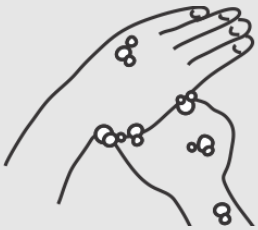
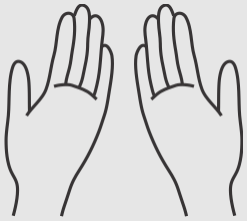




ᑯᐱᐟ-19: ᐊᓂᐣ ᑫᑐᑕᒪᐣ ᑲᓯᓂᒋᔭᐣ/ᐊᓂᐣ ᑫᑐᑕᒪᐣ ᑭᓯᓂᒋᓂᑲᐣ᙮ 1 of 2

ᐅᐡᑭ ᐊᐦᑭᐠ ᐊᑯᓯᐏᐣ 2019 (COVID-19)

ᐊᓂᐣ ᑫᑐᑕᒪᐣ ᑲᓯᓂᒋᔭᐣ

ᑲᓯᓂᒋᐣ ᒥᓂᑯᐠ ᑲᓇᑫ
15 ᑕᓯᑎᐸᐦᐃᑲᓀᐢ

1

ᓂᐱᐏᓂᒋᐣ ᑲᑭᔓᑲᒥᐠ ᓂᐱ
ᐊᐸᒋᑐᐣ᙮

2

ᓱᑊ ᐊᐸᒋᐦᐃ᙮

3

ᐊᐸᒋᐦᐃ ᓱᑊ ᒥᓇ
ᓇᓇᔑᓂᒋᑕᐣ᙮

4

ᓇᓇᔑᓂᒋᑕᐣ ᑲᐃᔑ
ᓂᓯᑭᓂᒋᔭᐣ᙮

5

ᑲᔭᐠ ᓇᓇᔑᓂᒋᑕᐣ ᒥᓯᐍ
ᑭᓂᒋᐠ᙮

6

ᓇᓇᔑᓂᒋᑕᐣ
ᑲᐃᔑᓂᓯᑭᓂᒋᔭᐣ ᑲᑭᓇ᙮

7

ᓇᓇᔑᓂᒋᑕᐣ ᑭᑭᒋᓂᐨ
ᑲᒥᔕᑭᐣ᙮

8

ᑭᓯᓂᒋᐣ ᒥᓯᐍ ᓂᐱ
ᐊᐸᒋᑐᐣ᙮

9

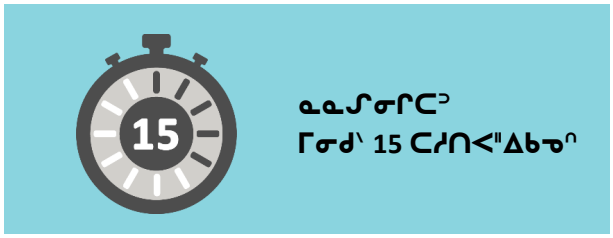
ᑭᓯᓇᐣ ᑭᓂᒋᐣ ᒥᓯᐍ᙮

10

ᑭᐱᑎᓇᐣ ᓂᐱ
ᐊᐸᒋᑐᐣ ᐯᐸᐣ᙮

11

ᑭᑭᑲᓯᓇᐣ ᑭᓂᒋᐣ᙮



ᑯᐱᐟ-19: ᐊᓂᐣ ᑫᑐᑕᒪᐣ ᑲᓯᓂᒋᔭᐣ/ᐊᓂᐣ ᑫᑐᑕᒪᐣ ᑭᓯᓂᒋᓂᑲᐣ᙮ 2 of 2

ᐊᓂᐣ ᑫᑐᑕᒪᐣ ᑭᓯᓂᒋᓂᑲᐣ

1

ᓇᓇᔑᓂᒋᑕᐣ
ᒥᓂᑯᐠ 15 ᑕᓱᑎᐸᐦᐃᑲᓀᐢ

1 ᑲᔦᒪ 2 ᐸᑭᑎᓇᐣ ᐃᐃᒪ
ᑲᐃᔑ ᐸᐣᑯᓂᒋᔭᐣ᙮

2 3

ᓇᓇᔑᓂᒋᑕᐣ, ᑲᑭᓇ
ᑭᓂᒋᐣ᙮

ᓇᓇᔑᓂᒋᑕᐣ ᒥᓯᐍ
ᑲᐃᔑᓂᓯᑭᓂᒋᔭᐣ᙮

4

ᓇᓇᔑᓂᒋᑕᐣ ᒥᓯᐍ ᑭᓂᒋᐣ
ᑲᐃᓂᑯᑿᑭᐣ᙮

5 6 7

ᓇᓇᔑᓂᒋᑕᐣ ᑲᑭᓇ ᑲᐃᔑ
ᓂᓯᑭᓂᒋᔭᐣ᙮

ᓇᓇᔑᓂᒋᑕᐣ ᑲᐃᔑ ᒥᔕᐠ
ᑭᓂᓯᑭᓂᐨ᙮

ᓇᓇᔑᓇᐣ ᑭᓂᒋᐣ
ᒋᐸᐣᑯᓭᐠ᙮ ᑲᐏᐣ ᑲᓯᐦᐊᐣ
ᑭᓂᒋᐣ᙮

8

ᐊᐱᐸᐣᑯᓂᒋᔭᐣ,
ᑭᑭᑭᓯᓇᓇᐣ ᑭᓂᒋᐣ᙮

ᑲᑭᐅᑎᓂᑲᑌᑭᐣ:

ᐅᐣᑌᕒᐃᔪ ᑲᐱᒥᐏᑐᐘᐨ ᒥᓄᔭᐏᐣ ᒋᒪᓇᒋᒋᑲᑌᐠ ᒥᓇ ᐏᑕᒪᑫᐏᐣ (ᒥᓄᔭᐏᐣ ᐅᐣᑌᕒᐃᔪ), ᐅᐣᑌᕒᐃᔪ ᐊᐦᑯᓯᐏᓇᐣ ᓇᓇᑲᒋᒋᑫᐏᐣ ᑲᒥᑎ, ᑲᒥᓈᔑᐠ ᑐᑕᒧᐏᐣ ᑲᑲᓯᓂᒋᓇᓂᐘᐠ ᒥᓯᐍ ᐊᑯᓯᐏᑲᒥᑯᐣ (ᐱᐘᐱᑯᐠ)᙮ 4 ᐯᐸᓄᐣ᙮ ᑐᕒᐆᐣᑐ, ᐅᐣᑌᕒᐃᔪ:: ᐅᑭᒪᑫ ᑲᒪᓯᓇᐦᐃᑫᑕᒪᐘᐨ ᐅᐅᒪ ᐅᐣᑌᕒᐃᔫ; 2014᙮ ᒋᐅᐣᑎᓇᒪᐣ ᐅᐅᒪ: https://www.publichealthontario.ca/-/media/documents/bp-hand-hygiene.pdf?la=en

ᐅᐅᐍ ᐏᑕᒪᑫᐏᐣ ᐅᐅᒪ ᐯᐸᓄᐠ ᓄᑯᒼ ᐏᑕᒪᑫᒪᑲᐣ ᒥᑭᓯᐤ ᐱᓯᒼ 16, 2020᙮

©ᐅᑭᒪᑫ ᑲᒪᓯᓇᐦᐃᑫᑕᒪᐘᐨ ᐅᐅᒪ ᐅᐣᑌᕒᐃᔪ, 2020᙮