



MI'KMAQ / MI'KMAQ

Coronavirus egsinogeoagen (COVID-19)

Amotjpa matjogoatasigel ola genoatagen otjit oen tan gegong COVID-19 pegising Canada mesigisgetog

The Gepetnôl Canada na gisi eltootitj ilsotagen *Quarantine Act* taan paoateo gisna nagateo seesaasig ola Covid-19 ag variants. Amotjpa na matjogoatemeneo tan telimolg. Gisi oigasig *Minimizing the Risk of Exposure to COVID-19 in Canada Order (Quarantine, Isolation and Other Obligations)*.

Amotjpa TEPGISALSIN		
Amotjpa GIL :		
Tepgisalsi	OSOATES TAPOGEL COVID-19 TESTEL	Genoalsi ag angamsi
<ul style="list-style-type: none"> • Angemio lietes federal designated etl tepgisalot oen gisna tan tel genoaatag screening officer gesnet quarantine officer. • Elmiag negativeoig amgoeseoi egt COVID-19 molecular testem, siaoasi tan tet tel tegisalsites. Elmiag positiveoig na esgematen me genoatagen oetjag quarantine officer. • TELIPGITGATES tan tet gelolg etel tepgisalsin neotisgag tje neo nagoal ag maogiten amgoes nagoeg pegisineg Canada. 	<ul style="list-style-type: none"> • Osoato tapogel COVID-19 molecular testel epgisin Canada tan telgenoateget Quarantine Officer—osoates amgoeseoei PEGISIN ag ap OGOMOLTJIN NAGOAO, mo notaanog elmiag neiatatj gis gisisapotasin Covid -19 molecular test neotisgag tje neo glapis pesgonateg tesisgag naogoal geseg mo pegisinon Canada. • ALAATES emset napoigagen egt Covid-19 test results oegao gagi tepgisalsin. • Igenemoates egt Covid-19 test results elmiag pipanimolg neiaatoaneo Gepetnôl Canada, province gisna territory, gisna notjôtemiititj egsinogeoagen gees etel tepgisalsin. 	<ul style="list-style-type: none"> • Telimates taan totjo igaantaan tet etel tepgisalsin geesmo tapogel nagoal pegisineg Canada ArriveCAN (elmiag eoemosep ArriveCAN geesmo pegisineg Canada) gisna eltagtegetes 1-833-641-0343 (elmiag mo eoemosep ArriveCAN) • Amotjpa angaptemen taan telipenen taan teli epitji tepgisalsin.





Notjôtëmiitij egsinogeoagen matjogoates tan totjo pem lien tan tet gelolg tel tepgisalsites

- **Mogt** eoemo maotepoltingeoei (stige aircraft, bus, train, subway, taxi gesnet maomialtepolting) elmiag lien taan tel tepgisalsites.
- **Nasgetes oelitasig ag oel tepegemen egisgoei taan totjo alaasin**, mo notanog elmiag paseg neotitepin gotepageneg.
- **Siaotepites** gotepageng gisipgoatoon.
- **MOGT** nagaasio tami meena ma gigtjegoaot oen tan totjo alaasin: apangetes tan etl pitepsimg ag mogt pigoao taan tet tel mitjites, sapotatitjiemgeoei eoen.
- **Gasiptinaasites** negao.

WARNING: Amotjpa oitjeoemen ola tan teloag ag gigtji angamoltem ag gisi emsimoltemm. Taoen mo matjogoatemog taan tel genoaatop pepseeg elgimogsineo tan tet etl tepgisalot oen, amotjpa apangetes , ticketaloltem ag/gisna masgoaalaten lapelosang.

Gepetnoleoatj petagteemoltag **1-888-336-7735** ag petji nemooltag angaptettag tetpaji tepgisaalsin.

Telipenen

If your symptoms worsen or if you develop new symptoms, follow the COVID-19 instructions of the local public health authority (see below).

- pôtjti nôgemen ag pem meemonasig
- metoeeg tan tel lamin
- getjimgam, gispenen, menagenan ag gesinogan
- mo pesetoon ag mestemoon
- epsin, geotjiaagien, gisna tel pesin aasisteg 38°C
- Oagei piloasig gesnet rash (mitjoaatjitjg)
- gesinogasg gontji
- gesinogoasg egtlamino, egtlaminoeegen ag sôgetemin



Telatigetes etel Quarantineoin

TELATIGES	MOGT TELATIGEO
<p>Mogt nemiao oen taan mo maoi altaoôgep.</p> <p>Gogentes tan gôgeo notan mimatjoonesg mimatjoagen (stige samgoan, mitjijptjeoei, empison ag oelpeteg) ag ma notaanog tami lien.</p> <p>Mitjijptjeoei, gesnet gogei pegisotasig na gotjemog nagtasigtetj tan ma oen oeltesgatioôg.</p> <p>Eoetes tepgisteg egtogonôgoôm ag etl agoasimg</p> <p>Paseg gotjemog oesgeoasites stige balcony gisna yard taan maoi altaioôg.</p> <p>Matjogoates tapogel negagen teliamasgat emsetoen negao.</p> <p>Matjogoaten genoatagen oetjiag local public health. Elmiag piloteg, genoatagen public health ag oot eteg teoagitasig , matjogoaten tan me melgeteg.teplotagen.</p> <p>ASITEGELOLATES elmiag eltagtemasg gisna petji nemiisgig screening or (peace officers gesnet notji pitjaloet).</p>	<p>Mogt lieo taan tet pogoelg oen oesgeoasit stige lobbies, courtyards, etlatalemgel, iltagalsimg ag etlitgisemolting.</p> <p>MOGT oen petji miitogeoitj gigemag, gitapag gesnet egteg oen.</p> <p>Mogt matjaasio taan tet etel tepgisaalsin oegao amotjpa nemiit malpaleoit, natji emsenemen COVID-19 molecular test gisna gôgei giisi oelteetg quarantine officer.</p>



Public Health Notjotemitij

Provinces and territories	Telephone number	Website
British Columbia	811	www.bccdc.ca/covid19
Alberta	811	www.myhealth.alberta.ca
Saskatchewan	811	www.saskhealthauthority.ca
Manitoba	1-866-626-4862	https://manitoba.ca/covid19/restartmb/prs/orders/index.html#current www.youtube.com/user/ManitobaGovernment
Ontario	1-866-797-0000	www.ontario.ca/coronavirus
Quebec	1-877-644-4545	www.quebec.ca/en/coronavirus
New Brunswick	811	www.gnb.ca/publichealth
Nova Scotia	811	www.novascotia.ca/coronavirus
Prince Edward Island	811	www.princeedwardisland.ca/covid19
Newfoundland and Labrador	811 or 1-888-709-2929	www.gov.nl.ca/covid-19
Nunavut	1-867-975-5772	www.gov.nu.ca/health
Northwest Territories	811	www.gov.nt.ca/covid-19
Yukon	811	www.yukon.ca/covid-19