ᐅᒡᑭ ᐊᑯᓯᐃᓪ ᒪᐣᒍᒡ ᐃᓇᐱᓐᓂᐃᓪᓗ (COVID-19)

ᑭᒡᐱᓗ ᓇᑲᓂᕐᓗ ᐅᔭᑯᓯᔭᓗ ᐃᐅᓪ COVID-19

ᐊᒥ ᐱᑯ ᐅᐃᓯᓴᑦ ᒋᓴᑲᑭᓐᑎᓯᔭᓗ

ᐅᑯᒪᐃᓐᓇᑦ ᑲᓇᑕ ᐊᓂ ᐅᑭᐃᓐᓇᑐᓇᐊᓪ ᐃᐅᓂ ᑭᒋ ᐃᓱᓴᐃᓐᓗ ᑐᑕᒧᐃᓐᓇᓗ ᕿᐃᒋ ᐸᐯᒋᒃᑲᑐᐊᓪᒃ ᐱᑕᑯᓴᓂᑦ ᐅᑲᓪ ᐊᓇᑦᐃᑐᐃᓐᓂᓂ ᐃᐅᓂ COVID-19 ᐃᐅᒪ ᑲᓇᑕᓐ ᑭᓗ **ᑲᓴᑲᑭᓐᑎᑦ ᓂᐃᓂᑦ ᑭᓱᑲ ᒥᓂᑯᑦ ᐅᑲᓪ ᒋᐱᒥ ᓇᓇᑲᒋᑦᐃᑎᓯᔭᓗ ᓇᑲᓂᐊᕐᓗ ᐃᐅᓪ ᐅᐃᓇᐱᔭᓗ** ᐃᐅᓪ ᐃᓇᒋᕐᐃᓐᓂᑦ ᐃᒪ *ᕿᐃᒋ ᐊᒍᓂᑲᒐᑦ ᐊᓇᑦᐃ ᐅᐃᓪᓗ ᐃᐅᓪ COVID-19 ᐃᒪ ᑲᓇᑕ ᐅᓇᑯᓂᕐᐃᓐᓂᑦ (ᕿᒋᓇᑦ ᓴᑲᑭᓐᑎᓯᐃᓪᓗ) ᐊᑭᑕᓯᓗ. 2.*

ᕿᒋᓇᑦ ᒋᐱᒥᓗᓂᑦᐊᒪᓗ ᐅᐅᓪ ᐅᓇᑯᓂᕐᐃᓐᓗ ᑕᑐᒋᑲᒐ ᒋᐱᒥ ᓇᓇᑲᒋᒋᑲᒐᑦ, ᒋᕿᒋᓇᑦᐅᓇᓂᐊᕐᑦ ᐅᑲᓪ ᒋᐃᓇᑯᓂᑲᓂᐊᕐᑦ ᐅᕐᓂᐊᕐᓗ ᑕᒡ ᐱᑯᓂᑲᒐᑭᓗ ᑕᑭ ᐅᑕᐱᓇᑲᓄ ᐊᐃᔭ ᒋᑲᓇᐅᓗᑕᑯᓯᑦ ᑲᐃᓂ ᑲᓇᐅᓂᒪᑲᓄᐊᕐᒋᓗ ᐊᐃᔭᑦ ᐅᑲᓪ ᒋᑎᐸᑦᐃᕐᑦ ᓇᓂᔭᓇᓗ ᐅᑲᓪ /ᓇᓗᑕ ᑭᐸᑦᐅᑐᑲᒥᑯᑦ ᑕᔭᑦᓴᑲᓄ ᑲᔪᓐ

ᑲᐃᓗ ᑲᐅᑕᒥᑐᓯᓗ ᒋᓴᑲᑭᓐᑎᓯᔭᓗ

- **ᖓᒪᑦ ᐃᓂᓗ ᐃᒪ ᕿᑕᓂᓂ ᓴᑲᑭᓐᑎᓯᔭᓗ** ᐅᑲ ᓇᓗᑕ ᒋᓂ ᐅᑕᒥᑐᔭᓗ ᐃᐅᓪ, ᐅᑲᓪ ᐃᒪ ᑕᓇᐱᓗ ᓂᐃᓂᑦ ᑭᓂᑲ ᐃᒪ ᓂᒡᑕᑦ ᑲᑕᑯᓂᓂᔭᐸᓗ ᐅᒪ ᑲᓇᑕᓐ
- **ᑲᐃᓗ ᓴᑲᑭᓐᑎᓯᓗ** ᐃᒪ ᑲᐃᓂ ᐊᑉᐸᒪᑕᑦ **ᑲᓂᓇᒥᔭᐊᓪᒃ ᐊᐃᔭᑦ**, ᐃᕐᓂᐊᕐᑦ ᑲᔪ ᐊᐃᔭᑦ ᑲᔭᑯᓯᐃᔭᐊᓪᒃ, ᐅᑲ ᑲᔭᓄᑦᑭᓴᓂᑦ ᐅᒥᓄᔭᐃᓂᐊᕐᑦ ᐃᒪ ᐅᒋ ᐅᑕᑯᓯᐃᓂᐊᕐᑦ ᓇᓗᑕ ᑲᐃᓂ ᐱᒥ ᒪᒡᑭᑭᕐᑦᐊᑲᓄᐊᕐᒃ, ᓇᓗᑕ ᓂᑯᑕᓯ ᓂᔭᓄᓂᑦ ᐅᑲᓪ ᐊᐊᕐᓂᒥᑦ ᐅᑕᑦᓯᔭᑦᑭᐃᓐᓂᐊᕐᒃ
- ᕿᒋᓇᑦ ᒋᑲᔭᑎᓇᒪᓗ ᕿᑕᓂᓂ ᓴᑲᑭᓐᑎᓯᔭᓗ ᒋᑕᑲᑭᓗ ᑲᑭᓇ ᕿᑯᓇᓗ **ᑲᓇᑕᐅᓗᑕᑲᑭᓗ** ᕿᐃᒋᐱᒪᒋᑦᐅᓇᓂᐊᕐᑦ ᐃᒪᓐ
- ᕿᒋᓇᑦ ᒋᑭᑭᒡᑲᒪᓗ **ᑲᒥᓄᐊᕐᓂᑦ ᐊᑯᐃᓗᕐᑭᐱᓯᓗ ᓇᓗᑕ ᐊᑯᐃᓗᕐᑭᑦᐅᓗ,** ᒪᐊᕐᑦ ᑎᐯᕐ ᒣᑲᕐᑦ ᐅᐱᒥᒡᑲᔭᓗᓐ

- **ᐊᓄᑦᑲᑕᓗ ᓂᑲᑎᒡᑯᑕᑐᐃᓪᓗ** ᒧᓂᑦᓐ
- **ᑲᐃᓗ ᐊᐸᒋᑦᐃᑦ ᑲᐱᒧᓂᐅᕐᐊᕐᑦ ᑭᒋ ᐅᑕᐸᓇᑦᓐ** ᐯᓂᑯᐱᒥᒡᑲᓗ ᐅᑦᑕ, ᑐᑲᓗ ᑭᓗ ᑎᐱᓇᐅᕐ ᑭᑐᑕᐸᓗ ᒋᔭᐸᒋᑦᐊᕐᑦᓐ
- **ᑲᐃᓗ ᐊᐸᒥᑦᐃᑦ ᑯᑕᑭᔭᑦ ᐊᐃᔭᑦ** ᒣᑲᕐᑦ ᐅᐱᒥᒡᑲᔭᓗ ᐅᑲᕐ ᑲᐃᓗ ᐸᐸᑲᓗ ᐃᓱᐱᒥᑭᐱᒋᓗᓐ
  - ᐱᒋᑕᐸᓗ ᐊᔭᓗ ᒧᓂᑦᓐ ᐃᓯᓴᕐᓗᓐ
  - ᑲᐃᓗ ᑲᐯᓇᑲᒥᑯᑦ ᐃᓱᑦ ᑲᐯᓱᓗ;
  - ᑭᒡᐱᓗ ᐅᑕᐸᓂ ᐱᒥᒡᑐ ᓇᑕᐅᓗᑕᒪᓗ, ᐃᒪ ᐊᑲᕐᒋᑦ ᑲᑕᓱᑦ ᐱᒋᐱᒥᔭᓗ ᐃᓱᑎᐸᑦᐃᕐᓗᓐ
  - ᑭᒡᐱᓗ ᒥᒋᑦ ᓇᑕᐅᓗᑕᒪᓗ, ᑲᐃᓱᓂᐳᐱᓯᓇᓂᐊᕐᑦ ᐊᐸᒋᑐᓗᓐ
  - ᑭᒡᐱᓗ ᒥᓯᐃᑲᒥᑯᑦ ᐃᓂᔭᓗ, ᑭᑭᒡᑲᓗ ᐊᑯᐃᓗᕐᑭᐱᓯᓗ ᐅᑲᕐ ᓂᑲᒐᒡᑯᑕᑎᑦ ᑯᑕᑭᔭᑦ ᐊᐃᔭᑦ ᐅᑲᕐ ᑲᔭᑦ ᑲᓯᓗᑎᓯᓗᓐ

ᐃᓱᓴ ᑕᒡ ᑲᔪ ᒋᐱᒥ ᓇᓇᑲᒋᖕᐃᑎᓯᔭᐣ ᑭᒥᓄᔭᐃᓐᓂᑊ ᒋᐊᓂᐸᑕᒪᓂᐣ ᐃᑭᓐᓂᐊᓐᐣ ᑐᑲᐣ:

ᑭᕐᒌᐃᓐᓴᐃᓐᐣ ᐅᓯᓱᑕᒧᐃᓐᐣ ᐊᓂᒪᑊ ᒋᐸᑭᑕᓇᒧᓇᓂᐊᓐᑊ

ᑭᒡᐱᐣ ᐊᐊᓐᕐᒥ ᐊᓂᕐᔭᐊᓐᓄᐣ (ᐅᓯᓱᑕᒪᐣ, ᐸᐸᑲᓇᒧᔭᐣ, ᓇᐣᑕ ᑭᕐᒌᐃᓐᓴᔭᐣ ᒪᔭᑦ ᓇᐣᑕ ᐊᐊᓐᕐᒥ 38 ᑲᔭᐱᑕᐱᑭᓴᑊ ᒥᓂᑯᑊ, ᓇᐣᑕ ᐅᓇᑲᑊ ᐅᑭᕐᒌᐃᓐᓴᔭᐣ ᑐᑲᐣ ᐅᓂᓂᑭᓴᔭᐣ, ᐅᒥᑦᑲᓐᓂᕋᓴᔭᐣ, ᐅᑭᒋ ᓴᓯᑲᐅᓯᔭᐣ), ᖓᒪᑊ ᑲᓄᕐᑊ ᒥᓯᐅᐣ ᒥᓄᔭᐃᓐᓂᑊ ᐅᓂᑲᓂᑕᒪᕐᑊ ᐅᑲᐣ ᒪᔭᑦ ᐊᐃᑕᒪᐃᑊ ᐃᕐᓂᐊᐣ ᑲᓇᑲᑭᐣ ᐅᔭᑯᓯᔭᐣ ᐅᑲᐣ ᑲᑭᕐ ᐸᐸᒥᒃᑲᔭᐣ ᐅᑕᓇᑊ, ᐅᑲᐣ ᐱᒥᐣᓂᖅᐊᒧ ᕐᐃᕐ ᐃᑕᒪᐃᑲᐣ ᕐᑐᑕᒧᐊᐣ᙮ᓇ

ᖃᑲᐣ ᓴᑲᑭᐣᑎᓯᔭᐣ

ᑭᒋᓐᐣᑕᑲᐣ ᐅᐅᐣ ᒋᑐᑕᒪᐣ:

- **ᓇᑭᓇᕐ ᑲᓯᐣᒋᐣ** ᓕᑊ ᐊᐸᒋᖅᐃ ᐅᑲᐣ ᑲᑭᓕᐊᑲᒥᑊ ᓂᐱ ᕐᒋᓇᒃ ᓂᕐᒌᓇ ᐊᒋᓴᒃ ᐱᓱᒥᑲᐣ ᒥᓂᑯᑊ, ᑭᒡᐱᐣ ᑕᒡ ᐅᑲ ᐃᕐᓂᐊᐣ ᑕᑲᐣᓂᐊᕐᕐᐣ, ᒥᓂᕐᐃᐣ 60% ᒥᓂᑯᑊ ᑲᔭᕐᑎᓂᑲᑕᑊ ᑲᓯᐣᒋᐊᐣᐳᑊ ᐊᐸᒋᑐᐣᓐ
- **ᑲᐃᐣ ᓴᒥᓇᐣ ᑭᐃᐣᑲᐣᓐ**
- **ᐊᑯᖅᐊᐣ ᑭᑐᐣ ᐅᑲᐣ ᑭᑯ'** ᑭᓂᑊ ᒋᔭᐸᒋᑐᔭᐣ ᐊᖅᐱ ᐅᐅᓯᓱᑕᒪᐣ ᓇᐣᑕ ᐅᒐᒐᒧᑭᔭᐣᓐ
- **ᐊᒍᓇᐣ ᒥᓂᑯᑊ ᕕᐊᐸᒪᑕᐣ ᐊᐃᔭᑊ** ᐃᒪ ᑲᑕᕐᒌ ᓴᑲᑭᐣᑎᓯᔭᐣ, ᐃᕐᓂᐊᐣ ᑲᔪ ᐊᐊᓐᕐᒌᓂᑊ ᐅᑲᐣ ᐊᐃᔭᑊ ᐅᑲ ᑲᑭᐃᒋ ᐸᐸᒥᒃᑲᐊᐣ ᓇᐣᑕ ᐅᑲ ᒪᕐᒌ ᑲᑭ ᐅᒋ ᐊᓇᖅᐊᑲᓄᐊᐣ ᐃᕐᓂᐊᐣ ᐊᑯᓯᐃᐣ ᒪᐣᒍᓂᐣᓐ

ᐅᐅᐣ ᑲᑐᑕᐣ:

- **ᐱᑎᑲᒥᑊ ᑕᓇᐱᐣ** ᐃᒪ ᑲᑕᕐᒌ ᓴᑲᑭᐣᑎᓯᔭᐣᓐ
- **ᑲᐃᐣ ᓇᑲᑕᐣ** ᐃᒪ ᑲᑕᕐᒌ ᓴᑲᑭᐣᑎᓯᔭᐣ ᑭᒡᐱᐣ ᐅᖅᑕ ᓇᑕᐅᐣᑕᒪᐣ ᒪᒡᑭᑭᐃᓐᓇᑊ ᐃᒋᖅᐃᑯᓯᐃᐣ ᐅᖅᑕᓐ
- **ᑲᐃᐣ ᑲᐃᕐᒌ ᒪᒪᐃᐣᐱᒥᑕᐸᓯᓇᓂᐊᑊ ᐊᐸᒋᑐᐣ (ᑐᑲᐣ ᑲᐱᒍᓂᐅᐊᐣ ᑭᒋ ᐅᑕᐸᓇᑊ ᐅᑲ ᑲᑎᐸᐊᑲᓄᐊᐣ ᑭᐃᕐᒌ ᐱᒥᑕᐸᓯᓇᓂᐊᑊ ᐅᑕᐸᖅᑊᓐᓐ**
- **ᑲᐃᐣ ᐃᓱᐣ ᑭᑭᓄᖅᐊᒪᑐᐃᑲᒥᑯᑊ, ᑭᑕᓄᖅᑭᐃᓐᓂᑊ ᓇᐣᑕ ᐊᐃᔭᑊ ᑲᑕᕐᒌᕐᐊᐣᒋᐣ ᐃᒪᓐ**
- **ᐊᐅᓇᐣᑐᐣ ᑲᓇᑕᐅᐣᑕᒪᐣ ᕐᑯᓇᐣ ᕐᐃᒋ ᐱᒪᒋᖅᐅᔭᐣ** (ᑐᑲᐣ ᒥᒋᒪᐣ, ᒪᒡᑭᑭᐣ, ᑲᓯᓂᕐᐃᐣ ᐊᐸᒋᒋᑲᓇᐣ) ᒋᐃᓕᑕᒪᑯᔭᐣ ᐃᒪ ᑭᑲᐅᓕᐃᓐᓂᑊ ᑲᑕᕐᒌ ᓴᑲᑭᐣᑎᓯᔭᐣᓐ

ᐱᒥᐣᓂᖅᐊᓂᐣ ᐃᑕᒪᕐᐃᓇᐣ ᑲᑲᔭᑎᓂᑲᑎᑭᐣ ᐅᑲᐣ ᐃᒪ ᒪᒪᑕᐊᐣᐱᑯᑊ:

www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-how-to-isolate-at-home.html

ᒥᓯᐯ· ᒥᓄᔭᐃᓐᓂᑊ ᐅᓂᒃᑲᓂᑕᒪᕐᑊ

ᐸᑊᔭᔭᖅᑭᑦ ᐅᑯᒪᐃᓐᓂᑊ	ᒪᒋᑭᑐᑦ ᐊᑭᑕᓯᑦ	ᒪᒪᑕᐊᓐᐱᑯᑊ ᑲᐃᔪᓇᑲᓐᑊ
ᐆᐃᑎᒡ ᑲᖅᐊᑦᐱᔭ	811	www.bccdc.ca/covid19
ᐊᖅᐱᖅᑕ	811	www.myhealth.alberta.ca
ᓴᑦᑭᒋᐊᓐᑦ	811	www.saskhealthauthority.ca
ᒪᐃᑐᐸ	1-888-315-9257	www.manitoba.ca/covid19
ᐅᑦᑐᖅᐃᐅ	1-866-797-0000	www.ontario.ca/coronavirus
ᑯᐯᑊ	1-877-644-4545	www.quebec.ca/en/coronavirus
ᓄ ᐆᐊᑦᑎᐃᓐᑊ	811	www.gnb.ca/publichealth
ᓄᐸ ᑎᑯᓯᔭ	811	www.nshealth.ca/public-health
ᐆᐃᑦᑎ ᐁᐟᐃᖅᐟ ᒥᑦᑎᑊ	811	www.princeedwardisland.ca/covid19
ᓄ ᐸᑦᖅᐊᑦᐟ ᐁᑲ· ᖅᐊᐆᐊᑕᖅ	811 ᓇᑦᑕ 1-888-709-2929	www.gov.nl.ca/covid-19
ᓄᓇᐳᐟ	1-867-975-5772	www.gov.nu.ca/health
ᑭᐁᑎᓄᑊ ᓗᑲᐱᐊᓐᓄᑊ ᐊᖅᑭᑦ	811	www.hss.gov.nt.ca
ᔪᑲᑦ	811	www.yukon.ca/covid-19

ᑭᔭᐱᒻ ᐃᑕᒪᕐᐃᓐᓇᑦ:

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

ᑭᑭᓇᐊᒋᒋᕐᐃᑦ: 04-22-02 / ᑲᐃᔪᑭᔪᑲᑊ: 2020.04.28