



## Coronavirus disease (COVID-19)

### Amotjpa telaatagetitjig alaasoinoog petagsinoltitjig ag quarantineoit

**Gepenôl Canada na gisi eltootitj illsotagen taan paoateo gisna nagateo seesaasig ola Covid-19 ag variants. Giil AMOTJPA TEPGISAALSIN neotisgag tje neo nagoal, igenemoates tan telapsgenoltem ag tan telamog quarantine plan, ag gigtji angaten taan telipenen taan telimolg ola *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Quarantine, Isolation and Other Obligations)*.**

Public Health Agency ola Canada na petji matagtemolteo otjit tan teltegel eg testemel ag/gesnet matjogoatemeneo tan telimolg. Gesegnaa menaga genoatoates. Egsoen na teloag ôpelategen tan teloag *Quarantine Act*.

#### Giil na AMOTJPA

- **TEPGISALSIN** nangemio neotisgag tje neo nagoal tan teli engasiao pegisin tan tel genoatasg screening officer gesnet quarantine officer.
- Ma notanog elmiag gis neiatatj gis gisisapotasin Covid -19 molecular test neotisgag tje neo glapis pesgonateg tesisgag naogoal geseg mo pegisinon Canada.
- Tan telgenoateget Quarantine Officer
  - **OSOATO** tapogel COVID-19 molecular testel epgisin Canada
  - **OSOATO** maoui amgeseoei COVID-19 molecular test airportigtog. Matjoogaten tan tel genoatasg Quarantine officer
  - NEMISGEN COVID-19 eh tan maoôtasig airportigtog taan eoetes ogemoltjineoei nageo
  - **OSOATO** tapoeoei test OGEMOLTJINEOEI nageo tan tel neotogan eoegeton nepisimgeoei tan igenemolgep"
- **LIETES** angemio Gepetnôleoei egtogonôgoôm tan igani bookeoatotep(hotel).
  - Gisi eoetes giil gotepagen elmiag etel parkeoiisep airportigtog ag tepi gigtjeteg taan gisi elegates, or a designated shuttle for government-authorized hotels
- **SIOITES** tan etl neotogan oegao emsenemen negetativeog egtestem tan oesoatotep.
- Elmiag **MO TALATIGEOEN** , **TOOIGOSI** na gepetnôleoei getgonimgeoei ag **SIOASI** tan tet gelolg tel neotogalogetes.





- Elmiag notag nematjinoei maotepoltimpg (stige aircraft, bus, train, subway, taxi gesnet maotestamg) nasgetes negao egisgoei ag gasiptinaasites negao
- **Elmiag egtestemel POSITIVEOIG , MOGELOLTENOG gesnet MO GISTELOEGO, esgematen me genoatagen oetjiag quarantine officer.**
- **TELIMATES taan totjo igaan taan tet etel tepgisalsin geesmo tapogel nagoal pegisineg Gepetnôleoei egtogonôgoôm.**
- Elmiag eoemen ArriveCAN taan tel pisgoan Canada, na amotjpa siaoi eoemen taan tel genoaatatjig pegisin
- Elmiag mo eoemoosep ArriveCAN taan tel pisgoaan Canada, na eltagtegetes 1-833-641-0343 taan tel genoaatatjig pegisin
- Amotjpa gegenoategen tan telamog daily **COVID-19 symptom self-assessment** oegao gagaton tan tel tepgisalsin gesnet tan mao tempg pogtji egseenoganeg

**Neot emsenmen pegisin negsative test result , AMOTJPA:**

- **SIAOITES** tan etl neotogan. Gagiatero tan tel notogan neot penmiag neotisgag tje neo nagoal **ELMIAG** negetativeog egtestem tan oesoatotepeg ogemoltjineoei nageo eoei.
- **Siaoites** tan etl tepgisalsin elmiag egt ogemoltjineoei nagoegeoei testen positiveoig, Amotjpa mei tepgisalsin ap neotisgag tje neo nagoal oetjategemg tan totjo ogemoltjineoei test oesoatasigep elmiag ogemoltjineoei positiveoig
- **ESGEMATEN** petagetmolin screening officer gesenet notji pitjaloet
- **ALAATES** emset napoigagen egt Covid-19 molecular test results. Pepseeg pipanimoltag neiaatoaneo Gepenôl Canada, Provincial/Territorial Gepenôlei logeoino gisna notjôtemiititj egsinogeoagen gees etel tepgisalsin

tan petjitatjig Calgary International Airport na amtj oesotatotitj tapoeoei COVID-19 molecular test pharmacyigtog ag menaga genoatoatem tan gogeo otjit tapoeoei test airportigtog.

## Public health matjogoates tan totjo alaasin

**NASGETES oelitasig ag oel tepegemen egisgoei oelitasig ag oel tepegemen egisgoei taan totjo alaasin, paseg neotitepin gotepageng gesnet tan aloitjeotepenig pisgoaneg Canada**

- **MATJOGOATES tapogel negagen** teliamasgat emsetoen gisipgoatoon.
- **GASIPTINAASITES** gagisg ag **MOGT** samaato gôgei

**Elmiag algoitegen:**

- **SIAOTEPITES** gotepageng gisipgoatoon: apangetes tan etl pitepsimg ag mogt pisgoao taan tet tel mitjites, sapotatijjemgeoei eoen
- **GISISPGOATOON** mogt nagaasio tami mena maa gigtjegoaot oen



## Elgimot oen tan tepgisatasig tel Quarantineoin

Amotjpa majogoatemen tan tel genoatasg Quarantine Officer ag pisgoan teloegan quarantine gesnet tan tet telsotasig elmiag:

- Mo osoaton test tan totjo telimolg
- Telipenen stige gegonemen COVID-19 eimeneg Gepetnôleoei egtogonôgoôm
- Mo gegonemoon tan tet gisi tepgisalsites
- Amgoeseoei egt COVID-19 testem na positiveoig

## AMOTJPA egonemen tan tet gisites quarantineoin

- **GISI ESGEOAASITES** neotisgag tje neo naagaol gisna piamio
- **MAA NOTAANOG nemiane oen:**
  - Asogômtesigag tje naan teotjeg ag atji gisigoit
  - Milipenet/Gesinogoat
  - Mo oelogegetnog egt immune system
  - Elogen nepisimgéoôgoôm gisna oentjiigoôm taan oen pepseg aasisi egsinogoan:
  - Notjim piteget, malpaleoit ag logeoeinoog taan angoeioatji egsinogeinoog, notji apogenmoatitji mitjoatjitjg
  - Amgoeseoeg oigoomotjig, stige paramedicseg
  - Notji oagemaatiget, elogatiget, office staff, mitjijtjeoei oesgôtg, ag logeoinoog angoeioaatitji gisigo mimatjinoog
- **MAA NEMIAOT** oen taan mo maoi altaoôg
- **GISI GOOGENTES** tepgisteg egtogonôgoôm taan mo maoi altaoôg
- **TEPAO TEGTETJ tan gogei motan mimatjin**, mimatjoagen, stige samgoan, mitjijtjeoei, empisoan ag oelpeteg ag maa notaanog matjaasin
- **Tan MA IMÔN tan maogatemotim .**
  - ola etegel napoigagen tan maogatemotim:
  - a shelter, maogatemotimgeoei, group residence, hostels, industrial camps, tan eimotitjig logeoinog gesnet ap tan tel maogatemotim.
  - geginaamalsoltitjig taan oiagtemootitjig (tjijptog giis oelteettasig temg)
  - aptjetjg oentjigoôm tôgi oigoltiôg
  - paogelg taaoen oigit neotetjg oentjiigoôm
  - Maa gisi tôgatemôg oen taan mo maoi altaioôg ag metoeeg taan tel tepgisalsites



## Taan totjo etel tepgisaalsin

- **ASITEGELOLATES** elmiag eltagtemasg gisna petji nemiisgig screening gesnet peace officerag. Petagteemoltag GOV-GOUV CANADA 1-888-336-7735. Screening officers ag law enforcement na oitositeo ag neateo tan telosiit ag telogoet, ag oitelteo tan teloisin .
- **MOGT** matjaasio taan tet etel tepgisaalsin oegao amotjpa nemiit malpaleoitán gisna amotjpa mesenemen treatment, natji emsenemen COVID-19 molecular test, gisna gôgei giisi oelteetg quarantine officer
- **EOEN PASEG** gotjemog oesgeoasimg spaces (stige balcony).
- **LIETES** taan tet elgimesg quarantine officer eotjit menaga angamogsin
- **MOGT** oen petji miitogeoitj gigemag, gitapag gesnet egteg oen petji miltogeoit; lamigoomg gesnet gotjemog. Mitjijteoei, gesnet gogei pegisotasig na gotjemog nagtasigetj tan ma oen oeltesgatiog.
- **MOGT** lieo taan tet pogoelg oen oesgeoaasit stige lobbies, courtyards, etlatalemgel, iltagalsimg ag etlitgisemolting elmiag iimen condo gesnet apartment building gesnet tan etl getgoniting.

## Amotjpa angaptemen taan telipenen 14 naagoal

Ola na oen telipenet oen gegoong COVID-19:

- pôgtji nôgemen ag pem meemonasig
- metoeeg tan tel lamin
- epsin, geotjiaagien, gisna tel pesin aasisteg 38°C
- Oagei piloasig gesnet rash (mitjoaatjitjg)
- getjimgam, gispenen, menagenan ag gesinogan
- mo pesetoon ag mestemooon
- gesinogasg gontji
- gesinogoasg egtlamino, egtlaminoeegen ag sôgetemin
- Elmiag pôgtji telipenen stige alaton GESNET mesenemen positiveoig COVID-19 molecular test, **AMOTJPA:**
  - Engotio tepgisaalsin neotisgag tje neo nagoal oetjategemg tan teleg telimolg positiveoin otjit COVID-19 gisna tan totjo pôgtji telipeneneg.
  - matjogoaten COVID-19 genoatagen oetjiag public health authority (eponeg angapten).

**Taan tel matjogoatemen ola genoatagen na gisi pipanimoltem ag gisalolten amotjpa matjogoatemen**

**Petagteemoltag 1-888-336-7735 ag petji nemooltag screening officer gesnet noji pitjateget ag angaptetag tetpagi tepgisaalsin ola 14 teesegel nagoal. Petagteemoltag gisi napoigasig messages ag emailoaloltag migoimesgig taan amotjpa telaatigen.**



**Taoen mo matjogoatemog taan tel genoaatop pepseeg elgimogsineo tan tet etl tepgisalot oen , na apangeteo ag ticketel igenemotel , ag/gisna masgoaalaten lapelosang.**

- Mao na pepseegteteo provincial or territorial authorities tan teligpitjiag neotisgag tje neo nagoal.
- Elmiag mo tenog federal ag provincial gesnet territorial guidelines piloteg, matjogoaten tan me melgeteg teplotagen.

## Public Health Notjotemitij

Provinces and territories	Telephone number	Website
British Columbia	811	<a href="http://www.bccdc.ca/covid19">www.bccdc.ca/covid19</a>
Alberta	811	<a href="http://www.myhealth.alberta.ca">www.myhealth.alberta.ca</a>
Saskatchewan	811	<a href="http://www.saskhealthauthority.ca">www.saskhealthauthority.ca</a>
Manitoba	1-866-626-4862	<a href="https://manitoba.ca/covid19/restartmb/prs/orders/index.html#current">https://manitoba.ca/covid19/restartmb/prs/orders/index.html#current</a> <a href="https://www.youtube.com/user/ManitobaGovernment">www.youtube.com/user/ManitobaGovernment</a>
Ontario	1-866-797-0000	<a href="http://www.ontario.ca/coronavirus">www.ontario.ca/coronavirus</a>
Quebec	1-877-644-4545	<a href="http://www.quebec.ca/en/coronavirus">www.quebec.ca/en/coronavirus</a>
New Brunswick	811	<a href="http://www.gnb.ca/publichealth">www.gnb.ca/publichealth</a>
Nova Scotia	811	<a href="http://www.novascotia.ca/coronavirus">www.novascotia.ca/coronavirus</a>
Prince Edward Island	811	<a href="http://www.princeedwardisland.ca/covid19">www.princeedwardisland.ca/covid19</a>
Newfoundland and Labrador	811 or 1-888-709-2929	<a href="http://www.gov.nl.ca/covid-19">www.gov.nl.ca/covid-19</a>
Nunavut	1-867-975-5772	<a href="http://www.gov.nu.ca/health">www.gov.nu.ca/health</a>
Northwest Territories	811	<a href="http://www.gov.nt.ca/covid-19">www.gov.nt.ca/covid-19</a>
Yukon	811	<a href="http://www.yukon.ca/covid-19">www.yukon.ca/covid-19</a>