



## Tawnshi kaa ishi ka peeyakohk kiikiwaahk ishpee lii sing di malaajhii COVID-19 ka ayaan

Peeyakowin ooma ayapi kiikiwaahk kiispin ki-mooshihtaan COVID-19 akwa si pa possib ki-nakishkeen ooma en mallajhii. Kaaya nakishkaw li moond namooya ootinawa tashweetiimakan ooma enn malaajhiii.

### Ooma piko:

- **sheemaak kiiwaykan akwa/keemaa ayaakan kiikiwaahk** kiishpin:
  - kit ayaan COVID-19, keemaa ki peehon ooma aen lab test ouschi COVID 19
  - lii sing di malaajhii COVID-19, kiyaam meena apisheesh
    - ki-nakishkawaaw awiyak itayhtamihk, ayaaw, keemaa aahkosiw ouschi COVID-19
    - la publik saantii ki waytaamaakohk (apachihtaawak la publik waytaamaakaywin keemaa anima kochihewin) ooma enn mallajhii ki nakishkeen COVID-19
    - ki nakishkeen akaam la tayr ouschi en paytakohtayn akwa kimoosheetaan COVID-19 (piko)\*
- kakway kiispin ki moosheetaan ka peekishkwaahaataaw li docteur keemaa aniki li piblik sawntee la zhawnsree Public Health Authority tawnshpee mooya kashooshamaakaan
- sheemaak ka kitotaawak aniki li piblik sawntee la zhawnsree Public Health Authority akwa kananitohtawaawak taawnshi ka itohtaman

### Kaaya mishtahi kiyookee

- Ayaa kiikiwaahk maaka piko kiishpin la pitaal piko en tohtayani
- Kaaya pooshi lii piblik automobil (tapishkootch la municipalitii awachikewin, aen taxi ahpoo apacihtaa ka payakoohk pooshiwin piko
- Awiiyak ka peetaaw li mañzhii kiikiwaahk ka peetamaakok la port.
- Kaaya peeyakw aayaawin keekouwawhk kiishpin namou wiya aen sipawree ouschi kootakak ekota ka-wiikichik. Tapishkooch, kiishpin
  - awn dawn bawnd keemaa a lawntour ka-weekihk,
  - keemaa weechikaymitouwin awn dawn kawweekiyen pchee en apartment,
  - awn dawn kawweekiyen avek mischayt la famee keemaa mischetouwuk li moond,
  - weechikaymitouwin aykwanikik namou wiya ou wayaezh avek kiya; keemaa,
  - toon alawntout ita kawkapayshihk, aen zhawn d'ikol kawweekihk keemaa loot bawnd alawwntoor ekota araw cheekawiyihk ayowak akwa si pa rawr wawhyuweesh.
- Ayaw sipawree en shawmbr akwa en klawzet, si posib. Akwa meena kiishpin kiweekin avek la famme/aen namee aykwaniki namoo wiya ou wayaezh avek kiya.
- Mitouni kwayesh akwa tapitow shoohki payhkita si pa rawr la plaes ka-poni awpachistaw.



- Kiishpin ki-nakishkawaw kootakak oohi pimitishaha niipawi kapee aen sipaarii ka kanwayimishook akwa meuzeur 2 metres li mood ouschi.
- Manna nakishkawik kootakak avek en risk ouschi kiyawpit nawut vilen malaajhii keemaa kay-ishpayik.
- Kiishpin daan lootel ki ayaan, kaya nakata en shawmbr. Kaaya awpachistaw en pawr li shawmbr tapishkooch ita kaw-ouhchipeehtikwayhk, en vaerzh, li resterawn, en grown hall keemaa ita kaw-pakaashimoohk.
- Manaa nakishkaw awiyak kinwaysh akwa pootishka la michin ouschi aen mask keemaa aen faas mask (tapishkooch, piko ka shiishtakikwaatew meena par deu layenn, ka ooshtaahk anita li kooverr li nii akwa kitoon namaakaykway aen troo, akwa ka taahkoopiteen li tet keemaa li zaray) kiishpin kohtstototayn, ki chaachchaamoon keemaa ka mamawii ayaayan la shaamb naanitaw li moond
- Pimitshaaha aakwaaniki kaa mashinayikaateeki aen computer tawnshi kaykway ka waypinikayhk kwaayesh enn mask di malaajhii keemaa tawnshi aniki li piblik sawntee la zhawnsree kaa wiihtamakeyhk.
- Manaa shaamin aen nanimaal, oshaam atiht li moond itwaywak an kii aashooshkamowaachik kaa kanaweeyimaachik

## Taapitaw kanaatichihchee

- Kaashihchihchee Wash your hands **mishtahi** ouschi diloo akwa li savoñ 20 chipahikanisha akwa ka paahkochihcheehowaakan ooschi masinahikeewi paahkwaheekan keemaa kaakii-kihtwaam aapachihtaan paahkwahikaakan maaka ka-miishkochastaan shaapipihki.
- Kaakii-kanaacihwaahkaan meena kaa shaapipek paahkwahikanis akwa meena kaa-mashkawaakamik kisheepokinichihcheewaapoy 60% la bwasoon kaa asteek.
- Ka manaa shamineen lii zyeu, li nii akwa la boosh
- Ohtstoota keemaa chawhchamouhk daan li braw apoo paahkwahikanis

## Kanaachihtaa kahkiyaw keekwee meena kaaya maamawi aapachihta aapachihchikanisa

- Taahto-kiishikaaw, kwayask piko ka papaami-kanaachihchikewaakee kanaachihchikana anita ka papaami saaminamihk la klaazet, sisonee li lii, la port, seeweepichikana, akwa cikaashteePAYIHCHIKANA.
- Kaaya maamawi apachihtaak kisheepekiniyahchikona, li lii anaashkaana, la cisarrvietet, oyaakan aapachihchikana keemaa cikaashteePAYIHCHIKANISA.
- Piko aapachihtaa kaa mashkawaaki li savoñ approved hard-surface disinfectants Drug Identification Number (DIN). DIN 8 akihtaasoowina ka meekok Health Canada baeñ kaa mashkawak li savoñ akwa ka aapachihtaa oota Canada.



- Kaa wiipaataaki ka wayhpiineen anita enn kaan poor ka waypinikayhk, kwayaash ka taakopiteen akwa ka waypineen.
- La twaalet kwayash ka kipaheen keeshi aapachitaayani.
- kaa pootishkamihk la michin ouschi aen mask keemaa aen faas mask (i.e., piko ka shiishtakikwaatew meena par deu layenn, ka ooshtaahk anita li kooverr li nii akwa kitoon namaakaykway aen troo, akwa ka taahkoopiteen li tet keemaa li zaray), ka kachihtineen anima kitatamoowin akwa aen nakinamihk aahkoshowin – aen mask poostishka maaka taapitaw payhkunn mishiway itay.

## Naakatookaatisiwin

- Naakatookay ki mooshihtawin ka peekishkwahtaaw li docteur keemaa aniki li piblik sawntee la zhawnsree Public Health Authority.
- Kiishpin ki mooshihtawin il i peer, sheemaak kakway peekishkwahtaaw toon docteur keema li public la zhawnsree akwa kananitohtawaawak taawnshi ka itohtaman.
- Kiishpin kiya en risk ouschi kiyawpit nawut vilen malaajhii, pishkapimisho poor il i peer keemaa siirieu mayamahcihowin, tapishkooch:
  - neu keemaa il i peer ohtstotayn
  - kipatamoon keemaa si jeur mawyipukitatawmouhk
  - keemaa la fyayvr peeyakwan keemaa ayiwaak 38°C
  - mooshihtan la fyayvr
  - nanihkachiw
  - nayshtoushiwin il i fibl
  - li nayr keemaa toot kor weeshakaytamihk
  - neu wunihtawin ouschi miyawshtamin keemaa koochishpitamihk
  - li mal di tet
  - li vawntr mayamahcihowin tapishkooch li vawntr li pwaen ( li vawntr li pwaen, li diboor, pwawkamoowin)
  - mawyimaschihouwin
- Kiishpin kay-ishpayik siirieu mayamahcihowin, peekishkwahtaaw 911, keemaa toon mouhchi outa emergency weechihiwaywin la phone akwa weestamik aywanima:
  - mawshkoot e ayaayin COVID-19
  - en risk ouschi kiyawpit nawut vilen malaajhii
- Aen rest ootina, kwayaash michisho, akwa telaphonii aen naamii akwa a leu deu.

## Aapacheechikana keespin ki-peeyakon kiikiwaahk

- Kiispin la michin ouschi aen mask akwa ka apachestaat kanawaymawash
  - kiishpin namaakaykway, la michin mask keemaa aen faas mask (i.e., piko ka shiishtakikwaatew meena par deu layenn, ka ooshtaahk anita li kooverr li nii akwa kitoon namaakaykway aen troo, akwa ka taahkoopiteen li tet keemaa li zaray)



- Lii loonett (faas mask keemaa lii loonett) ouschi kanawaymawash
- Aen gaan (peeyakwaaw apachih) ouschi kanawaymawash
- Peeyakwaaw kaa apachitaa la paapyii
- La paapyii
- Enn kaan poor ka waypinikayhk
- Chipahikanis kaa kisisot
- Ka ataway la michinn ouschi la fyayvr (e.g., ibuprofen or acetaminophen)
- Diloo
- Li maen savon
- 60% ishkoteewaapoy-kisheepokinikan
- Li owiyaakan sovoñ
- Li lavaazh savoñ
- La mezoñ kanaachihchikana
- Kaa shoohkakh la bwason sarriviet
  - keemaa kotak bleach (5%) ka-pishkichikanawihteen ohpimay
  
- La bwason sarriviet ouschi kwarik kanaachihchikana poor mishchaytwow chishawminamihk aen electronics

**Kiyaanaw kaakii maamawi wiichihtonaanaw mooya ka mishiwi teemakahk ooma COVID-19.**

**Kiishpin kinohtay tako ayamaychikaan:**

[Canada.ca/coronavirus](https://Canada.ca/coronavirus) or call 1-833-784-4397

**\*La Peeyakowin Lway**

ooki Li Goovarnimaan Canada soohk ashtaawak ooma kapimitishaahmihk kahkiyaw ooma kaa pihtikweet Canada –layrplane, aen batoo keemaa la tayr- piko ka peeyakwaahayaat 14 la zhoornii ka naahkatohkaatishochik ouschi kiishpin mooshihtahtwaawi akoshi anima kakway manaa aashooshkamaakeek COVID-19 oota Canada owiyashwaywin. Akota 14 la zhoornii ka kishaataman anita akospay kaa pihatikwayyan Canada.