



Ne akushun coronavirus (COVID19) ki ishinikateua

Uemut netuenitamuakaniht kapamishkaht tshetshi tshipautishuht UPASHTAMAKANA ka ut mishakaht.

Ne Tshishe-utshimau ute Utaua tutamupan atusseunu tshetshi eka tshishipan mak tshetshit eka mishituapan ne akushun COVID-19 mak nenu ka uikanishumukuat akushun ute Canada. UEMUT TSHIKA UI TSHIPAUTISHUN kutunnuetshishikua ashu neu (14) ishpish, tshetshi kassinu patshitinamin tshitishinikashun, tanite epin, tan etashtet tshikaiminanunim mak tan tshe ishi-tshipautishuin, mak tshetshi nakatuenitamin etamatshiuin tshetshi ut tshissenitakanit eshi-matenitamin ne akushun miam ume etashtet ***Tshe ishi-pimutenanut tshetshi atshunakanit ne tekuak akushun COVID-19 ute Kanata-assit (ka tshipautishut auen, e peikussit auen kie ma kutakanu tshekuannu eshi-natuenitakannit).***

Minuinniun ka ut tshitapakanit mamu katananut ute Kanata-assit tshika aimik^u tshe uitamashk eshpanit ka natu-tshissenimikauin kie /kie ma tshetshi tshissenitakanit uemut eshpenitamin ne tshe ui ishi-nashamin tshapatishuin. Minu-tshitapata ka ishi-patshitinamin aimun tshetshi miam itashtaune. Ut tshi katshinain e patshitinamin tshitaimun, ishi-uitakanu auen ka matshi-tutak ne e tshitapakanit *Takuaimatsheun auen ka tshipautishut.*

Tshekuan TSHE UI tutakanit

- **SHAPUTUE TSHIPAUTISHU NASHT eka e ashuapatamin kutunnuetshishikua ashu neu (14) ishpish,** anite ut atshitakanu ne tshishik^u ute meshikain, miam etashtet ne aimun ue ka patshitinak kanakatuapatitshesht kie ma ne auen kanakatuenitak katshipautishunannut.
- Katshitinamini katshi natu-tshissenimikauin ne akushun COVID-19, anite ut ka natu-tshissenimikauin 14 nuash 90 tatutshishikua eshk^u eka mishakain ute Kanata-assit, shaputue itute anite tshe tshipautishuin mak tshetshi tain anite kutunnuetshishikua ashu neu (14) ishpish.
- **Ashit e tapuetak ue kanakatuenitak katshipautishunannut:**
 - Nishuau **NATU-TSHISSENIMITISHU** ne e uitakanit akushun COVID-19 ute Kanata-assit.
 - Ushkat **NATU-TSHISSENIMITISHU** ne e uitakanit akushun COVID-19 tuiet mishakaini tueunakanit. Minu-nasha eshi-natuenitakanit ue ka patshitinak kanakatuenitak katshipautishunannut
 - Tueunanit, **UTINA** ne kanatu-tshissenimitishunanut tshetshi ut tshissenitakanit ne akushun COVID-19, iapit tshetshi apashtain tshitshuat utitshipanit tshishik^u 8.
 - Nishuau **NATU-TSHISSENIMITISHU** ne ut akushun COVID-19 utitshipanit tshishik^u 8 ne tshe ishpish tshipautishuin ashit ne atusseukan tshetshi natu-tshissenimitishuin manikauin.





- **Shaputue ITUTE anite ut tueunanit nuash mitshishutshuapit ue ka patshitinak tshishe-utshimau tshetshi tanunnit, anite ne ka mitshiminakanit katshipaikanisht.**
- Tshika tshi apashtan tshin tshutapan mishu katakushish takuaki anite ka ashteti utapana tueunanit kie ma ne ka tshinikuanipanit utapan utenat, ue mitshishutshuap ka tapuetakut tshishe-utshimaua.
- **TA** anite tshikatshipaikanishimit nuash e minikauin ne ka natu-tshissenimikauin ka mashikain.
- **EKA KATSHITINAMINI ne akushun ka natu-tshissenimikauin ka mishakain, NAKATA ne mitshishutshuap mak shaputue tshe itutein anite tshe tshipautishuin.**
- Miam ui apashtain ka aunakanit auen (miam mate upashtamakana, katshinuapekak utapan, ishkujeu-utapan, sheku assit ka pimipanit ishkujeu-utapan, takassi kie ma mamu ka apashtakanit utapan) tshetshi itutein anite tshe tshipautishuin, nanitam tshikamuta utashtamikuian mak mitshetuau tshishtaputitshe.
- **Ka natu-tshissenimikauin meshikain, ISHINAKUAKI KATSHITINAMINI ne akushun, EKA E APATAK KIE MA EKA E TSHISSENITAKUAK, ashupam ne kanakatuenitak katshipautishunannut tshetshi uitamashk tan tshe itin.**
- **UITA tekushinin anite tshe tshipautishuin anite 48 tatutipaikana niashatumakak ne tshe mashinatautishuin anite mitshishutshuapit ue ka tapuetak tshishe-utshimau.**
- Ut tshi apashtain ne ArriveCAN meshikain ute Kanata-assit, iapit apashta tshetshi uitamin meshikain.
- Eka ut apashtain ne ArriveCAN meshikain ute Kanata-assit, kie ma eka tshi ut apashtain, uita meshikain ute kaiminanut etashtet: 1-833-641-0343
- Iapit tshika ui uiten ka ishi-katshitinamin aimun ne **eshakumitshishikua ka natu-tshissenimitishuin eshi-matenitamin ne akushun COVID-19** nuash tshe e ishkuapanit ne ka tshipautishuin kie ma nuash neme ushkat matenitamin ne akushun.

At shuk^u ut tshi minikauin aimun eka e katshitinamin ne akushun ka natu-tshissenimikauin ka mishakain:

- **TIPAN** tanau. Ka tshipautishuin tshipa punipanu **PATUSH** tshi 14 tatutshikua miam eka katshitinamini ne akushun ka natu-tshissenimikauin ne tshishik^u 8

TSHIPAUTISHU miam katshitinamini ne akushun ka natu-tshissenimikauin ne TSHISHIK^u 8. Tshika ui tshipautishun kutunnetshishikua ashu neu (14) anite ut e atshitakanit ka natu-tshissenimitishuin TSHISHIK^u 8 miam ut tshi katshitinamin ne akushun.

- **UTINA KAIMINANUT** kie ma natshi-shatshuapamikauini ue kanakatuapatitshesht kie ma ne kupaniesh ka nakatuenitak tshetshi nashakanikue takuaimatsheun.
- **KUNUENITAMUK** tshimashinaianimau ne ka nanitussenimikueiek COVID-19. Tshipa tshi umenua kukuetshimikaun tshe ishipish tshipautishuin anite ut Kanata-assi, uepishtikueiau-assit kie ma anite ut eshi-tipenitamumakak assi kie ma anite ka ut tshitapatakanit minuinniu anite mamu katananut.

* Anitshenat ka papamishtak nete mak ka ut utuau Calgary nete natukuniu-atauitshuapit tshika ui nanitussenimitshishut nemenu nishuaut takut tshi pimipinitau nenu COVID-19 nete tuauanan tshika minu uitamuakanut.



Ne akushiu-atusseunu ka tshitapatak tshinatuenitamakunau tshetshi nashamek e ishi nanitunitakan

- **TSHIKAMUTAK** utashtimikuan neme tshe ishpeh pimipinitaiek uitapamek auen, patush put peikupishiek^u.
- **Nishutipashkunikan (2) tshetshi TAIN** ashit kutak auen tshe ui ishpiteinitamin.
- **MITSHETUAU TSHISHTAPUTITSHE** mak tshetshi **EKA TATATSHINAMIN** anite ussit ashtuanakana.

Pimipanitaini utapan:

- **TAK** nete utapan: tshishikashuk ashit tshikanumuau nete unitimit kie mak ka nituenitashunanut ui mitshishiek^u.
- **EKA** shetshen nitshipitak kie mak eka tatshishkuekuat auenitshenat neme ishpeh pimipitaiek^u

Nete e tshipauakanit auenitshenat

- Tsha ui nashenau ne kupaniesh ka nakutenitshet e itakuiek kie mak tshetshi ituteik nete ka nakutuenimanat auenitshenat kie mak ka tshipauanit:
- apu nanantussinimitshishuiek eka nanatunitakan
- Matenitamini ne akushun COVID-19 tshe ishpeh tain anite mitshishutshuapit ue ka tapuetak tshishe-utshimau.
- apu kunuenitamek nete tshe tshipautshishuiek
- Tshikatshitinen akushun ka natu-tshissenimikauin akushun COVID-19 ka mishakain.

Tshipatshi kunenitenau nete tshe tshipautshishuiek

- **TSHIPA TSHI TAN** uiesh **14** tatutshishikua kie ma anu.
- **APU TSHIKUT AUEN** tatshishkueiek kie mak pessish taiek^u:
 - kutuashtatunnu ashu patetat tatupuneshut kie mak anu
 - akushut
 - shitu ishinakushut kie mak apu shapishit
 - atusseuat kie mak uauitshiushiut, nete e kushtukuanit tshetshi takunit akushunu:
 - natukunish-ishkuessat, natukunishit, akushiu-atusseunu ka tshisheshtakau, kupanieshkueuat, mak sussianeshkuauat
 - anitshenat ushkat ka papitat nete tshekuanu mak ka ushushkuanit ka uauanat
 - Ika nikaishit, ka imituanut ka utinikau kie mak kie mashinaitsheutshuapa ka atussetau, mitshiminu ka ishi-atusset, kka uauitshiaushit, manitueuat mak kupanieshkuaat
- **TSHETSHI EKA TATISHKUEKUAT** anitshenat eka ka papamishkat
- **TSHIPATSHI TAPAN KUNENITENAU** katshipaikanisht, tshetshi eka nipaiek nete peikuit ashit anitshenat eka ka papamishkatau
- **TSHI KUNENITAMEK^u**, nipi, mitshim^u, natukuna mak ka tshishitepan, tshetshi eka nakatamek nete e tshipautshishuiek



- **EKA APIK NETE** E mitshetipinanut, miam mate:
 - Ka mitshetipinanut mitshuapa, ka nipanut, nete ka atussanut mitshuapa, nete mamu e apinanut
 - katshishkutamuanishit mamu tshitapamauat (patush tapuetakuiek^u)
 - ka iuiashinanut mitshuapa e apishashit e apit Kutak auen
 - e mitshetinanut nete peik^u mitshuapit
 - Itenitamek nete e apiek^u apu tshikut tshi katak nanipuian kie mak tshipatshi tatishkueuat

Tshe ishpish ne tshipautishunanut

- **UTINA KAIMINANUT** kie ma natshi-shatshuapamikauini ue kanakatuapatitshesht kie ma ne kupaniesh ka nakatuenitak tshetshi nashakanikue takuaimatsheun. Tshika nukuan tanite uetshipanit ne tshe aimikauin GOV-GOUV Canada kie ma 1-888-336-7735. Kanakatuapatitsheshiht mak kupaniesh ka nakatuenitahk tshetshi nashakanikue ne takuaimatsheun tshika ui uinitishuat, tshissenitakutauat tanite e kupanishiuht mak tshika uitamuat tshitishinikashunnu tshetshi aimishkau.
- **EKA UIN NAKATA** anite tshepautishuin, patush miam ishinakuaki nipinanut, tshetshi aitutakuuin kie ma tshetshi uenashk auen natukuikanit, kie ma tshetshi natu-tshissenimakanit auen akushunnu COVID-19 kie ma ut tshi tapuetakuuin tshetshi unuiin, ue tiapuetak kupaniesh kanakatuapatitshesht katshipautishunanut.
- **APISHTAK NETE MUK TSHIAM** unitimit eka etanut (miam mate., kapishtikut).
- **NASHAMUK^u** ne tshe ishi nanatussenimikuiek^u ne ka nakatuenitshesht.
- **EKA auen pitukai** tshikanishat, tshuitsheukanat kie ma kutak auen, pitukamit e uitakanit mak unuitimit. Ka natuenitashunanut mitshim, atauitshuapissit mak ne tshakuan eshinakuak tshetshi apashtakanit apu tshika ut ui takuak tshetshi peshuapamitunanut (ne ua issishuenanut, tshetshi anite tshipishkuat nakatakanit ne tshakuan).
- **Tshetshi EKA tain** anite e mishitueiat mitshuapit, katshishkutamatunanut, kamitshishunanut, kasheshauinanut mak anite kapakashimunanut miam apini anite kamitshetu-apinanut, kaiuiashunanut mitshuap kie ma anite mitshishutshuapit.

Uemut TSHIKA Ulnakatueniten etamatshiuin 14 tatutshishikua ishpish.

Mataumatshiuini ne ut akushun, manitushiss COVID-19:

- minuut ushtashtamini kie ma anu ushtashtamini
- nute-neneini/animauini anite e nenein
- itamatshiuin miam katshishishunanut e tutamin, shikatshiumatshiuini kie ma katshishishunanut tutamini, peikutau kie ma anu 38 °C
- mishkutshipanit tshishakai kie ma mussipannit (auass) umitshi akushiek^u, kitshitishiek^u, aieshkushiek^u, eka shapishiek^u kie mak eka minumitshuiek
- apu shashish eka ka minatitshein kie ma eka ka nishtushpitamini mitshim
- akushini tshishtikuan
- iakuikauini tshimitshim (akushin tshishkatat, mamishiin, papakumuini)



- Tshék nitumishtaiek^u kie mak mitenitamek^u ua akushiek^u kie mak tshi uitamakuiek^u e kunenitamek^u ne akushun COVID-19 ka tshi nanitussenimikuiek^u **TSHIKA UI:**
 - Tshetshi shaputue tipan tain kutunnuetshishikua ashu neu (14) anite ut ne ka natu-tshissenimikauin akushun COVID-19 kie ma miam matenitamini ne akushun.
 - Nashamuk^u ne e ishi uauitamakuiek^u anitshenat akushiu-atusseunu ka tshitapatakau mak nenu akushunu COVID-19 (nete mashinateu)

Ishpitenitamini ne kassinu eshi-natuenitakanit tshetshi nashakanit ute ume enat tshe uitakaniti, ekute tshe ut natu-tshissenitakanit mak tshetshi nashakanikue ne eshi-natuenitakanit anite ne takuaimatsheunit.

Tshetshi ishpitenitakanit ne eshi-natuenitakanit tshe ishpish tshipautishunanut kutunnuetshishikua ashu neu (14), anite tshika ut aimikaun 1-888-336-7735, mak ne kanakatuapatitshesht kie ma ne kupaniesh kanatuenitak tshetshi ut nashakannit nenu takuaimatsheunnu tshipa tshi natshi-shatshuapamik^u. Shaputue nanitam tshika aimikaun mak mitshetuau tshe tshissiuimikauin anite ut atusseu-katshitapakanit.

Anitshenat eka ka nashakau e ishi ueueshtakanit tshipa tshi natshi tshipauakanut, kie mak tshipa tshi nashuakanut-kie mak makunakanut.

- Neme tshe eshpish tshipautshishuiek^u kutunnue-tshishik^u ashu neu, tshipatshi imikuaat kupanieshit kie mak kanakutuenitshet.
- Eka tshi nishtutatitau anitshenat tshishe-utshimau, kie mak ne utenua kie mak nete e apin, ne anu uet mishkuat ueuetishuatun tshika ui nashanau.



Akushiu-atusseunu ka tshitapatakau

Nete tatipan assi	Tshitashun tshika aiamitunanimua	Ka atusseu-tshitapatakan
Colombie-Britannique	811	www.bccdc.ca/covid19
Alberta	811	www.myhealth.alberta.ca
Saskatchewan	811	www.saskhealthauthority.ca
Manitoba	1-866-626-4862	https://manitoba.ca/covid19/restartmb/prs/orders/index.fr.html www.youtube.com/user/ManitobaGovernment
Ontario	1-866-797-0000	https://covid-19.ontario.ca/fr
Québec	1-877-644-4545	www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019
Nouveau-Brunswick	811	https://www2.gnb.ca/content/gnb/fr/ministeres/bmhc.html
Nouvelle-Écosse	811	https://novascotia.ca/coronavirus/fr
Île-du-Prince-Édouard	811	www.princeedwardisland.ca/fr/covid19
Terre-Neuve-et-Labrador	811 kie mak 1-888-709-2929	www.gov.nl.ca/covid-19/fr/ressources
Nunavut	1-867-975-5772	www.gov.nu.ca/fr/sante
Territoires du Nord-Ouest	811	www.gov.nt.ca/covid-19/fr
Yukon	811	https://yukon.ca/fr/covid-19-information