



Nitshenat ka kushtukushit tshetshi mishta-akushitau katshitinikau nenu akushunu COVID-19

Kassinu auen e tshi akushukue, teuat aunitshen alu shitu e tshi akushitau kie tshika mishta kashtukut nenu akushunu usham e tshishelniutau mak e uitshiakushitau. Itenitamune tshi uitshiakushin, tshapatshi tshunenau tsheki eka katshitinimek^u ne akushun COVID-19.

Auen ne tsha animunanunu?

- Ne uen ka uitshi-akuesht:
 - Ka utei-akushit
 - Ka ishpinat umukuau
 - Ka upan-akushit
 - Ka kashiuashiu-umukutau
 - Mitush ka muket
- Nitshena ka shitu ka ishinakushit ,kie mak eka ka shipeutshitau kie mak nitshenat ka shishishimukuelit nitakunu ka minanité
- Tshishelnuat

Eieshkunitshishuk^u

- Nanitussenitimuk^u tshokuan ne akushun COVID-19 mak ui tshissenitamek^u tshokuan ne nite ka atusseu-tshitapakan itutek^u Canada.ca/le-coronavirus
- Ka atusseu-tshitapakan mak nite ut e utshiek^u nite takueikan mak nitakunishiutshuapit nite ut e tapishinie^u, teut nite uenitshen tshe uauitamatakuet COVID-19.
- Tauek^u tshishat natshiak ne tshokuan tshe itapishteiek^u nite tshitshuauat minekash tshetshi ishpaniek^u miam ne mitshim, tshitueshishumuat umitshimau mak ne e nikan mitshuap.
- Uauitemuekuet nitakunishit kie mak akushiushkuessit tan tekuet tshie tutamek^u tshetshi akua tutatshishiek^u mak tshetshi ishpaniek^u nutukuan.
- Ka atusseu-tshitapakan kie mak ka aimitunanut ut aimiakuet auenitshen.





- Peik^u tshikanishuauat, kie mak tshuitsheuakanau kie mak kie auen e nishtuapameiek^u kuekuetshimek^u tshetshi uauitshikuiek^u kie mak tshatshi atuessemauaut.
- Tshitapatamuk^u tanite e tshi nanituelitamek^u mitshim kie mak nanutukuen.
- Nakutuenimitshishuk tshetshi eka nitumishtaiek^u.

Tan tshipa tutenau tshetshi eka katshitimek^u ne akushun COVID-19?

- Patush, nass takut tshi unnuiek^u unuik^u miam mate natukunish ituteiek^u
- Katak tak^u akushuniuat.
- Eka nete uashka tak auenitshen, nu ma minat anitshenat ka papamishkatat kie mak ka tat nete akushunu takunin.
- Eka tshi tutamek^u, tshetshi taiek^u nete e tanut:
 - Nishutipashkunikan ishpish katak uitshikapushtuekuat auenitshen
 - Uashtaimekuat auenitshen eka pushukateikuat, kie mak ne tshutushkunuau apishtak mat kat tshititshuau, tshi akussinitiek^u kie mak tshi utshemeiek^u auen
 - Eka minekash imiekuat, tatshishkuekuat auenitshen
- Shukushuk^u tshitapatshitshek uapaikakan mak nipi nishinnu ka tshishipainishit ishpesh kie mak eka takut nete nipi mak uapaikakan tshishakumuteuiapui 60% ka natukunuat apishtak^u
- Eka tatanitshishuk nite tshitunuat , kie nite tshissunuat, tshissishukuat mak eka tatanimak mitshim^u.
- Tshishtapatshitsheunapui pamakunuelitamuk^u 60 % ishpish e natukunaput .
- Eka tatatinamuk^u nite tshekuan natem ka tatatikanakau nite e mitshetinanut, miam a te titinakan, ka ashpitshitshinanut mak ne ka tshissipitakan nite ka kushipan.
- Tatatinamek^u tshekuan nite e mitshetinanut, shinuku-tapishkan apishtak^u kie mak ne tshitilashinikan tshetshi kuanimek tshititshiuau.
- Peikuau peikutshishikua, nikamuk^u mak natukunapukatamek^u nete nanitam ka aptatatshitinakau tshekuan miam mate mishiutshuap, mitshishuakanissa, tatinikan, ka aimitunanut kie mak ka aiatshishtatshepinikau.
- Ne ka shutshishimukuet mak ka natukunapuat uapaikakanapui apishtak e tshishtaputaiek^u, mak nashimak^u ne eshinikan (DIN).Nishuaush itatin ne tshitashuana DIN ne neshtuapatak^u Santé Canada nenua uapaikakanapui mak uemuet menuat.
- Eka kunuenitamek^u ne uapaikakan e natukuenapuat nikamek^u tshitshuat, iat ne nipi e nushapenut minuau, pushkuminakan nipi mak nishuminakan nipi kie mak nishuminakan



nushapen mak peikussik^u nipi. Kie mak tshinikushtak peikamikuan nushapen (5 ml) nete peikumian (250 ml) nipit. Ekuat ne e ishi tipaiuatshanut ne nushapen ka takut hypochlorite de sodium 5% tshetshi natukunaput 0,1%. Ne e itashtet ne nushapen-putat tshitapatamuk^u tan tshe ishishinikushtaiek^u.

- Pekuau peikutshishuk^u natukunakupukutunek^u ne ka papamatukanukan kaimitunanut, ka atusseu-katshitapakan mak ka mashinashtepinikau, 70% tshika ui ishpush shutshishimikuan.
- Katak^u tak nite akushuniut, kie mak nitshenat ka itenumekuat katshitinimupan nenu akushunu.
- Eka tutek^u nite e mitshetunanut.
- Eka shetshel papamishkak^u kie mak eka pushuk^u ne ishkuteu-uta ka mamishat.

Tshekuan takut tshi tutamek^u mussipin ne COVID-19 e ishi-mitenitakut?

- Ekuen ume tshe ishi mitenitamek^u ui katshitinimek^u COVID-19:
 - tshika ushtashtenau kie mak anu tshika mishta ushtashtenau;
 - katshishishunanut;
 - tshinianimun e nenein.
- Mitenitamek^u ne peik^u ne itushet ka uitakanikau , tak nite tshitshuat tshe imieiek^u nitakunishishkuesht kie mak nitshenat ka aiatainak^u akushuna, imiekuet tshe uitamuekuet ne itimitshueik^u.
- Nanitam mitueitak^u eshkuka natshi-uapamek^u nitakunish kie mak eshkuka ituteiek akushutshuapit tshetshi eka ashushkamatsheiek^u.
- Kuashtatenitakuen ume ishi mitenitamek^u:
 - nutetimek^u (apu tshi katshitshipitimek^u e neneiek^u, mak matueiatshushaein);
 - tshiakushinau nite tshishkassikunuat miam e makuanikuiek^u;
 - miam e unishinieik^u mak tshanimunau e uinieik^u.
- Itenitamek^u shash kushtukan nete e taiek^u, mitueitak^u 911 tshe uitamek^u put e itakushiek^u COVID-19 mak e animueik^u.

Kassinu eteshiak^u tshetshi tutenanu tshetshi eka mishituapaniteiak ne akushun COVID-19. Anu ui minu nanitussenitamek^u nite ka atusseu-katshitapakan Canada.ca/le-coronavirus kie mak matuetak^u 1-833-784-4397.