



## COVID-19: LA MICHINN OOSHCHI AKWA MOOYA KA NIIPAYWISHIHK

COVID-19 ooma aahkoshwin coronavirus. Oohi Coronaviruses mishcet itaakona, aatiht aen naminaal akwa aatiht aahkoshwuk enn parsonn. mishowayitay shoopaytaymaakan:

- kaa pakitatamoohk ishpii kaa ohtstotamik keemaa chashchaamoohk
- ka shaminut awiyuk kaa ahkoshit ouschi COVID-19
- kaa shaminuman kiikway disseu la malaajhii aashoohiwew ashtew.

Caronavirus mooya ka shoopaytaymaakan ouschi diloo keemaa poor layr fray.

## KAAKII WIICHIHAAWAYHK MOOYA KA SHOOPAYTAYMAAKA AKWA KA KANAWAYIMISO, KANAWAYIMAWUK KISHAAKIIHAAKANUK AKWA AEN VILLAASH

- pimitshaha li public la saantii keemaa enn nurse staasyoon
- kiihkiwahk ayaa akwa oohpimii ouschi awiyak
- **kaashiihchihchee** mishtahi ouschi diloo akwa li savon 20 chipahikanisha keemaa kiisphin
- la bwasoon naanitaw 60% li savoon keeshpin mooya kiikway li savon akwa diloo
- ohtstota akwa chashchaamoohk la maansh akwa mooya kichichee
- ka manaa shamineen faas mooy kaashiichihcheeyan
- kaaya nakishkaw li moond kaa ahkoshichik
- kaakihtwaam itootamihk **pishkiichikaapawi**
- pootshka **aen mask keemaa faas koovayr** anita li moond keemaa mooya kaa pishkiichikaapawi
- taapitaw **payhkihta** akwa shoohk payhkihta mishchet kaa shaaminumihk

**Lii sing di malaajhii** COVID-19 tapishkoot paray kootaka malaajhii. kaakii-:

- otinakaatew 14 la zhoornii ka moshihtaa
- mooshihtaan apisheesh keemaa mishtahi
- mamayshkoot meena





keespin ki mooshihtaan, keemaa awiiyak ki nakishkowow COVID-19 milaad, piko:

- kiihkiwahk ayaa (**pishkapimisho**) mooya ka-ashoohiwayhk malaajhii
- manaa nakishkow li moond (aen vyeu akwa enn vyay, keemaa la michinn ooshchi malaajhii
- li moond kiikhk ouschi, ayaa la shaambr it aka kuwshimoohk oopimee keemaa 2M pishkiichikaapawi
- la phone niikaan avaan ka kiiwookeen li docteur keema **li public la saantii** keemaa enn nurse staasyoon
- ka wiihtamoowaawuk kaa mooshtayan malaajhii, akwa aen exzamaen, akwa ka pimitshaahen kaa itwiichik.
- kiishpin shaymaak la michinn ouschi, phone 911

## AEN EXZAMAEN

Exzamaen ouschi COVID-19 ki kanawayimawak li pleu vyeu akwa aen villaazh. ekoshi piko ka kishkayhtamihk aweena COVID-19 ka ayaht, akwa kishchitayhtakokwan lii zochii:

- nakina ka shoopayhtaymaka la malaajhii aashoohiwew akwa kanawayita li villaazh
- mishkamok aweena aahkoshiw akwa ka peeyakoochik osaam COVID-19
- kiihtwaam piikishwaash aen naamii kiishpin aweeyak COVID-19 ayaaw (ashaypimitshaha)
- kwayas ka nashtoohtamihk ooma la malaajhii aashoohiwew

Kaahntinamani exzamaen ouschi COVID-19, **ka wiichihishoon** ka kishkayhtayn. ka kishkaytayn meena ashaypimitshahamani, payakoohk ouschi publik la saantii aen travayaan keemaa kotakak aen travayaan akwa mishakmohk aweena kaakii nakishkawut. Kiishpin exzamaen otinamani **mooya** ka ahkoshin. La saantii aen travayaan ka kanawehtamok kaakiyow kaykway ouschi kiiya.

## NIIPAYWISHIHK

Ooma COVID-19 enn malaajhii tapitow nakatwayhtumapiw li moond akwa aen villaazh. La malaajhii aen miyoo kishkaymikaashowin lii zoot kishkishi piko. Kiispin mooya COVID-19 ka nishtohteen, mischayt kooshtumok meena kishiwaashiwuk akwa mooya miyoo wihchiihtowuk li moond, ooki:

- kaa ahkooshichik ouschi COVID-19
- kaa mosheetaachik COVID-19
- anavaan aen travayaan akwa aenportaan travayaan
- li moond ouschi ahkaam enn plaas taanday kaa pe takohtayk la malaajhii aashoohiwew
- li moond kaakii takohtaywuk keemaa pii itohtaywuk Canada ahkaam enn plaas ouschi
- li moond ouschi enn vil, taapwaytumowin, keemaa l'industrii taanday COVID-19 ka ay-ishpayihk
- li moond mooya kaa pimitshaayikik publik la saantii enn mizeur

Niipaywishiwin akwa kakwykaymewin aen nakinakoowuk li moond ouschi exzamaen keemaa ka apachitaachik aen tretmaan, akwa ka wiichihet aweeyak. Li moond ka waapahtaakik niipaywishiwin



akwa kakwykaymewin la vii (e.g. la malajhii aen kiishkwayhk, pwaataoshchikewuk, akwa LGBTQ2IA+ villaazh) mooya apachitaawuk ka kanawayimikowuk kiikway oota meekwaach enn malaajhii, tapishkooch il li safe mayzoon ka pishkeechi ayaachik, nawut kwatakihtawuk.

Niipaywishiwin akwa kakwykaymewin ooma daanzhii ouschi enn parsonn akwa aen villaazh araa:

- waapaahthiwayhk enn parsonn mishchet koopaab akwa tapitow nakatwayhtumapiw
- sa sayr da ryaen li moond mooya kaskihoowuk pimatchihoowuk, atooshkewuk, keemaa aen kwaayesh nakishkatoohk
- paarasyoon aen villaazh
- osaam meena li moond pleu taar keemaa waypinikatew la saantii saarvis akwa piikishkwataw la saantii oniikaaniwuk
- ka kwatakihtawuk enn maashiin poor li keur, ka nakinamihk keemaa ka papaychiiwuk ahkoshwin
- ka poomiheechik li moond anima exzamaen keemaa ka pishkeechi ayaa
- ka kwatakihtawuk ka mishkaakik akwa ka wiihtamowaachik li moond ka nakishkaakik COVID-19

**Kaahkiyaw kaakii wihchiihtonaw ka naakinamahk niipaywishihk ouschi COVID-19.** Kiiyaam meena li moond mooya mooshihtaawuk kaakii exzamaen ouschi COVID-19. kaahkiyaw oki li moond mooya cheshkwa mooshihtaawuk (avaan-symptomatic) akwa mooya ka mooshihtaawuk (asymptomatic). Aykwaanima ouschi ooma aenportaan ishi:

- wiichihtasowin, bonn paarsonn, kitimakaymiwayhk aniki ouschi, keemaa exzamaen kaawii ootinaakik, COVID-19
- nakaatayhta maamitoneechikan akwa li korr
- kanawayimisiw akwa kanawayim chiiki li moond
- kanawayihta lii moo



| <b>ITWAY...</b>   | <b>CHAYKWUT...</b>                                  |
|---|---|
| COVID-19;<br>Coronavirus  | La malaajhii aashoohiwew ouschi<br>Asia/China/Wuhan |
| Li moond tat bayn kaa ayaachik COVID-19                           | Machiitayihtamihk ooma COVID-19                     |
| People being treated for COVID-19<br>Li moond kaa kiikew COVID-19 | COVID-19 li moond keema kitimahihchik               |

[La Saantii](#) maamitoneechikan akwa li korr saantii la shikaan wiihchiitowin ooma ashtewa, oohi **Wellness Together Canada: Mental Health and Substance Use Support portal** akwa miina **Stop Family Violence** webpages

## **KISHKAYHTA AKWA AAN PAAR LA VAYRITII**

Aan paar achimoowina ouschi enn paarsonn kaa miyoo kiikew COVID-19, akwa aen villaazh enn braav paarsonn- la saantii aen travayaan, aen villazh travayaan, li maanzhii travayaan, otitohtawachikeewuk, li pleu vyeu travayaan akwa niikaan paspeetaashooshuk- kaa wiihchiitaashochik akwa enn plaas poor lii moond.

Kwayash achimo ooma ouschi COVID-19 anita enn paarsonn d’onneur, ooma [Canada.ca/coronavirus](https://Canada.ca/coronavirus), oota ouschi keema enn provayns/tipayshchikew publik lii saantii niikaaniwuk, keema li staasyoon di nurse didaan ayishiiniinaahk.