INUKTITUT / INUKTITUT

ᐸᕐᓇᓯᒪᑦᑎᐊᕆᑦ (COVID-19)

ᓯᕗᓂᖓᓂ ᐸᕐᓇᓯᒪᒋᑦ
ᐱᔭᕆᐊᑭᑦᑐᕈᓗᐃᑦ, ᐃᓱᒪᒋᐊᑐᓗᐊᓐᖏᑦᑐᑦ ᐸᕐᓇᓯᒪᒋᐊᖃᕐᓂᓐᓄᑦ ᖃᓂᒻᒪᓐᓂᕈᕕᑦ ᐊᓯᐊᓂᓪᓘᓐᓃᑦ ᖃᓂᒪᑦᑐᖃᕐᓂᖅᑲᑦ, ᖃᓂᒪᓐᓈᓗᒻᒥᑦ ᓄᓇᔅᓯᓐᓂ.

ᐃᒫᒃ ᐸᕐᓇᓪᓗᑎᑦ:
• ᐱᔭᕆᐊᖃᓪᓚᕆᑦᑐᑎᑦ (ᐱᓇᓱᐊᕈᓯᒐᓚᓐᓄᖓᓗᒋᑦ) ᑎᒍᑐᐃᓐᓇᐅᖃᑦᑕᕐᓂᐊᕐᖓᑕ ᖃᓂᒻᒪᑳᓪᓚᒃᑯᕕᑦ.
o ᐅᐃᒪᔮᕐᓗᑎᑦ ᓂᐅᕕᕋᓱᑦᑐᐃᓕᒋᑦ. ᓂᐅᕕᐊᕆᕙᑦᑕᓐᓂ ᐊᒥᓲᓂᖅᓴᒐᓛᖑᓗᑎᑦ. ᓲᕐᓗ ᑲᐃᓪᓗᐊᕈᑎᒥᑦ
ᐊᑐᕐᓗᑎᑦ ᓂᐅᕕᕆᐊᓕᕋᐃᕕᑦ ᐃᓚᓯᐊᕐᔪᐃᓐᓇᖃᑦᑕᕐᓗᑎᑦ. ᑕᐃᒫᒃ ᐊᑕᐅᑦᑎᒃᑯᐊᓗ ᐊᒥᓲᓗᐊᖅᑐᐊᓗᓐᓂ ᐱᓂᐊᓐᖏᓐᓇᕕᑦ ᓂᐅᕕᕐᕕᓪᓗ ᐃᓗᓖᖁᓇᒍᑦ, ᑮᓇᐅᔭᐃᒍᑎᔅᓴᕋᐃᓗᐊᖅᑕᖅᐱᐊᕋᕕᓪᓕ.
o ᐄᔭᒐᖅᑎᑦ ᓄᑖᕈᖅᑎᓪᓗᒋᑦ ᐃᓗᓪᓕᑲᓐᓂᕆᐊᖃᖅᑲᑕᓗ ᐃᓗᓪᓕᑲᓐᓂᕐᓗᒋᑦ.
• ᖃᓄᖅᑑᕆᐊᖃᖅᑐᑎᑦ ᐱᒪᑦᑎᔨᓴᒥᑦ ᖃᓂᒻᒪᑳᓪᓚᓐᓂᕈᕕᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐱᓯᒪᔭᐅᒋᐊᖃᕐᓂᖅᑲᑕ ᐃᓚᑎᑦ. ᓲᕐᓗ:
o ᓇᓪᓕᐅᒃᑯᒫᖃᕐᓗᑎᑦ ᐱᓯᒪᑦᑎᔨᔅᓴᒥᑦ ᖃᓂᒻᒪᑳᓪᓚᓂᖅᑲᑦ ᐱᓯᒪᑦᑎᔨ.
o ᐱᓯᒪᑦᑎᒍᕕᑦ, ᑭᖑᕐᕕᑎᔅᓴᒥᑦ ᕿᓂᖅᓯᒪᔮᖅᓯᒪᒋᐊᓕᒃ.
o ᐃᖅᑲᓇᐃᔭᕐᕕᓐᓄᑦ ᐅᖃᕐᓗᑎᑦ ᐊᖏᕐᕋᓐᓂ ᐊᔪᕐᓇᖏᑉᐸᑦ ᐃᖅᑲᓇᐃᔭᕈᓐᓇᐃᓐᓇᕐᒪᖔᖅᐱᑦ.
• ᐃᓄᓕᓐᓅᖅᑕᐃᓕᒪᓗᑎᑦ ᐃᓄᒋᐊᖅᑐᓄᑦ ᐅᖓᓯᒋᔭᕆᐊᖃᕋᕕᐱᑦ ᐃᓅᖃᑎᑎ ᖃᓂᒪᓐᓇᑦᑕᓕᐊᓘᓕᕐᓂᖅᑲᑦ ᓄᓇᔅᓯᓐᓂ,
ᓲᕐᓗ:
o ᓂᐅᕕᕆᐊᖃᑦᑕᕐᓗᑎᑦ ᐸᓯᒃᑰᖃᑦᑕᕐᓗᑎᑦ ᐃᓄᐃᓐᓇᓐᓂᖅᓴᐅᖃᑦᑕᑎᓪᓗᒋᑦ
o ᐃᓪᓘᑉ ᐃᓗᐊᓂᖔᖅ ᐃᖃᐃᓕᓴᖔᖃᑦᑕᕐᓗᑎᑦ ᐃᖃᐃᓕᓴᕐᕕᒻᒨᖔᓐᖏᓪᓗᑎᑦ
o ᐃᓚᖏᑦ ᐃᓄᐃᑦ ᐊᑦᑐᐃᕙᒻᒪᑕ ᓄᕙᓐᓈᓗᒻᒥᑦ (COVID-19) ᖃᓂᒪᔫᔮᓐᖏᒃᑲᓗᐊᕈᑎᒃ. ᐊᑐᕐᓗᑎᑦ ᑮᓇᖅᐸᒻᒥ,
ᐱᖃᓯᐅᑎᓗᒋᑦ ᐋᓐᓂᐊᕕᔭᐅᓐᖏᑦᑐᒥᑦ ᑮᓇᖅᐸᒻᒥ ᐅᕝᕙᓘᓐᓃᑦ ᑮᓇᐃᑦ ᑕᕐᕆᓯᒪᓗᓂ (ᓲᕐᓗ ᒪᕐᕉᓕᖅᑲᖓᓗᒍ ᖃᓪᓗᓈᖅᑕᖅ, ᓴᓇᓯᒪᓗᒍ ᑕᕐᕆᓯᒪᑦᑎᑦᑎᐊᕐᓗᓂ ᕿᖓᕐᓂ ᖃᓂᓐᓂᓪᓗ, ᓂᐊᖁᓐᓄᑦ ᐊᑦᑐᖏᖅᓯᒪᑦᑎᐊᕐᓗᒍ ᓯᐅᑎᓄᓪᓘᓐᓃᑦ) ᐃᓄᓐᓄᑦ ᐊᒻᒪᓗ ᑭᓱᑐᐃᓐᓇᐃᑦ ᐊᕙᑎᓐᓄᑦ ᓱᐳᑎᓯᒪᔭᐅᓗᑎ.
ᓂᓪᓕᖃᑦᑕᕆᑦ

• ᐃᓚᓐᓂᑦ, ᐱᖃᑎᓐᓂᑦ ᓴᓂᓪᓕᓯᓐᓄᓪᓘᓐᓃᑦ ᐅᖃᐅᔨᖃᑦᑕᕐᓗᑎᑦ ᖃᓄᖅ ᐸᕐᓇᓯᒪᒻᒪᖔᖅᐱᑦ.
• ᐱᖃᑎᓐᓂ ᖃᐅᔨᒪᖃᑦᑕᐅᑎᒋᖃᑦᑕᕐᓂᐊᖅᑕᕐᓂᑦ ᐱᖃᑎᖃᕐᓗᑎᑦ ᐅᖄᓚᖃᑦᑕᐅᑎᖃᑦᑕᕐᓗᓯ, ᖃᕋᓴᐅᔭᒃᑯᑦ
ᑎᑎᕋᖃᑦᑕᐅᑎᖃᑦᑕᕐᓗᓯ ᐅᕝᕙᓘᓐᓃᑦ ᐅᖄᓚᐅᑎᕋᓛᒃᑯᑦ ᑕᐃᒪᐃᒋᐊᕋᐃᒍᔅᓯ.
ᑐᓴᐅᒪᐃᓐᓇᕆᑦ

• ᐃᓕᓐᓂᐊᕐᓗᑎᑦ ᖃᓄᐃᑦᑑᒻᒪᖔᑕ ᑎᒥ ᐋᓐᓂᐊᓕᖅᑎᓪᓗᒍ ᖃᓂᒪᓐᓈᓗᒻᒧᑦ, ᖃᓄᕐᓗ ᐊᐃᑦᑐᕐᓗᐃᓲᖑᒻᒪᖔᑕ ᖃᓄᕐᓗ
ᐊᐃᑦᑐᐃᑦᑕᐃᓕᒪᒍᓐᓇᕐᒪᖔᖅᐱᑦ.
• ᑐᑭᓯᒋᐊᖃᑦᑕᕐᓗᑎᑦ ᐅᑉᐱᓇᖅᑐᒥᑦ ᓲᕐᓗ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᓐᓂ ᑲᓇᑕᒥ, ᑲᓇᑕᒥ ᐊᕕᑦᑐᖅᓯᒪᔪᓂᑦ,
ᐅᑭᐅᖅᑕᖅᑐᒥᓪᓗ ᐊᕕᑦᑐᖅᓯᒪᔪᓂᑦ ᐅᖁᒪᐃᓐᓂᓂᐊᖅᑎᒃᑯᓂᓪᓗ.

• ᐱᕙᓪᓕᐊᔪᑦ ᐱᔾᔪᑎᒋᓪᓗᒋᑦ ᐃᓱᒫᓗᓕᑉᐸᓪᓕᐊᑐᐃᓐᓇᕈᕕᑦ, ᑕᖃᐃᖅᓯᑲᐃᓐᓇᖃᑦᑕᕆᑦ ᓈᓚᓐᖏᑲᐃᓐᓇᕐᓗᒋᑦ.
ᓂᕿᑖᔅᓴᑎᑦ ᑎᑎᕋᖅᓯᒪᔪᑦ
ᓂᖀᑦ
☑ ᐸᓂᖅᑐᓄᑦ ᐃᓇᓗᐊᖑᔭᕐᓂᑦ ᐊᓛᓯᓂᓪᓗ
☑ ᐃᓇᓗᐊᖑᔭᕐᓄᑦ ᐃᓚᔅᓴᓂᑦ
☑ ᖃᑦᑖᕐᔪᓛᓐᓂᑦ ᖃᔪᕐᓂᑦ
☑ ᐱᕈᖅᑐᒥᓂᕐᓂᑦ ᓂᓕᕐᓇᓂᓪᓗ, ᐊᒻᒪᓗ ᐆᒪᔪᖁᑎᑉᐱᑦ ᓂᕿᔅᓴᖏᓐᓂ
ᐃᓗᒻᒧᑦ ᓴᓗᒪᔾᔪᑏᑦ

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☑ ᐃᖂᑎᔅᓴᑦ
☑ ᐃᓗᐊᖁᑎᔅᓴᑦ
☑ ᖁᑦᑕᕐᕕᑦ
☑ ᑲᒃᑭᐅᑎᔅᓴᑦ
☑ ᐅᐊᓴᐅᑏᑦ
☑ ᑐᖁᓴᐃᑎᓖᑦ ᐊᒡᒐᓐᓄᑦ ᒥᐊᕈᑏᑦ
☑ ᑐᖁᓴᐃᑎᓕᒻᒧᑦ (alcohol-based) ᒥᖑᐊᕐᓗᑎᑦ ᐃᓗᓕᖃᖅᑐᒥᑦ 60%−ᒥᑦ ᑐᖁᓴᐃᑎᓕᒻᒥᑦ (alcohol).
ᐃᓅᓕᓴᐅᑎᕈᔪᐃᑦ
☑ ᐆᓇᕐᓇᖅᑐᖅᓯᐅᑎ
☑ ᐆᓇᕈᓐᓃᓇᖅᑐᓂᑦ (acetaminophen ᐅᕝᕙᓘᓐᓃᑦ ibuprofen ᐃᓐᓇᕐᓄᑦ ᓱᕈᓯᓄᓪᓗ)
ᓴᓗᒻᒪᖅᓴᐃᑏᑦ
☑ ᐃᒡᒍᑎᔅᓴᓂᑦ ᐃᒋᑕᒐᕐᓂᑦ
☑ ᖁᕝᕕᔅᓴᑦ
☑ ᐸᓂᑲᔅᓯᐅᑎᑦ

☑ ᐊᓐᓄᕌᓄᑦ ᐅᐊᓴᐅᑏᑦ
☑ ᐃᓪᓗᓄᑦ ᓴᓗᒻᒪᖅᓴᐃᑏᑦ
☑ ᑐᖁᓴᐃᑎᓖᑦ ᓴᓗᒻᒪᖅᓴᐃᑏᑦ, ᐊᑐᐃᓐᓇᖅᑕᖃᓐᖏᑉᐸᑦ ᐃᒥᕐᒥᑦ ᐃᓚᓯᓗᑎᑦ ᐲᖅᓴᐅᑎᒥᑦ (5%) ᐊᒻᒪᓗ ᐃᓛᒃᑯᑦ ᐃᒥᕐᒥᑦ
ᐃᓚᓯᒪᔪᒥᑦ ᐃᒻᒪᐃᓯᒪᒻᒥᓗᑎᑦ

ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᓐᓂᕈᕕᑦ ᖃᓂᒪᓐᓈᓘᑉ ᒥᔅᓵᓄᑦ:
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