



Tan e ishi-nakutelimitshishunanut, e tshipautshishunanut mak tshi ut taiek^u ne akushun takut COVID-19 muk^u apu tshekuan ishi-mitenitamek^u

Anitshenat ka kunuenitat nenu akushunu COVID-19 apu nanitam mitenitakau. At eka tshekuan mitenitamek^u, tshipatshi ashushkamatshanau ne akushun COVID-19 eshk^u eka mussipan kie tshipatshi ishinakuen tshetshi nass eka mitenitamek^u.

Tsha ui tshipautshishunau (tshinuau e itenitamek^u) kutunue-tshishik^u ashu neu:

- tshi papapimishkaiek e **uinuiek^u ute Canada** uemut tsha ui tshipautshishunau;*
- nass pessish tshitanau shit tshishelinuat kie mak shitu auen ka uitshakuesht COVID-19;
- tshitaimikutau nete ut ka aitinikau akushunu, tshuitamakunau tshi taiek^u pessish nete auen e kunuenimat manitushisse kie takuat tshi tshipautshishiek^u (tshinuau tsha ui tshipautshishunanu).*

E tshipautshishunanut (tshinuau e itenitamek^u) issishuemukuan, **kutunue-tshishik^u ashu** neu:

- **tak nete tshitshuauat** kutunnue-tshishik^u ashu neu tshika ishpish nakutuenimitshishin;
- **eka pessish atak^u auenitshen** kie mak eka tatatinek auen tshetshi eka ashushkamuatsheiek^u nite tshitshuauat kie nite uashka e taiek^u;
- **uauitshiaushuk^u tshetshi eka mishituepan ne akushun katak** e taiek mak e tak nete tshitshuat.

Nitu-mishtaiek^u kie mak mitenitaman neme tshe ishipish tshipautshishiek^u kutunnue-tshishik^u ashu neu, tshipa ui:

- tshipautshishunau neme ushkat mitenitamek^u;
- tshiet matuetak^u natukunitshuapit, kie mak akushiu-atusseunu-ka aiatinakauau anu mishta akushiek^u mak tshe nashamek^u ne tshe ishi uauitamakuiek^u

Tshipatshi apashtanau kie ne atusseuakan tshetshi tshinuau nanitussenimitshishiek^u (takunukue nete e ishi takaukuiek^u nete uetshipinik^u) tshi ut takunnuekue tshetshi nanitussenimikuiek^u ne COVID-19.

Tshe ui tshissenitamek^u: Uitapameiek^u auen e tshipautshishut usham itakushu nenu akushunu COVID-19, tshatshi pitshitinikinu akuetu 14 tshishik^u. Nanutussenitamek^u nite ka akushiu-atusseunu-ka iatinakauau.

Ui tapan taiek^u (tshinuau e tshipautshishuiek^u):

Eka ui tatshishkueik^u auen

- Tak^u nete tshitshuat kie mak nete a maniteuiek^u ute Canada (ek nikitamuk^u nete e taiek^u).
- Unuik^u nete tshitshuat muk^u tshiam nete nitakunish ituteik^u (tipan utapan pushuk^u).
- Apu tshikut ui itutanut katshishkutamatsheutshuat, kie mak tshi natshi-atusset auen kie mak nete e mitshetunanut.
- Kutshipanitak^u tshetshi eka umanitemiek^u.





- Eka ui imiekuat kie mak tatshishkuekuat tshishenuat kie mak shash ka akushit usham shitu ishinakushut^u.
- Eka ui tak ui imiekuat kie tatshishkuekuat auenitshen , nu ma minat eka ut papamishkatau mak eka ut tatau pessish ka akushinit.
- Eka tshi tutamek^u tshetshi eka taiek^u nete a tannut, ume akua tutamek^u:
 - nishutipashkunikan ishpesh katak nanipuak^u;
 - eka minekash auen imiek^u;
 - tipan nete katshipaikanishit tak mak takut kutek mishiutshuap peikuit apishtak^u.
- Tshi ashushkamatshanau ne akushun COVID-19 at eka mitenitamek^u. Uauinipissish imiek^u mak nitshishkuek^u auen mak utashtumukuan tshikamutak^u, kie mak ka tutakan utashtumukuan (ne ka tutakanikau tshetshi nutam kuanimek^u tshissunuau mak tshitunuau e minu-mitaiek^u tshitashtumukuat, nete ut utat tshitukauaut kie tshikuiauat e utapikatekau ashit pishaniapi) kie mak kunimek^u tshitashtamikuau e ushtashtamek^u kie mak e animuiek^u eka tshekuan kunenitamek^u kie mak tatau nete kutukuat auenitshen.
- Eka ui tatshitinekuat kie mak eka tak^u nete pessish e tatau aueshishit, uitakanu e tshi ashushkamuakanitau aueshishat nenu akushunu COVID-19.

Tshekuan tshatshi tutakanu tshe ishpish tshipautshishunanut (uin uetshit auen ka tshipautshishit)

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Nanitam katak^u nanipuak^u auen a tat. Aiapit nishutipashkunikan ui tak^u:

- uashteitshek^u mak kat tshetshi pushukateiek^u auen, tshi shuenimitshishuiek^u mak akussinitshishiek^u;
- peik^u tshikanishuauat, kie mak tshuitsheuakanau kie mak kie auen e nishtuapameiek^u kuekuetshimek^u tshetshi uauitshikuiek^u kie mak tshatshi atuessemuaut;
- ka nituenitashuk^u tshimitshumuau kie mak nete ka atusseu-katshitapakan ut tauek^u;
- tshitshuat ueshaupinuak^u;
- ne ka atusseu-katshitapakan mak takapitshenakan , ka papamutakunikan ka aimitunanut apishtak tshetshi aiamiekuet auenitshen;
- tshitshuat atussek^u;
- nete tshitshuat unuitimit atak^u, kie mak kapishtikut, papamutek^u nete ushka tshitshuat, unishinatshitshek, ka kuetshipashtutinanut metuek^u.

Uashkamitak^u tshititshiuau

- **Shukushuk^u tshishtaputshitek^u**, shit uapeikaikan nishunnu ka tshishipainishit ishpish kie mak tshishtaputshitsheunapui apishtak^u eka minupan tshetshi tshishtaputshitsheiek^u.
- Kie tshipa tshi nikenau e unikauet shit e nipiut kashitanikaniss, mak tshetshi mak tshishtaputshutshitsheunapui e natukunapuat 60% ishpish shutshishimukuat.
- Eka tatatinamek tshissishukuau, tshissunuaut mak tshitunuau.
- Nite tshishpitunuaua ushtashtamuk^u kie mak alimuaut kie mak shinakun tapishkan.



Uashkamitak nite e taiak et eka apishtak nenua tshinuau ka apishtaiek^u tshetshi uashkamishiek^u

- Peikuuau peikutshishikua, nikamuk^u mak natukunapukatamek^u nete nanitam ka aptatatshitinakau tshakuan miam mate mishiutshuap, mitshishuakanissa, tatinikan, ka aimitunanut kie mak ka aiatshtatshepinikau.
- Tshetshi minu natukunapukatamek^u nete ka tatatshinamek^u, tshika ui apitshianau uapeikaikan e natukunapuat e tshitashunipit mak e mashinatuakan (DIN). Nishuaush itatin ne tshitashuana DIN ne neshuapatak^u Santé Canada nenua uapaikakanapui mak uemuet menuat.
- Eka kunuenitamek^u ne uapaikakan e natukunapuat nikamek^u tshitshuat, iat ne nipi e nushapenut minuau, pushkuminakan nipi mak nishuminakan nipi kie mak nishuminakan nushapen mak peikussik^u nipi. Kie mak tshinikushtak peikamikuan nushapen (5 ml) nete peikuminan (250 ml) nipit. Ekuat ne e ishi tipaiuatshanut ne nushapen ka takut hypochlorite de sodium 5% tshetshi natukunaput 0.1%. Ne e itashtet ne nushapen-putat tshitapatamuk^u tan tshe ishitshinikushtaiek^u.
- Pekuuau peikutshishuk^u natukunakupukutunek^u ne ka papamatukanukan kaimitunanut, ka atusseu-katshitapakan mak ka mashinashtepinikau, 70% tshika ui ishpesht shutshishimikuan.
- Pekuuau peikutshishuk^u natukunakupukutunek^u ne ka papamatukanukan kaimitunanut, ka atusseu-katshitapakan mak ka mashinashtepinikau, 70% tshika ui ishpesht shutshishimikuan.

Nakutuelimek^u tshi ut nitamitshueik^u

- Nakutuelimek tshima tutamek^u katshitshishunanut, kie mak tshitalimunau e neneiek^u, tshushteshtenau kie mak tsheieshtkutenau.
- Eshikim-tshishik^u nanitusselimek^u tshima tutemek katshitshishunanut (kie mak ne e ishi ueueshtakan nite nitakunishiutshuapit) ka aiatinak^u mak eka kuatamek^u ne (acétaminophène mak ibuprofène) ka ishinikatet kakutan tshetshi nashipin katshitshishunanut. Ne nitakuna tshipa tshi katau akushunu COVID-19.

Tshakuan takut tshetshi ishi kunuenitakushiek^u e tshipautshishiek (tshinua e tshipautshishueik^u)

- Tshikamutak utashtumukuan, iat ne kutakanakau kie mak akunikan (ne ka tutakanikautsha ui nishuetshitakanau pitshuian tshetshi nutam kuanimek^u tshissunuau mak tshitunuau e minu-mitaiek^u tshitashtumukuat, nete ut utat tshitukauaut kie tshikuiauat e utapikatekau ashit pishaniapi)
- Kashitshitshekanan ka uepikinikau
- Shashkatamunaikan
- Nipiutak
- Uapaikakan
- Tshishtaputshitsheunapui e natukunapuat 60%
- Shtaputilakanapui
- Uapeikaikanapui
- Uapaikakan e nikan mitshuap



- Nishuaush itatin ne tshitashuana DIN ne neshtuapatak^u Santé Canada nenua uapaikakanapui mak uemuet menuat.
- Uapikaikan e nikakanikau ka atusseu-katshitapakan, ka tatatshipitanikau

*** E ishis ueueshtakan ne e tshipautshishunanut**

Utatau-tshishe-utshimau utamimupan mashinaikanut e shitshimakan auen tshi tshipautshishut auen ka mishikat ute Canada, uepashtimakan ka pushit kie mak utapannu, kie mak ishkuteu-utinnu (uin ne auen tshika ui tshipautshishu) kutunnue-tshishik^u ashu neu, ne eka tshekuannu ki ishi-mitennitama, tshetshi eka pitepan ne manitushiss kie mak tshi eka mashituapan ne akushun.

Ne tshitshipannu e tshitashinanut ne kutunnue-tshishik^u ashu neu neme tshishik^u e mashikan ut Canada.

Nitshenat ka takuet uemuet tshe ui natshi-atusset

Anitshenat ka atusseutau, ka katshikatshiepitatau , ka uautshipitau mitshuminnu, tauan, tshetshi ut pikassutau ute Canada innu, apu shitshimakanit anitshenat uinnuau tshetshi tshipautshishutau (uinuau ka tshipautshishut) e tshi ishpitatau nete upime canada neme tshe ishpesh eka tshekuannu mitennitakau (nete ut akushun COVID-19 e ishi mitenitakan).

Tshipa ui:

- katak uitshikapushtauau auen;
- nakutuenitamuk^u tshi ut nitu-mishtaiek^u (tshek mitenitamek^u, nashamak^u ne akukushiu-atusseunnu ka tshitapatakau;
- tak nete tshitshuauat.

Tshi ut shitshimikuiek^u ne akushiu-atusseunu kupaniesh tshi tshipautshishut (miam mate tshi ute taiek^u nete e akushun) uitamuk^u e ishi uinikuiek^u ka apitshishit kupaniesh tshe nashamek^u ne e ietikuiek^u.

Kassinu e itishiak^u tshetshi tutenannu tshetshi eka mishituepan akushun COVID-19.

**Anu ui minu-nanitussenitamek^u nete ka atusseu-tshitapatakan Canada.ca/le-coronavirus mak metuetak^u
1-833-784-4397.**