



## MANITUSHISS CORONAVIRUS (AKUSHUN COVIS-19) E ASHUAPIMAUSHINANUT, E MANINIUNANUT MAK AUASSISS E IETUTUAKANUMENU TSHE UI IETUT UKAUMAUT MEKUAT A PIMIPAN NE AKUSHUN COVID-19

### ISHKUEU E ASHUAPIMAUSHIT

Ishkueu e ashupimaushit mekuat ume e pimipan akushun, aieshkushinueu kie mamitunetimiueu tshi kashtukuat ne manitushiss ne tshe inniat auassiss.

Ne ussi-akushun COVID-19 nete ka ut utshipan manitushiss coronavirus mekuat nakutuenitanu, minu-tshitapakanu tan e ishi-katshitaukueu nenu ishkieu. Mekuat eshk<sup>u</sup> apu tshissenitakut tshi anu uitshikatshitinik<sup>u</sup> nenu akushunnu COVID-19 ishkieu e ashupimaushit, kie mak ishinakut tshetshi katshitinik<sup>u</sup>, tshi mishta aietukukue nenu ishkieu. Kie, mekuat apu tshissenitakuat tshi ashushkumuat ukaumau utauassim<sup>u</sup> e itakushit COVID-19, mekuat e ashupimaushit. Apatanu umenu ishkieuat ka ashupimaushit tshetshi nashakau tshetshi eka katshitinikau nenu akushunu:

- **tak nete tshitshuat**, takut tshi nanatshuapamit natukunish itute, mak nete tshitshuat atusse;
- **uauitamuek<sup>u</sup> tshinatukunushimau, ne tshe mininiuiaushit**, tshetshi imikuek<sup>u</sup> kie mak nite ut ka akunitshepin tshetshi ishi nitshishkueiek<sup>u</sup>;
- **kutshipanitik<sup>u</sup> tshetshi eka umanitemiek<sup>u</sup>**, patush put natukunish takushin;
- **shukushuk<sup>u</sup> tshishtaputshitshek<sup>u</sup>** tshishuakamiteuapit mak uapeikaikan nishunnu ka tshishipainishit ishpish kie mak tshishtaputshitsheunapui apishtak<sup>u</sup> eka minupan tshetshi tshishtaputshitsheiek<sup>u</sup>;
- **nanitam katak<sup>u</sup>** nanipuak<sup>u</sup> auen a tat. Aiapit nishutipashkunikan ui tak<sup>u</sup>;
- **eka ui tatatshinamek<sup>u</sup>** tshitunau, tshissunau mak tshissishukuau;
- **eka ui tatatshinamek<sup>u</sup>** nete nakana ka tatatshitinikan
- **eka itutek<sup>u</sup> nete e mitshetinanut mak ne tatupaikan miam e itutanut** mak natshi-atauek<sup>u</sup> ne muk<sup>u</sup> tshiam ka apishtaiek<sup>u</sup> tshekuan;
- **eka pushuk<sup>u</sup> ka mitshetapushinanut**

Anitshenat ishkieuat ka ashupimaushit kushtukushiut tshetshi katshitinik<sup>u</sup> nenuakushunu, anu ma e ka uteiakushit kie mak ka upan-akushit, ka kashiuashiu-umikueu, kie mak shitu ka ishinakushit, anu tsha ui nakutenimitshishut:





- peik<sup>u</sup> tshikanishuauat, kie mak tshuitsheuakanau kie mak kie auen e nishtuapameiek<sup>u</sup> kuekuetshimek<sup>u</sup> tshetshi uauitshikuiek<sup>u</sup> kie mak tshatshi atuessemauaut;
- kukuetshimmekuat akushishkuessat kie mak natukunish tshetshi uauitamakuiek<sup>u</sup> tau minunakutuenimuk<sup>u</sup> tshe ishi-tshishpuatshishuiek<sup>u</sup> tshetshi eka katshitinimek<sup>u</sup> akushun kie tshishat ui kunuenitamuk<sup>u</sup> natukuna mka tshe itapishtaiek<sup>u</sup> tshekuan.

Tshi ut papamashkaune, ume utat kutunue-tshishuk<sup>u</sup> ashu neu kie mak tshi taiek<sup>u</sup> shit auen e katshitinik<sup>u</sup> nenu akushunu kie mak e kushtukushit tshi itakush COVID-19, tshipa ui **tshipautshishunau ( tshinuau e tshipautshishiek<sup>u</sup>)**

Tshuitamakutshi kuenenimat ne manitushiss COVID-19 kie mak tshitaishuapatenau ka nanitussenimitshishin, tshika ui tanau tshitshuat.

## E MANINIUNANUT

E maniniunanut mekuat e pimipinin e akushun, ieshkushinueu. Tshinekatenitenau, tshishetshishiumitshunau kie mak tshunishinau. Kie, mekuat **apu tshissenitakuat tshi ashushkumuat ukaumau upepessim e itakushit COVID-19**, mekuat e minuinniutApitin tshetshi uauitamuek<sup>u</sup> ne natukunish tan tshe ishi-katshitukuiek<sup>u</sup> ne akushun COVID-19 tan ua ishi-minuinniuek<sup>u</sup> mak e uikanishutatshiek<sup>u</sup> tshi minniniuiek<sup>u</sup>:

- Itenitamek<sup>u</sup> akushiutshuapit tshi minniniuiek<sup>u</sup> kie mak nete ka minniniuianitauishkueuat, uauitamuk<sup>u</sup> tan ua ishi-minniniuiek<sup>u</sup> mak tan tshe ishi-ieshkunitshihsuiek<sup>u</sup> usham ne akushun COVID-19.
- nanitussenitamek<sup>u</sup> tan e ishi ueueshtakan ne ka takut tshi uitshikuiek<sup>u</sup> mak tshi natshimanitakatakuiek<sup>u</sup>;
- itenitamek tshetshi mininiuiek<sup>u</sup> nete tshitshuauat, uauitamuekuat anitshenat ishkuueat ke minitiniuaushit tshima tshi tutakau nenu kie mak pitshitinikan nete a taiek<sup>u</sup> mak tshika ui minutshitapatakanu tshetshi minuakue tshi mininiuikuiek<sup>u</sup> akua e ietunanut;
- itakushiek<sup>u</sup> ne COVID-19, uauitamuek<sup>u</sup> ne ka aiatinak<sup>u</sup> akushuan tan tshe ishi-kashtukuiek<sup>u</sup> neme mininiuiek<sup>u</sup>.

ne ka aiatinak<sup>u</sup> akushuan tshika nanitusselimeu mishta-natukunish tshetshi tshitapamakuiek<sup>u</sup> tshin mak tshipepessim.

## AUASSISS E IETUTUAKAN



Eka ui unui mak eka unuitshiaush patush put nitukunish ui nitshishkuiek<sup>u</sup>.Katshi inniut, auassiss tshi katshitinim COVID-19: apitin tshetshi aku tutakan tshetshi eka ashushkamuakan pepess.Itenitamek<sup>u</sup> tshikatshitinetau ne akushun COVID-19, tshipa ui **tshipautshishunau tshitshuauat**.Uauitakanu tshetshi ka katak napipunanun nete tshitshuat, mauat uil tshipepessimau mishkut.Tshipa tshi tatshishkatshishunau kie peikuit nete tshi taiek<sup>u</sup>,anu minat nushaniaushiek<sup>u</sup> mak tshi nishtuapamitshishiek<sup>u</sup>, shatshitiek<sup>u</sup>

**Tshimitenitenau** ua akushiek<sup>u</sup> (at peshish), tshipa ui **akua** tetanau tshekuantshetshi eka ashushkamueik<sup>u</sup> tshituassimuaau:

- shukushuk<sup>u</sup> tshishtaputshitshek<sup>u</sup>, eshk<sup>u</sup> eka mak katshi tatshitineik<sup>u</sup> tshipepessimua; mak akua tutamek<sup>u</sup> nete e neneiek<sup>u</sup>.
- tshikamutak<sup>u</sup> (**ne ka tutakanikau** tshetshi nutam kuanimek<sup>u</sup> tshissunuau mak tshitunuau e minumitaiek<sup>u</sup> tshitashtumukuat, nete ut utat tshitukauaut kie tshikuiauat e utapikatekau ashit pishaniapi), pessish e taiek<sup>u</sup> (ashtanite nishutipashkunikau), au ma minat e ashamaushiek<sup>u</sup>;
- nikamuk<sup>u</sup> mak natukunapukatamek<sup>u</sup> nete nanitam ka aptatatshitinakau **uapeikaikan e natukunapat**.

Tshi tutamek<sup>u</sup>, **e nushaniaushinanut** anu minuau, mininiu pepess kia apu uitshi-akushit, kie nenu uassiu-akushun apu ishpish katshitaukuet.Ne manitusshiss ka tutak<sup>u</sup> akushunu COVID-19 apu takut nete nushaniau-tutushinapat.Nushaniaushin apu tshekut shien tshipepessim.

Itenitamek<sup>u</sup> tshikatshitinenau COVID-19 kie mak tshikunenitenau, **ne nashamuk<sup>u</sup> ne akau takut tshi ietshiek<sup>u</sup> e nushaniaushiek<sup>u</sup>**Kie anitshenat uikanishumuaat, umenu tsha ui nashamuat:

- Nushaniau-ashpishumun apitshitaiek<sup>u</sup>, kashikueun e uashkamanit takutshishumek<sup>u</sup> tshitaassimuaau;
- Utaimek<sup>u</sup> tshitutushinapumuau, minu-nikamuk<sup>u</sup> kie minu-shtaputak<sup>u</sup> ne utaikaneshk<sup>u</sup> eka utaimek<sup>u</sup> mak katshi utaimek<sup>u</sup> tshitutushinapumuau. Nikaimuk<sup>u</sup> ne utaikan mak ne putaia , uapaikakan apitshiek<sup>u</sup> ( miam ate uapaikakan mak tshishaukamiteuapui).Tshishtaputshipinitak<sup>u</sup> 10 nuash 15 katshishipainishit;
- eka iuiashuk<sup>u</sup> ne putia mak utaikan.

Usham akushiek<sup>u</sup> tshetshi nushaniaushiek<sup>u</sup> kie mak tshi ietutuashuiek<sup>u</sup>, ushamek<sup>u</sup> kutak auen tshetshi aietutuashit.Uanua takut ne akushun nete pitukamit, ne tshe ietutuashit tshika ui tshikamutau utashtimikuan mak shukushuk<sup>u</sup> tshika ui tshishtaputshitsheu nemenu e ietutuashit.



## **UI NATSHI UAPAMANU AUASSISSA**

Tshi mininiuiek<sup>u</sup>, tshika ui natshi-uapamanu auassiss, tshuitsheuakanau kie mak tshikanushuau. Apu tshikut ui umanitemaiek<sup>u</sup> patush akushiushkuess kie mak natukunish. Tshika animin muk<sup>u</sup>, akua tshika ui tutuauat nete pitukamit ka tat. Tshipa tshi tshishishnuashtauau ne tshituassimau e ussi-inniut nete ka atusseu-katshitapakan ut. Tshiek<sup>u</sup> tshika-utshitshipanu, tshikanishuau, tshuitsheuakanau, tshika tshi takunaushuat, shuenimaushut. Ne uanapissish ne tshika ishinakuan tshetshi eka natshi uapamakan ka ussiniun auassiss kie ekuet ne muk<sup>u</sup> tshiam tekuat tshetshi tshishpeuatshishuiek<sup>u</sup> tshetshi eka katshitinimek<sup>u</sup> COVID-19.

## **MININIUAN NETE MITUNENITSHIKAN**

E uikanishimaunanut ume mekuat e pimipan akushun COVID-19, animinenitshenitakuan, ishkuemat ka ashaupimaushit mak ussi-ukaumauat anu kushtukanu tshetshi katshitaukutuau umitunenitshikinuau. Ume mekuat e pimipan, anu kushtukan tshetshi kashtukuiek<sup>u</sup> tshimitunitshikunuat, tshipatshi ishinakuan tshetshi eka ishpishitau ka uauitshiuashit. Ume mekuat e animiunanut, uikanishimuau, uitsheuakannau, mak anitshenat ka uauitshiaushit tsha ui aiamieut nenu ishkuet ka ashaupimaushit kie mak anutshish ka miniunin tshi nanitussenimatau.

## **POUR DE PLUS AMPLES RENSEIGNEMENTS SUR LE CORONAVIRUS:**

[Canada.ca/le-coronavirus](https://Canada.ca/le-coronavirus)

kie mak metuetak<sup>u</sup>

**1-833-784-4397**

## **UI MINU-NANITUSSENITAMEK<sup>U</sup> E ASHUAPAMAUSHINANUT, KA ATUSSEUN-TSHITAPATAKAN:**

[www.pregnancyinfo.ca](http://www.pregnancyinfo.ca)