



## oohpikihaawashoohk la ooma COVID-19

Lii paraan, kanawaymawashouwuk akwa lii zaanfaan oota la tayr waapaatamouhk neu kiikwaya ooma ouschi COVID-19 enn malaajhii mooshihtaanaw loovraazh awka ta mayzoon. L'ikol, l'kol poor lii pchi zaanfaan akwa kipahamauhk enn malaajhii, akwa lii zaanfaan akwa lii paraan shashikwut toot li moond ayapihk.

Oohi aen nidii akwa miyo itayhtumowina aan baa ka wiichihikoowuk lii paraan akwa kanawaymawashouwuk ooma anoosh kaa ay-ishpayihk.

### Wiichi akwa kootamihoowuk lii zaanfaan

- **ooshtaa paa peeyak lii zaanfaan ka kiiwookaatowik**, pikoo ishpaii paa peeyak maana lii zaanfaan miyo itamaashchihoowuk akwa shakihahaawuk, kwayash itayhmishoo, akwa aenportaan itayhmishoowuk.
- **Wiichii lii zaanfaan ka apachihtaat aen computer** ouschi aen naamii, li vwaazayn, akwa aen faamii avik email, telephone, aen computer piikishkwew akwa aen nakishkatoohk computer. Ooma ka miyo kiiwookeweewuk li moond kaa shakihahaachik.
- **Ooshihtaa ka wayshchipayik maaka too lii zhoor la mem tool taan**, akwa wiishtawaaw lii zaanfaan! Wiishtawaaw ka piikishkweewuk akwa disidii kooshtaawuk wiichiikoowak aenportaan itayhmishoowuk. Aen ishi paminamihk ka taakwashtan kaykway kaakii ishpayik, shayshaawiiwin, miina aashkow ka tipaymishoohk. Lii zaanfaan il li safe itamaashchihowauhk.
- **Ka maatawaywuk akwa kootamihoowuk ooki kiiya lii zaanfaan**. Wiichihikiwuk aen kishkayihtumouhk, miyo piikishkwatumuk akwa aenportaan itayhmishoowuk. kiiwookow lii zaanfaan anima nawut ka miyeuhta kaa itoota. Kiishpin mooya ki peeyakwaa ayaan (peeyakwaayaawin) keemaa pishkiichi ayaan [quarantine \(self-isolation\)](#) or [isolation](#), , **wayaawii** poko ka nanitaw 2 metres poko ka ayaayin li moond.

### Boon keur, kiyamashtew akwa pa iksitii apachihtaa ouschi lii zaanfaan aen ishayaahchik

- **nahtoohtaw lii zaanfaan**. Nishtawina akwa maandoon kiishpin miyooshin akwa taanishi itayhtamouhk. Aen honayt, paashtayna, akwa wiichii. Li trustiihk, kayhkway miyo wihtamowin ooshihtahk akwa laazh nishtoohtamihk. kwaychim tawnshi itayhtamouhk. wihtamoo ekoota ee ayaayin ouschi wiiyawow.
- **Aankoorajii miyo aen ishayaahchik**. Nitoohamook lii zaanfaan nawaach kiishpin kwayash ki piikishwaataawuk akwa ki maamishchimaawuk.





- **Piko kwayash kaykway chi tootamun.** Kwayash bonn saantii akwa kaykway chi tootamun oshaam lii zaanfaan kanawapahtam kaakiyow kaykway.
- **Otina lii steps ka kiyamashtew avaan taanishi ayishpayihk.** Lii zaanfaan nashkoomoo ahkamaywishiwak akway kaakii nanihkipayiwuk. Sa praan chi-ayaahk nawaach eyakoochi kaa maayitootumok.
  - Avaan ki piikishkwaan, trwaa shoohki pakitatamoo keemaa akishchikay ishko jhis. miyookiyaamashtew nawaach.
  - Kiishpin kashkihon kaa miyo shipwayhtayn, naaway lii step otina kiyamashtew akwa wihtamoo lii zaanfaan kiiya kiiwaam miina takoshin.
  - Piiyaahkik piikishwaash akwa kwaayash lii zoot itayhtumowin, akwa miiskoch kawii wihtamowaaw kaykway chi tootamun

### Wiichihishoo

- **Wiichihishoowin ooma aenportaan.** Lii paraan akwa kanawaymawashouuwuk ka kanawaymaachik lii zaanfaan kaa kanawaymawayshoucik [take care of themselves](#) miina. Miyo miitsho, tiipi nipaa, aen rest ootina, akwa itoota kiikway la fun keemaa ayiwaypowin. Kiiya piko boon keur. Atiiht kaykway lii michinn apachihtaawuk, la bwasoon akwa cannabis, apachihtaawuk oushchi kaa kakwaatahkitaachik. kiishpin ki apachihtaan, koochitaa pchi piko apachihtaa akwa mooya shoohki keemaa mishchet anita lii zaanfaan.
- **Ka apachihtaan aen computer.** Mooya ki payyakoon. mishka wiichihewin akwa naatamaaso piikishwaash aweeyak aen naamii akwa lii faamii.
- **Si koom ooshkaat.** kaakihtwaam itoota enn mineut kwaayesh itayhtumowin. pishkaapahta la mimwayr. pishkaapahta ki moosheetawin. ki miyeuhtayn keemaa paa koontaan. Li korr miina pishkaaphata. Li koor ki wishakiitayn keemaa ki shiitayhtayn. ka ayiwaypowayn akwa ka kishaywatishin.



Ooma kaahkiyow kwaayesh ooshaam nohtayshin, kakwaatahkihon, waanayihtayn, shaykishin keemaa kishiwaashin. Kiishpin ki wiichikawin keemaa awiiyuk ki piikishwaatut, otay ka mishkawaaw:

- [Kids Help Phone](#)
- [Canadian Paediatric Society - Community-Based Supports for Parents](#)
- [Families Canada - Family Support Centres](#)
- [Crisis Services Canada - Resources and Supports](#)
- [Wellness Together Canada: Mental Health and Substance Use Support](#)
- [Support for individuals](#)
- [Provincial and territorial resources for COVID-19](#)