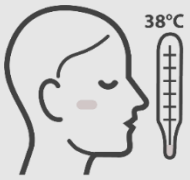

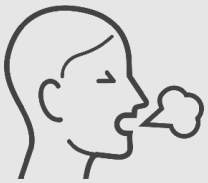

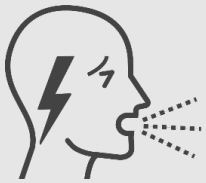

ᐊᐦᑭᐠ ᐊᑯᓯᐏᐣ 2019 (COVID 19)

How to Self-Monitor

ᐱᒥᓂᔕᐦᐊᐣ ᑲᐃᔑᐏᑕᒪᑯᔭᐣ ᑲᐏᑕᒪᐏᐠ ᒪᐡᑭᑭᐏᓂᓂ᙮ ᑭᐡᐱᐣ ᐏᑲᑵᑌᔭᐣ, ᑲᔦᒪ ᐁᓂᒪᓇᒪᒋᐦᐅᔭᐣ, ᐏᑕᒪᐤ ᑭᒪᐡᑭᑭᐏᓂᓂᒼ, ᑭᑐᐏᓂᐠ ᒪᐡᑭᑭᐏᑲᒥᐠ (1-866-797-0000) ᑲᔦᒪ ᑭᒪᐡᑭᑭᐏᓂᓂᒼ᙮

ᐱᒥᓇᑲᒋᐦᐃᑎᓱᐣ ᒋᓇᐱᓀᔭᐣ 14 ᑕᓱ ᑭᔑᑲ ᒥᓂᑯᐠ ᐁᐃᐡᑿᒥᑯᐡᑲᒪᐣ ᐊᐦᑯᓯᐏᐣ

ᑭᓯᓱᐏᐣ ᐘᓴᓴᑕᒧᐏᐣ ᐁᑲ ᐁᑭᐸᑭᑕᓇᒧᔭᐣ

ᑲᐏᐣ ᐃᔕᑫᐣ ᑲᐃᔑ ᒥᔑᓂᓇᓂᐘᐠ

• ᑲᐏᐣ ᐃᔕᑫᐣ ᑲᐃᔑᒥᔑᓂᓇᓂᐘᐠ ᐁᑲ ᐁᑭ ᓇᑲᐡᑲᔭᐣ ᑯᑕᑭᔭᐠ ᔭᐏᔭᐠ ᑲᐃᓯᐊᔭᐘᐨ (ᒥᓂᑯᐠ ᑯᑖᓱᒥᓯᐟ) ᑭᐟᐱᐣ ᐊᐸᐣ
ᐊᐦᑯᓯᔭᐣ᙮

• ᑭᐡᐱᐣ ᐁᑲ ᑭᑐᑕᒪᐣ ᑯᑖᓱᒥᓯᐟ ᒋᓇᑲᐡᑲᐘᐨ ᔭᐏᔭ, ᑭᑭᐡᑲᐣ ᐊᑯᓄᒐᐸᐱᓱᐣ ᑲᔦᒪ ᑯᑕᑭᔭᐣ ᑲᐃᔑᓇᑯᑭᐣ
ᐊᑯᓄᒐᐸᐱᓱᓇᐣ ᐁᑲ ᒋᐘᓴᓴᑕᒪᐣ ᐊᐦᑯᓯᐏᐣ ᑲᓂᐱᐏᔭᑭᐣ᙮

ᐊᓂᐣ ᑫᑭᑐᑕᒪᐣ ᑭᐡᐱᐣ ᐊᔭᔭᐣ ᐅᓄᐍᓂᐘᐣ ᑲᔦᒪ ᑯᑕᑭᔭᐣ ᐃᓇᐱᓀᐏᓇᐣ

• ᑭᐸᐦᐅᑎᓱᐣ ᐏᐸᐨ ᒥᓇ ᐏᑕᒪᐤ ᑭᒪᐡᑭᑭᐏᓂᓂᒼ ᒥᓇ ᒪᐡᑭᑭᐏᑲᒥᐠ᙮
• ᑭᐸᐦᐅᑎᓱᔭᐣ ᐅᓄᐍᓂᐘᐣ ᑲᓇᑕᐍᑕᐣ:
o Wᐃᑕᒪᑫᐏᐣ ᐊᓂᐣ ᑫᑐᑕᒪᐣ ᑭᐡᐱᐣ ᑭᐸᐦᐅᑎᓱᔭᐣ

o ᔓᑊ, ᓂᐱ ᒥᓇ/ᑲᔦᒪ ᑲᐃᐡᑯᑌᐘᐳᔭᐠ ᑭᓯᓂᒐᐣ ᒋᑭᓯᓂᒋᔭᐣ ᐊᐸᒋᒋᑲᓇᐣ᙮
• ᑭᐡᐱᐣ ᐊᐣᑌᐘᐸᒪᐨ ᑭᒪᐡᑭᑭᐏᓂᓂᒼ, ᑲᐏᐣ ᐊᐸᒋᑐᑫᐣ ᒪᒪᐤ ᑲᐱᒥᔭᓂᐘᐠ ᑎᓄᑲᐣ ᐊᓇᒪᑲᒥᐠ ᑲᐱᒥᐱᓱᐨ ᐃᐡᑯᑌ
ᐅᑕᐸᐣ, ᑕᑭᓯ ᒥᓇ ᑲᐅᑯᐳᓯᓇᓂᐘᐠ ᐱᒥᔭᐏᓇᐣ᙮ ᑭᐡᐱᐣ ᐁᑲ ᐁᑭᑐᑕᒪᐣ, ᑭᑭᐡᑲᐣ ᑭᐳᒐᐸᐱᓱᐣ ᒥᓇ ᑯᑖᓱᒥᓯᐟ
ᐃᑲᑌᑲᐸᐏᐣ ᒥᓇ ᒋᐊᐸᒋᑐᔭᐣ ᐅᑕᓇᐠ ᐊᐱᐏᐣ ᐃᐃᒪ ᐅᑕᐸᓂᐠ᙮

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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