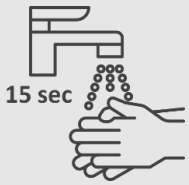

COVID-19: Guide for caregivers, household members and close contacts 1 of 2

ᐊᐦᑭᐠ ᐊᑯᓯᐏᐣ 2019 (COVID 19)

ᑲᓇᐍᓂᒥᑎᓱᐏᐣ: ᑫᑐᑕᒪᐣ ᑭᓇᐘ ᑲᑲᓇᐍᒋᑫᔦᐠ, ᑲᐏᒋᐊᒪᐨ ᑭᐘᑲᐦᐃᑲᓂᐠ ᒥᓇ ᑲᐯᔕᐘᐸᒪᐨ

ᑭᐡᐱᐣ ᔭᐏᔭ ᑲᓇᐍᓂᒪᐨ ᑲᔦᒪ ᐁᐏᒋᔭᒪᐨ ᑲ ᐊᐦᑯᓯᐨ, ᒥᐍ ᐁᓇᑭᒥᑯᔭᐣ ’ᐁᐯᔑᓇᐘᐨ’᙮
ᑭᒪᐡᑭᑭᐏᑲᒥᐠ ᑲᐏᑕᒪᑯ ᐊᓂᐣ ᑫᑐᑕᒪᐣ ᒋᓇᑲᒋᐦᐃᑎᓱᔭᐣ ᑭᒥᓄᔭᐏᐣ, ᐊᓂᐣ ᑲᔦ ᑫᑐᑕᒪᐣ ᑭᐡᐱᐣ ᐊᓂ ᐊᐦᑯᓯᔭᐣ ᒥᓇ ᐊᓂᐣ ᑫᑐᑕᒪᐣ ᒋᑲᓄᓇᐨ ᒪᐡᑭᑭᐏᓂᓂ᙮ ᑿᔭ ᐏᑕᒪᐤ ᒪᐡᑭᑭᐏᓂᓂ ᐁᐯᔑᓇᐘᐨ ᔭᐏᔭ ᑲ ᐊᐦᑯᓯᐨ ᐃᐃᐍᓂ ᐊᐦᑯᓯᐏᐣ COVID 19᙮

ᑲᐯ ᑲᓯᓂᒋᐣ

• ᑲᓯᓂᒋᐣ ᒋᐊᐸᒋᐦᐊᐨ ᔓᑊ ᒥᓇ ᓂᐱ ᐃᐡᑿ ᓴᒥᓇᐨ ᔭᐏᔭ ᑲᐱᒥᐊᐦᑯᓯᐨ᙮
• ᐊᐸᒋᑐᐣ ᒥᓇ ᑲᐃᐡᑯᑌᐘᐳᐘᐠ ᑲᓯᓂᒐᐣ ᑭᐡᐱᐣ ᐁᑲ ᑭᑲᓯᓂᒋᔭᐣ ᓂᐱ᙮

ᑭᑭᐡᑲᐣ ᐊᑯᓄᒐᐳᐏᐣ, ᒥᒋᑲᐘᓇᐠ ᒥᓇ ᑭᒐᐸᐣ ᒋᐊᑯᓇᐦᐊᒪᐣ

• ᑭᑭᐡᑲᐣ ᐊᑯᓄᒐᐳᐏᐣ, ᒥᒋᑲᐘᓇᐠ ᒥᓇ ᑭᒐᐱᐠ ᑭᐡᐱᐣ ᔭᐏᔭ ᑲᓴᒥᐡᑲᐘᐨ ᐅᑐᓂᐠ ᑲᔦᒪ ᑯᑕᑭᔭᐣ
ᑲᓂᐱᐘᑭᐣ ᐅᐏᔭᐏᐠ (ᑎᓄᑲᐣ, ᒥᐢᑷ, ᐊᐻᓯᐏᐣ, ᓂᐱᐏᑐᓀᐏᐣ, ᐸᑯᒧᐏᐣ, ᔑᑭᐏᓇᐳ ᒥᓇ
ᒥᓯᐏᐣ᙮)
• ᑎᓄᑲᓇᐣ ᐊᑯᓄᒐᐳᐏᓇᐣ ᑭᐡᑭᔑᑯᐠ ᐃᓂᐍᓂᐘᐣ ᐘᐱᐏᓇᐱᑯᐣ, ᒥᓇ ᒥᓯᐍ ᐊᑯᓄᒐᐳᐏᓇᐣ᙮

ᑲᐍᐱᓇᐠ ᒥᒋᑲᐘᓇᐠ ᒥᓇ ᐊᑯᓄᒐᐳᐏᓇᐣ ᐃᐡᑿ ᐊᐸᒋᑐᔭᐣ

• ᑭᒋᑯᐣ ᑭᒥᒋᑲᐘᓇᐠ ᒥᓇ ᐊᑯᓄᒐᐳᐏᐣ ᐃᐡᑿ ᐊᐸᒋᑐᔭᐣ ᐁᐏᒋᐦᐊᐨ ᑲ ᐊᐦᑯᓯᐨ ᐃᐃᒪ
ᐍᐱᓂᑫᐏᓂᐠ ᑲᐃᔑᐊᒋᑲᑌᑭᐣ ᐸᐡᑵᐘᔑᐠ᙮
• ᑭᒋᑯᐣ ᒥᒋᑲᐘᓇᐠ ᓂᑕᒼ ᒥᓇ ᑭᓯᓇᐣ ᑭᓂᒋᐣ ᔓᑊ ᒥᓇ ᓂᐱ ᐊᐸᒋᑐᐣ ᒥᓇ ᐊᓂᑭᒋᑯᓇᐣ
ᑭᐊᑯᓄᒐᐸᐱᓱᐣ᙮
• ᒥᔑᐣ ᐊᑯᓄᒐᐸᐱᓱᓇᐣ ᒥᓇ ᐘᐱᐏᓇᐱᑯᐣ ᑲᑭᑭᐍᐊᐸᒋᑐᓇᐣ ᒋᑭᓯᓇᒪᐣ ᔓᐱᐘᐳ ᒥᓇ ᓂᐱ
ᑲᔦᒪ ᑭᓯᓂᑫᐏᓇᐣ᙮
• ᒥᓇ ᑲᓯᓂᒋᐣ ᔓᑊ ᒥᓇ ᓂᐱ ᐊᐸᒋᑐᐣ ᐁᑲ ᒪᔑ ᓴᒥᓇᒪᐣ ᑭᐏᐣᑿᐣ ᑲᔦᒪ ᐸᑲᐣ ᑫᑯᐣ ᐊᓂᑐᑕᒪᐣ᙮

ᑭᐡᑭᓇᐣ ᑕᓯᐣ ᔭᐏᔭᐠ ᑫᐱᑎᑫᐘᐨ ᑭᐘᑲᐦᐃᑲᓂᐠ

• ᐸᑭᑎᐣ ᔭᐏᔭ ᒋᐱᑎᑫᐘᐨ ᑲᐃᓯᓭᐠ ᒋᐘᐸᒪᐨ ᒥᓇ ᒐᑿᑐᐣ ᒥᓂᑯᐠ ᐃᐃᒪ ᒋᐊᔭᐘᐨ᙮
• ᐃᑭᐍᓂᐘᐠ ᑲᑭᒋᐦᐊᐘᐨ ᒥᓇ ᑲ ᐊᐦᑯᓯᐘᑎᓯᐘᐨ (ᑎᓄᑲᐣ, ᑲᔓᑲᐘᐱᓀᐘᐨ, ᑲᐅᐸᓇᐱᓀᐘᐨ
ᒥᓇ ᑲᐅᑫᐏᔭᐘᐨ) ᐁᑲ ᒋᓴᒥᐡᑲᐘᐨ ᑲ ᐊᐦᑯᓯᓂᐨ᙮

ᑲᐏᐣ ᐏᒋᐊᐸᒋᑕᒧᐍᐣ ᐊᐸᒋᒋᑲᓇᐣ ᑭᐘᑲᐦᐃᑲᓂᐠ

• ᑲᐏᐣ ᐏᒋᐊᐸᒋᑐᓇᐣ ᐅᓇᑲᓇᐣ, ᒥᓂᑿᑲᓇᐣ, ᐏᓯᓂᐏ ᐊᐸᒋᒋᑲᓇᐣ, ᑭᓯᑿᓇᐠ, ᓂᐸᑲᓇᐣ ᑲᔦᒪ
ᑯᑕᑭᔭᐣ ᑲ ᐊᐸᒋᑐᒋᐣ ᑲ ᐊᐦᑯᓯᐨ᙮

• ᐃᐡᑿ ᐊᐸᒋᒋᑲᑌᑭᐣ ᐅᓄᐍᓂᐘᐣ, ᑕᑲᓯᐊᐸᑌᐘᐣ ᒋᐊᐸᒋᐦᐊᐨ ᔓᑊ ᑲᔦᒪ ᑭᓯᓯᐸᒋᑲᓂᔓᑊ᙮
ᑲᐏᐣ ᐸᑲᐣ ᔓᑊ ᒋᐊᐸᒋᐦᐊᐨ᙮

• ᑭᓯᓇᑲᓀ ᑭᓯᓴᐸᐘᒋᑲᐣ ᒥᓇ ᑲᓯᐊᐸᐘᒋᑲᓇᐣ ᑲᑭᐊᐸᒋᑐᓇᐣ᙮

• ᑲᐏᐣ ᐏᒋᐊᐸᒋᐦᐊᑫᐣ ᓇᓭᒪᐠ᙮

ᑭᓯᓂᑫᐣ

• ᑭᓯᓇᐣ ᑭᐘᑲᐦᐃᑲᐣ ᒋᐊᐸᒋᑐᔭᐣ ᑭᓯᓂᑲᓇᐣ᙮

• ᑭᓯᓇᓂᐣ ᑲ ᐊᐸᒋᒋᑲᑌᑭᐣ ᑎᓄᑲᐣ ᒥᓯᐏᑲᒥᐠ, ᑲᐅᐣᒋ ᐸᑭᓂᑲᑌᐠ ᑲᐱᒪᔑᑲᐏᐠ ᓂᐱ, ᐃᐡᑿᑌᒪᐣ
ᒥᓇ ᐊᒋᑲᓇᑯᐣ ᑲᐃᔑᓂᐸᔭᐣ ᑲ ᐊᑌᑭᐣ᙮

ᑿᔭᐠ ᑭᓯᓯᐸᑐᓇᐣ ᑭᑭᓯᓯᐸᒋᑲᓇᐣ᙮

• ᑲᐏᓇ ᓇᑕᐍᑕᑯᓯᓄᐣ ᒋᐱᑭᔑᓇᒪᓂᐣ ᑭᑲᓯᐊᐸᐘᒋᑲᓇᐣ, ᔕᑯᐨ ᑲᑭᑭᒥᒋᑲᐘᓀ ᓄᒋᑐᔭᐣ
ᑭᑭᓯᓯᐸᒋᑲᓇᐣ᙮

• ᑲᓯᓇᐣ ᑭᓂᒋᐣ ᒋᐊᐸᒋᐦᐊᐨ ᔓᑊ ᒥᓇ ᓂᐱ ᐃᐡᑿ ᑭᒋᑯᓇᐨ ᑭᒥᒋᑲᐘᐣ᙮

ᐊᐣᑿᒥᓯᐣ ᑭᐡᐱᐣ ᓴᒥᓇᒪᐣ ᐍᐱᓂᑫᐏᓇᐣ

• ᐍᐱᓂᑫᐏᓇᐣ ᐃᐃᒪ ᒋᔑᐍᐱᓂᑲᑌᑭᐣ ᐍᐱᓂᑫᐏᒪᑲᑯᐣ᙮

• ᑭᐡᐱᐣ ᐍᐱᓇᒪᐣ ᐊᓯᐘᒋᑲᐣ, ᐊᐣᑿᒥᓯᐣ ᐁᑲ ᒋᓴᒥᓇᒪᓂᐣ ᓯᓂᐢᑭᑯᒧᐏᓇᐣ᙮ ᒋᐊᐸᒋᑐᔭᐣ
ᐸᐡᑵᐘᔕᐣ ᐃᔑᒥᓄᓭ ᑲ ᐃᔑᐍᐱᓂᑲᓂᐘᐠ᙮

• ᑭᓯᓇᐣ ᑭᓂᒋᐣ ᒋᐊᐸᒋᐦᐊᐨ ᔓᑊ ᒥᓇ ᓂᐱ ᑲᔦᒪ ᑲᐃᐡᑯᑌᐘᐳᐘ ᑲᓯᓂᒐᐣ ᐃᐡᑿ ᐍᐱᓂᑫᔭᐣ
ᐍᐱᓂᑲᓇᐣ᙮

ᑭᑭᓄᒪᐏᑎᓱᐣ ᐅᐅᐍ ᐊᑯᓯᐏᐣ

COVID 19 ᐅᐡᑭ ᐊᐦᑯᓯᐏᐣ᙮ ᐅᐣᒋ ᒪᒐᒪᑲᐣ ᑲᓂᐱᐘᐠ ᑭᐘᓴᓴᑕᒧᐏᐣ ᑭᐡᐱᐣ ᔭᐏᔭ ᑭᑭᐡᑲᐠᒥᓇ ᑯᑕᑭᔭᐣ ᔭᐏᔭᐣ ᐁᐏᒋᐘᐨ ᒥᓇ ᐁᐏᒋᑲᐯᔑᒪᐨ ᐃᐃᒪ ᐘᑲᐦᐃᑲᓂᐠᒥᓇ ᐁᐸᒥᐦᐊᐨ ᑲ ᐊᐦᑯᓯᓂᐨ᙮ ᑲᑭᑌᐱᓇᐣ ᐏᑕᒪᑫᐏᓇᐣ ᐅᐣᒋ COVID 19 ᐃᐃᒪ ᐅᐣᑌᕒᐃᔪ ᐅᑭᒪᐏᐣ ᐊᐦᑯᓯᐏᐣ ᐱᐘᐱᑯᐠ ᐅᐅᒪ ontario.ca/coronavirus

ᐊᐘᔑᒣ ᐏᑭᑫᑕᒪᐣ ᐅᐅᒪ ᐃᔑᓇᓇᑐᐡᑲᐣ: ____

ᐅᐅᐍ ᐏᑕᒪᑫᐏᐣ ᐅᐅᒪ ᑲᒪᓯᓇᐦᐃᑲᑌᐠ ᐃᔑᑎᐸᒋᒧᓇᓂᐘᐣ ᐊᑯᓇᐠ ᒍᓬᐊᔾ 31, 2020

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