



Katak^u e uitshikapushtutshishunanut: Tan tshe tutakan tshetshi eka mishituepan akushun COVID-19

Mamu, tshatshi tutenanu tshetshi eka ishpishpanu ne akushun COVID-19 e ushkuishtatshishunanut ka katak e uitshikapushtutshishunanut. Tutanipan ne atusseun e uapatiniuanut mak e tapuanut ne katak^u e uitshikapushtutshishunanut apu mishituapan ne akushun. Kassinu auen mamu tanut kie neneka iatunanut, tshikatshi tutenanu.

Tshekuan ne katak e uitshikapushtutshishunanut ?

Na takak e uitshikapushtutshishunanut, tshika ui mishkutunenanu ne nakana ka pessish ka uitshikapushtueishk^u auen, miam mate uem:

- tshetshi eka itutanut nete nekana e itutanut kie mak nete e mamuitunanut;
- eka ishi-pushukatituk^u miam mate tshitutshiuau ka apishtaiek^u;
- Eka peshuapamekuat auenitshen, alu ma minat nitshenat shitu (tshishelnuat, kie mak ka uitshakueshit, etc.);
- iat ne nashamak^u nishutipashkunikin tshetshi ishpish katak^u taiek^u tshil mak ne ue kutak auen.





Ume tsha ui ishi tutanu katak e uitshikapushtutshishunanut:

- Uashtemueiek^u auen mat kat tshetshi pushukatsheiek^u kie mak akussiniueiek^u kie mak tshetshi utshemueiek^u;
- Tak^u nite pitukamit tshitshuauat, eka mamu mitishuk^u kie aka papapamutek^u
- Peikuau peikuminashtakan natshi mitshimashuk^u;
- Ne ka mitshetapushinanut eka ishi pushuk^u neme e mitshenanut;
- Nete ka atusseu-katshitapakan ut mamuituk^u;
- Nete ut ka atusseu-katshitapakan ut metueiekuat tshitussimuau;
- Ka atusseu-tshitapakan, takapitshenikan ka papamitakunikan ka imitunanut apashtak^u ui aimiekuet tshuitsheuakanau mak tshikanushuau

Ishpish tshi ui tutamek^u:

- Natuenitamuk^u tshimimuau kie mak nete ka atusseu-tshitapakan ut natuenitashuk^u;
- Nete tshitshuauat kie mak unuitamit ueshaupinuk^u;
- Nite tshitshuauat atussek^u.

Tshe ui tshissenitamek^u: Teuat auenitshen e tshi ashushkamatshet nenu akushunu COVID-19 at eka nitu-mishtaiek^u. Eka tshi katak^u uitshikapushtueiek^u auen, tshikamutak utashtumukuan, iat ne kutakanakau kie mak akunikan (ne ka tutakanikau tsha ui nishuetshitakanau pitshuian tshetshi nutam kuanimek^u tshissunuau mak tshitunuau e minu-mitaiek^u tshitashtumukuat, nete ut utat tshitukauaut kie tshikuiauat e utapikatekau ashit pishaniapi), apu tshikut shaputuepinukau ne shashtikunapui, apu tshikut katshitauet. Tshikumitaiek^u



utashtumukan apu tshikut ui tatinimek^u tshissunuau kie mak tshitunuau, tanite ekuat nete u pitapan ne manitushiss.

Tshe ui tshissenitamek^u: Ne utauau- tshishe-utshimau utamiamupen mashinaikaninu e uaitakan ne *Ltakuet tshetshi tshipautshishunanut*. Ne Tshishe-utshimau ka ishi utinik^u aiamunnu, kassinu auen e mishikat ute Canada upashtamakan ka pushit kie mak ishkuteu-uta kie mak peikuan meshkanat ka ut papitat, tsha ui tshipautshishu uitshiuat kutunue-tshishuk^u ashu neu ishpish tshetshi eka ashushkamatshet nenu akushunu COVID-19. Ne kutunue-tshishuk^u ashu neu tshe ui tshipautshishit auen nete ut tshitshipanu ka pite-takusset Canada.

- Katshi papamashkain at eka tshekuan nitu mishtaiek^u, uemut tshika **tsha ui tshipautshishinau** (tshinuau uetshit).
- Katshi papamashkain kie nitu itimishtaiek^u, uemut tshika ui **tapan** shkatam-tshipautshishunau pitukamit mitshuat.

Alu ui tshissenitaman: Canada.ca/le-coronavirus 1-833-784-4397