



Ne akushun coronavirus (COVID19) ki ishinikateua

Uemut tshe ui nashahk kapamishkaht tshetshi tshipautishuht e peikussiht meshikaht ashit UPASHTAMAKANA.

Ne Tshishe-utshimau ute Utaua tutamupan atusseunu tshetshi eka tshishipan mak tshetshit eka mishituapan ne akushun COVID-19 mak nenu ka uikanishumukuat akushun ute Canada. **TSHIKA UI TSHIPAUTISHUN E PEIKUSSIN** kutunnuetshishikua ashu neu (14) ishpish, tshetshi uitamin tshitishinikashun, tanite epin, tshikaiminanunim, mak tshetshi nakatuenitamin etamashiuin ne ut akushun, miam etashtet ne *Tshe ishi-pimutenanut tshetshi atshunakanit ne tekuak akushun Covid-19 ute Kanata-assit (ka tshipautishut auen, e peikussit auen kie ma kutaka tshekuana eshi-natuenitakaniti).*

Anite ka ut tshitapatakanit minuinniun mamu katananut Katana-assit tshika ut aimikaun tshetshi uitamakauin ka ishi-katshitinakanit aimun ka natu-tshissenimikauin mak tshetshi minu-nashamin ne tshetshi tshipautishuin. Tshe ui minu-patshitinamin tshitaimun eshi-natuenitamakauin. Ut tshi katshinain e patshitinamin tshitaimun, ishi-uitakanu auen ka matshi-tutak ne e tshitapatakanit *Takuaimatsheun auen ka tshipautishut.*

TSHIPA UI:

- **TSHIPAUTSHISHUK** e utshepinanut nete tipan kie mak nete ne ka nakutuenitshesht kupaniesht tshe itutshikuiek
- Tsha ui **NANITUSSENIMITSHISHUNAU** neme **MIAM TSHISHUK^U** ka mishikaiek ute Canada **TSHISHUK^U 8** e tshitshipaniek^U e tshipautshishuiek^U, ne e ishi ueuetshishuatan ka tshipautshishunanut
- **TSHIPAUTSHISHUK** nuash neme e tshishtaiek^U kutunnue-tshishuk ashu neu, nete ut ka mishikaiek^U ute Canada
 - **TSHIPAUTISHU miam katshitinamin ne akushun ka natu-tshissenimikauin ne TSHISHIK^U 8.** Tshika ui tshipautishun kutunnuetshishikua ashu neu (14) anite ut e atshitakanit ka natu-tshissenimitishuin **TSHISHIK^U 8 miam ut tshi katshitinamin ne akushun.**
- **TUTAMUK^U** ne e ishi kukuetshimikuiek tshetshi nanitussenimitshishuiek^U na ka nakutuenitshesht.
- **AIMI** anite ka ut tshitapatakanit minuinniun mamu katananut (uapata anite utat ume mashinaikan) ue ka uitak kanakatuapatitshesht kie ma ne kupaniesh kanakatuenuitak katshipautishunannut miam anu ui apashtain natukuna.
- **UITA tekushinin anite tshe tshipautishuin anite 48 tatutipaikana niashatumakak ne meshakain ute Kanata-assit.**
 - Apitshitaiek^U ArriveCAN neme mishikaiek, iat neme tshipautshishuiek tshika ui uitenau
 - Eka ut apashtain ne meshikain ute Kanata-assit, kie ma eka tshi ut apashtain tshetshi ut uitamin ashit ne ArriveCAN, uita tekushinin anite tshe tshipautishuin ute kaiminanut etashtet: 1-833-641-0343





- **MINU-KANUENITA** ka akunakaniti tshimashinaikanuianima ka natu-tshissenimikauin akushun COVID-19 ne kiatshitaitshemakak ka pamishkain. Tshipa tshi umenua patshitinen aimuna anite Kanata-assi, uepistikeuiau-tshishe-utshimat kie ma anite ut eshi-tipenitamumakak assi, kie ma anite ka ut tshitapakanit minuinniun anite mamu katananut tshe ishpish tshipautishuin.

Nete tshe tshipautshishuiek TSHIPA UI:

- Tshipa tshi a itutaitishu **EKA** e apashtain ka aunakanit auen (miam mate: upashtamakan, katshinuapekak netupiss, ishkuteu-utapan, shek^u ka pimipanit ishkuteu-utapan, takassi kie ma mamu ka apashtakanit utapan)
- **TSHIPATSHI tanau kutunnue-tshishuk^u** kie mak anu
- **APU TSHIKUT AUEN tatshishkueiek kie mak pessish taiek^u:**
 - kutuashtatunnu ashu patetat tatupuneshut kie mak anu
 - akushut
 - shitu ishinakushut kie mak apu shapishit
 - atusseuat kie mak uauitshiushiut, nete e kushtukuanit tshetshi takunit akushunu:
 - natukunish-ishkuessat, natukunishit, akushiu-atusseunu ka tshisheshtakau, kupanieshkuuat, mak sussianeshkuuat
 - anitshenat ushkat ka papitat nete tshekuanu mak ka ushushkuanit ka uuanat
 - Ika nikaishit, ka imituanut ka utinikau kie mak kie mashinaitsheutshuapa ka atussetau, mitshiminu ka ishi-atusset, kka uauitshiaushit, manitueuat mak kupanieshkuuat
- **TSHIPATSHI TAPAN KUNENITENAU** katshipaikanisht, tshetshi eka nipaiek nete peikuit ashit anitshenat eka ka papamishkatau
- **TSHETSHI EKA TATISHKUEKUAT** anitshenat eka ka papamishkat
- **TSHI KUNENITAMEK^u NE TSHE MINU APISHTAIEK**, nipi, mitshim^u, natukuna mak ka tshishitepan, tshetshi eka nakatamek nete e tshipautshishuiek
- **EKA APIK NETE e mitshetipinanut**, miam mate:
 - Ka mitshetipinanut mitshuapa, ka nipanut, nete ka atussanut mitshuapa, nete mamu e apinanut
 - katshishkutamuanihit mamu tshitapamauat (patush tapuetakuiek^u)
 - Anite e apishashit kaipinanut (ka mishat mitshuap anite tatipan kaipinanut kie ma kutak aishinakuak kaipinanut) miam kutakat auenitshenat anite ka apiht.
 - Anite mitshuapit ka mitshetiht auenitshenat kie ma anite kamitshetusheht.
 - Itenitamek nete e apie^u apu tshikut tshi katak nanipuian kie mak tshipatshi tatishkuuat

Takut tshetshi nashamek neme tshe ishpesh ituteik nete ua tshipautshishuiek^u

- **TSHUTAPAN APASHTA** ui itutaitishuin anite tshe tshipautishuin
- **TSHIKAMUTAK utashtimikuan neme tshe ishpesh pimipinitaiek uitapamek auen**, patush put peikupishiek^u
- **TAK RESTEZ** dans le véhicule autant que possible
- **EKA** shetshen nitshipitak kie mak eka tatshishkuuat auenitshenat neme ishpesh pimipitaiek^u



- **TSHETSHI EKA** tatatshinamin anite ussit ashtuanakana kutakat mitshetuau auenitshenat ka tatatshinahk.
- **NANISHUTIPASHKUTIN** ui tak, iat e pimipitaiek^u
- **TSHISHIKASHUK** ashit tshikanumuau nete unitimit kie mak ka nituenitashunanut ui mitshishiek^u
- **TSHISHTAPUTSHITSHEK** eshk eka pushiek mak katshi amiek utapan.

Tshe ishpish tipan auen tat

- **UTINA KAIMINANUT** kie ma natshi-shatshuapamikauini ue kanakatuapatitshesht kie ma ne kupaniesh ka nakatuenitak tshetshi nashakanikue takuaimatsheun. Tshika nukuan tanite uetshipanit ne tshe aimikauin GOV-GOUV Canada kie ma 1-888-336-7735. Kanakatuapatitsheshiht mak kupanieshat ka nakatuenitahk tshetshi nashakanikue ne takuaimatsheun tshika ui uinitishuat, tshissenitakutauat tanite e kupanishuht mak tshika uitamuat tshitshinikashunnu tshetshi aimishkau.
- **EKA UIN NAKATA** anite tshepautishuin, patush miam ishinakuaki nipinanut, tshetshi aitutakauin kie ma tshetshi uenashk auen natukuiakanit, kie ma tshetshi natu-tshissenimakanit auen akushunnu *COVID-19* kie ma ut tshi tapuetakauin tshetshi unuiin, ue tiapuetak kupaniesh kanakatuenitak katshipautishunannut.
- **TUTAMUK^u** ne e ishi kukuetshimikueik tshetshi nanitussenimitshishuiek^u na ka nakutuenitshesht.
- Tshika tshi uinuin **PATUSH** anite katakutakat kie ma anite utat tshitshuat ashit anitshenat ka pamishkaht ashit tshinuau.
- **EKA auen pitukai** tshikanishat, tshuitsheuakanat kie ma kutakat maniteuat. Natuenitashu nasht tshe eka peshuapamat auen, mitshiminu, atauana kie ma kutak tshekuan eshinakuak tshetshi apashtain, tshipishkuat tshitshuat tshetshi ashtat.
- **Tshetshi EKA tain** anite e mishitueiat mitshuapit, katshishkutamatunanut, kamitshishunanut, kasheshauinanut kie ma kapakashimunanut miam apini anite kamitshetu-apinanut, kaiuiashunanut mitshuap kie ma anite mitshishutshuapit.

Tshika ui nakatuenimitishun minuinniun e uitakanit kutunnuetshishikua ashu neu (14) ishpish.

Ne eshi-matenitamin akushun anu kueshtikuak kie ma mussipanit eshi-matenitamin, nasha ne eshi-natuenitakanit tshetshi aitin ne e uitakanit COVID-19 anite uet tshitapakanit mamu katananut akushun e uitakanit anite utenat (umenua enat tshitapata uiauitakaniti). **Mataumatshiuini ne ut akushun, manitushiss COVID-19:**

- minuut ushtashtamini kie ma anu ushtashtamini
- nute-neneini/animauini anite e nenein
- itamatshiuin miam katshishishunanut e tutamin, shikatshiumatshiuini kie ma katshishishunanut tutamini, peikutau kie ma anu 38 °C
- mishkutshipanit tshishakai kie ma mussipannit (auass) umitshi
- akushiek^u, kitshitshiek^u, aieshkushiek^u, eka shapishiek^u kie mak eka minumitshuiek
- apu shashish eka ka minatitshein kie ma eka ka nishtushpitamini mitshim
- akushini tshishtikuan
- iakuikauini tshimitshim (akushin tshishkatat, mamishiin, papakumuini)



Ishpitenitami ne kassinu eshi-natuenitakanit tshetshi nashakanit ute ume enat tshe uitakaniti, ekute tshe ut natu-tshissenitakanit mak tshetshi nashakanikue ne eshi-natuenitakanit anite ne takuaimatsheunit.

Tshetshi ishpienitakanit ne eshi-natuenitakanit tshe ishpih tshipautishunanut kutunnetshishikua ashu neu (14), anite tshika ut aimikaun 1-888-336-7735, mak ne kanakatuapatitshesht kie ma ne kupaniesh ka natuenitak tshetshi ut nashakanit nenu takuaimatsheunnu tshipa tshi natshi-shatshuapamik^u.

Shaputue nanitam tshika aimikaun mak mitshetuau tshe tshissiuimikauin anite ut atusseu-katshitapatakanit.

Anitshenat eka ka nashakau e ishi ueueshtakanit tshipa tshi natshi tshipauakanut, kie mak tshipa tshi nashuakanut-kie mak makunakanut.

- Neme tshe eshpish tshipautshishuiek^u kutunnue-tshishik^u ashu neu, tshipatshi imikuuat kupanieshit kie mak kanakutuenitshet.

Ishpaniti ait ishinakuaki nenua eshi-natuenitahk Kanata-tshishe-utshimau kie ma ne uepishtikueiau-tshishe-utshimau kie ma ne eshi-tipenitamumakak assi, ne anu tshe nashamin meshta-itenitakuak.

Akushiu-atusseunu ka tshitapatakau

Nete tatipan assi	Tshitashun tshika aiamitunanimua	Ka atusseu-tshitapatakan
Colombie-Britannique	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.fr.html www.youtube.com/user/ManitobaGovernment
Ontario	1-866-797-0000	https://covid-19.ontario.ca/fr
Québec	1-877-644-4545	www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019
Nouveau-Brunswick	811	https://www2.gnb.ca/content/gnb/fr/ministeres/bmhc.html
Nouvelle-Écosse	811	https://novascotia.ca/coronavirus/fr
Île-du-Prince-Édouard	811	www.princeedwardisland.ca/fr/covid19
Terre-Neuve-et-Labrador	811 kie mak 1-888-709-2929	www.gov.nl.ca/covid-19/fr/ressources
Nunavut	1-867-975-5772	www.gov.nu.ca/fr/sante
Territoires du Nord-Ouest	811	www.gov.nt.ca/covid-19/fr
Yukon	811	https://yukon.ca/fr/covid-19-information