



## Ne akushun coronavirus (COVID-19) ki ishinikateua

Uemut kapamishkaht tshe ui aitiht anitshenat ka matenitahk nenu akushunnu COVID-19 mak meshakaht ute Kanata-assit UEPASHTAMAKANA

Utatau-tshishe-utshimau ashtapan uemut tshe ui aitinannut ne e tshitapakanit *Uauetashueun ka natuenitakanit tshetshi kutunnuetshishikua ashu neu tshipautishut auen tshetshi ut nakaikanit mak tshetshi eka ashushkamatshenanut ne akushun COVID-19 mak nenua akushuna ka ut tapititi e aieshkushiuniueti ne akushun mekuat pemipanit e uitakanit ute Kanata-assit*. Tshika ui nashakanu ne eshi-natuenitakanit miam ne etashtet *Mashinaikan tshetshi eka ishpish kushtikuak auen tshetshi katshitinak nenu akushunnu COVID-19 ute Kanata-assit, (kutunnuetshishikua ashu neu katshipautishunanut, katshipautishunanut mak nenua kutaka tshekuana netuenitakaniti tshetshi nashakaniti)*.

### Uemuet tapan tsha ui anitshishu uen

#### UEMUT umenua tshika ui nashen:

TSHETSHI TSHIPAUTISHUIN	NISHUAU TSHIKA UI NATU-TSHISSENIMITISHUN NE AKUSHUN COVID-19	UITA mak NAKATUENITA
<ul style="list-style-type: none"> <li>• <b>Shaputue mak eka e ashuapatamin tshetshi itutein anite kutunnuetshishikua ashu neu tshe tshipautishuin</b>, kie ma miam eshi-natuenitak ue kanakatuapatitshesht kie ma ne kanakatuenitak kutunnuetshishikua ashu neu katshipautishunannut.</li> <li>• <b>Uipat uitamakauin kiatshitinamin ne akushun moléculaire ka natu-tshissenimikauin akushun COVID-19, tshetshi tshipautishuin anite ka uitamakauin tshetshi tshipautishuin</b>. Uatamakauin kiatshitinamin ne akushun, ashupam ne kanakuenitak katshipautishunannut.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Tshetshi nishuau natu-tshissenimitishuin ne akushun COVID-19</b> ute Kanata-assit, miam eshi-natuenitakanit anite ne kanakatuenitak kutunnuetshishikua ashu neu katshipautishunannut: tshe natu-tshissenimitishuin <b>mishakaini (ushkat tshishik<sup>u</sup>)</b> mak minuat tshe natu-tshissenimitishuin neme 8 <b>tatutshishikua</b> utitshipanit, kanuenitamini mashinaikanuian eka kiatshitinamin ne akushun ka natu-tshissenimikauin akushun COVID-19 anite ka</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Uita</b> tekushinin anite tshe tshipautishuin anite pitashue 48 tatutipaikana ute ArriveCAN (ut tshi ne apashtain ArriveCAN eshk<sup>u</sup> eka pitutshein ute Kanata-assit) kie ma matueta ute 1-833-641-0343 (ut eka tshi apashtain ume ArriveCAN kie mak eka ut tshi apashtain).</li> <li>• <b>Nakatuenita tshetshi minuinniun</b> tshe ishpish tshipautishuin.</li> </ul>





<ul style="list-style-type: none"><li>• <b>Kutunnuetshishikua ashu neu tshipautishu anite nuash</b> kutunnuetshishikua ashu neu ishpish, e tshitshipanit ne tshishik<sup>u</sup> ka pitutshein ute Kanata-assit..</li></ul>	<p>ut utinakanit apishish ne ka natu-tshissenimitishuin 14 nuash 90 tatunnuetshishikua eshk<sup>u</sup> eka mishakain ute Kanata-assit.</p> <ul style="list-style-type: none"><li>• <b>Kanuenita e akunakanit</b> tshimashinaikanuianim kassinu ka ishi-natu-tshissenimikauin ne akushun COVID-19 nuash ishpish punipanit ne tshepautishuin.</li><li>• <b>Patshitina natuenitamakauini ka natu-tshissenimitishuin</b> anite Utauau-tshishe-utshimat kie ma peik<sup>u</sup> assi eshi-tipenitamumakak ute Kanata-assit kie ma aishinakuak peik<sup>u</sup> assi, kie ma anite utenat tshatapatakanit ne minuinnium mamu katananut ne tshe ishpish tshipautishuin.</li></ul>	
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### Tshe ishi-nashakanit minuinnium mamu katanannut nete uenapissish tshe tshipautishuin anite eshinakuak tshetshi tain

- **Tshetshi eka umenua apashtain** (uepashtamakan, netupiss, ishkuteu-utapan, ishkuteu-utapan shek<sup>u</sup> assit ka pimipanit, takassi, mamu ka apashtakanit utapan, kie kutaka) ituteini anite tshe tshipautishuin.
- **Tshikamuta utashtamikuian ne eshinakuak tshetshi apashtain mak e minushkakuin** tshe ishpish aunakauin, mauat uin miam peikussini anite tshutapanit.
- **Tak** nete utapan:
- **Eka** shetshen nitshipitak kie mak eka tatshishkuekuat auenitshenat neme ishpesh pimipitaiek<sup>u</sup>: tshishikashui anite matshima patshipimain mak anite ut utapanit natuenitashu ui mitshishuini.
- Mitshetuau **natukunapui** tshishtaputitshe.



**AIMUN AKUA TSHETSHI AITINANUT** Tshetshi ishpitenitami ne mashinaikan etashtet tshipa tshi ishinakuan tshetshi minu-nakatuenitakanit, tshetshi uaueshi-tshitapatakanit mak tshetshi nashakanikue ne etashtet takuaimatsheun. Eka ishpitenitami, tshipa tshi itishaukaun anite tshepauakanit auen, kie ma tshipa nashakaun tshetshi tshishikashuin kie ma tshipa tshi tshipaukaun.

Tshishe-utshimau-kupaniesh tshika aimik<sup>u</sup> anite ut **1-888-336-7735** mak tshipa tshi iat natshi-uapamik<sup>u</sup> tshetshi natu-tshissenimishk niashamune ne eshi-natuenitakanit katshipautishunanut.

### E ishi-mitenitakuat

Mishta-matenitami kie ma aiat ishi-matenitami ne akushun, nasha ne eshi-natuenitakanit tshetshi nashakanit ne e uitakanit akushun COVID-19 anite ka ut tipenitakanit tshutenamit minuinniun mamu ka tananut (uapata ute enat) Uatamakauin kiatshtinamin ne akushun, tshika ui tshipautishun akuetu kutunnuetshishikua ashu neu (14) anite e tshitshipannanut e atshitakanit ne ka uitamakauin ka natu-tshissenimikauin.

- minuat ushtashtamini kie ma anu ushtashtamini
- nute-neneini/animauini anite e nenein
- akushiek<sup>u</sup>, kitshitishiek<sup>u</sup>, aieshkushiek<sup>u</sup>, eka shapishiek<sup>u</sup> kie mak eka minumitshuiek
- Auen uenitat e minatshet mak e nishtushpitak
- itamatshiuin miam katshishishunanut e tutamin, shikatshiumatshiuini kie ma katshishishunanut tutamini, peikutau kie ma anu 38 °C
- mishkutshipanit tshishakai kie ma mussipannit (auass) umitshi
- akushini tshishtikuan
- iakuikauini tshimitshim (akushin tshishkatat, mamishiin, papakumuini)



Tshe ishpish tipan auen tat	
TSHA UI TUTAKANU	TSHE EKA UI AITIN
<p><b>Nashpit eka peshuapamat</b> auenitshenat, anitshenat eka mamu ka pamishkain.</p> <p><b>Tshe itishimuin anite nenua tshekuana menuati tshetshi kanuenimitishuin (miam mate, nipi, mitshim, tshetshi tshishishautishuin, natukuna) eka e unuiin anite ut tshepautishuin.</b></p> <p>Kanatuenitashunanut mitshim, mitshim mak kutaka tshekuana matshunisha e uitakaniti tshetshi eka tatishkamin (ne ua issishuenanut nenua ka nakatakaniti tshitshishtukanit).</p> <p><b>Utina peik<sup>u</sup> katshipaikanisht mak tipan mishiutshuap.</b></p> <p><b>Muku tshiam anite katakutakat ui uniiin</b> kie ma anite utat tshitshuat ashit anitshenat mamu ka pamishkain.</p> <p><b>Eka nita peshuapam auen</b> nishutipashkunikan ashit kutak auen.</p> <p><b>Tshiuenimekuat</b> kupanieshit kie mak anitshenat ka <b>nakutunimikueik imikueik</b> kie mak <b>takushinitau.</b></p> <p><b>Nasha ne eshi-natuenitakanit anite uet tipenitakanit tshutenamit minuinniun e uitakanit.</b> Ne eshi-natuenitakanit anite minuinniun mamu katananut e uitakanit mak ne mashinaikan eka nashatumakaki, ui anu minu-nasha ne eshi-natuenitakanit.</p>	<p><b>Eka ta</b> anite mamu katananut miam anite e mishitueiat mitshuapit, tshishtikanit, mitshishutshuapa, anite kasheshauinanut mak kapakashimunanut.</p> <p><b>Eka pitukai maniteu, auat</b> tshikanishat, tshuitsheuakanat kie ma kutakat auenitshenat.</p> <p><b>Eka nakata anite tshepautishuin,</b> patush miam ui katshitinamini tshinatukunima kie ma tshetshi aitutakauin, tshetshi natu-tshissenimikauin ne akushun COVID-19 kie ma ut tshi nikan tapuetashk ne kanakatuenitak katshipautishunannut.</p>



## Akushiu-atusseunu ka tshitapatakau

<b>Nete tatipan assi</b>	<b>Tshitashun tshika aiamitunanimua</b>	<b>Ka atusseu-tshitapatakan</b>
Colombie-Britannique	811	<a href="http://www.bccdc.ca/covid19">www.bccdc.ca/covid19</a>
Alberta	811	<a href="http://www.myhealth.alberta.ca">www.myhealth.alberta.ca</a>
Saskatchewan	811	<a href="http://www.saskhealthauthority.ca">www.saskhealthauthority.ca</a>
Manitoba	1-866-626-4862	<a href="https://manitoba.ca/covid19/restartmb/prs/orders/index.fr.html">https://manitoba.ca/covid19/restartmb/prs/orders/index.fr.html</a> <a href="https://www.youtube.com/user/ManitobaGovernment">www.youtube.com/user/ManitobaGovernment</a>
Ontario	1-866-797-0000	<a href="https://covid-19.ontario.ca/fr">https://covid-19.ontario.ca/fr</a>
Québec	1-877-644-4545	<a href="http://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019">www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019</a>
Nouveau-Brunswick	811	<a href="https://www2.gnb.ca/content/gnb/fr/ministeres/bmhc.html">https://www2.gnb.ca/content/gnb/fr/ministeres/bmhc.html</a>
Nouvelle-Écosse	811	<a href="https://novascotia.ca/coronavirus/fr">https://novascotia.ca/coronavirus/fr</a>
Île-du-Prince-Édouard	811	<a href="http://www.princeedwardisland.ca/fr/covid19">www.princeedwardisland.ca/fr/covid19</a>
Terre-Neuve-et-Labrador	811 kie mak 1-888-709-2929	<a href="http://www.gov.nl.ca/covid-19/fr/ressources">www.gov.nl.ca/covid-19/fr/ressources</a>
Nunavut	1-867-975-5772	<a href="http://www.gov.nu.ca/fr/sante">www.gov.nu.ca/fr/sante</a>
Territoires du Nord-Ouest	811	<a href="http://www.gov.nt.ca/covid-19/fr">www.gov.nt.ca/covid-19/fr</a>
Yukon	811	<a href="https://yukon.ca/fr/covid-19-information">https://yukon.ca/fr/covid-19-information</a>