



CRI / CREE

## Coronavirus itâspinêwin (COVID-19)

Itasiwêwin ka-natawêyihâtakwahk kiki ka-pôni cîstahosiik papâmâcihôwak asici nama kîkway COVID-19 mâyamahcihowin ka-takosinik Kânata isi ASKIY, PIMIHÂWIN ahpô NIPIY

### Kihci-Okimânâhk ohci Kânata akâmi-tipahaskân towihkana

**Kihci-Okimânâhk ohci Kânata astâwak towihkâna sîpa ôma Ka-pêyako-âyahk Oyasiwêwin ta-kakwê nakinikatêk ôma nakiskatowin êkwa sisiwêpayiwin ohci COVID-19 êkwa pahpîtosipayiwin pîhci Kânata. Kiyam kîspin ka-pôni cîstahokawêyin, kâyâpic kostâtikwan ta-âsôskamâtohk asici COVID-19 mîna ta-âsôskamakêhk âhkosiwin isi kotakak. Ta-pisiskêymicik kotakak, natawêyihâtakwan ta-nakiskamin ôhi towihkâna sîpa ôma *Âciwinamowin mana Âsôskamâtowin ohci ka-Nakiskikâtêmakahk isi COVID-19 pîhci Kânata Sîhkihêmowin (Piko ka-pêyako-âyahk, Ta-pêyakohk êkwa Kotaka Nâkatêyihamowina)***

Ka-pôni cîstahohcik papâmâcihôwak êkwâniki namôya kîkway nokohtawin natawêyihâtakwan ta-pêyako-âyahk ispihk ka-pîhtikwêcik Kânataing kîspin ta-pimitisahakik kotaka towihkana ka-itasinahikatêk câpasîs. Ka-pôni cîstahohcik itwêman êwako ê-otihtikoyin kahkiyaw êkwânihî cîstahowin, ahpô pah-pîtos cîstahowina ka-pakitêyihcikâtêw Kihci-Okimânâhk ohci Kânata kanakê nêwosâp kîsikâw pâmwayês ka-pîhtikwêcik Kânata. Kî-cîstahowin itapowin ta-sâpohtêman tahtwâw ka-pîhtikwêyin Kânata.

Kîspin kiya kî-pakwanow nawasônikawin kiki nitawâpênâsowin sâpô ôma Ka-natawêyihâtakwahk Pakwanow Nitawâpênâsowin pimipayihâtawin natawêyihâtakwan ta-kîsihtâyin COVID-19 molecular nitawâpênâsowin êwako kîsikâw ka-takosiniyin pîhci Kânata (kiki Askîy êkwa Pimihâwin papâmâcihôwin).

### Kîspin kiya kî-pakwanow nawasônikawin ta-kîsihtâyin ka-natawêyihâtakwahk pakwanow nitawâpênâsowin KIYA PIKO:

- **Otina COVID-19 molecular nitawâpênâsowin ka-isi wîhtamakihk êwaki kîsikâw ka-takosiniyin pîhci Kânata.**
  - Ka-kî-nitawâpênikawin mwêhci êkota âhpo ka-mêkawin pêyako nitawâpênâsowin-sêhaminis âpacihcikan. Piko ta-pimitisahamin sîhkimiwêwin ka-otihtikoyin ispihk ka-takosiniyin ta-kîsihcikâtêk kî-Takosiniwin nitawâpênâsowin. Kîspin kî-otihtikon pêyako nitawâpênâsowin-sêhaminis âpacihcikan, piko ta-kîsihcikâtêk êkwa itisaha kî-wâh-wâpahcikewin mosahkinikêwin kiki paminikêwin pâmwayês 24 tipahikan ka-takosiniyin Kânata.
- **Kîspin kî-otihtikon kêhcinâc nitawâpênâsowin ka-kîsihcikatêk ahpô kî-mâci môsihon COVID-19 mâyamahcihowin, kiya piko sêmâk wîhtamakê êkwâniki nahiyikohk isi tipiyaw maskihkîwikamik opaminikêwak ka-wîhcikâtêk ôtahk, mîna pimitisaha ô-sîhkimiwêwin, asici ka-pêyakohk.** Piko sêmâk mîna ta-wîhtamin kî-kêhcinâc nitawâpênâsowin kîsihcikâtêwin ahpô mâyamahcihowin isi Tipiyaw Maskihkîwikamik Pamihâwin ohci Kânata (PHAC) ta-sêwêpicikêyin 1-833-641-0343.
- **Kîspin kî-otihtikon namôy kiskêyihakwan ahpô namôy âpatan nitawâpênâsowin ka-kîsihcikatêk, natawêyihâtakwan ta-otinamin kotak nitawâpênâsowin.** Mahti pîkiskwê asici kî-nitawâpênâsowin





maskihkiwiyiniw pâmwayês 24 tipahikan ka-otihtikoyin kî-nitawâpênâsowin ka-kîsihcikatêk ta-osihtâyin nahawâscikêwin ta-kîsihtâyin kotak pêyako nitawâpênâsowin-sêhaminis âpacihcikan.

- **Kîspin kî-otihtikon ê-ânwêyihcikâtêk nitawâpênâsowin ka-kîsihcikatêk**, êwako itêyihakwan namôya ê-ayayin COVID-19, mâka mîna ka-kî-otihtikon ê-ânwêyihcikâtêk nitawâpênâsowin ka-kîsihcikatêk kîspin asay kî-âhkosiwin asici COVID-19, tâpiskôc, pâmwayês ka-môsihoyin mâyamahcihowin.
- Kîspin namôya kî-otihtikon kî-nitawâpênâsowin ka-kîsihcikatêk mwêstas ispihk nêwo kîsikâw, mahti pîkiskwâtik kî-nitawâpênâsowin maskihkiwiyiniw.

### Kiki nêwosâp kîsikâw mwêstas ispihk ka-takosiniyin

- **Kanawêyihta masinahikan ohci wîhowina mîna kâhcitinatowin kiskêyihamohiwêwin** kiki itahto ayisiyiniw ka-cîki piskîcikâpawitowin mîna itay ka-kî-kiyokêyin mêkwâc êwako iskoyikohk.
- **Postiska katawa osihcikâtêw, nahiyikohk têpiskikâtêw kipotônênikan** ta-kakwê nakinikatêk manâ nakiskatowin êkwa sisiwêpayiwin COVID-19, **kîspin kiya ka-ayâyin mâmawi-ayâwin itowihk.**
- **Kanawêyihta tâpasinahikan ohci COVID-19 pâmwayês-takosinowin êkwa ispihk-takosinowin nitawâpênâsowin ka-kîsihcikatêk** êkwa kêhcinahowin ohci cîstahowin.
- Ka-kî-otihtikon wîhtamakêwina ohci ArriveCAN; mâka, namôya natawêyihakwan ta-itisahamin wîhtamakêwina.
- **Kiki kîhtwâm nêwosâp kîsikâw mwêstas ispihk ka-pihtikwêyin Kânata kîspin kî-nitawâpênâsowin kêhcinâc kiki COVID-19, ahpô kî-môsihon mâyamahcihowin ohci COVID-19, kiya piko sêmâk:**
  - **Wîhtamakê êkwâniki nahiyikohk isi tipiyaw maskihkiwikamik opaminikêwak, ka-wîhcikatêk ôtahk, mîna pimitisaha ô-sîhkimiwêwin, asici ka-pêyakohk êkwa**
  - **Wîhtamakê isi PHAC ta-sêwêpicikêyin 1-833-641-0343.**

**KITAHAMAKÊWIN:** Kî-nahêyihowin asici ôma Sîhkihêmowin êkwânima mamisiwin isi pisiskêyicikêwin, kêhcinâhowin êkwa sôhkêsihcikêwin. Kîspin namôya ê-nahêyihamin ta-kî-pakitêyihcikâtêw ka-pêyako-âyahk ohci. Ka-kî-piskîci-kanawêyimikawin isi ka-pêyako-âyahk paminikêwin, masinahikêpayow êkwa/ahpô kipahôwâwak.

### Pisiskêyihta mâyamahcihowin

Pisiskêyihta kiki mâyamahcihowin kanakê nêwosâp kîsikâw mwêstas ispihk ka-takosiniyin. Kîspin kî-mâci môsihon COVID-19 mâyamahcihowin, piko sêmâk:

- Wîhtamakê êkwâniki nahiyikohk isi tipiyaw maskihkiwikamik opaminikêwak, ka-mêkihk capasîs, mîna pimitisaha ô-sîhkimiwêwin, asici ka-pêyakohk êkwa
- Wîhtamakê sêmâk isi PHAC ta-sêwêpicikêyin 1-833-641-0343.

Iyinito itamahcihowin êkwa mâyamahcihowin ohci COVID-19 asici mîna:

- Oskâyî ahpô ostostotamowin âywahpinêwin
- Kipatahtamowin/ayiman yêhêwin
- Kicêstatay ahpô kiyaw kiwisakihên, nêstosiwin, nêsowâtisiwin
- Mitoni mâyamahcihowin
- Oskâyî kiwanihtân ka-pasôwin ahpô nistospicikêwin
- Kisisowîpayin, nanampayiwin, ahpô kisisowin nânitaw ahpô ayiwâkês 38°C



- Asakay mēskwacipayiwin ahpô môskipayiwin (isi awâsisak)
- Katay kiwisakihtên, sâposowin, ahpô pwâkamowin
- Têyistikwânêwin

Tipiyaw maskihkiwikamik opaminikêwak		
Ka-piskihtaastâhk êkwa askîhk	Sêwêpicikan akihtâson	Website
<a href="#">British Columbia</a>	811	<a href="http://www.bccdc.ca/covid19">www.bccdc.ca/covid19</a>
<a href="#">Alberta</a>	811	<a href="http://www.myhealth.alberta.ca">www.myhealth.alberta.ca</a>
<a href="#">Kisiskâciwani-sîpiy</a>	811	<a href="http://www.saskhealthauthority.ca">www.saskhealthauthority.ca</a>
<a href="#">Manitoba</a>	1-866-626-4862	<a href="https://manitoba.ca/covid19/restartmb/prs/orders/index.html#current">https://manitoba.ca/covid19/restartmb/prs/orders/index.html#current</a> <a href="https://www.youtube.com/user/ManitobaGovernment">https://www.youtube.com/user/ManitobaGovernment</a>
<a href="#">Ontario</a>	1-866-797-0000	<a href="http://www.ontario.ca/coronavirus">www.ontario.ca/coronavirus</a>
<a href="#">Quebec</a>	1-877-644-4545	<a href="http://www.quebec.ca/en/coronavirus">www.quebec.ca/en/coronavirus</a>
<a href="#">New Brunswick</a>	811	<a href="http://www.gnb.ca/publichealth">www.gnb.ca/publichealth</a>
<a href="#">Nova Scotia</a>	811	<a href="http://www.novascotia.ca/coronavirus">www.novascotia.ca/coronavirus</a>
<a href="#">Prince Edward Island</a>	811	<a href="http://www.princeedwardisland.ca/covid19">www.princeedwardisland.ca/covid19</a>
<a href="#">Newfoundland êkwa Labrador</a>	811 or 1-888-709-2929	<a href="http://www.gov.nl.ca/covid-19">www.gov.nl.ca/covid-19</a>
<a href="#">Nunavut</a>	1-867-975-5772	<a href="http://www.gov.nu.ca/health">www.gov.nu.ca/health</a>
<a href="#">Northwest Territories</a>	811	<a href="http://www.gov.nt.ca/covid-19">www.gov.nt.ca/covid-19</a>
<a href="#">Yukon</a>	811	<a href="http://www.yukon.ca/covid-19">www.yukon.ca/covid-19</a>

### Kiki ayiwâk kiskêyhtamohiwêwin:

1-833-784-4397

[Canada.ca/coronavirus](http://Canada.ca/coronavirus)