



Li moond ooki kaa wiichchi aahkoshicik ooma ouschi COVID-19

Kahkiyow kaakii kaatchitihnum la malajii, aatiht ooki kaanata li moond ayiwaakeesh kaakii aahkosheeshkaahkowak oshaam ashay ee aahkoshicik akwa meena kiitaahponaychik. Keeshpin ooma akota kitayaan, atakona ka pimitishahaman namooya ka aahkoshiyan COVID-19.

Aweena awa kaakii aahkoshoo?

- Ooki oota li moond kaa aahkoshichik:
 - Maal di keur
 - Li saan ipay
 - La malaajhii di pwaymoo
 - La malajhii di suk
 - Li kaansayr
- Li moond namooya kaa shohkishicik oshaam ay aahkoshichik keemaa ay aahkam naatawihaychik taapishkooch chemotherapy
- Li pleu vyeu

Parii ga-ashtaan

- Aen kishkaytuhk ooma COVID-19 akwa meena ayamihtaa www.canada.ca/coronavirus.
- Nitawi waapahta meena ooma COVID-19 enn provayns akwa enn vil websites taawnshi ishi eetashiway koohchiyin.
- Mowshookipita anihii keekiwaya ka nitawihtaman keeshpin kinweesh ka kishaataman en mezon mischayt enn smen keemaa ayiwaakaysh, li maanzhii, li shinikoonew maanzhii akwa payhkunna.
- Piikishkwataaw ana sawntee la zhawnsree tawnshi ka naakatohkaatishon akwa kakwee teepipayla michinn akwa la michinn ooshchi.
- Wawahyisiw akwa kakway aahkam piskaymitohk, la phone keemaa ooshipayhikay.
- Atos li faamii, li waazayn keemaa aen naamiii ka wiichihiwayhk (e.g.,ka mowooshaakana la michinn, li maanzhii).
- Kakway miskamaashon aweena la michinn kaakii peetamaak keemaa li maanzhii en mezon.
- Pishkayhteemisho

Tawnishi kaakwee ishi nakinaman COVID-19

- Keeshpin kashkitaahini, kaaya manaa-nakatahk aen mezon piko li docteur nitaw waapamachi.
- Manaa itohtay itay awiyak kaa aahkoshit.
- Manaa shaamin awiyak, waawees aniki kaakii papaam voyaazh keemaa awiyak kii nakishkam anima aahkoshiwin.

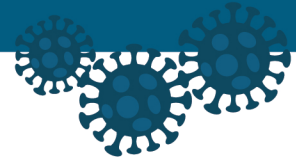




- Keeshpin piko awiyak ka nakishkawat, oohi ka pimitishaheen.
 - wawhyuweesh nawat 2 li braw ikouhk ouschi kootaakuk li moond
 - waashtaahiikay nawac ispaychi weeya atamishkaakaywin, ka-oochaymitohk keemaa kaa shakikwayniwatok.
 - Achiyaw poko kakway kiiwookaato
- Taapitaw kishiipaykinichihchee ouschi li savoon akwa diloo 20 chipahikanisha keemaa keeshpin namaakeekway aytakon, naanitaw 60% la bwason kaashihikan ka aapachihtaan.
- Kawya shawmina li zyeu, li nee abaedoon kitoon akwa/keema meena li maanzhii
- Taapitaw meena kakwee tahkonayn anima 60% la bwason aen niseumaen keeshpin kiwayawaan.
- Manaa shaamina keekway mishtahi ka shaaminikaatayk keemaa kaa shaaminikaatayki taapishkooch li pwayayn di port, michiminikana, li alivateur bwatoon mishiway itay.
- Kiishpin keekway poko ka shaaminuma dahor, li paapyii keemaa la maansh ka aapaschihtaan.
- Tahto-kiishikaawa, kanaachihchikay, mishiway itay payhkihta waaways anita mishtahi kaa shaaminamihk taapishkooch la klaazet, shishonay aen lii la pchit taab, li pwayayn di port akwa TV aen ayaapaachihtaahk.
- Ooma kaa payhkihta, anih [aen tuf li savoon \(approved hard-surface disinfectants\)](#) aen noombr (DIN). Ooma DIN 8 aen noombr ashitaywa ouschi Health Canada akwa akota kakishkihtaakwan ay miywaashik ooma ka-paahkwahikaakay.
- Keeshpin oohi namakeekway astayw kaa miywaashiki kaa-payhkihta ouschi, waapaashtee anima kaakii oshihchikaatayw akwa akota anima masinahikaatayw, keemaa 5 millilitres (mL) waapaashtee akwa 250 mL diloo ka aashtaahk keemaa 20 mL waapaashtee akwa hen litre di loo. Ayako oohi ka-pimitishahamihk 5% sodium hypochlorite, akota ka mahyikon 0.1% sodium hypochlorite paykishchikayhk. Ohi kaakii pimitishahayn ouschi [aen tuf li savoon waapaashtee \(proper handling of household \(chlorine\) bleach.\)](#)
- Keeshpin kishkihon anih ka-aapachihtaan kanaachihchikanaapoya, anih mishhtahi kaa saaminamihk aen pchi computer (e.g. aen typewriter, meena anita kaa shaaminami aen pchi computer) tahto la zhoornii ouschi anih 70% la bwason aen niseumaen.
- Ka kishkishomaawak aniki kaa aahkoshichik, keemaa awiya aashay kaa nakishkahk anima aahkoshiwin, opimihk kakway ayaachik pitamaa.
- Kaaya itohtay itay kaa maychihti
- Kaaya naanitaw itohtay taapishkooch mishit la mayr akwa dahor Kaanata.

Kikway ka-itohtamihk kîspin kimôsihtân ôma COVID-19

- Lii sing di malaajhii COVID-19:
 - ka maachi otostoteen keema ayiwaak ka otostoteen, keemaa
 - ka maachi kisison, keemaa
 - ka maachi iskwataamon
- Kiishpin ki maachi mooshihon, ayapi ki-mezoñ akwa ka piikishwaataaw li sawntee la zhawnsree
- Ka neekaan seewepitamooawaawak li sawntee la zhawnsree keemaa klinik paamwas ka waapamachik akoshi mooya ka sooskamaakeeyin.



- Oohi lii sin di malaajhii ka neekaan waapahtamok seemaak:
 - maaski iskwataamowin
 - mooshiitaawin maashkikan
 - waneeyihtamowin mooya kakii waniskahk
- Kiispin oohi ki mooshitaan, seemaak 911 ka seeweepitamaawak akwa ka weetamoowaawak COVID-19 ki maa mooshitaan aahkoshowin.

Kahkiyaw kaakii maamawi manaa aashooshkamaatonaanaw ooma COVID-19. Oota mishkeen:
Canada.ca/coronavirus keemaa 1-833-784-4397