑎᑦᓴᔭᓄᑦ, ᐊᑐᕆᐊᓕᒃ ᐆᒥᖕᒐ ᑭᓯᐊᓂ ᐊᖏᖅᑕᐅᓯᒪᔪᖅ ᓈᒻᒪᒋᔭᐅᔪᖅ ᓯᑎᔪᒥᑦ–ᖀᓕᓐᓄᑦ ᓴᓗᒻᒪᖅᓴᐃᑎᑦᓴᔭᐃᑦ ᓇᓗᓇᐃᒃᑯᑕᓕᓐᓂᑦ ᓈᒻᓴᐅᑎᓕᓐᓂᑦ ᑎᑎᖅᑲᖕᒐ ᐃᒪᐃᓕᖕᒐᔪᒥᒃ (DIN). ᑕᐃᒪᐃᑦᑐᖅ ᓈᒻᓴᐅᑎᓕᓐᓂᑦ ᓯᑕᒪᐅᔪᖅᑐᓂᒃ (8) ᑖᓐᓇ ᑐᓂᔭᐅᓯᒪᔪᖅ ᐋᓐᓂᐊᖃᕐᓇᖏᑦᑐᓕᕆᔨᒃᑯᓐᓄᑦ ᑲᓇᑕᒥ ᓇᓗᓇᐃᒃᑯᑕᖅ ᖁᐱᕐᕈᐊᔪᓂᑦ ᑐᖁᓴᐃᑎᓕᒃ ᓴᓗᒻᒪᖅᓴᐃᑎ ᓈᒻᒪᒋᔭᖅ ᐊᖏᖅᑕᐅᓯᒪᔪᖅ ᐊᒻᒪ ᐊᑦᑕᓇᕋᓂ ᐊᑐᕆᐊᖕᒐ ᑲᓇᑕᒥ.

- ᑕᒪᒃᑯᐊ ᐊᖏᕈᑕᐅᓯᒪᔪᑦ ᓯᑎᔪᒥᑦ ᖃᓕᓐᓄᑦ ᓴᓗᒻᒪᖅᓴᐃᑎᑦᓴᔭᐃᑦ ᐊᑐᐃᓐᓇᐅᖏᑉᐸᑕ, ᐃᒡᓗᒥ ᖁᐱᕐᕈᐊᕐᔪᓂᑦ ᑐᖁᑦᓯᒍᓐᓇᖅᑐᓂᑦ ᓴᓗᒻᒪᖅᓴᐃᑎᖃᕐᓂᐊᕐᓗᓂ, ᐃᒥᕐᒥᑦ ᐃᓚᓯᒪᔪᒥᒃ ᖃᕐᑯᖅᓯᓴᐅᒻᒥᒃ ᐊᑐᐃᓐᓇᕈᖅᓴᐃᕕᒃᓴᖅ ᒪᓕᓪᓗᒍ ᒪᓕᒐᒃᓴᓕᐊᖑᓯᒪᔪᑦ ᑎᑎᕋᖅᑕᐅᓯᒪᕕᖓᓃᑦᑐᑦ ᖃᑯᖅᓯᓴᐅᑎᐅᑉ, ᐅᕝᕙᓘᓐᓃᑦ ᐃᒪᖓ 5–ᒥᓚᒦᑕᓂᑦ (mL) ᖃᕐᑯᖅᓯᓴᐅᑦ ᐃᓚᓗᒍ ᐃᒥᕐᒥᑦ 250 ᒥᓚᒦᑕᐅᓗᒍ ᐅᕝᕙᓘᓐᓃᑦ 20 ᒥᓚᒦᑕᖅ ᖃᕐᑯᖅᓯᓴᐅᑦ ᐃᓚᓗᒍ ᖃᓪᓗᑎᓪᓗᐊᒥᒃ ᐃᒥᕐᒥᒃ. ᑖᓐᓇ ᒪᓕᒐᑦᓴᖅ ᖃᕐᑯᖅᓯᓴᐅᑎᓕᒻᒧᑦ 5–ᐳᓴᒥᑦ ᑕᕆᐅᓕᕐᒥᒃ ᓴᓗᒻᒪᖅᓴᐃᑎᒥᒃ, ᐃᒪᐃᑦᑐᕈᕐᓂᐊᕐᒪᑦ 0.1–ᐳᓴᑦ ᓴᓗᒻᒪᖅᓴᐃᑦ ᖃᑯᖅᓯᓴᐅᑎᓕᒃ. ᒪᓕᓪᓗᒋᑦ ᒪᓕᒐᑦᓴᐅᑎᑕᐅᔪᑦ ᖃᕐᑯᖅᓯᓴᐅᑎᓕᒻᒥᒃ ᑲᒪᑦᓯᐊᕆᐊᖃᕐᓂᖅ ᐃᓪᓗᒥ ᓴᓗᒻᒪᖅᓴᐃᑎᐅᓂᐊᖅᑎᓪᓗᒍ (ᖃᑯᖅᓯᓴᐅᑎᓕᒃ) ᖃᑯᖅᓯᓴᐅᑦ.

- ᑕᒪᒃᑯᐊ ᐅᐊᔭᒧᖅᑐᑦ ᓴᓗᒻᒪᖅᓴᕋᑦᓴᐅᑉᐸᑕ ᖁᐱᕐᕈᐊᕐᔪᓐᓂᑦ ᑐᖁᑦᓯᒍᓐᓇᖅᑐᑕᓕᓐᓄᑦ ᓴᓗᒻᒪᖅᓴᐅᑎᓄᑦ, ᐊᒃᑐᐊᔭᐅᓗᑎᒃ ᐃᓴᒥᒋᐊᓖᑦ ᐅᐊᔭᒧᖅᑐᖅ (ᓱᕐᓗ., ᓇᕿᑦᑕᐅᑏᑦ ᖃᓇᑕᐅᔭᕐᒧᖕᒐᔪᑦ, ᐊᑦᑐᓇᐊᓖᑦ ᖃᓇᑕᐅᔭᕐᒥ) ᑕᒪᒃᑯᐊ ᖁᐱᕐᕈᐊᕐᔪᓂᑦ ᑐᖁᑦᓯᒍᓐᓇᖅᑐᑕᓕᒻᒧᑦ ᓴᓗᒻᒪᖅᓴᖅᑕᐅᒍᓐᓇᖅᑐᑦ ᐃᓚᓕᒻᒧᑦ 70–ᐳᓴᓐᒥᒃ ᐃᒥᐊᓗᒃᓴᔭᒥᒃ ᖃᐅᑕᒫᑦ.
- ᓇᖕᒥᓂᖅ ᐱᑎᑦ ᑭᓇᑐᐃᓐᓇᕐᒧᑦ ᐊᑐᖅᑕᐅᑎᑦᑕᐃᓕᒃᑭᑦ, ᓱᕐᓗ ᑭᖑᑎᓯᐅᑏᒃ, ᐊᓪᓚᕈᑏᑦ, ᐊᐅᒻᒥᑏᑦ, ᓂᕆᔾᔪᑏᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑭᓱᑐᐃᓐᓇᐃᑦ ᐅᐊᔭᒧᖅᑐᑦ ᐅᖃᓚᐅᑎᕋᓛᑦ ᐊᓯᖏᓪᓗ.

ᐊᖏᕐᕋᕐᒥᐅᑕᐅᔭᕆᐊᓖᑦ ᐊᓂᑦᑕᐃᓕᔪᖃᖅᑎᓪᓗᒍ (ᓇᖕᒥᓂᖅ–ᐃᓄᑑᔭᕆᐊᓕᒻᒧᑦ)

- ᐋᓐᓂᐊᕕᒻᒥᙱᖕᒐᖅᓯᒪᖕᒋᑦᑐᑦ ᒪᑐᐊᖅ ᐅᕝᕙᓘᓐᓃᑦ ᑮᓇᕐᒧᑦ ᑕᕐᓇᓯᒪᔾᔪᑏᑦ (ᓱᕐᓗ, , ᒪᕐᕉᓕᖅᑲᖕᒐᓗᒍ ᖃᓪᓗᓈᖅᑕᒥᑦ, ᓴᖅᑭᔾᔭᕆᐊᖃᓐᖕᒋᑦᑐᖅ ᕿᖕᒐᐃᑦ ᖃᓃᓪᓗ ᐊᓂᖅᓵᖅᑐᒐᖕᒋᓪᓗᑎᓪᓗ, ᓂᐊᕐᑯᕐᓄᑦ ᕿᒪᔾᓯᖅᓯᒪᑦᑎᐊᕐᓗᒍ ᓯᐅᑎᒃᑯᓪᓘᓐᓃᑦ ᓂᔾᓯᔾᓯᒪᓗᒍ)
- ᐃᒡᒍᑎᒃᓴᔭᐃᑦ
- ᐆᓇᕐᓂᖅᓯᐅᑦ
- ᐃᒥᕐᒥᒃ ᑯᕕᔫᓖᒃ
- ᐊᒡᒐᒡᒧᑦ ᐅᐊᓴᐅᑦ
- ᐃᒥᐊᓗᒃᓴᔭᒥᒃ ᐃᓚᓖᑦ ᐊᒡᒐᒡᒧᑦ ᒥᖑᐊᕈᑎ ᐃᒪᓕᒃ 60–ᐳᓴᐅᓗᓂ ᐃᒥᐊᓗᒃᓴᔭᓕᒃ
- ᓂᕐᓇᑎᓯᐅᑦ ᐅᐊᓴᐅᑦ
- ᐊᓐᓄᕋᓄᑦ ᐅᐊᓴᐅᑦ
- ᐃᒡᓗᒥ ᓴᓗᒡᒪᖅᓴᐃᑏᑦ ᐊᑐᖅᑕᐅᒐᔪᑦᑐᑦ
- ᓯᑎᔪᒥᒃ ᖀᓕᓐᓄᑦ ᕐᑯᐱᕐᕈᐊᔪᓂᑦ ᑐᕐᑯᓴᐅᑎᓕᒃ ᓴᓗᒡᒪᖅᓴᐃᑎ ᓇᓗᓇᐃᒃᑕᓕᒃ ᓈᓴᐅᑎᖃᖅᓯᓂ ᑎᑎᖅᑲᓕᒃ ᐃᒪᐃᑦᑐᒥᒃ (DIN), ᐊᑐᐃᓐᓇᖅᑕᖃᖕᒋᑉᐸᓘᓐᓃᑦ, ᖃᑯᖅᓯᓴᐅᑦ ᐃᓚᓕᒃ 5–ᐳᓴᒥᒃ ᐊᒡᒪ ᐳᒍᑕᖅ ᐃᓚᓯᕕᒋᓂᐊᖅᑕᐃᑦ ᐃᒥᕐᒥᒃ ᐃᒡᒥᑰᖕᒐᑎᓪᓗᒋᒃ
- ᓈᒡᒪᑦᑐᑦ ᓴᓗᒡᒪᖅᓴᐃᑎᑦᓯᔭᐃᑦ ᐊᒃᑐᖅᑕᐅᓗᑎᒃ ᑭᓯᐊᓂ ᐃᓴᒥᔭᒃᓴᓄᑦ ᐅᐊᔭᒧᖅᑐᓄᑦ

ᐃᖅᑲᓇᐃᔾᕆᔭᖅ ᐱᔾᔪᑎᒋᓪᓗᒍ ᐊᐅᓪᓚᕆᐊᖃᕐᓂᖅ ᐃᖅᑲᓇᐃᔭᕆᐊᕆᐊᓕᖕᓄᑦ

ᐃᖅᑲᓇᐃᔭᕆᐊᕆᐊᓖᑦ ᐃᑳᕆᐊᖃᕐᓗᑎᑦ ᑲᓇᑕᐅᑉ ᓯᓚᑖᓄᑦ ᑕᒪᒃᑯᐊ ᑲᔪᓯᐊᑦᓯᐊᕐᑯᓪᓗᒋᑦᐱᔨᑦᓯᕈᑕᐅᔭᕆᐊᓖᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᑲᔪᖅᑕᐅᒋᐊᖃᖅᐸᑦᑐᑦ ᐃᑲᔪᕆᐊᖅᐸᑐᓪᓘᓐᓃᑦ ᐱᔨᑦᓯᕋᐅᑎᑎᒍᑦ ᐊᓯᖕᒋᓐᓄᑦ ᑲᓇᑕᒥᓂᐅᓄᑦ, ᐊᓂᑦᑕᐃᓕᒋᐊᖃᖅᑎᑕᐅᖕᒋᑦᑐᑦ (ᓇᖕᒥᓂᖅ ᐃᓄᑑᑎᑕᐅᒋᐊᑐᖕᒋᑦᑐᑦ) ᐊᐅᓪᓚᕆᐊᖃᖅᐸᑕ ᑲᓇᑕᐅᑉ ᓯᓚᑖᓄᑦ, ᑲᒋᓇᖅᑐᖃᖕᒋᑐᐊᖅᐸᑕ (ᑲᖕᒋᓇᖅᑐᖃᙱᑦᑐᑦ ᓄᕙᕐᔪᐊᓇᕐᒥᒃ-19–ᒥᒃ).

ᐃᒪᐃᒋᐊᓖᑦ:

- ᒥᓕᒐᖅᓯᒪᖃᑦᑕᕐᓗᑎᑦ ᐋᓐᓂᐊᕕᑦᓯᐅᑎᐅᖏᑦᑐᒥᒃ ᒪᑐᐊᕐᒥᔫᓐᓃᑦ ᑭᒃᑯᑐᐃᓐᓇᕐᓄᑦ ᐅᐸᑦᑕᐅᕙᑦᑐᓅᕐᓂᐊᕐᓂᕈᕕᑦ ᐊᓯᒥᒃ ᐅᖓᓯᑦᓯᔭᕆᐊᖃᕐᓂᖅ ᐊᔪᕐᓇᓚᖓᑉᐸᑦ
- ᖃᐅᔨᓴᐃᓐᓇᕆᑦ ᐃᓗᓯᕐᓂᒃ ᑲᖏᓇᖅᑐᖃᓕᖏᒃᑲᓗᐊᕐᒪᖔᖅᐱᑦ ᓄᕙᒡᔪᐊᕐᓇᖅ-19−ᒥᒃ ᐊᑑᑎᓕᙱᒃᑲᓗᐊᕐᒪᖔᖅᐱᔫᓐᓃᑦ ᓄᕙᒡᔪᐊᓇᖃᕐᓂᕐᒧᑦ, ᐱᖃᓯᐅᑎᓗᒍᓗ ᐅᓪᓗᐃᑦ 14 ᐊᑐᓂᒃ ᑲᓇᑕᓕᐊᓕᖅᑭᒐᐃᒍᕕᑦ.
- ᐃᖅᑲᒋᑦᓯᐊᒃᑭᑦ ᐋᓐᓂᐊᖃᕐᓇᖏᑦᑐᓕᕆᔨᒃᑯᓐᓄᑦ ᐊᑐᖅᑕᐅᕐᑯᔭᐅᔪᑦ ᐊᒻᒪᓗ ᖃᓄᐃᓕᐅᕆᐊᖃᖅᑎᑕᐅᔪᑦ ᐊᐅᓪᓚᕐᕕᒋᓂᐊᖅᑕᕐᓂ ᐊᐃᑦᑐᓗᐃᑦᑕᐃᓕᒍᖑᑕᐅᔪᓪᓗ ᐊᑐᕐᓗᒋᑦ ᐃᖅᑲᓇᐃᔭᕐᕕᓐᓂ ᓇᔪᑲᐃᓐᓇᑕᕐᓂ ᐊᑐᑦᓯᐊᕋᓯᐊᕐᓗᒋᑦ ᑕᒪᒃᑯᐊ ᐊᑐᖅᑕᐅᕐᑯᔭᐅᔪᑦ.

ᐋᓐᓂᐊᕕᑎᒍᑦ ᐊᓂᑦᑕᐃᓕᒋᐊᖃᖅᑎᑕᐅᒍᕕᑦ ᐊᓯᐊᓂᒃ ᐱᔾᔪᑎᖃᖅᑐᖃᕐᓗᓂ (ᓱᕐᓗ, ᖃᓪᓕᔪᒥᓂᐅᓗᑎᑦ ᓄᕙᕐᔪᐊᓇᖅᑐᓕᒻᒥᒃ), ᓇᓗᓇᐃᖅᓯᕕᒋᒍᒃ ᐋᓐᓂᐊᖃᕐᓇᖏᑦᑐᓕᕆᔨᑎᒍᑦ ᐱᔪᓐᓇᕐᓂᖃᖅᑎᑕᐅᔪᖅ ᖃᓄᐃᓐᓂᕕᑦ ᒥᒃᓵᓄᑦ ᐃᖅᑲᓇᐃᔭᖅᑎᐅᓃᑦ ᓇᓗᓇᐃᕐᓗᒍ ᐊᒻᒪ ᒪᓕᓪᓗᒋᑦ ᐊᑐᖅᑕᐅᕐᑯᔭᖏᑦ.

ᐊᐃᑦᑐᐃᑦᑕᐃᓕᒪᔪᐃᓐᓇᐅᔪᓐᓇᖅᑐᒍᑦ ᓄᕙᒃᔪᐊᕐᓈᓗᒻᒥᑦ ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᓐᓂᕈᕕᑦ.

ᖃᐅᔨᒋᐊᕐᓗᑎᑦ ᐅᕗᖓ Canada.ca/coronavirus ᐅᖄᓚᓗᑎᓪᓗᓐᓃᑦ 1-833-784-4397

* ᐃᓄᑑᔭᕆᐊᖃᕐᓂᕐᒧᑦ ᐱᕐᑯᔭᖅ
ᒐᕙᒪᒃᑯᑦ ᑲᓇᑕᒥ ᐊᑐᓕᖅᑎᑦᓯᓯᒪᒻᒪᑕ ᑐᐊᕕᕐᓇᑎᓪᓗᒍ ᐊᑐᖅᑕᐅᕐᑯᔭᖅ ᒪᓕᓪᓗᒍ ᐃᓄᑑᔭᕆᐊᖃᕐᓂᕐᒧᑦ ᐱᕐᑯᔭᖅ ᑭᓇᑐᐃᓐᓇᖅ ᑲᓇᑕᒨᕆᐊᖃᖅᐸᑦ − ᑎᖏᔫᒃᑰᖅᐸᑦ, ᐃᒪᒃᑯᑦ ᓄᓇᒃᑯᓘᓐᓃᑦ - ᐃᓄᑐᐊᒃᑯᕕᒻᒦᒋᐊᖃᕐᓂᖏᓐᓂᑦ ᐅᓪᓗᓂᒃ 14−ᓂᒃ ᑲᖏᓇᖅᑐᖃᖅᐸᑕ ᓄᕙᕐᔪᐊᓇᕐᒥᒃ-19−ᒥᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐃᓄᑑᔭᕆᐊᖃᖅᑐᖃᖅᐸᑦ (ᓇᖏᓂᖅ −ᐊᓂᑦᑕᐃᓕᒋᐊᖃᕐᓂᕐᒥᒃ) ᐅᓪᓗᓂᒃ 14−ᓂᒃ ᑲᖏᒋᔭᐅᓐᓂᕈᑎᒃ ᐊᐃᑦᑐᕐᓗᐃᕐᑯᓇᒍ ᓄᕙᕐᔪᐊᕐᓇᖅ-19−ᒥᒃ. ᐅᓪᓗᓂᑦ 14-ᓂᑦ ᐊᓂᑦᑕᐃᓕᔭᕆᐊᖃᕐᓂᖅ ᐱᒋᐊᖅᑐᖅ ᐃᓄᒃ ᑲᓇᑕᓕᐊᑐᐊᖅᐸᑦ.