ᖃᓂᒪᓐᓈᒍᒃ (COVID-19)
ᖃᓂᒪᓐᓇᑦᑖᖅᑕᐃᓕᒪᓇᓱᐊᕐᓂᖅ ᐃᖅᑲᓇᐃᔭᕐᕕᒻᒥ: ᖃᐅᔨᒃᑲᖅᑕᐅᔪᑦ ᐃᖅᑲᓇᐃᔭᕐᕕᑦ, ᐃᖅᑲᓇᐃᔭᖅᑏᑦ ᑕᐃᒃᑯᐊᓗ ᐃᖅᑲᓇᐃᔭᐃᓐᓇᕆᐊᓖᑦ

ᑲᓇᑕᒪᓕᒫᒥ, ᖃᓂᒪᓐᓈᒍᒻᒥᑦ ᓯᐊᕐᒪᑎᑦᑎᑦᑕᐃᓕᒐᓱᓪᓚᕆᒃᑲᑦᑕ. ᐃᓚᖏᑦ ᐃᖅᑲᓇᐃᔭᕐᕕᑦ, ᐊᓯᔾᔨᕐᓗᒋᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓱᖃᖅᑎᓪᓗᒋᑦ ᐃᑲᕐᕋᓂ ᐊᐅᓚᒍᓐᓇᕐᓂᖏᓐᓂ, ᐅᕝᕙᓘᓐᓃᑦ ᒪᑐᓴᕋᐃᖃᑦᑕᕐᓗᑎᑦ. ᐊᒥᓱᑦ ᐃᖅᑲᓇᐃᔭᖅᑏᑦ ᐅᖃᐅᔾᔭᐅᓯᒪᓕᕐᖓᑕ ᐊᖏᕋᖅᓯᒪᕐᑯᔭᐅᓪᓗᑎ, ᐊᓯᖏᑦ ᐃᖅᑲᓇᐃᔭᕐᑯᔭᐅᓪᓗᑎᒃ ᐊᖏᕋᒥ, ᐊᓯᖏᓪᓗ ᓱᓕ ᐃᖅᑲᓇᐃᔭᕆᐊᖃᑦᑕᕐᑯᔭᐅᓪᓗᑎᑦ ᐃᖅᑲᓇᐃᔾᔭᖏᑦ ᐊᑑᑎᖃᓪᓚᕆᓐᓂᖏᓐᓄᑦ ᑲᓇᑕᒥ ᐊᐅᓚᑦᑎᓂᖏᓐᓂ ᖃᓂᒪᓇᖅᑐᖅᑕᓕᐊᔫᑎᓪᓗᒍ.

ᐃᖅᑲᓇᐃᔭᕆᐊᖃᓪᓚᕆᑦᑐᖅ ᒪᑯᐊ ᐃᓅᓯᕐᒧᑦ ᐃᑲᔫᑎᖃᖅᑐᑦ, ᐋᓐᓂᐊᖅᑕᐃᓕᒪᓂᕐᒧᑦ ᐃᓐᓄᑦ ᐊᐅᓚᑦᑎᔾᔪᑎᓄᑦ ᐊᑐᖅᑐᓄᑦ. ᑕᒪᑯᓂᖓ ᐱᖃᓯᐅᔾᔨᔪᑦ, ᑭᓯᐊᓂᓕ ᐃᓱᖃᓐᖏᒻᒥᔪᖅ, ᓯᕗᓪᓕᖅᐹᒥ ᑲᒪᖃᑕᐅᕙᑦᑐᑦ, ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᑦ, ᓱᓇᑐᐃᓐᓇᕐᓂᑦ ᐃᖅᑲᓇᐃᔫᓖᑦ, ᐅᖅᓱᐊᓗᓕᕆᔨᒃᑯᑦ ᒫᓯᓕᕆᔨᒃᑯᑦ, ᐃᖅᑲᓇᐃᔭᖅᑏᓪᓗ ᓱᓇᒃᑯᑖᕐᓂᑦ ᐊᑐᐃᓐᓇᖃᖅᑎᑦᑎᔪᑦ ᐃᓅᓐᓄᑦ ᓱᕐᓗ ᓂᕿᓂᑦ ᐃᔭᒐᕐᓂᓪᓗ.

ᐃᖅᑲᓇᐃᔭᖅᑏᑦ ᐊᑐᐃᓐᓇᕐᓂᐊᕋᓗᐊᖅᑎᓪᓗᒋᑦ ᐃᓅᖃᑎᒥᓂᑦ ᐅᖓᓯᖃᑦᑕᕐᓗᑎᑦ ᐊᒻᒪᓗ ᓴᓗᒪᓴᕆᐊᖃᕐᓂᖏᓐᓂ ᐃᓅᓯᖏᓐᓂ, ᐸᖅᑭᑦᑎᐊᕆᐊᖃᕐᒥᒐᑦᑎᒍ ᓱᓕ ᐃᖅᑲᓇᐃᔭᕐᕕᐅᕙᑦᑐᑦ ᐃᖅᑲᓇᐃᔭᖅᑏᓪᓗ, ᑕᒪᒃᑯᓂᖓ ᐱᔨᑦᑎᕋᖅᑐᓂᒃ. ᐃᑲᓇᐃᔭᕐᕕᑦ ᐃᖅᑲᓇᐃᔭᖅᑐᓪᓗ ᐱᓕᕆᖃᑎᒌᖃᑦᑕᕆᐊᖃᕐᓂᐊᖅᓖᑦ ᐸᖅᑭᑦᑎᓇᓱᐊᕐᓗᑎᑦ ᖃᓄᐃᕐᑯᓇᒋᑦ ᐃᖅᑲᓇᐃᔭᖅᑎᖏᑦ ᐱᔨᑦᑎᖅᑕᐅᔪᓪᓗ, ᐊᒻᒪᓗ ᐃᖅᑲᓇᐃᔭᕐᕕᒻᒥ ᐊᑑᑎᖃᕐᓂᖏᓐᓂ ᐃᖏᕐᕋᑦᑎᐊᖏᓐᓇᕐᑯᓪᓗᒋᑦ ᐱᔨᑦᑎᕋᕐᓂᖏᓐᓂ.

ᐃᖅᑲᓇᐃᔭᕐᕕᑦ ᐊᑐᕆᐊᓖᑦ ᐅᓗᕆᐊᓇᖅᑐᒦᒍᓐᓇᕐᓂᖏᓐᓂ ᑐᓴᐅᒪᑎᑦᑎᓂᕐᒧᑦ ᐃᓱᒪᓕᐅᕆᐊᖃᕐᓂᖏᓐᓄᑦ ᐊᑐᐊᒐᕐᓂᑦ ᐃᖅᑲᓇᐃᔭᕐᕕᓐᓄᑦ/ᓇᒻᒥᓂᖃᖅᑎᐅᔪᓂᑦ ᖃᓂᒪᓐᓈᒍᑎᓪᓗᒍ.

ᐃᖅᑲᓇᐃᔭᖅᑎᓕᒫᓄᑦ

ᐃᖅᑲᓇᐃᔭᖅᑎᓕᒫᑦ ᑐᑭᓯᐅᒪᑦᑎᐊᕆᐊᖃᖅᑐᑦ ᒪᓕᓪᓗᑎᓪᓗ ᐊᐃᑦᑐᕐᓗᐃᑦᑕᐅᓕᒪᓇᓱᐊᕐᓂᕐᒧᑦ ᐱᕐᑯᔭᕐᓂᑦ ᐊᑐᕐᓗᒋᓪᓗ ᐃᖅᑲᓇᐃᔭᕐᕕᖏᓐᓂ:

ᐊᒡᒫᒃᑭᒃ ᓴᓕᒪᑏᓐᓇᕐᓗᒋᒃ:

- ᐊᒡᒫᒃᑭᒃ ᐅᐊᓴᖃᑦᑕᐃᓐᓇᕐᓗᒋᑦ ᐅᐊᓴᑐᑎᓕᒻᒧ ᐃᒥᕐᒧᓪᓗ 20–ᓴᑲᓐᓴᒥᑦ
- ᐅᐊᓴᐅᑎᒥᑦ ᐃᒥᕐᒥᓪᓘᓐᓃᑦ ᐊᑐᐃᓐᓇᖅᑕᖃᕐᓂᖏᑉᐸᑦ, ᑐᕐᑯᓴᐃᑎᓕᒻᒥᑦ (alcohol-based) ᐊᒡᒐᓐᓄᑦ ᒥᖑᐊᕈᑎᒥᑦ ᐊᑐᕐᓗᑎᑦ
- ᐃᔨᒃᑭᒃ, ᕿᖓᐃᑦ ᖃᓃᓪᓗ ᐊᑦᑐᖅᑕᐃᓕᒪᖃᑦᑕᕐᓗᒋᑦ
- ᕐᑯᐃᖅᓱᖃᑦᑕᕐᓗᑎᑦ ᑕᒋᐅᖃᑦᑕᕐᓗᑎᓪᓘᓐᓃᑦ ᑕᓕᕐᓄᑦ ᐃᕿᓗᒍ
- ᓂᕐᓇᕕᕈᔪᓐᓂ ᐊᑦᑐᓯᖅᑕᐅᓕᒪᒐᓱᐃᓐᓇᖃᑦᑕᕐᓗᑎᑦ

- ᑎᒍᑎᓯᖕᒐᓐᖏᓪᓗᑎᑦ, <ᐃᑐᐃᓐᓇᕈᓐᓇᖅᑐᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᑯᓯᓯ ᐊᑦᑐᖅᑎᑕᐅᓐᓇᕐᓗᒋᒃ
- ᓱᓇᒃᑯᑖᕐᓂᑦ ᐊᑐᕆᐊᖃᕈᕕᑦ ᐊᑐᕐᑯᔭᐅᓕᕐᓂᕈᕕᑦ ᐊᑐᕐᓗᑎᑦ.

ᐊᕙᑏᑦ ᓴᓗᒪᑏᓐᓇᑦᑎᐊᕐᓗᒍ:

- ᓈᒻᒪᑦᑐᓂᑦ ᓴᓗᒻᒪᖅᓴᐃᑎᓂᒃ ᑐᕐᑯᓴᐃᑎᓕᓐᓂᓪᓗ ᐊᑐᕐᓗᑎᑦ ᓂᕈᕕᑦ ᐅᐊᓴᕐᓗᒍ, ᐃᖅᑲᓇᐃᔭᕐᕕᓐᓂ ᓵᕈᔪᐃᑦ, ᐅᖃᓚᐅᑏᑦ, ᓇᕿᑦᑕᐅᑏᑦ ᐅᐊᔭᒧᖅᑐᓪᓗ, ᓂᐅᕕᕐᕕᒻᒥ ᐊᑭᓕᐅᑏᑦ, ᓇᕿᑦᑕᐅᑏᑦ, ᕐᑯᒻᒧᐊᔫᓄᑦ ᓂᕿᒋᐊᓖᑦ ᐊᒻᒪᓗ ᓂᓇᕕᒻᒥ ᓂᕐᓇᕕᑦ ᒪᕿᐊᖅᑎ ᐊᓪᓚᖅᑎᖃᑦᑕᕐᓗᒋᑦ ᖃᐅᑕᒪᑦ, ᓱᕈᖅᓯᒪᔫᖅᑐᑦ ᐅᐊᓴᕐᓂᖅᓴᓇᖃᑦᑕᕐᓗᒋᑦ.

- ᖃᓄᐃᓴᓴᖏᒃᑯᕕᑦ ᐊᑐᕈᓐᓇᕐᓗᑎᑦ ᐃᒥᕐᒧᖅᑐᓂᑦ ᑐᕐᑯᓴᐃᑎᓂᒃ, ᐊᑦᑐᖅᑕᐅᒐᔪᑦᑐᑦ ᐅᐊᔭᒧᖅᑐᖅ ᓱᕐᓗ ᐅᖃᓚᐅᑏᑦ, ᖃᕋᓴᐅᔭᐃᑦ ᐊᓯᖏᓪᓗ ᑐᕐᑯᓴᐃᑎᓕᓐᓄᑦ (70% alcohol) ᐊᓪᓚᖅᑎᖃᑦᑕᕐᓗᒋᑦ (ᓱᕐᓗ (alcohol) ᑐᕐᑯᓴᐃᑎᓖᑦ ᐊᓪᓚᕈᑎᕋᓛᑦ).

ᐅᖓᓯᒋᔭᐃᓐᓇᓇᓗᒋᑦ ᐃᓅᖃᑎᑦ:

- 2–ᒦᑕᒥᑦ ᐅᖓᓯᒌᖃᑦᑕᐅᑎᖃᑦᑕᕐᓗᓯ, ᐃᖅᑲᓇᐃᔭᖃᑏᓪᓗ, ᓂᐅᕕᕋᓱᐊᖅᑐᓪᓗ.
- ᓂᕐᓇᕕᓯ ᐅᖓᓯᒌᓗᑎᑦ, ᓂᕿᑦ ᐃᖅᑲᓇᐃᔭᕐᕕᐅᕙᑦᑐᓪᓗ.
- ᖃᓄᐃᓘᓐᖏᓂᖅᓴᐅᖃᑦᑕᕐᓗᓯ ᐊᑦᑐᖃᑦᑕᐅᑎᓂᐊᕈᔾᓯ ᐅᕝᕙᓘᓐᓃᑦ ᖃᓂᒌᓐᓂᐊᕈᔾᓯ, ᓱᕐᓗ ᑲᑎᒪᓂᖅ.
- ᖃᓪᓕᑦᑕᐃᓕᓗᑎᑦ 2–ᒦᑕ ᐊᑖᓂ ᖃᓂᒌᓐᓂᐊᕐᓂᕈᔾᓯ ᕿᓚᒥᐊᓗᒃ ᑭᓯᐊᓂ.

ᑎᒦᑦ ᖃᓂᒪᓐᓈᓗᑦᑖᖅᐸᓪᓕᐊᓕᕐᓂᖅᑲᑦ (COVID-19):

- ᖃᓂᒪᓐᓈᓗᑦᑖᐸᓪᓕᐊᓱᒋᓕᕈᕕᑦ, ᓇᒻᒥᓂᖅ ᖃᐅᔨᓴᐅᑎᒧᑦ ᖃᐅᔨᓴᕐᓗᑎᑦ ᖃᐅᔨᓕᒋᐊᖃᕐᒪᖔᖅ ᖃᐅᔨᓴᕐᓗᑎᑦ.

- ᐊᑐᕆᐊᖃᓪᓚᕆᑦᑕᐃᑦ, ᐊᑕᐅᓯᕐᒥᓪᓘᓐᓃᑦ ᑎᒦᑦ ᖃᓄᐃᒍᑎᖃᑐᐊᖅᑲᑦ ᖃᓂᒪᓐᓈᓗᑦᑎᑐᑦ (COVID-19) (ᐆᓇᕈᕕᑦ, ᕐᑯᐃᖅᓯᕈᕕᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᓂᖅᓵᖅᑐᒡᒐᕐᓂᕈᕕᑦ), ᐅᕝᕙᓘᓐᓃᑦ ᒥᑭᔪᐊᓗᒻᒥ ᖃᓄᐃᒐᓛᑦᑑᔭᕈᕕᑦ, ᐊᖏᕐᕋᖅᓯᒪᒋᐊᖃᖅᑐᑎᑦ ᐊᐃᑦᑐᐃᓂᐊᖏᓐᓇᕕᑦ ᐊᓯᓐᓄᑦ.
- ᐊᓪᓛᒃ ᑎᒦᑦ ᖃᓄᐃᒐᓛᓕᑐᐊᖅᑲᑦ ᐃᖅᑲᓇᐃᔭᕐᓂᓐᓂᑦ, ᐊᓯᐊᓅᓇᐊᖃᖅᑐᑎᑦ ᐊᖏᕐᕋᓕᕐᓗᑎᑦ, ᐊᑐᖅᑕᐅᒐᔪᑦᑐᓂᑦ ᐃᖏᕐᕋᔾᔪᑎᒃᑰᖏᓪᓗᑎᑦ (ᓱᕐᓗ ᕙᓯᒃᑯᑦ, ᓄᓇᓯᐅᑎᑯᑖᒃᑯᑦ, ᑖᒃᓯᒃᑯᑦ) ᐊᔪᕐᓇᓐᖏᑐᐊᖅᑲᑦ.
- ᖃᐅᔨᒃᑲᕐᓗᒋᑦ ᐊᓈᓂᐊᖅᑕᐃᓕᒪᔪᓕᓇᔨᒃᑯᑦ ᒪᓕᓕᕐᓗᒋᑦ ᖃᓄᐃᓘᕐᓂᓇᕐᑯᔭᐅᔪᑦ ᐃᓕᓐᓄᑦ.
- ᐃᓱᒪᓗᒃᑯᕕᑦ ᑮᓇᐅᔭᖃᔭᖕᒋᓂᕐᓂᑦ ᑕᐃᒪᐃᓐᓂᕐᓂᑦ, ᒐᕙᒪᒃᑯᑦ ᑲᓇᑕᒥ ᐊᑐᐃᓐᓇᖃᕐᒥᔪᑦ ᐃᑲᔫᑎᔅᓴᓂᑦ.

ᐃᖅᑲᓇᐃᔭᕐᕕᓐᓄᑦ

ᐋᖅᑮᓗᓯ ᐱᕐᑯᔭᕐᓂᑦ ᐊᐃᑦᑐᕐᓗᐃᑦᑕᐃᓕᒪᓇᓱᐊᕐᓂᕐᒥᑦ ᖃᓂᒪᓐᓈᓕᒻᒥ ᐃᖅᑲᓇᐃᔭᕐᕕᓐᓂ ᑕᒪᒃᑯᐊᓗ ᑐᓴᖅᑕᐅᑦᑎᐊᕐᓗᑎᑦ ᑐᑭᓯᔭᐅᑦᑎᐊᕐᓗᑎᓪᓗ ᐃᖅᑲᓇᐃᔭᖅᑎᓄᑦ:

- ᐊᑐᕐᓗᒍ ᐅᓗᓇᐊᓇᖅᑐᒦᒍᓐᓇᕐᓂᕐᒧᑦ ᐃᓱᒪᓕᐅᕐᓂᕐᒥᑦ ᐊᑐᐊᒐᖅ ᐃᖅᑲᓇᐃᔭᕐᕕᒻᒥ/ᓇᒻᒥᓂᖃᕐᕕᒻᒥ ᖃᓂᒪᓐᓈᓘᑎᓪᓗᒍ.

- ᑐᓴᐅᒪᑎᑦᑏᓐᓇᑦᑎᐊᖃᑦᑕᕐᓗᓯ ᐃᖅᑲᓇᐃᔭᖅᑎᓯᓐᓂ ᓂᐅᕕᖅᐸᑦᑐᓂᓪᓗ ᖃᓂᒪᓐᓈᓘᑉ ᒥᓴᓄᑦ ᖃᓄᕐᓗ ᐊᐃᑦᑐᕐᓗᐃᑦᑕᐃᓕᒪᑎᑦᑎᓇᓱᐊᕐᒪᖔᓴᓯ.

- ᐊᑭᓐᓇᕐᒦᑎᑦᑎᖃᑦᑕᕐᓗᓯ ᖃᓂᒪᔪᑦ ᐱᔨᑦᑎᖅᑕᐅᔪᑦ ᓂᐅᕕᕋᓱᐊᖅᑐᓪᓘᓐᓃᑦ ᐃᖅᑲᓇᐃᔭᕐᕕᒻᒦᕐᑯᓐᖏᓪᓗᒋᑦ.

- ᐊᑭᓐᓇᕐᒥ ᐋᖅᑮᓯᒪᓗᓯ ᐊᓂᖅᑎᓇᔾᔪᑎᑦᑎᐊᕙᖃᕐᑯᓪᓗᒋᑦ, ᐊᒡᒐᖏᓪᓗ ᓴᓗᒪᑦᑎᐊᕐᓗᑎᑦ, ᐊᓯᖏᓐᓂᓪᓗ ᐊᑐᕐᓗᑎᑦ ᐋᓐᓂᐊᖅᑕᐃᔨᒪᔾᔪᑎᔅᓴᐅᔪᓂᒃ

- ᑕᐃᒪᐃᕕᔅᓴᐅᑉᐸᑦ, ᐋᖅᑭᒋᐊᕐᓗᒋᑦ ᐱᕐᑯᔭᐃᑦ ᒪᓕᒋᐊᓖᓪᓗᑦ ᐃᓄᓐᓂᑦ ᑲᑎᒪᑎᑦᑎᓐᖏᓂᖅᓴᐅᒋᐊᖃᕐᓂᖏᓐᓂ, ᓱᕐᓗ ᐅᖃᓚᐅᑎᒃᑯᑦ ᑲᑎᒪᖕᒐᖃᑦᑕᕐᓗᑎᑦ, ᐃᑲᕐᕋᖏᓪᓗ ᐋᖅᑭᒋᐊᕐᓗᒋᑦ, ᐱᒋᐊᕐᕕᖏᑦ ᐊᔾᔨᒌᖃᑦᑕᖏᓪᓗᑎᑦ, ᖃᕋᐅᓴᔭᒃᑯᑦ ᑎᑎᕋᖃᑦᑕᐅᑎᖃᑦᑕᖕᒐᕐᓗᓯ ᐊᒻᒪᓗ ᐅᖃᓚᐅᑎᒃᑯᑦ.

- ᕐᑯᔭᓈᕐᓗᒋᑦ ᐅᖓᕙᓇᐊᕐᓗᒋᓪᓘᓐᓃᑦ ᑲᑎᒪᔅᓴᐃᓐᓇᓇᐊᖃᓐᖏᓐᓂᐅᔪᑦ ᐅᑉᕙᓘᓐᓃᑦ ᐊᐅᓪᓚᓇᐊᖃᕐᓂᐅᔪᑦ.

- ᖃᐅᔨᓴᑦᑎᐊᕐᓗᒋᑦ ᐃᖅᑲᓇᐃᔭᕐᕕᒻᒥ ᐅᐸᑦᑕᐅᒐᔪᑦᑐᒥᓃᑦ ᑲᑎᕝᕕᐅᖃᑦᑕᖅᑐᒥᓃᓪᓗ ᓱᓇᒃᑯᑖᓪᓗ, ᓴᓗᒻᓴᓴᕐᓵᒥᓗᒋᑦ ᑕᒪᒃᑯᐊ.

- ᖃᓄᖅᑑᖃᑦᑕᕐᓗᓯ ᐅᖓᓯᒋᖃᑦᑕᓇᐊᖃᕐᓂᖏᓐᓂ ᐃᖅᑲᓇᐃᔭᖅᑏᑦ ᖃᓄᒃᑲᓐᓂ, ᓱᕐᓗ ᓂᕐᓇᕕᑦ ᐅᖓᓯᓪᓕᒋᐊᕐᓗᒋᑦ, ᐃᓄᐃᑦ ᓯᐊᑯᑖᖃᑦᑕᕐᓂᖏᑦ ᐃᖅᑲᓇᐃᔭᕐᕕᐅᔪᓪᓗ.

- ᐅᖃᖅᑎᒌᑦᑕᐃᓕᒪᑎᑦᑎᑲᓐᓂᕋᓱᐊᖃᑦᑕᕐᓗᑎᑦ ᓂᐅᕕᕋᓱᑦᑐᓂ ᐃᖅᑲᓇᐃᔭᖅᑎᓂᓪᓗ, ᓱᕐᓗ ᐃᓄᐃᓴᓐᓂᖅᓴᐅᒋᐊᖃᕐᖓᑕ ᓂᐅᕕᓇᐊᖅᑐᑦ ᐅᑉᕙᓘᓐᓃᑦ ᐱᔾᑦᑎᖅᑕᐅᒋᐊᓖᑦ ᐅᖃᓚᐅᑎᒃᑯᑦ. ᐃᒫᒃ, 2–ᒦᑕᒥᑦ ᐅᖓᓯᒋᖃᑦᑕᓇᐊᓖᑦ ᑕᒪᓐᓇ ᐊᑐᖅᑕᐅᖏᓐᓇᕐᓗᓂ, ᑭᓯᐊᓂᓕ ᑎᒥᒃᑯᑦ ᐊᔪᕐᓇᓪᓚᓇᓐᓂᖅᑲᑦ (ᓱᕐᓗ ᐊᕕᑦᑐᖅᓯᒪᔪᑦ ᐊᕙᓗᓐᖑᐊᓖᑦ ᓂᕐᓇᕕᕋᓛᑦ, ᐃᒐᓛᓖᑦ ᐊᐃᑦᑕᐋᓐᓂᑦ).

ᐊᑐᐃᓐᓇᖃᖅᑎᑦᑏᓐᓇᕐᓗᑎᑦ ᐃᓪᓗᐊᓗᓐᓂᑦ ᓴᓗᒻᒪᖅᓴᐃᔾᔪᑎᓂᒃ ᓴᓗᒪᑦᑎᐊᖏᓐᓇᕐᑯᓪᓗᒍ ᐊᑦᑕᓇᕐᑯᓇᒍᓗ ᐃᖅᑲᓇᐃᔭᕐᕕᒃ:

- ᐊᒡᒐᖏᓐᓄᑦ ᐅᐊᓴᕐᕕᑕᖃᕐᓗᓂ ᐊᒻᒪᓗ ᒥᖑᐊᕈᑎᑕᖃᕐᓗᓂ ᓴᓗᒻᒪᔾᔪᑎᓂᑦ ᓇᒥᑐᐃᓐᓇᖅ ᐃᖅᑲᓇᐃᔭᕐᕕᐅᑉ ᐃᓗᐊᓂ

- ᐊᑐᖅᑕᐅᒐᔪᑦᑐᑦ ᐊᑦᑐᖅᑕᐅᒐᔪᑦᑐᓪᓘᓐᓃᑦ ᑐᕐᑯᓴᐃᑎᓕᒻᒧᑦ ᒪᕐᕈᐊᖅᑎ ᐅᓪᓗ ᐊᓪᓚᖃᑦᑕᕐᓗᒋᑦ.

- ᓴᓗᒻᒪᖅᓴᐃᔾᔪᑏᑦ ᐊᑐᐃᓐᓇᐅᖏᓐᓇᕐᓗᑎᑦ ᐃᖅᑲᓇᐃᔭᖅᑎᓄᑦ ᓴᓗᒻᒪᔅᓴᖃᑦᑕᕐᓂᐊᕐᖓᑕ ᑐᕐᑯᓴᐃᑎᓕᓐᓂᓪᓗ ᐃᖅᑲᓇᐃᔭᕐᕕᖏᓐᓂ.

- ᐊᑐᐃᓐᓇᖃᕐᕕᒋᓗᒋᑦ ᐃᖅᑲᓇᐃᔭᖅᑏᑦ ᐸᖅᑭᑦᑎᔾᔪᑎᔅᓴᓂᒃ ᐃᒻᒥᓄᒃ ᐊᑐᕐᑯᔭᐅᔪᓂᑦ ᐃᖅᑲᓇᐃᔭᕐᕕᒻᒥ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᓂᕐᒧᑦ ᐊᑦᑕᓇᐃᖅᑕᐃᓕᒪᓂᕐᒧᓪᓗ ᐊᑐᐊᒐᕐᓂᑦ, ᐊᒻᒪᓗ ᐃᓕᓐᓂᐊᖅᑎᓪᓗᒋᑦ ᖃᓄᖅ ᐊᑐᖅᑕᐅᑦᑎᐊᓇᐊᖃᕐᒪᖔᑖ.

ᖃᐅᔨᒪᑦᑎᐊᕐᓗᑎᑦ ᐃᖅᑲᓇᐃᔭᖅᑏᑦ ᓱᒋᐊᖃᕐᓂᖏᓐᓂ ᖃᓂᒪᐸᓪᓕᐊᓕᕐᓂᖅᑲᑕ:

- ᐃᓱᒪᒋᓗᒋᑦ ᐊᑐᓐᖏᑲᐃᓐᓇᕈᓐᓇᖅᑐᓂᑦ ᐱᕐᑯᔭᕐᓂᑦ ᓱᕐᓗ ᐃᖅᑲᓇᐃᔭᖅᑎ ᐊᖏᕐᕋᖅᓯᒪᒋᐊᖃᓕᕐᓂᖅᑲᑦ ᖃᓂᒪᓂᖓᓐᓄᑦ. ᓱᕐᓗ ᑕᒪᒃᑯᐊ ᐋᓐᓂᐊᕕᒻᒥ ᑎᑎᖅᑲᐅᕙᑦᑐᑦ ᐃᖅᑲᓇᐃᔭᕐᕕᓐᓄᑦ ᐊᑐᕆᐊᓖᑦ, ᐊᑐᓐᖏᑎᑲᐃᓐᓇᕐᓗᖏᑦ ᑕᐃᒃᑯᐊ ᑎᑎᕋᖃᑦᑕᖅᑐᑦ ᐊᔾᔨᕈᓐᓇᕐᖓᑕ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᑦ.

- ᐃᖅᑲᓇᐃᔭᖅᑎᑦ ᐊᑐᕆᐊᖃᕐᓂᖅᑲᑕ ᐃᖏᕐᕋᔾᔪᑎᓂᑦ ᑭᒃᑯᓕᒫᓄᑦ ᐊᑐᖅᑕᐅᕙᑦᑐᓂᒃ ᐃᖅᑲᓇᐃᔭᕆᐊᕐᓂᐊᕐᓗᑎᑦ, ᐃᑲᕐᕋᖏᑦ ᐊᓯᔾᔨᑲᐃᓐᓇᕈᓐᓇᖅᑐᑦ ᐃᓄᐃᓴᓐᓂᖅᓴᐅᑎᓪᓗᒍ ᐊᑐᕈᓐᓇᕐᑯᓪᓗᒋᑦ.

- ᐃᓱᒪᒋᔭᕆᐊᖃᕐᒥᔭᐃᑦ ᐊᖏᕐᕋᕆᐊᖃᓕᕐᓂᖅᑲᑦ ᖃᓂᒪᓕᕐᓂᖅᑲᑦ ᐃᖅᑲᓇᐃᔭᖅᑎ ᐊᑐᓐᖏᓪᓗᓂ ᐃᖏᕐᕋᔾᔪᑎᓂᑦ ᑭᒃᑯᓕᒫᓄᑦ ᐊᑐᖅᑕᐅᕙᑦᑐᒥᑦ ᖃᓄᖅ ᐱᒐᔭᕐᒪᖔᖅ.

- <ᕐᓇᓯᒪᓗᑎᑦ ᐊᒥᓱᑦ ᐅᐸᖃᑦᑕᔾᔭᖏᓐᓂᖏᓐᓂ ᖃᓂᒪᓂᖏᓐᓄᑦ ᐃᖅᑲᓇᐃᔭᖅᑏᑦ ᐃᓚᖏᓪᓗ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓕᓐᓂᐊᕐᕕᑦ ᒪᑐᓯᒪᓂᐊᕐᓂᖏᓐᓄᑦ.

ᐃᖅᑲᓇᐃᔾᔭᖅ ᐱᔾᔪᑎᒋᓪᓗᒍ ᐊᐅᓪᓚᕆᐊᓖᑦ

- ᐊᐅᓪᓚᕆᐊᖃᓪᓚᕆᓐᖏᑉᐸᑦ ᐊᐅᓪᓚᖅᑎᑕᐅᓐᖏᑲᐃᓐᓇᕐᓗᓂ ᒫᓐᓇ.
- ᐃᓱᒪᒋᒋᐊᕐᓗᒋᑦ ᐅᓗᕆᐊᓴᖅᑐᒥᒍᓐᓇᕐᓂᖏᑦ ᐊᒻᒪᓗ ᐃᑲᔫᑎᖃᕈᓐᓇᕐᓂᖏᑦ ᐊᐅᓪᓚᕆᐊᖃᕐᓂᖅᑲᑦ ᖃᐅᔨᓴᑦᑎᐊᕐᓗᒋᓪᓗ ᖃᓄᖅᑑᕈᑎᔅᓴᐃᑦ, ᓱᕐᓗ ᑭᖑᕙᕆᐊᖑᕐᓗᒍ, ᖁᔭᓈᕐᓗᒍᓘᓐᓃᑦ ᑏᕕᒃᑯᓪᓘᓐᓃᑦ ᑲᑎᒪᖃᑕᐅᖑᕐᓗᓂ.
- ᖃᐅᔨᒋᐊᕐᓗᒋᑦ ᑕᐃᒃᑯᐊ ᖃᓂᒪᓂᖃᕐᓂᖅᐸᖑᔪᑦ ᓇᒦᓐᓂᖏᑦ ᐊᒻᒪᓗ ᖃᖑᑕᓂᐊᕐᓂᖏᓐᓄᑦ ᖃᐅᔨᒃᑲᐃᔾᔪᑏᑦ.
- ᐊᐅᓪᓚᖅᓯᒪᓚᐅᖅᑎᓪᓗᑎᑦ ᑲᓇᑕᒧᑦ ᐅᑎᕈᕕᑦ, ᓇᒻᒥᓂᖅ ᐊᓃᑦᑕᐃᓕᒋᐊᖃᖅᑐᑎᑦ ᐅᓪᓗᓄᑦ 14-ᓄᑦ.
- ᐅᑎᕈᕕᑦ ᑲᓇᑕᒦᖏᓐᓇᕋᓗᐊᕐᓗᑎᑦ, ᐃᒻᒥᓂᒃ ᖃᐅᔨᓴᖃᑦᑕᓇᑦ ᖃᓂᒻᒪᓕᓐᖏᒃᑲᓗᐊᕐᒪᖔᖅᐱᑦ, ᓱᕐᓗ ᖁᐃᖅᓯᖃᑦᑕᕐᓗᑎᑦ, ᐆᓇᕈᕕᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᓂᖅᑎᓇᓐᓂᕈᕕᑦ ᐅᓪᓗᐃᑦ 14-ᓂᑦ.
- ᐊᓪᓛᒃ ᓯᓛᓗᒐᓗᐊᖅᑲᑦ ᑎᒦᑦ ᖃᓄᐃᑦᑑᔾᔭᓕᖅᑲᑦ, ᓱᕐᓗ ᖁᐃᖅᓯᖃᑦᑕᕐᓗᑎᑦ, ᐆᓇᕈᕕᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᓂᖅᑎᓇᒍᕕᑦ, ᐊᓃᑦᑕᐃᓕᓕᕐᓗᑎᑦ ᐊᖏᕐᕋᓐᓂ ᖃᐅᔨᒃᑲᕐᓗᒋᓪᓗ ᓄᓇᔾᔪᓐᓂ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᓇᔫᑦ ᖃᓄᐃᓗᓇᐊᖃᕐᒪᖔᖅᐱᑦ.

ᐃᖅᑲᓇᐃᔾᑦ ᐱᔾᔪᑎᒋᓪᓗᒍ ᐊᐅᓪᓚᕆᐊᖃᓪᓚᕆᑦᑐᑦ ᐃᖅᑲᓇᐃᔭᖅᑏᑦ

- ᐊᑑᑎᖃᓪᓚᕆᑦᑐᖅ ᐃᖏᕐᕋᖃᑦᑕᖅᑐᑦ ᐃᖅᑲᓇᐃᔭᖅᑏᑦ, ᓱᕐᓗ ᐊᕐᑯᑏᑦ ᓄᓇᓯᐅᑎᐊᓗᒻᒥᑦ, ᓄᓇᓯᐅᑎᑯᑖᒻᒥᑦ ᖃᖑᑕᓲᒃᑯᓪᓘᓐᓃᑦ, ᐅᓯᖃᑦᑕᖅᑐᑦ ᓱᓇᒃᑯᑖᑦ ᐃᓄᓐᓅᕆᐊᖃᕐᓂᖏᓐᓄᑦ ᖃᓂᒪᓐᓇ ᐱᔾᔪᑎᒋᓪᓗᒍ ᐊᒻᒪᓗ ᐊᐅᓚᐃᓐᓇᕆᐊᖃᕐᓂᖑᓐᓄᑦ ᑲᓇᑕ.
- ᐊᑑᑎᖃᓪᓚᕆᑦᑐᑦ ᐃᖅᑲᓇᐃᔭᖅᑏᑦ ᓇᒻᒥᓂᖅ ᐊᓃᑦᑕᐃᓕᒋᐊᖃᓐᖏᑦᑐᑦ ᐅᓪᓗᓄᑦ 14-ᓄᑦ ᐊᓯᐊᓅᓚᐅᖅᓯᒪᑎᓪᓗᒋᑦ, ᑭᓯᐊᓕ ᓇᒻᒥᓂᖅ ᖃᐅᔨᓴᑦᑎᐊᕆᐊᖃᖅᑐᑦ ᖃᓂᒪᓕᓐᖏᒃᑲᓗᐊᕐᒪᖔᑐᑕ, ᐊᒻᒪᓗ ᐊᓃᑦᑕᐃᓕᑦᑕᐅᑎᒋᓕᕐᓗᑎᑦ ᖃᓂᒪᐸᓪᓕᐊᓕᒐᓛᑐᐊᖅᑲᑕ.

ᐱᓕᕆᖃᑎᒌᓪᓗᑕ ᐃᑲᔫᖅᑎᒌᒍᓐᓇᖅᑐᒍᑦ ᐱᓕᕆᐊᕆᔭᕆᐊᓕᑦᑎᓂᓪᓗ ᐱᓗᑕ ᓯᐊᕐᒪᕐᑯᓇᒍ ᖃᓂᒪᓐᓈᓗᒃ. ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᓐᓂᕈᕕᑦ, ᐅᕗᖓ ᖃᐅᔨᒋᐊᕐᓗᑎᑦ ᖃᕋᔭᐅᔭᒃᑯᑦ Canada.ca/coronavirus ᐅᖃᓚᓗᑎᓪᓘᓐᓃᑦ 1-833-784-4397 Canada.ca/le-coronavirus