INUKTITUT / INUKTITUT

ᖃᓂᒪᓐᓈᓗᒃ (COVID-19)
ᖃᓄᖅ ᐱᓯᒪᑦᑎᒍᓐᓇᕐᒪᖔᖅᐱᑦ ᓱᕈᓯᕐᒥᑦ ᖃᓂᒪᕐᔪᐊᖅᑐᒥᑦ (COVID-19) ᐊᖏᕐᕋᒥ: ᐅᖃᐅᔾᔫᓰᑦ ᐱᓯᒪᑦᑎᔨᒧᑦ

ᓱᕈᓰᑦ ᐊᔅᓲᓗᐊᓐᖏᑦᑐᖅ ᖃᓂᒻᒪᐸᓪᓕᐊᓕᖅᑐᑦ ᐊᖏᕐᕋᖅᓯᒪᒍᓐᓇᖅᑐᖅ ᐱᓯᒪᑦᑎᔨᖃᕐᓗᑎᑦ ᐱᐅᓯᓇᓱᐊᕐᓂᖏᓐᓂ ᐋᓐᓂᐊᕕᓕᔅᓴᐃᓐᓇᕆᐊᑐᓐᖏᑦᑐᖅ.

ᓱᕈᓯᕐᒥᑦ ᖃᓂᒪᕐᔪᐊᖅᑐᒥᑦ ᖃᓂᒪᕐᔪᐊᒥᓪᓘᓐᓃᑦ ᐱᑕᖃᖅᑐᒋᔭᐅᔪᒥᑦ, ᒪᓕᑦᑎᐊᕆᐊᖃᖅᑕᑎᑦ ᐊᑖᓃᑦᑐᑦ ᓇᒻᒥᓂᖅ ᐸᖅᑭᔭᕆᐊᖃᕋᕕᑦ ᐊᓯᑦᑎᓪᓗ ᐊᖏᕐᕋᓃᑦᑐᑦ, ᓄᓇᖅᑲᑎᑎᓪᓗ.

ᑎᒥᖓ ᐃᒪᑦᑉᐸᑦ (COVID-19)
- ᐆᓇᕐᓗᓂ
- ᖁᐃᖅᓯᖃᑦᑕᕐᓂ
- ᐊᓂᖅᑎᕆᓗᓂ

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ᖃᐅᔨᓴᑦᑎᐊᕐᓗᒋᑦ ᕿᑐᕐᖓᖅᐱᑦ ᖃᓄᐃᑉᐸᓪᓕᐊᓂᖓ

- ᖃᐅᔨᓴᑦᑎᐊᕐᓗᒋᑦ ᕿᑐᕐᖓᖅᐱᑦ ᖃᓄᐃᑉᐸᓪᓕᐊᓕᕐᓂᖓ ᑕᐃᒫᒃ ᐋᓐᓂᐊᓲᖅᑐᒧᑦ ᐱᖃᔭᐅᒐᕕᑦ ᐅᕝᕙᓘᓐᓃᑦ
ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᓐᓄᑦ.
- ᐱᐅᓐᖏᓕᕙᓪᓕᐊᒻᒪᖔᖅ ᖃᐅᔨᓴᑦᑎᐊᕐᓗᒍ, ᓲᕐᓗ ᐊᓂᖅᑎᕆᓂᖓ ᓱᒃᑲᓕᑦᑎᓕᖅᑲᑦ, ᐊᓂᖅᑎᕆᕙᓪᓕᐊᓕᖅᑲᑦ,
ᐅᐃᒻᒪᐸᓪᓕᐊᔫᔮᓕᖅᑲᑦ, ᐃᓕᓐᓂᓪᓘᓐᓃᑦ ᐃᓕᓴᖅᓯᒍᓐᓇᐃᓕᔫᔮᖅᑲᑦ, ᖄᓕᕆᓗᓂ ᐆᓇᕐᓂᑯᖓᓄᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐆᓇᕐᓗᓂ ᐆᓇᕈᓐᓃᐸᓪᓕᐊᖏᑦᑎᐊᕐᓗᓂ - ᐄᔭᒐᓐᖏᓂᖅᓴᐅᓕᕐᓗᓂᓗ (ᓲᕐᓗ ᐃᒪᐃᑦᑐᓂᑦ ibuprofen, acetaminophen) ᐃᑲᕐᕋᑦ 12 ᐅᖓᑖᓄᑦ.
- ᐊᔅᓱᐊᓘᓕᕐᓂᖅᑲᑦ ᕿᑐᕐᖓᐃᑦ, ᐅᖄᓚᓗᑎᑦ 911-ᒧᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑐᐊᕕᕐᓇᖅᑐᓕᕆᔨᒃᑯᓯᓐᓄᑦ ᓄᓇᔅᓯᓐᓂ
- ᑐᐊᕕᕐᓇᖅᑐᓕᕆᔨᒃᑯᓐᓄᑦ ᐊᐃᔭᐅᓂᐊᕈᕕᑦ, ᐅᖃᐅᑎᓗᒋᑦ ᕿᑐᕐᖓᑦ ᖃᓂᒪᓐᓈᓗᖃᕐᖓᑦ (COVID-19). ᓇᒻᒥᓂᖅ
ᓄᓇᓯᐅᑎᖃᕈᕕᑦ, ᓯᕗᓂᖓᓐᓂ ᐅᖄᓚᓯᒪᔮᕐᓗᑎᑦ ᐋᓐᓂᐊᕕᒻᒧᑦ ᖃᐅᔨᒃᑲᕐᓗᒋ ᕿᑐᕐᖓᑦ ᖃᓂᒪᓐᓈᓗᖃᕐᓂᕋᕐᓗᒍ (COVID-
19).

ᐊᒡᒑᒃᑭᒃ ᓴᓗᒪᑏᓐᓇᑦᑎᐊᕐᓗᒋᒃ

- ᐋᒡᒑᒃᑭᒃ ᐅᐊᓴᖃᑦᑕᕐᓗᒋᒃ ᑕᐃᒃᑯᐊᓗ ᓱᕈᓯᑎᑦ ᐅᐊᓴᕋᔪᖃᑦᑕᕐᓗᒋᑦ ᐅᐊᓴᐅᑎᓕᒻᒧᑦ ᐃᒥᕐᒧᑦ 20-ᓴᑲᓐᔅᒥᑦ, ᐱᓗᐊᖅᑐᒥᑦ
ᕿᑐᕐᖓᐃᑦ ᖃᓄᑐᐃᓐᓇᖅ ᐊᑦᑐᕐᓂᕈᕕᐅᒃ (ᓲᕐᓗ ᖁᑦᑕᕐᕕᓐᓂᕈᕕᐅᒃ) ᐊᒻᒪᓗ ᐊᒡᒑᖏᓚᐅᖅᑎᓪᓗᑎᑦ.

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- ᐅᐊᓴᐅᑎᓂᑦ ᐃᒥᕐᒥᓪᓘᓐᓃᑦ ᐊᑐᐃᓐᓇᖅᑕᖃᕐᓂᖏᑉᐸᑦ ᐊᒡᒑᒃᑭᓪᓗ ᐃᐱᐅᔮᕐᓇᑎᑦ, ᐊᑐᕈᓐᓇᖅᑐᑎᑦ ᒥᖑᐊᖅᓯᔾᔪᑎᒥᑦ
ᑐᖁᓴᐃᑎᓕᒻᒥᑦ (ABHS) ᐃᓗᓕᖃᖅᑐᒥᑦ 60% ᑐᖁᓴᐃᑎᓕᒻᒥᑦ (alcohol). ᐊᒡᒑᒃᑭᒃ ᐃᐱᐅᔮᖅᑲᑎᒃ, ᐊᓪᓚᕈᑎᕋᓛᕐᒧᑦ ᖃᐅᔨᖅᑕᐅᑎᒋᔪᒧᑦ ᐅᐊᓴᖅᑳᓚᐅᕐᓗᒋᑦ, ᐊᑐᓕᕐᓗᑎᑦ ᐃᒪᐃᑦᑐᒥᑦ ABHS.
- ᐸᓂᖅᑐᒧᑦ ᐃᒡᒍᑎᔅᓴᒧᑦ ᐊᓪᓚᖅᑎᓕᕐᓗᑎᑦ
- ᐊᐃᓇᖅᑕᖃᓐᖏᑉᐸᑦ, ᐊᑐᓕᖅᑭᒐᔅᓴᒧᑦ ᐃᒡᒍᑎᒧᑦ ᐊᓪᓚᑎᕐᓗᑎᑦ ᐊᒻᒪᓗ ᖃᐅᓯᓕᖅᑲᑦ ᐊᓯᔾᔨᕐᓗᒍ. ᑲᑐᔾᔨᖃᑦᑕᖏᓪᓗᓯ.
- ᐃᔩᒃᑭᒃ ᐊᑦᑐᖅᑕᐅᓕᒪᖃᑦᑕᕐᓗᒋᒃ, ᕿᖓᐃᓪᓗ ᖃᓃᓪᓗ ᐅᐊᓴᓚᐅᖅᑎᓐᓇᒋᑦ ᐊᒡᒐᑎᑦ ᕿᑐᕐᖓᕕᓪᓗ ᑮᓇᖓ
ᐊᑦᑐᖅᑕᐃᓕᒪᓗᒍᓗ.

ᐊᐃᑦᑐᐃᑦᑕᐃᓕᒪᒐᓱᐊᕆᑦ ᐊᓯᓐᓄᑦ

- ᕿᑐᕐᖓᐃᑦ ᐊᖏᕐᕋᖅᓯᒪᐃᓐᓇᕆᐊᓕᒃ ᐅᕝᕙᓘᓐᓃᑦ ᖃᐅᔨᑦᑕᐅᑦᑎᐊᕐᓗᓂ ᐊᓃᑲᐃᓐᓇᕋᐃᑉᐸᑦ, ᐱᓐᖑᐊᖃᑎᖃᓐᖏᓪᓗᓂ
ᓱᕈᓯᕐᓂᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓕᓐᓂᐊᕆᐊᓐᖏᓪᓗᓂ ᐅᕝᕙᓘᓐᓃᑦ ᐅᐸᑦᑕᐅᒐᔪᓐᓅᖃᑦᑕᖏᓪᓗᓂ, ᐊᒻᒪᓗ 2−ᒥᑕᓂᒃ ᐅᖓᓯᓐᓂᖃᕆᐊᓕᒃ ᐊᓯᒻᒥᓄᑦ.

- ᕿᑐᕐᖓᐃᑦ ᐊᑐᖅᑕᓂᓪᓘᓐᓃᑦ ᑲᑐᔾᔨᖃᑦᑕᖏᓪᓗᓯ, ᓲᕐᓗ ᑭᒍᑎᓯᐅᑎᓂᒃ, ᐊᓪᓚᕈᑎᓂᒃ, ᓰᒃᓯᓂᑦ ᐃᓪᓗᕐᒥᑦ, ᐊᓘᑎᕈᔪᓐᓂᒃ
ᑲᐳᔭᖅᑐᒨᖅᑐᓂᓪᓗᓐᓃᑦ.
- ᓂᕿᔭᓐᓂᓪᓗ ᐃᒥᖅᑕᓂᓪᓗ ᑲᑐᔾᔨᖃᑎᒋᖃᑦᑕᖏᓪᓗᒍ.

- ᐊᓪᓚᕈᑎᓂᒃ ᐅᕕᓂᓐᓂᐊᕇᕋᐃᑉᐸᑦ ᓇᒻᒥᓂᖅ ᐊᑐᖅᑐᑑᖃᑦᑕᕐᓗᓂ. ᐊᔪᕐᓇᖏᑉᐸᑦ, ᖁᕝᕕᐅᑉ ᒪᑐᖓ ᒪᑐᖃᑦᑕᕐᓗᒍ
ᑯᕕᑎᓚᐅᓐᖏᓂᓐᓂ.

- ᐊᒫᒪᑦᑎᑦᑎᔪᓄᑦ ᐊᓈᓇᓄᑦ: ᐱᐅᓂᖅᐹᖑᒻᒪᑦ ᐊᒫᒪᑦᑎᑦᑎᓪᓗᓂ ᕿᑐᕐᖓᒥᑦ, ᐊᒫᒪᑦᑏᓐᓇᕐᓂᐊᖅᑲᑦ ᕿᑐᕐᖓᐃᑦ. ᑮᓇᑉᐸᒻᒥ
ᖃᓂᕐᒧᓪᓘᓐᓃᑦ ᒪᑐᐊᕐᒥ ᐊᑐᖃᑦᑕᕐᓗᑎᑦ ᐊᐃᑦᑐᖅᑕᐅᓂᐊᖏᓐᓇᕕᑦ.

- ᐃᒻᒧᒻᒥ ᐊᒫᒪᑦᑎᒃᑯᕕᐅᒃ ᐊᒫᒪᐅᑎᒧᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᒻᒧᓕᐅᖅᓯᒪᔪᒥᑦ, ᐊᑐᕐᓂᐊᖅᑕᖏ ᐃᕐᕈᑐᑦᑎᐊᖃᑦᑕᕐᓗᒋᑦ
ᐊᑐᓚᐅᓐᖏᓂᓐᓂ ᐊᒻᒪᓗ ᑲᑐᔾᔨᑎᖃᑦᑕᖏᓪᓗᒍ ᐊᒫᒪᐅᑎᖏᓐᓂ ᐅᕝᕙᓘᓐᓃᑦ ᐃᕕᐊᖏᕐᒧᑦ ᒥᓪᓗᐊᑎᑦᑎᔾᔪᑎᒥᑦ.

ᐊᕙᑏᑦ ᓴᓗᒪᑏᓐᓇᖃᑦᑕᕐᓗᒍ

- ᓴᓂᒃᑯᕕᒻᒨᑦᑎᐊᖃᑦᑕᕐᓗᒋᑦ ᐴᔅᓴᓕᒻᒧᑦ ᑮᓇᑉᐸᑦ, ᐊᒡᒐᒃᑭᒃ ᐊᓯᖏᓪᓗ ᐊᑐᖅᑕᒥᓂᖅᑎᑦ ᐴᑦᑎᐊᕐᓗᒋᑦ
ᓴᓂᒃᑯᕕᒻᒨᖃᓯᐅᑎᓕᕐᓗᒋᑦ.
- ᓱᕈᖅᓯᒪᔪᑦ ᓲᕐᓗ ᐊᓐᓄᕌᑦ ᐅᐊᓴᕆᐊᓖᑦ ᐴᔅᓴᒨᑦᑎᐊᖃᑦᑕᕐᓗᒋᑦ ᐊᐅᓚᑎᑖᓗᒋᓐᖏᓪᓗᒋᓪᓗ. ᐊᓐᓄᕌᓐᓄᑦ
ᐅᐊᓴᐅᑎᒋᕙᑦᑐᓐᓄᑦ ᐅᐊᓴᕐᓗᒋᑦ ᐆᓇᖅᑐᒧᑦ (60-90°C), ᐸᓂᖅᓯᑎᐊᑦᑕᓕᖅᑲᑦ. ᐊᓐᓄᕌᑦ ᕿᐴᓪᓗ ᓱᕈᓯᐅᑉ
ᐊᑐᖅᐸᑦᑕᖏᑦ ᐅᐊᓴᖃᓯᐅᑎᒍᓐᓇᖅᑐᑦ ᐅᐊᓴᕆᐊᓕᓐᓄᑦ. ᐊᒡᒑᖅᓯᒪᒋᐊᓕᒃ ᑮᓇᖅᐸᒥᓪᓗ ᐊᓐᓄᕌᓐᓂᑦ
ᐅᐊᓴᓂᕐᐊᖅᑎᓪᓗᑎᑦ ᖃᓂᒪᔫᑦ ᐱᖏᓐᓂ.
- ᖃᐅᑕᒫᕐᔪᐊᖑᓐᓂᑦ, ᐊᑐᖃᑦᑕᕐᓗᑎᑦ ᑐᖁᓴᐃᑎᓕᓐᓂᑦ ᐃᓕᓴᕆᔭᐅᓯᒪᔪᓂᑦ ᐊᖏᕐᕋᒥ ᐊᓪᓚᕈᑎᖃᖃᑦᑕᕐᓗᑎᑦ
ᐊᑦᑐᖅᑕᐅᒐᔪᖃᑦᑕᖅᑐᓂᑦ (ᓲᕐᓗ ᖁᕕᑦ, ᐅᐊᓵᔅᓴᒃᑯᕕᑦ, ᐃᓪᓕᐅᑉ ᓂᕐᕆᕕᕋᓛᖏᑦ, ᑎᒍᓖᑦ, ᐅᖄᓚᐅᑏᓪᓗ ᖃᒥᔾᔪᑎᖏᑦ). ᓴᓗᒻᒪᖅᓴᖃᑦᑕᕐᓗᒋᑦ ᑐᖁᓴᐃᑎᓕᒻᒥᑦ 70%−ᒥᑦ (alcohol) ᐊᓪᓚᕈᑎᕋᓛᓐᓄᑦ.

ᐃᒻᒥᓂᒃ ᐸᖅᑭᑎᐊᕐᓗᑎᑦ

- ᖃᓂᒪᓐᖏᑦᑐᑐᐊᖅ ᐱᓯᒪᑦᑎᒋᐊᓕᒃ ᕿᑐᕐᖓᒥᓂᒃ, ᑭᓯᐊᓂᓕ ᐊᖏᕐᕋᒥᐅᑕᓕᒫᖏᑦ ᒪᓕᒋᐊᓖᑦ ᐊᑐᐊᒐᕐᓂᑦ.

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- ᐅᓗᕆᐊᓇᖅᑐᒦᑦᑐᑦ ᖃᓂᒻᒪᔅᓴᕋᐃᑐᐃᓐᓇᕆᐊᓖᒃ ᐱᓯᒪᑦᑎᒋᐊᖃᓐᖏᑦᑐᑦ ᓱᕈᓯᕐᒥᑦ ᖃᓂᒪᕐᔪᐊᓕᒻᒥᑦ. ᒪᑯᐊ ᐃᓐᓇᓪᓚᕇᑦ,
ᑕᐃᒃᑯᐊᓗ ᐋᓐᓂᐊᒐᔪᑦᑐᑦ (ᓲᕐᓗ ᐆᒪᑎᕐᓗᑦᑐᑦ, ᑎᒥᒥᑎᒍᑦ ᓱᑲᖃᓗᐊᖅᑐᓪᓗ) ᐅᕝᕙᓘᓐᓃᑦ ᐃᓐᓇᐅᒪᔾᔪᑎᖏᑦ ᓴᓐᖐᓗᐊᖅᑲᑕ
ᐱᓯᒪᑦᑎᒋᐊᖃᓐᖏᑦᑐᑦ.

- ᐅᖓᓯᓐᓂᖃᕆᐊᖃᕈᕕᑦ 2-ᒦᑕᓂᑦ ᓱᕈᓯᕐᓂᑦ, ᑮᓇᑉᐸᒻᒥᐊᑐᕐᓗᑎᑦ, ᐃᒋᑕᒐᓂᓪᓗ ᐊᒡᒑᓐᓂᒃ ᐊᒻᒪᓗ ᐃᒡᒐᕐᔫᔮᖅᑑᓂᒃ
ᓴᐴᓗᑕᐅᓲᓐᓂᒃ ᓱᕈᓐᓇᖅᑐᓄᑦ.
- ᐊᑐᓕᖅᑭᖃᑦᑕᖏᓪᓗᑎᑦ ᑮᓇᑉᐸᓐᓂ ᐊᒡᒑᓂᓪᓘᓐᓃᑦ.
- ᐊᔪᕐᓇᖏᑉᐸᑦ, ᓱᕈᓰᑦ ᑮᓇᑉᐸᔅᓯᒪᒻᒥᓗᓂ ᐱᓯᒪᔭᐃᑦ ᐊᒻᒪᓗ ᑮᓇᕐᒥᓂᒃ ᐊᑦᑐᑎᑦᑎᑦᑕᐅᓕᒪᖃᑦᑕᕐᓗᒍ ᑮᓇᑉᐸᖓᓘᓐᓃᑦ.

ᓇᒻᒥᓂᖅ ᖃᓂᒻᒪᓕᓐᖏᒃᑲᓗᐊᕐᒪᖔᖅᐱᑦ ᖃᐅᔨᓴᖃᑦᑕᕐᓗᑎᑦ

- ᓇᒻᒥᓂᖅ ᖃᔨᐅᓴᖃᑦᑕᕐᓗᑎᑦ ᖃᓂᒻᒪᓕᓐᖏᒃᑲᓗᐊᕐᒪᖔᖅᐱᑦ ᐊᒻᒪᓗ ᒪᓕᓪᓗᒋᑦ ᐅᖃᐅᔾᔫᓯᐊᖑᓯᒪᔪᑦ ᓄᓇᔅᓯᓐᓂ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᓐᓂ ᓇᒻᒥᓂᖅ ᐊᓃᑦᑕᐃᓕᒪᓂᕐᒧᑦ.
- ᖃᓂᒪᕈᔪᑦᑖᔮᓕᕈᕕᑦ, ᐊᓃᑦᑕᐃᓕᓗᑎᑦ (isolate) ᑕᕝᕙᑦᑕᐅᑎᒋ ᖃᐅᔨᒃᑲᓕᕐᓗᒋᑦ ᓄᓇᔅᓯᓐᓂ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᑦ
(Public Health Authority) ᖃᓄᐃᓘᖁᔭᐅᒻᒪᖓᖅᐱᓪᓗ ᖃᐅᔨᒋᐊᕐᓗᑎᑦ.

ᒪᑯᐊ ᐱᓯᒪᐃᓐᓇᖃᑦᑕᕐᓂᐊᖅᑲᑎᑦ

□ ᑮᓇᖅᐸᐃᑦ/ᖃᓂᕐᒧᑦ ᒪᑐᐊᑦ (ᐊᑐᓕᖅᑭᖃᑦᑕᖏᓪᓗᒋᑦ)
□ ᐃᔨᓐᓄᑦ ᑕᓗᐊᑦ (ᑮᓇᕐᒧᑦ ᑕᓗᐊᑦ ᐃᒡᒑᓘᓐᓃᑦ) ᐱᓯᒪᑦᑎᔨᐅᑉ ᐊᑐᖃᑦᑕᖅᑕᖏᑦ
□ ᐃᒋᒐᐃᑦ ᐊᒡᒐᑦ (ᐊᑐᓕᖅᑭᖃᑦᑕᖏᓪᓗᒋᑦ) ᐱᓯᒪᑦᑎᔨᐅᑉ ᐊᑐᖃᑦᑕᖅᑕᖏᑦ
□ ᐃᒡᒐᑏᑦ ᐃᒋᑕᒐᑦ
□ ᑲᒃᑭᐅᑎᔅᓴᑦ
□ ᓴᓂᒃᑯᕕᒃ ᐴᔅᓴᖃᕐᓗᓂ
□ ᐆᓇᕐᓂᖅᓯᐅᑦ
□ ᓘᑦᑖᒥᐅᓐᖏᑦᑑᒐᓗᐊᑦ ᐄᕙᒐᖅᑖᕋᔅᓴᐃᑦ ᓂᐅᕕᕐᕕᒻᒥ ᐆᓇᔾᔭᐃᒃᑯᑏᑦ (ᓲᕐᓗ ibuprofen ᐅᕝᕙᓘᓐᓃᑦ
acetaminophen)
□ ᐃᒥᕐᒥᑦ ᑯᕕᓲᒥᑦ
□ ᐊᒡᒐᓐᓄᑦ ᐅᐊᓴᐅᑎᑦ

□ ᑐᖁᓴᐃᑎᓖᑦ (Alcohol-based) ᐊᒡᒐᓐᓄᑦ ᒥᐊᖑᕉᑦ ᐃᓗᓕᖃᕐᓗᑎᑦ ᑐᖁᓴᐃᑎᓕᓐᓂᒃ 60% (alcohol)
□ ᐸᓯᑲᒡᓯᐅᑎ
□ ᐊᓐᓄᕌᓄᑦ ᐅᐊᓴᐅᑎᑦ
□ ᐃᓪᓗᒥᑦ ᐊᖅᑕᐅᒐᔪᑦᑐᓂᑦ ᓴᓗᒻᒪᖅᓴᐃᑎᓂᒃ

□ ᐊᑎᓕᒃ (One-step) ᓴᓗᒻᒪᖅᓴᐃᑎ/ᑐᖁᓴᐃᑎᓕᒃ
□ ᑎᓯᔪᓄᑦ ᑐᖁᓴᐃᑏᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐊᑐᐃᓐᓇᖅᑕᖃᕐᓂᖏᑉᐸᑦ, ᑲᑎᓯᓗᑎᑦ ᐃᒻᒪᕆᐊᓕᒻᒥᑦ 5% ᐲᖅᓴᐅᑎᒥᑦ ᐊᒪᓗ
ᐃᓛᒃᑰᖓᔪᒥᑦ ᐃᒻᒥᕐᒥᑦ ᐃᓚᓯᒪᔪᒥᑦ
□ ᑐᖁᓴᐃᑎᓖᑦ (Alcohol) ᐃᒡᒍᑎᔅᓴᕋᓛᑦ

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ᐃᑲᔪᕈᓐᓇᑐᓐᓇᐅᔪᒍᑦ ᓯᐊᕐᒪᖁᓇᑎᒍ ᖃᓂᒪᓐᓈᓗᒃ (COVID-19). ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᓐᓂᕈᕕᑦ, ᖃᐅᔨᒋᐊᕐᓗᒍ ᐅᓇ Canada.ca/coronavirus ᐅᕝᕙᓘᓐᓃᑦ ᐅᕗᖓ ᖃᐅᔨᒋᐊᕐᓗᓯ 1-833-784-4397