



NE AKUSHUN (COVID-19) NETE UT KA UTSHIPINIT MANITUSHISS CORONAVIRUS

TSHEKUAN NE

Ne la COVID-19 nite utshipinu ne akushun nite manitushissat coronavirus.

Ne coronavirus innu e kashtauket akuatenitakuen kie miam ka utshitshikumunanut e itenitakuat.

TAN E ISHI-MISHITUEPAN

Ne manitushiss coronavirus ishi-ashushkamatsheu shash ne uen e kunuenimat:

- ▶ Nete ut shishtukunapuiat e ushtastakan mak e animunanut
- ▶ Nass meshekut e tatshishkueik^u, mak e pushukatsheiek^u;
- ▶ E tshi tatanimak uiesh e tat ne manitushiss kie mak e tshi kutak auen e tshi tatatinak^u, ekue ussun, utun kie mak ussishikuat ekue tatinak^u eshkuka tshitaputshitshet.

Apu tshissenitakuat tshetshi ut katshitinikanakue nete ut ka putatshepinit kie mak nipit.

NITU ITIMISHTAIEK^u

E ishi mitenitakuat ne akushun COVID-19, miam ate ka tshishishunanut, ushtastamek^u kie mak nute- neneiek^u kie mak nutetatimek^u:

- ▶ Tak nete tshitshuat (**tshipautshishuk^u**) tshetshi eka ashushkamatsheiek^u:
 - Eka peikupishiek^u, tepan nite katshipaikanishit tak kie mak nishutipashkunikan ishpesh nanipuuk^u nite uenitshen e tat;
- ▶ Eshk^u eka ituteiek^u akushiutshuapit kie mak, nituapameiek^u nitakunishishkuesht **tshitakunishiutshuapuat kie ma nitakulishiutshuat**:
 - Uauitamek^u ne tshe imieiek^u tan e itamatshuiek^u, tshet nashimuek^u nenu e ietukuiek^u;
- ▶ Takunukue tshetshi tshiet nitakuieiek^u, nite mitueitak^u 911 tshet uauitumueik^u miam tan e itamatshuiek^u ne uen e imieiek^u.
- ▶ Natem **takak^u uitshikapushtutshishunanut** tutamek^u;

ANU UI MINU-NANITUSSENITAMEK^u

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KIE MAK MATUETAK^u NETE 1-833-784-4397

TAN E ISHI MITENITAK^u NENU AUEN

Tshipa tshi apishish mitenitenu kie mak mishta-eitukunau

Nuash kutunnue-tshishik^u apitan tshetshi mussipinitat nenu akushunu katshi pessish taiek^u nite manitushiss.



KATSHISHISHUNANUT



USHTASHTAM^u AUEN



TSHINIANIMUN E NENEIN

Tan tshe tutakan tshetshi eka mishituepan ne akushun

Uemuet tshitshi eka ashushkamatunanut:

- ▶ natem **takak^u uitshikapushtutshishunanut** tutamek^u;
- ▶ itenitamek^u tshakushinau, tak^u nete tshitshuat tshetshi eka nashushkamatshein;
- ▶ shukushuk^u tshitaputshitshek uapaikakan mak nipi nishunnu ka tshishipainishit ishpesh;
- ▶ eka tatatinamek^u tshissishukuau, tshissunuaat mak tshitunua eka ut tshitaputshitsheiek^u;
- ▶ eka pessish uitshikapushtueik^u auen ka kunuenitak^u nenu akushunu;
- ▶ e ushtastakan kie mak e animunanut:
 - o Tshishpitudunuaat ushtastamek^u mak animuak^u e minu-kunimek^u tshitunua mak tshissunuaat tshetshi eka papamipan ne akushun;
 - o Katshi shanikuin, uepanimek^u nete ka uepinashunanut, tshe tshitaputshitsheiek^u;
- ▶ nikamek^u mak natukunapukat ne mitshetuaat tshekuan e tatatinamek^u, metuakana, ne ka atusseau-katshitapakan, ka imitunanut mak ne titinakan, shit nete ut e shepitanat ka mashinashtepinakau;
- ▶ akushiek^u ta nete tshitshuat
- ▶ shikamatak^u **utashtumukan kie mak kunimek^u tshitashtumukua** miam mate (ka **tutakanikau** tshetshi nutam kuanimek^u tshissunuaat mak tshitunuaat e minu-mitaiek^u tshitashtumukuat, nete ut utat tshitukauaut kie tshikuiuat e utapikatekau ashit pishaniapinu ka kautishut) tshetshi akua tutuekuat auenitshen kie mak nete uashka a taiek^u.