

Coronavirus Disease 2019 (COVID-19)

**Tsi nenhshe':re ne to'has'
aiesanonhwa'k:ten Ne COVID-19**

Ki kahiato'nhsere ne ensharo':ri onhkaare':shon se'nha iohte':aron ne ahotiie':na ki kahnentari':ne's. Ne':ne thoti':ions rotiksten'oko'n:a. COVID-19.

O'nka se'nha iohte':ron ne ahotinonh w`akten?

Tsi i aka hon we'ta ien t':akhwa t`oka' ienho'n:kien toka' nits ehon nih `e:ie:

- Ne':ne thoti':ions se'nha io'te':ron ne ahotinonkwa'kten.
- Toka' o':is naho:ten rotinonhwa'ktani, so'tsi ronahre'n'se, tehotinekwenh'satsike':tare otsina'hkwa, awe':ri, outset:seri tanon otwe'n:son i':iah teka'satste.
- Ononhkwa' sho'n:a ro;n:tstah ne iako'shatsteh sera':kwas (e.g.) Takwa'a'hshon, ononhwkaronh ne kwa':nons.

Satenha':wi't ka'non so'tsi ionkwe':ne.

- Kwa'h ne'kneh tesewaia'hse en wa':ton a'kta ronnehsek.
 - To'has tsiko'nhka ne tsia'ta'ktha ensehri':hon natahon:ne.
 - Ia':ia'k niwahshi':take na'tesewate':rat ne onkwesho'n:a
- Teiethara':khwa l':sa'tst ne kahwatsi're tanon atero'hsefa tesawatha':rak.
- Toka'enwa':ton sano'nhskon saio'ten ne saio'te'nhsere tsi ni':iot ne teshia'tonhkwa iahse.
- Ienhskwathohse':ken e ratetsie'ntsneh ne sonhna'ksen.

**To'has kano'nhskon enhsatateno':ton ta'non tohsa'ienhse tis
no'n:we so':tsi iotonkwe'taka'te.**

- Ahtste no'n:kwa tesewata'tken ne kahwastsire ta'non; aterohse':ra, tho':ne senhatiotewero':hare.
- To'ka' o':nenk tsi kano'nhskon tensewata'tken, senonhstonhkwa'rata':thon ne takawero':hetste ne kano'nhskon.
- To'hsa' ie'n:se tsi ienteh nino'n:tha no':nen so'tsi kion kwe':neh, kon':ren ienseia':tori enieh ni no'n:ra ne satena'he ra, toka'ni'ts, seri'wano'n:thos thati ie'n:na.
- Sate'nie'n:ten o':ni ne to'has' ahsati':ta ki ka'serehtar'o'n:nion ne e'hson o'nkwe rontita':a's. Sehia':rak ia':ai'k niwahshi':take na'tesewate':rat ne onkwesho'n:a sahtkonwaro':rok o':ni no':nen eahshia':ken'ne tanon khia'teka':konte sahtos'hare':sek no':nen o'nhka tentsia':tita sehia':rak tesenitsia':ron entsia'tkonso'ro'ke tanon taseonhston:kwen't ne takaweriawe'n:re ne ka'serehta'kon.

Satkonwaro':rok no'nen akohre'n:shon sk`atne ise':wes.

- One'nk tsi ensewa'tkon w`atkon w`a:roroke ne to'hsa' taiesewatathte:ro ne kenhratari':nes.
- Sahtkonwaro':rok no':nen o'nhka enthontawe':iate. ne sano'nhskon tanon sehro:rirono;nha o':ni rontkonso':rok ohe'nton ne aontahontawe':ia'te.
- Satkonhso'rok no':nen a'tste l':ses ta'non akohre'h:shon tho ro'n:ne's l'a::ia'k o':ni niwahshi':take na'tesewate':rat to'ka' l':iah sano'nhskon tehatete':ron.

Kia'teka'konte sahtshare':sek

- Ionekana':wen ta'non ononhwa':reta enhsa'tste ne ahsatsia':hare to'has o':ni sa'tenhse':wahste ne ionhtsiokewa'tha.
- To'ka' l':iah ta':onton ne ahsatso'hare ne tk'aierenaontase ne i':sahtst ne 60% - 90% nika'sa'tste ohtsia':no sanitizer
- Enshesatso'hare o':ni toka' ienshe':na naho'ten ako':ren ieiakoie':nenne. To'has o':ne o'nhka ieseie':na. to'has o':ni ienhse':na ne sko'nhsake.sahtso':hare tasake':ren't

Iesate'nikon ra':wo'tsi nenhshe':re ne aiesata'kari'teke

- Seri'wa':nonto ne taiesawe'e:ste ne flu ono'nhkwa.
- Tsia'tekako'n:te senoware':sek ne iotka':te iehate':nas ne onkwehsho'nia (E.G.) kahno'ha iohsnio'nte iehaserota':kwa etc.
- To'ka' enhsato':ke l':wehre Covid aiesanonhwa'kten o':ksahk ohe:rori ne tehon'tsnie, o':ni enwa':ton tensweatha'ren ne ronwatirihon'nte Covid rati'niko'n:rare [Ministry of Health guidance](#).
- To'ka' mo'nhkak ne sahwatsi':re sahto':ken ne ako'noko'n:ra, se':sak ne kaia'takehna':tshera ne aiontakena':wa'se.

Resources

- Public Health Agency of Canada [Vulnerable Populations and COVID-19](#)
- Canadian Coalition for Seniors' Mental Health
 - [Tips for Battling Anxiety During this Public Health Situation](#)
 - [Things to Do While Physical Distancing](#)
- Ministry of Health: [Resources for Ontarians Experiencing Mental Health and Addictions Issues During the Pandemic](#)
- Canadian Cancer Society: [Cancer and COVID-19](#)
- About Kids Health: [Information for Parents of Immunocompromised Children and Children with Chronic Medical Conditions](#)
- Public Health Ontario: [Public Resources](#)

Satenweie'nhst tsi niioriho':ten ne

lasatewenna':ta ne Ontario Ministry of Health website at ontario.ca/coronavirus.

For more information please contact: _____

The information in this document is current as of November 20, 2020

