

Tshunuinau a? Akua tutamuk.

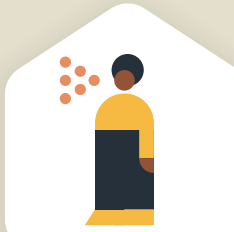


Ne ietiek apitin.

Minu-nashunumuk^u tshakuan e tutamek^u tshetshi akua tutatshishuiek^u kie manatshiekut auenitshen.

✘ Eka takut tshi tutakan:

 E mitshetinanut	 E tatshishkatunanut	 E shakuasht uiesh
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✔ Mak nanitam:


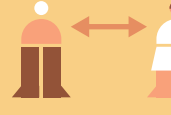


 Akushiek ^u tak ^u nete tshitshuauat mak pessish tak ^u auenitshen	 Nashamuk ^u e ishi-uauitamakuiek ^u nete akushiu-atusseunu ka tshitapatakau	 Tutuekuat tshitshuakanau anitshenat tshe imikuiek ^u , uauitshikuiek ^u
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Minu tshitapatamuk^u tan e ishi kushtikuet

Ne e ishi kushtakuet kassinu ne tatipan ishi-tipapekaikanu, ne ishi-uitshikapushtatanut, e ishi-tshikamutakan utashtimukuian, tshinuau mak kutakat auenitshen mak iat tan e ishinakutuenitakan uiesh tshetshi eka shuk^u ashushkamatunanut. Ume e ishi mashinatet ukuet ume eka kushtakuet, apishish kushtikuet kie mishta-kushtukuet muk e ishi-tipapekaikik^u ne akushiu-atusseunu ka tshitapatak^u. Ne ishi nakutuenitanu tshi ishi-kushtikuet tshi ashu-minitunanut tshi tshipaikanukue, tatu-tapaikan kie mak tan ishpesh minekash tshitatau, e ishi mitshetinanut, e ishi-tepitemunanut (tepuanun, nikamunanun mak ushtastakanu).



Eka shu e kushtikuet	Miam ishpesh a kushtikuet	E kushtikuet tshi ashu mitunanut
 Mashinaitshetshuapit e itutanut	 E natshi- utshimau-shukuiek ^u , e tshimishikanikau pishkueuan	 Ka minanut mak ka nimananut
 E natshi-tauepitanut, e mitshimashunanut mak atautshuap nasham ^u a e ishi-nanituenuitaman akushiu-atusseunu ka tshitapataman	 Natukunish, ka matapinepishkuesht, e minunakutshishunanut e itutanut	 Nete ka ueshaupinunanut
 Minashkuat e itutanut	 Ka nipanut e itutanut	 E akussinitshishunanut, e utshemitunanut mak e pushukatanut
 Utapan e papami-tatipunanut (peik ^u auen kie mak e mitshetapushinanut)	 Ka tshishikashunanut utapan e pushinanut kie mak e uitipimakan auen	 E mamuitunanut kie mak e aiamiutshuapit
 E papamutenanut	 E atussanut	 E natshi tshitapatakan nete e metuanut miam ate ka shushkatshianut kie mak kie ka atuanut
 E uishemakuat auenitshen pessish ka teiek ^u tshetshi uitshishkumikuiek ^u	 E matuanut nete ka metuanut	 E natshi-tshitshissipitshanut
 Tshetshi natuapatamek ^u mitshim ka nanituenitashuiek ^u	 E natshi mataupukutanut	 E mitshetapushinanut miam ate netupuss
 Ituteiek ^u nashipetimit	 E mitshishunanut unuitimit	 Ka mitshishunanut ka shukimatshishunanut
 Uitshuiek ^u , minashkuat papamuteiek ^u kie mak lepissik ^u papamuteti piek ^u katak e taiek ^u	 Katshishkutamatshetshu ap, mishtuku-tshuapit kie mak kunapitshetshuap	 Metueutshuapit
 Unuitimit mitshishiek ^u	 Ka pikashuminanut	 E metaunaut mak e ueshaupinunanut (ka utamishkatunanut kie mak atuan e metuatshanut)
 Metuanut kie ueshaupinuiek ^u (ka ututaman atuan kie mak uepauan atuan)	 Ataitshuap, ka minunakutakanikau e uapitinanut	 A natshi nanitutakan
	 Ka nipunanut eka shuk ^u mitshetunanut mak e nikuashkanit	 E natshuapamakaitau ka tauapikitshesht kie mak ka nikamushit
	 E natshi maniteukatuan auen	 E ussi-uipemitunanut
		 Ka utshishikum ^u -muakan auen

Tshetshi nishtutakan

 E peikussinanut kie mak e tatshishkatunanut	 Unuitimit e uitipimit auen kie mak ka nishtuapaman	 Unuitimit katak ^u e uitshikapushtatanut	 Unuitimit kie mak pitukamit	 Pitukamit e mitshetunanut minekash	 Unuitimit kie mak pitukamit
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Uauitshiuieu tshetshi eka ashushkamatunanut.
Pitukutak^u Alerte COVID.

Anu ui minu-tshissenitamek^u COVID-19:

canada.ca/le-coronavirus 1-833-784-4397