INUKTITUT / INUKTITUT

ᐅᓗᕆᐊᓇᖅᑐᒦᓪᓚᕆᑦᑐᑦ ᑕᐃᒃᑯᐊ ᖃᓂᒪᓐᓈᓗᒻᒧᑦ (COVID-19)

ᖃᓂᒪᔾᔪᑕᐅᓲᓄᑦ ᖃᓂᒻᒪᓲᖑᒻᒪᑕ ᐃᓄᐃᑦ, ᐃᓚᖏᑦ ᑲᓇᑕᒥᐅᑦ ᐅᓗᕆᐊᓇᖅᑐᒦᓐᓂᖅᓴᐅᒻᒥᒻᒪᑕ ᐱᔭᕆᐊᑐᓂᖅᓴᐅᓪᓗᑎᓪᓗ ᓲᕐᓗ ᖃᓂᒪᒐᔪᑦᑐᑦ ᐅᑭᐅᖏᓪᓗ ᒪᓕᑦᑐᒋᑦ. ᐅᓗᕆᐊᓇᖅᑐᒦᒍᓐᓇᕐᓂᕈᕕᑦ, ᖃᓂᒪᑦᑕᐃᓕᒪᒐᓱᒍᓐᓇᕐᒥᔪᑎᑦ ᖃᓄᐃᓘᕈᓘᔭᕐᓗᑎᑦ. ᑭᒃᑯᑦ ᐅᓗᕆᐊᓇᖅᑐᒦᖅᐸᑦ?
• ᐋᓐᓂᐊᒐᔪᑦᑐᑦ ᒪᑯᖓ:
o ᐆᒻᒪᑎᕐᓗᑎᑦᑐᑦ
o ᐊᐅᖏᑦ ᖁᕝᕙᓯᓗᐊᖅᑐᑦ
o ᐳᕝᕕᕆᖃᑦᑕᓲᑦ
o ᑎᒥᒥᑎᒍᑦ ᓱᑲᖃᓗᐊᖅᑐᑦ
o ᐋᓐᓂᐊᓖᑦ
• ᐊᓐᓇᐅᒪᔾᔪᑎᖏᑦ ᓴᓐᖐᓗᐊᖅᑐᑦ ᐋᓐᓂᐊᓲᖅᑕᐅᖃᑦᑕᖅᑐᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᑲᔪᖅᑕᐅᓗᑎᑦ, ᓲᕐᓗ ᓄᖑᓴᖅᑕᐅᓂᒃᑯᑦ

• ᐃᓐᓇᓪᓚᕇᑦ
ᐸᕐᓇᓯᒪᒋᑦ

• ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᓐᓇᖅᑐᓯ ᖃᓂᒪᓐᓈᓘᑉ ᒥᔅᓵᓄᑦ (COVID-19) ᑐᓴᐅᒪᐃᓐᓇᖃᑦᑕᕐᓗᑎᓪᓗ ᐅᕗᖓ
ᖃᐅᔨᒋᐊᖃᑦᑕᕐᓗᑎᑦ www.canada.ca/coronavirus.

• ᖃᐅᔨᒋᐊᕈᓐᓇᖅᓯᔭᓯ ᐅᑯᐊ provincial/territorial ᕼᐊᒻᒪᓚᒃᑯᓂᓪᓗ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᓂᕐᒧᑦ ᖃᕋᓴᐅᔭᒃᑯᑦ
ᑐᑭᓯᒋᐊᕈᑏᓪᓗ ᐅᓪᓗᒥᒧᑦ ᐋᖅᑭᔅᓰᓐᓇᖃᑦᑕᖅᑐᑦ ᖃᓂᒪᓐᓈᓘᑉ (COVID-19) ᒥᔅᓵᓄᑦ ᓄᓇᔅᓯᓐᓂ.
• ᐊᖏᕐᕋᖅᓯᒪᔭᕆᐊᖃᕈᕕᑦ ᐊᑐᕆᐊᓕᓐᓂᑦ ᓂᐅᕕᖅᓯᒪᔮᖅᑕᐅᑎᒋᓗᑎᑦ ᐱᓇᓱᐊᕈᓯᒐᓚᓐᓄᑦ ᓈᒻᒪᑦᑐᓂᒃ, ᓲᕐᓗ ᓂᕿᓂᑦ,
ᐆᒪᔪᖁᑎᑉᐱᑦ ᓂᕿᔅᓴᖏᓐᓂ ᓴᓗᒻᒪᖅᓴᐃᑎᓂᓪᓗ.
• ᐋᓐᓂᐊᓲᖅᑎᓐᓄᑦ ᐅᖃᖃᑎᖃᕐᓗᑎᑦ ᖃᓄᖅ ᐸᖅᑭᔪᓐᓇᕐᒪᖔᖅᐱᑦ ᐃᒻᒥᓂᒃ ᐊᒻᒪᓗ ᐄᖅᑲᐸᑦᑕᑎᑦ ᓈᒻᒪᒃᑲᓗᐊᕐᒪᖔᑕ
ᖃᐅᔨᒪᑦᑎᐊᕐᓗᒋᑦ ᐄᔭᒐᕆᐊᓕᑦᑎᓪᓗ ᐊᓯᖏᑦ.
• ᐅᖄᓚᐅᑎᒃᑯᓪᓘᓐᓃᑦ ᖃᕋᓴᐅᔭᒃᑯᓪᓘᓐᓃᑦ ᖃᐅᔨᒋᐊᕈᓐᓇᖃᑦᑕᕐᓗᑎᑦ ᐱᑕᖃᐃᓐᓇᖅᑎᒐᓱᐊᕐᓗᒋᑦ ᑕᒪᒃᑯᐊ.
• ᐊᐱᕆᓗᑎᑦ ᐃᓚᓐᓂᑦ, ᓴᓂᓪᓕᓐᓂᓪᓘᓐᓂᑦ ᐱᖃᑎᓐᓂᓪᓘᓐᓃᑦ ᐱᔭᕆᐊᓕᓐᓂ ᐊᐃᔅᓯᖃᑦᑕᕈᓐᓇᕐᒪᖔᑖ (ᓲᕐᓗ
ᐄᔭᒐᐃᓱᕐᓗᑎᑦ, ᓂᕿᑖᕆᐊᖅᑐᕐᓗᑎᑦ).
• ᓇᓪᓕᐊ ᓂᕿᓂᑦ ᐋᑦᑎᒍᓐᓇᕐᒪᖔᑕ ᖃᐅᔨᓇᓱᐊᕐᓗᑎᑦ ᐄᔭᒐᕐᓂᓪᓗ ᐊᖏᕐᕋᓐᓄᑦ..
• ᐃᒻᒥᓂᒃ ᖃᐅᔨᓴᑦᑎᐊᖃᑦᑕᕐᓗᑎᑦ ᖃᓂᒪᓂᕆᕙᓪᓕᐊᔭᕐᓂᑦ.

ᖃᓄᖅ ᖃᓂᒪᑦᑕᐃᓕᒐᓱᒍᓐᓇᕐᒪᖔᖅᐱᑦ (COVID-19-ᒧᑦ) ᐅᓗᕆᐊᓇᖅᑐᒦᖁᓇᑎᑦ
• ᐊᔪᕐᓇᖏᑉᐸᑦ, ᐋᓐᓂᐊᕕᓕᐊᕐᓗᑎᑦ ᑭᓯᐊᓂ ᐊᓂᖃᑦᑕᕐᓗᑎᑦ.

• ᐃᓄᓐᓂᑦ ᖃᓂᒪᔪᓃᑦᑕᐃᓕᒪᓗᑎᑦ.
• ᐊᓯᓐᓂ ᐅᐸᒍᑎᖃᑦᑕᖏᓪᓗᑎᑦ, ᐱᓗᐊᖅᑐᒥᑦ ᑕᐃᒃᑯᐊ ᐊᐅᓪᓚᖅᓯᒪᔪᒥᓃᑦ ᐅᕝᕙᓘᓐᓃᑦ ᖃᓂᒪᓐᓈᓘᑉ
ᖃᓂᒋᔭᖓᓃᑦᑐᒥᓂᕐᓂᑦ.

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• ᐊᑦᑐᖅᓯᒋᐊᖃᓪᓚᕆᓐᓂᕈᕕᑦ/ᐊᓯᐊᓅᕆᐊᖃᓪᓚᕆᓐᓂᕈᕕᑦ, ᐃᒫᒃ ᐅᔾᔨᓱᖅᑎᐊᕆᐊᖃᖅᑯᑎᑦ:
o ᐅᖓᓯᒌᖃᑦᑕᕐᓗᓯ 2−ᒦᑕᓂᑦ ᐃᓅᖃᑎᓐᓂᓪᓗ
o ᐸᐃᑐᐃᓐᓇᕐᓗᒋᑦ (bye) ᑎᒎᑎᓐᖏᓪᓗᒋᑦ, ᑯᓂᓐᖏᓪᓗᒋᑦ ᐃᕿᓐᖏᓪᓗᒋᓪᓗ.
o ᕿᓚᒥᐅᔫᒥᔪᕐᓗ ᐅᖃᖃᑎᒋᖃᑦᑕᕐᓗᒋᑦ
• ᐊᒡᒑᒃᑭᒃ ᐅᐊᓴᕋᖃᑦᑕᕐᓗᒋᑦ ᐅᐊᓴᐅᑎᓕᒻᒧᑦ ᐃᒥᕐᒧᓪᓗ 20-ᓴᑲᓐᔅ, ᐅᕝᕙᓘᓐᓃᑦ ᐊᑐᐃᓐᓇᖅᑕᖃᓐᖏᑉᐸᑦ,
ᑐᖁᓴᐃᑎᓕᒻᒧᑦ (alcohol-based) ᒥᖑᐊᕐᓗᑎᑦ ᐃᓗᓕᖃᖅᑐᒥᑦ 60%−ᒥᑦ ᑐᖁᓴᐃᑎᓕᒻᒥᑦ (alcohol).
• ᐊᑦᑐᖅᑕᐅᓕᖃᑦᑕᕐᓗᒋᑦ ᖃᓃᑦ, ᕿᖓᐃᑦ ᐃᔨᒃᑭᓪᓗ ᐊᒻᒪᓘᓐᓃᑦ ᓂᕆᔭᑎᑦ ᐊᒡᒐᓐᓄᑦ.
• ᑐᖁᓴᐃᑎᓕᒻᒥᑦ ᒥᖑᐊᕈᑎᒥᑦ ᓇᔅᓴᖃᑦᑕᕐᓗᑎᑦ 60%−ᒥᑦ ᑐᖁᓴᐃᑎᓕᒻᒥᑦ ᓯᓚᒨᕐᓂᐊᕋᐃᒍᕕᑦ.
• ᑭᓱᑐᐃᓐᓇᕐᓂᑦ ᐊᑦᑐᖅᓯᖃᑦᑕᖅᑕᐃᓕᒋᑦ ᓲᕐᓗ ᑎᒍᓕᓐᓂᑦ, ᐊᔭᖅᐹᕐᕕᓐᓂᑦ ᖁᒻᒧᐊᔫᒻᒧᓪᓗ ᓇᕿᑦᑎᔾᔪᑎᓐᓂᑦ
ᐅᕕᓂᑐᐃᓇᕐᓄᑦ.
• ᐊᑦᑐᖅᓯᒋᐊᖃᕐᓂᕈᕕᑦ ᑭᓱᑐᐃᓐᓇᕐᒥᑦ ᐃᓄᓐᓄᑦ ᐅᐸᑦᑕᐅᒐᔪᑦᑐᒥᑦ, ᑲᒃᑭᐅᑎᔅᓴᒥᑦ ᐊᑐᕐᓗᑎᑦ ᐊᐃᓄᓪᓘᓐᓃᑦ ᐊᒡᒐᑎᑦ
ᑕᕐᕆᓪᓗᒋᑦ.

• ᐊᑕᐅᓯᐊᕐᔪᐊᖑᓐᓃᑦ, ᓴᓗᒻᒪᓴᖃᑦᑕᕐᓗᒍ ᑐᖁᓴᐃᑎᓕᓐᓂᓪᓗ ᐊᓪᓚᖃᑦᑕᕐᓗᒋᑦ ᐊᑦᑐᖅᑕᐅᒐᔪᑦᑐᑦ, ᓲᕐᓗ ᖁᕝᕕ,
ᐃᓪᓗᐅᑉ ᓴᓂᐊᓂ ᓂᕐᕆᕕᕋᓚᑦ, ᑎᒍᓖᑦ, ᐅᖄᓚᐅᑏᑦ ᑏᕕᓪᓗ ᖃᒥᑦᑎᔾᔪᑎᖏᑦ.
• ᑐᖁᓴᐃᑎᓂᑦ ᐊᑐᕐᓗᑎᑦ ᐃᒪᐃᑦᑐᓂᑦ ᑭᓯᐊᓂ ᐊᖏᖅᑕᐅᓯᒪᔪᓄᑦ ᑐᖁᓴᐃᑎᓕᓐᓄᑦ ᓇᓗᓇᐃᒃᑯᑎᖃᖅᑐᒥᑦ
ᑐᖁᓴᐃᑎᖃᕆᐊᖓᓂ (DIN). ᑖᓐᓇ DIN ᑎᓴᒪᐅᔪᖅᑐᓂᑦ ᓈᓴᐅᑎᓕᒃ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᓐᓂ ᑲᓇᑕᒥ ᑐᖁᓴᐃᑎᖃᕆᐊᖓ ᐊᖏᖅᑕᐅᓯᒪᔪᑦ ᐊᑦᑕᓇᓐᖏᑦᑑᓪᓗᑎᓪᓗ ᐊᑐᖅᑕᐅᔪᓐᓇᖅᑐᑦ ᑲᓇᑕᒥ.
• ᐊᖏᖅᑕᐅᓯᒪᔪᓂᑦ ᓴᓗᒻᒪᖅᓴᐃᑎᓄᑦ ᑐᖁᓴᐃᑎᓕᓐᓄᑦ ᐊᑐᐃᓐᓇᖅᑕᖃᓐᖏᑉᐸᑦ, ᐃᓪᓗᓃᑦᑐᓂᑦ

ᑐᖁᓴᐃᑎᓕᐅᕈᓐᓇᖅᑐᑎᑦ, ᐃᒥᕐᒥᑦ ᐃᓚᓯᓗᑎᑦ ᐲᖅᓴᐅᑎᒥᑦ ᒪᓕᓪᓗᒋᑦ ᒪᓕᒐᖏᑦ ᑎᑎᖅᑲᐃᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐃᒫᒃ (5 millilitres (mL) ᐲᖅᑕᐅᑎᒥᑦ ᐊᒻᒪᓗ 250 mL ᐃᒥᕐᒥᑦ ᐅᕝᕙᓘᓐᓃᑦ 20 mL ᐲᖅᑕᐅᑎᒥᑦ ᖃᓪᓗᑎᒻᒧᑦ ᐃᒥᕐᒥᑦ. ᐊᖏᓂᖏᑦ ᑖᒃᑯᐊ ᐲᖅᓴᐅᑏᑦ 5% (sodium hypochlorite), ᐱᖃᓕᕐᓗᓂ 0.1% (sodium hypochlorite) ᐃᒪᖓᓂ. ᒪᓕᓪᓗᒋᑦ ᒪᓕᒐᖏᑦ ᑲᒪᒋᑦᑎᐊᕐᓗᒋᑦ ᐃᓪᓗᒧᑦ ᓴᓗᒻᒪᖅᓴᐅᑏᑦ (chlorine) ᐲᖅᓴᐅᑎ.
• ᖃᓄᐃᔅᓴᖏᑉᐸᑕ ᐃᓅᖃᑎᑎᑦ ᑐᖁᓴᐃᑎᓕᓐᓂᑦ, ᐊᑦᑐᖅᑕᐅᒐᔪᑦᑐᑦ ᐊᓪᓚᕆᐊᖃᑦᑕᕐᓗᒋᑦ ᐅᐊᔭᒨᖅᑐᑦ (ᓲᕐᓗ
ᓇᕿᑦᑕᐅᑏᑦ, ᐊᑦᑐᖅᑕᐅᕙᑦᑐᑦ ᑏᕕᑦ) ᑐᖁᓴᐃᑎᓕᒻᒧᑦ 70%−ᒥᑦ (alcohol) ᖃᐅᑕᒫᑦ.
• ᐃᖅᑲᐅᑎᒋᐊᖃᑦᑕᕐᓗᒋᑦ ᐃᓚᑎᑦ ᖃᓂᒪᔪᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᖃᓂᒪᔪᒦᑦᑐᒥᓃᑦ, ᐅᖓᓯᑦᑐᒦᖃᑦᑕᖁᓪᓗᒋᑦ
ᖃᐃᖃᑦᑕᖏᓪᓗᑎᑦ.
• ᐃᓄᕆᐊᑦᑐᓅᖃᑦᑕᖏᓪᓗᑎᑦ ᑲᑎᑦᑐᓄᓪᓗ.
• ᐊᒥᐊᕐᔪᐊᒃᑯᑦ ᖃᓪᓗᓈᖅᑕᐅᑎᒃᑰᖅᑕᐃᓕᒪᓗᑎᑦ ᐊᐅᓪᓚᕆᐊᖃᓐᖏᒃᑯᕕᑦ ᑲᓇᑕᐅᑉ ᓯᓚᑖᓄᑦ ᐊᐅᓪᓚᖏᓪᓗᑎᑦ.
ᓱᒋᐊᖃᕋᔭᕐᒪᖔᖅᐱᑦ ᖃᓂᒻᒪᐸᓪᓕᐊᓕᕐᓂᕈᕕᑦ ᖃᓂᒪᓐᓈᓗᒻᒥᑦ (COVID-19)
• ᑎᒦᑦ ᖃᓂᒻᒪᑦᑑᔮᓕᖅᑲᑦ (COVID-19) ᒪᑯᐊᖑᒻᒪᑕ:
o ᖁᐃᖅᓱᖃᑦᑕᕐᓂᖅ ᐊᔾᔨᒋᓐᖏᑕᖓᓐᓂ ᐅᕝᕙᓘᓐᓃᑦ ᖁᐃᖀᓐᓇᖃᑦᑕᓕᕐᓗᑎᑦ, ᐅᕝᕙᓘᓐᓃᑦ
o ᐆᓇᖃᑦᑕᕈᕕᑦ, ᐅᕝᕙᓘᓐᓃᑦ

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o ᐊᓂᖅᑎᕆᓕᕈᕕᑦ

• ᖃᓂᒻᒪᐸᓪᓕᐊᔫᔮᓕᕈᕕᑦ, ᐊᖏᕐᕋᖅᓯᒪᑐᐃᓐᓇᕐᓗᑎᑦ ᐋᓐᓂᐊᓲᖅᑎᒧᓪᓗ ᐅᖄᓚᓗᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ
ᐅᖁᒪᐃᓐᓂᓂᐊᖅᑎᒃᑯᓐᓄ ᐊᒻᒪᓗ ᐅᖃᐅᑎᓗᒋᑦ ᖃᓄᐃᑦᑐᓂᑦ ᖃᓂᒪᒍᓯᖃᖅᐸᓪᓕᐊᓕᕐᒪᖔᖅᐱᑦ.
• ᓯᕗᓂᖓᓂ ᐅᖄᓚᓯᒪᔮᕋᔭᖅᑯᑎᑦ ᐋᓐᓂᐊᓲᖅᑎᒨᓚᐅᓐᖏᓂᕐᓂᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐅᖁᒪᐃᓐᓂᓂᐊᕐᕕᒻᒧᑦ ᖃᐅᔨᒪᓂᐊᕐᖓᑕ
ᐊᓯᖏᑦ ᐊᓯᐊᓅᖅᑕᐅᓗᑎᑦ ᐃᓕᓐᓄᑦ ᖃᓂᓐᓂᐊᖏᒻᒪᑕ.
• ᐃᒪᐃᑦᑐᖃᓕᕐᓂᕈᕕᑦ ᑐᐊᕕᕐᓇᖅᑑᓕᕋᔭᖅᑐᖅ:
o ᐊᓂᖅᓵᖅᑐᒡᒐᓕᕐᓂᕈᕕᑦ (ᓲᕐᓗ ᐊᓂᖅᓵᖅᑐᖅᑕᐃᑦ ᓇᐃᑦᑐᐊᓘᔮᓕᖅᑐᓂ, ᐃᐱᓂᐊᖅᑑᔮᓪᓚᕆᓕᖅᑐᑎᓪᓗ)
o ᓴᕝᕕᑦ ᐋᓐᓂᐊᓕᖅᑲᑦ ᐅᖁᒪᐃᑦᑐᐊᓘᔮᖅᑐᓂᓘᓐᓃᑦ
o ᓄᑖᖅ ᐅᐃᒻᒪᑦᑑᔮᓕᕈᕕᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᖅᑯᒪᒍᓐᓇᐃᓕᒍᕕᑦ
• ᑕᐃᒪᐃᑦᑐᖃᓕᕐᓂᕈᕕᑦ ᑐᐊᕕᕐᓇᖅᑑᕗᖅ, ᐅᖄᓚᓗᑎᑦ 911−ᒧᑦ ᖃᐅᔨᒃᑲᕐᓗᒋᓪᓗ ᖃᓂᒪᓐᓈᓗᖃᕐᓂᕋᕐᓗᑎᑦ ᐊᒻᒪᓗ
ᐅᓗᕆᐊᓇᖅᑐᒦᑐᐃᓐᓇᕆᐊᖃᕐᓂᓐᓂᑦ.
ᓇᒻᒥᓂᖅᑕᐅ ᐱᓇᓱᐊᖅᑕ ᐊᐃᑦᑐᐃᕐᓗᖅᑕᐃᓕᒪᒐᓱᐊᖅᑕᖅᑕᐅ ᖃᓂᒪᓐᓈᓗᒻᒥᑦ.

ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᓐᓂᕈᕕᑦ: Canada.ca/coronavirus ᐅᖄᓚᓗᑎᓪᓘᓐᓃᑦ 1-833-784-4397

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