INUKTITUT / INUKTITUT

ᖃᓂᒪᓐᓈᓗᒃ (COVID-19): ᐸᕐᓇᐸᓪᓕᐊᓗᑎᑦ ᐅᑯᐊ ᒪᓕᒍᓐᓇᖅᑕᑎᑦ

ᑲᓇᑕᒥ ᐋᓐᓂᐊᖅᑕᓕᕆᔨᒃᑯᑦ ᐸᕐᓇᓯᒪᔪᑦ ᖃᓂᒻᒪᑦᑐᖃᕐᓂᖅᑲᑦ ᖃᓂᒪᓐᓈᓗᒻᒧᑦ ᑲᓇᑕᒥ, ᑭᓯᐊᓂᓕ ᐱᒻᒪᕆᐅᒻᒥᔪᖅ ᐃᒻᒥᒃᑯᑦ
ᓄᓇᓖᓪᓗᑦ ᓇᒻᒥᓂᖅ ᐸᕐᓇᓯᒪᒋᐊᖃᕐᒥᔪᑦ ᓯᐊᕐᒪᑦᑐᐊᓘᓐᓂᖅᑲᑦ ᖃᓂᒪᓐᓈᓗᒃ ᐊᖏᕐᕋᓯᓐᓄᑦ ᑕᒪᐅᖓ.

ᓯᕗᓂᖓᓂ ᐸᕐᓇᓯᒪᒋᑦ

ᐃᓱᒪᒋᐊᕐᓂᐊᖅᑯᑎᑦ ᖃᓄᐃᓘᕋᔭᕐᒪᖔᖅᐱᑦ ᐃᕝᕕᑦ ᐃᓚᐃᓪᓘᓐᓃᑦ ᖃᓂᒻᒪᓂᖅᑲᑦ ᐱᓯᒪᔭᐅᒋᐊᖃᕐᓂᖅᑲᓪᓘᓐᓂᑦ. ᒪᑯᐊ ᐃᓱᒪᒋᔭᕆᐊᓕᑦᑎᑦ:

• ᖃᓄᐃᑦᑐᓂᑦ ᓂᕿᖃᕆᐊᖃᕐᒪᖔᖅᐱᑦ ᐃᓪᓗᓯᓐᓂᓪᓗ ᓱᓇᒃᑯᑖᕆᔭᕆᐊᓕᓐᓂ ᐃᓗᓐᓂᑦ ᐃᓚᓯᓄᓪᓗ
• ᖃᓄᐃᑦᑐᓂᓪᓗ ᐄᔭᒐᕆᐊᖃᕐᒪᖔᖅᐱᑦ, ᐃᓗᓪᓕᑦᑕᐅᑲᓐᓂᕆᐊᖃᖅᑐᑎᓪᓗ ᐄᖅᑲᐸᑦᑕᑎᑦ ᓯᕗᓂᖓᓐᓂ
ᐱᖃᑎᓐᓂ ᖃᐅᔨᒪᖃᑦᑕᐅᑎᒋᖃᑦᑕᕐᓂᐊᖅᑕᕐᓂᑦ ᐱᖃᑎᖃᕐᓗᑎᑦ ᐅᖄᓚᖃᑦᑕᐅᑎᖃᑦᑕᕐᓗᓯ, ᖃᕋᓴᐅᔭᒃᑯᑦ ᑎᑎᕋᖃᑦᑕᐅᑎᖃᑦᑕᕐᓗᓯ ᐅᕝᕙᓘᓐᓃᑦ ᐅᖄᓚᐅᑎᕋᓛᒃᑯᑦ ᑕᐃᒪᐃᒋᐊᕋᐃᒍᔅᓯ.
ᐸᕐᓇᐸᓪᓕᐊᒋᑦ

ᓱᓇᒃᑯᑖᖃᑦᑎᐊᕐᓗᑎᑦ ᐊᓂᒋᐊᖃᕋᔭᓐᖏᓐᓇᕕᑦ ᖃᓂᒻᒪᓐᓂᕈᕕᑦ. ᐃᓚᓯᐊᕐᔪᖃᑦᑕᕐᓗᑎᑦ ᓂᐅᕕᕐᕕᓕᐊᕐᓂᑕᒫᑦ. ᑕᐃᒫᒃ ᓂᐅᕕᕐᕕᒃ ᑭᓱᐃᒍᑎᓗᐊᖅᑕᖅᐱᐊᕐᖓᑦ ᐊᒻᒪᓗ ᑮᓇᐅᔭᐃᒍᑎᓴᕋᐃᓗᐊᖅᑕᖅᐱᐊᕋᕕᑦ.

ᓱᓇᒃᑯᑖᑦ:
• ᐸᓂᖅᑐᓄᑦ ᐃᓇᓗᐊᖑᔭᕐᓂᑦ ᐊᓛᓯᓂᓪᓗ
• ᐃᓇᓗᐊᖑᔭᕐᓄᑦ ᐃᓚᔅᓴᓂᑦ

• ᖃᑦᑖᕐᔪᓛᓐᓂᑦ ᖃᔪᕐᓂᑦ, ᐱᕈᖅᑐᒥᓂᕐᓂᑦ ᓂᓕᕐᓇᓂᓪᓗ
• ᐆᒪᔪᖁᑎᑉᐱᑦ ᓂᕿᔅᓴᖏᓐᓂ ᐊᒻᒪᓗ ᓴᓗᒻᒪᖅᓴᐃᑏᑦ
• ᐃᓗᐊᖁᑎᔅᓴᐃᑦ
• ᐆᓇᕐᓇᖅᓯᐅᑏᑦ
• ᖁᑦᑕᕐᕕᑦ
• ᐅᐊᓴᐅᑏᑦ
• ᑐᖁᓴᐃᑎᓕᒻᒧᑦ (alcohol-based) ᒥᖑᐊᕐᓗᑎᑦ ᐃᓗᓕᖃᖅᑐᒥᑦ 60%−ᒥᑦ ᑐᖁᓴᐃᑎᓕᒻᒥᑦ (alcohol).
• ᐆᓇᕈᓐᓃᓇᖅᑐᓂᑦ (acetaminophen ᐅᕝᕙᓘᓐᓃᑦ ibuprofen ᐃᓐᓇᕐᓄᑦ ᓱᕈᓯᓄᓪᓗ)

• ᑲᒃᑭᐅᑎᔅᓴᑦ
• ᐃᖂᑎᔅᓴᑦ
• ᐃᒡᒍᑎᔅᓴᓂᑦ ᐃᒋᑕᒐᕐᓂᑦ
• ᖁᕝᕕᔅᓴᑦ
• ᐸᓂᑲᔅᓯᐅᑎᑦ
• ᐊᓐᓄᕌᓄᑦ ᐅᐊᓴᐅᑏᑦ
• ᐃᓪᓗᓄᑦ ᓴᓗᒻᒪᖅᓴᐃᑏᑦ

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• ᑐᖁᓴᐃᑎᓖᑦ ᓴᓗᒻᒪᖅᓴᐃᑏᑦ, ᐊᑐᐃᓐᓇᖅᑕᖃᓐᖏᑉᐸᑦ ᐃᒥᕐᒥᑦ ᐃᓚᓯᓗᑎᑦ ᐲᖅᓴᐅᑎᒥᑦ (5%) ᐊᒻᒪᓗ ᐃᓛᒃᑯᑦ

ᐃᒥᕐᒥᑦ ᐃᓚᓯᒪᔪᒥᑦ ᐃᒻᒪᐃᓯᒪᒻᒥᓗᑎᑦ
ᖃᓄᐃᑦᑐᐃᓕᒪᑦᑎᐊᕆᑦ ᐊᐃᑦᑐᕐᓗᑐᐃᑦᑕᐃᓕᒪᓇᓱᐊᕐᓗᑎᓪᓗ
• ᐅᖓᓯᒋᖃᑦᑕᕐᓗᒋᑦ ᐃᓅᖃᑎᑎᑦ

• ᐊᒡᒑᒃᑭᒃ ᐅᐊᓴᕋᔪᖃᑦᑕᕐᓗᒋᑦ ᐅᐊᓴᐅᑎᓕᒻᒧᑦ ᐃᒥᕐᒧᓪᓗ 20−ᓴᑲᓐᔅᒥᑦ,

• ᑕᒋᐅᖃᑦᑕᕐᓗᑎᑦ ᖁᐃᖅᓱᖃᑦᑕᕐᓗᑎᓪᓘᓐᓃᑦ ᑕᓕᕐᓄᑦ ᐊᐃᕐᓄᓪᓘᓐᓃᑦ.

• ᐸᐃᖔᖃᑦᑕᕐᓗᑎᑦ (bye) ᑎᒎᑎᓐᖏᖔᕐᓗᒋᑦ, ᐃᕿᓐᖏᓪᓗᒋᑦ ᑯᓂᓐᖏᓪᓗᒋᓪᓘᓐᓃᑦ.
• ᐃᓄᒋᑦᑐᓅᖃᑦᑕᖏᓪᓗᑎᑦ ᓂᐅᕕᕆᐊᓕᕋᐃᒍᕕᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓄᐃᓴᓐᓂᖅᓴᐅᑎᓪᓗᒋᑦ ᐸᓯᒃᑰᖃᑦᑕᕐᓗᑎᑦ.
• ᖃᐅᔨᒪᔭᑎᓪᓗ ᖃᓂᒪᓐᓂᖅᑲᑕ ᐊᖏᕐᕋᖅᓯᒪᖁᓗᒋᑦ ᐱᐅᓯᑦᑎᐊᖅᑲᑕ ᑭᓯᐊᓂ.

• ᖃᓂᒻᒪᓐᓂᕈᕕᑦ, ᐊᖏᕐᕋᖅᓯᒪᓗᑎᑦ ᑭᓯᐊᓂ ᖃᓄᐃᓐᖏᑦᑎᐊᖅᑑᔮᓕᕈᕕᑦ. ᖃᐅᔨᒃᑲᕐᓗᒍ ᐋᓐᓂᐊᓲᖅᑎ ᐅᕝᕙᓘᓐᓃᑦ
ᐅᖁᒪᓐᓂᓂᐊᕐᕕᒃ ᖃᓂᒪᓐᓇᖃᑐᐃᓐᓇᕆᐊᖃᕐᓂᓐᓂᑦ. ᐅᖃᐅᔾᔨᒐᔭᖅᑐᑦ ᖃᓄᐃᓘᕆᐊᖃᕋᔭᕐᒪᖔᖅᐱᑦ.

• ᐃᓚᖏᑦ ᐃᓄᐃᑦ ᐊᑦᑐᐃᕙᒻᒪᑕ ᓄᕙᓐᓈᓗᒻᒥᑦ (COVID-19) ᖃᓂᒪᔫᔮᓐᖏᒃᑲᓗᐊᕈᑎᒃ. ᐊᑐᕐᓗᑎᑦ ᑮᓇᖅᐸᒻᒥ,
ᐱᖃᓯᐅᑎᓗᒋᑦ ᐋᓐᓂᐊᕕᔭᐅᓐᖏᑦᑐᒥᑦ ᑮᓇᖅᐸᒻᒥ ᐅᕝᕙᓘᓐᓃᑦ ᑮᓇᐃᑦ ᑕᕐᕆᓯᒪᓗᓂ (ᓲᕐᓗ ᒪᕐᕉᓕᖅᑲᖓᓗᒍ ᖃᓪᓗᓈᖅᑕᖅ, ᓴᓇᓯᒪᓗᒍ ᑕᕐᕆᓯᒪᑦᑎᑦᑎᐊᕐᓗᓂ ᕿᖓᕐᓂ ᖃᓂᓐᓂᓪᓗ, ᓂᐊᖁᓐᓄᑦ ᐊᑦᑐᖏᖅᓯᒪᑦᑎᐊᕐᓗᒍ ᓯᐅᑎᓄᓪᓘᓐᓃᑦ) ᐃᓄᓐᓄᑦ ᐊᒻᒪᓗ ᑭᓱᑐᐃᓐᓇᐃᑦ ᐊᕙᑎᓐᓄᑦ ᓱᐳᑎᓯᒪᔭᐅᓗᑎ.
ᑐᓴᐅᒪᐃᓐᓇᕆᑦ

ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᓐᓂᕈᕕᑦ ᖃᓂᒪᓐᓈᓘᑉ ᒥᔅᓵᓄᑦ:

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