ᐊᑯᓯᐤ ᒪᐣᒍᑦ ᐃᓇᐱᓐᐃᓐᐣ 2019 (ᑯᐱ′-19)

ᑲᐃᓐᐣ ᒪᒡᑭᑭᐤ ᑭᐳᑐᓐᐱᓯᓇᐣ ᑲᔭᐸᑕᑭᐣ

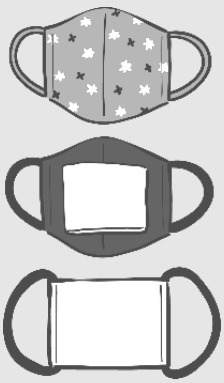
ᐅᑲ· ᑭᑭᒡᑲᒪᐣ ᑲᐃᓐᐣ ᒪᒡᑭᑭᐤ ᑭᐳᑐᓐᐱᓯᓇᐣ ᐊᒥᐅ· ᓇᐣᑕ ᑫᐃᓱᔅᔾ ᐅᑲ ᒋᐊᑯᓯᐊ·ᔾ ᑯᑕᑭᔭᔾ ᐊᐃ·ᔭᔾ ᑲᐅᒋᐯᔕ·ᐸᒪᑕ·, ᑐᑲᐣ ᐅᑕ ᐅᒡᑲᑦ ᐅᔭᓂᒪᔾ ᒋᑲᕐ· ᓇᓇᐊ·ᐸᒥᑎᓇᓂᐊ·ᔾ (ᑐᑲᐣ, ᑲᐸᐸᒥᐱᓯᓇᓂᐊ·ᔾ ᒣᑲ·ᒻ ᑲᒪᒦᐃᑲᑌᔾ). ᐅᑲ· ᐅᕐᓂᐊ·ᐣ ᐊᑎ′ ᐃ·ᑕᒪᕐᐃᓐᓇᐣ ᐊᓂᐣ ᐅᐃᓇᓄᑭᒪᑲᑭᐣ ᑭᐳᑐᓐᐱᓯᓇᐣ, ᐊᒦᐃ ᐅᑕ ᕐᐊᐸᒋᑐᔭᐣ ᐊᓂᐣ ᒥᓇ ᕐᐃᓂᑦᑲᒪᐣ.

ᐅᑲ· ᑭᐣ ᓇᐣᑕ ᑲᐃᓐᒋᔭᒪᒻ ᐊᐃ·ᔭ ᐊᐱᐣ ᐅᔭᑯᓯᐤᒪᒋᒦᐅᒻ, ᓇᐣᑕ ᕐᑲ′ ᐊᒦᐃ ᐅᐊᔭᒻ ᑯᐱ′-19, ᕐᒋᓇᒻ ᐱᒥᓂᔅᒦᐊᐣ ᐅᐅᐅ· ᐅᓇᒋᕐᐃᓐᐣ guidance for self-isolation.

ᐊᓂᐣ ᕐᐅᒋᑭᑭᒡᑲᒪᐣ ᑲᐃᓐᐣ ᒪᒡᑭᑭᐤ ᑭᐳᑐᓐᐱᓯᐣ

- ᐅᑲ· ᑯᐱ′-19 ᐊᒦᐃᔾ ᐅᒋᐊᔅᒦᐃᐅ·ᒪᑲᐣ ᐊᐃ·ᔭᔾ ᑲᐊᔭᐊ·ᒻ ᒥᓇ ᐅᑲ ᑲᑭᕐᐣᑕᒧᐊ·ᒻ ᒥᓇ ᐅᑲ ᑲᑭᕐᐣᑕᒧᐊ·ᒻ ᐅᔭᑯᓯᐊ·ᒻ.
- ᐅᑲ· ᑲᐃᓐᐣ ᒪᒡᑭᑭᐤ ᑭᐳᑐᓐᐱᓯᐣ ᐊᒦᐃ ᐃᓇᐸᑕᐣ ᐅᑲ ᑭᓯᑯᐣ ᒥᓇ ᑭᐸᑭᑕᓇᒧᐣ ᒋᐅᒋᐊᔅᒦᐊᑕ· ᑯᑕᑭᔭᔾ ᐊᐃ·ᔭᔾ.
- ᐅᑲ· ᑲᔪ ᐅᒦᐊᔾ ᑯᑕᑭᔭᔾ ᐊᐃ·ᔭᔾ ᐅᑲ ᒋᐅᒋᐊᔅᒦᐃᑲ· ᐸᑭᓯᓂᓂᔾ ᐅᓯᑯᓂᐊ· ᐃᐃᒪ ᑭᑐᓂᔾ ᓇᐣᑕ ᑭᑌᓂᑯᒥᔾ.
- ᐅᑲ· ᒪᒥᑎᓐᐣᑕᐣ ᒋᑭᑭᒡᑲᒪᐣ ᐃᐃᒪ ᑭᑕᓱᕐᐃᓐᓂᔾ ᑲᑕᑲ·ᔾ ᐅᐅᐅ· ᑯᐱ′-19 ᒥᓇ ᐅᑲ ᐅᑭᓇᓇᐊ·ᐸᒥᑎᓇᓂᐊ·ᔾ physical distancing ᑐᑲᐣ, ᑲᐱᒥᑕᐸᓯᓇᓂᐊ·ᔾ, ᑲᔭᑲᓯᑭᐣ ᐊᑕᒃᑲᒥᑯᐣ ᑲᐃᓂᓂᐊ·ᔾ ᓇᐣᑕ ᒪᒡᑭᑭᒃᑲᒥᑯᐣ.

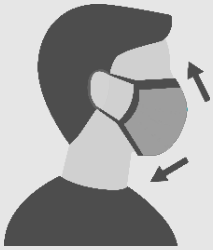
ᐅᑲ· ᕐᑯ ᑲᐃᓐᐣ ᒪᒡᑭᑭᐤ ᑭᐳᑐᓐᐱᓯᐣ ᕐᑭᑭᒡᑲᒪᐣ ᑲ·ᔭᔾ ᒋᐊᔭᑲ·ᒥᓯᔭᐣ



- ᑲᐃᓐᐣ ᐱᑯ ᑕᑲᒻ ᒪᒪᔭᑦ ᑲᐃᓱᓇᑲ·ᑭᐣ ᐊᐸᒋᑐᓇᐣ ᒋᑭᐳᑐᓐᐱᓯᐊ·ᕐᔭᐣ.
- ᐅᑲ· Public Health Agency of Canada ᐱᒧᒋᕐᐃᓐᐣ ᐃ·ᑕᒪᕐ ᐊᓂᐣ ᕐᑐᑕᒪᐣ ᐅᓱᑐᔭᐣ ᑲᐸᑲ·ᓂᑭᓂᐊ·ᔾ ᑭᐳᑐᓐᐱᓯᓇᐣ.
- ᐅᑲ· ᕐᒋᓇᒻ ᒋᓂᔅᓴᑲᑭᐣ ᐸᑲ·ᓂᑭᓄᐣ ᐊᐸᒋᑐᐣ ᐅᓱᑐᔭᐣ ᑭᐳᑐᓐᐱᓯᐣ ᐅᑲ· ᒪᔭᑦ ᑲᕐ·ᐃᓱᒪᒋᐣ ᑲᐃᓱᓇᑲ·ᑭᐣ ᒥᓇ ᐅᑲ ᒋᒪᒋᑭᔾ.
- ᐅᑲ ᑲᐃᓐᐣ ᒥᓂᔾ ᐊᐊ·ᓱᔅᔾ ᐅᑲ ᒪᓱ ᓂᓱᐣ ᑲᑕᔾᑭᐃ·ᓐᐊ·ᒻ, ᓇᐣᑕ ᐅᑲ ᐊᐃ·ᔭᔾ ᑲᑭᒡᑲᒧᐊ·ᒻ ᐅᐅᐅ·ᓂ ᑐᑲᐣ, ᐅᑕᑯᓯᓂᐊ· ᐅᒋ, ᓇᐣᑕ ᐅᑲ ᒪᔭᑦ ᑲᑭᓂᑲᒧᐊ·ᒻ/ᒥᓇ ᑲᑭᒋᑯᑲᒧᐊ·ᒻ.

ᐊᓂᐣ ᒪᔭᑦ ᑭᐃᒡᑲᒪᐣ ᑲᐃ·ᐣ ᒪᒡᑭᑭᐤ ᑭᐳᑐᓇᐱᓯᐣ

- ᐁᑲ· ᑲ·ᔭᑉ ᑲᓯᐣᒋᐣ ᒋᐊᐸᒋᑐᔭᐣ soap and water or alcohol-based hand sanitizer ᒥᓂᑯᑉ 15 ᑲᑭᓱᐊᑎᔅᑉ.



- ᐁᑲ· ᑭᒋᓇᒻ **ᑲ·ᔭᑉ (ᐁᑲ ᒋᐸᐸᑉ ᓇᒣᔅᐤ ᑭᐳᑐᓇᐱᓯᐣ ᒥᓇ ᑭᐃ·ᑲ·ᓂᑉ)** ᒋᐊᑯᓯᑉ ᑭᑯᐟ ᒥᓇ ᑭᑐᐣ, ᑐᑲᐣ, ᒐᐸᓱᑦ ᑭᒐᐸᐣ ᓇᐃ·ᒻ ᑭᓂᑲ·ᓂᔭᒣᐃᑉ ᑭᑕᒥᑲᓂᑉ.

- ᐁᑲ· ᑲ·ᔭᑉ ᐊᓴ·ᐱᑐᓇᐣ ᒥᓇ ᑭᑕᐊ·ᑲᑉ ᒥᒡᑯᒻ ᑲ·ᔭᑉ ᒋᓇᒪᒋᒣᐅᔭᐣ ᑭᒡᑲᒪᐣ, ᐁᑲ ᒥᓇ ᒋᒪᒋᔅᑉ ᑲᐸᑭᑕᓇᒧᔭᐣ ᓇᐣᑕ ᑲᐃᓇᐱᔭᐣ.

- **ᐁᑲ· ᑲᐃ·ᐣ ᑲᑫ·ᓴᒥᓇᐣ ᑭᐳᑐᓇᐱᓯᐣ ᒣᑲ·ᒻ ᑲᑭᑭᒡᑲᒪᐣ** – ᐁᑲ· ᓴᒥᓇᒪᐣ, ᓇᐃ·ᒻ ᐱᑯ ᑲᓯᐣᒋᐣ.

- ᐁᑲ· ᐊᒥᐁ· ᐱᑯ ᐃᑦᑭᑭᒡᑲᐣ, ᐁᑲ· ᑭᔭᑦ ᑭᒋᑯᓇᐣ ᑭᒡᐱᐣ ᐊᐱᐣ ᐊᓂ ᔕᑫᑲᑉ, ᓂᐱᐁ·ᑲᑉ, ᐱᑯᓴᑉ ᓇᐣᑕ ᐁᑲᑭᐸᑭᑕᓇᒧᐊ·ᑫᔭᐣ.

- ᑲᐃ·ᐣ ᐸᑲᐣ ᐊᐃ·ᔭᑉ ᐅᑲᑭᒡᑲᓇᐊ· ᑭᑯᐳᑐᓇᐱᓯᐣ.

ᐊᓂᐣ ᑫᑐᑕᒪᐣ ᑭᒋᑯᓇᒪᐣ ᒥᓇ ᑲᓇᐁ·ᐣᑕᒪᐣ ᑲᐃ·ᐣ ᒪᒡᑭᑭᐤ ᑭᐳᑐᓇᐱᓯᐣ ᑐᑲᐣ ᑲᓇᐱ ᑲᓯᓂᑲᒐᑉ

- ᐁᑲ· ᐸᔪᑕᑉ ᑭᒋᑯᓇᐣ ᐅᐅᒪ ᑲᐅᒋᓴᑭᓯᑉ ᐁᑲ· ᓇᐃ·ᒻ ᑭᓯᐱᑭᓂᑲᓂᑉ ᐃᓱᐱᓇᒣᐊᐣ.

- ᐁᑲ· ᒥᓇ ᐁᐃ·ᓇᐱ ᐊᐸᒋᑐᔭᐣ ᐊᒪ·ᔪ ᑭᓯᐱᑭᓇᒪᐣ, ᑫᒋᓇᒻ ᑲ·ᔭᑉ ᐅᓇᑭᓇᐣ ᐁᑲ ᒋᓴᒥᓇᒪᐣ ᑭᑭᐳᑐᓇᐱᓯᐣ ᐊᑲ·ᒋᔭᒣᐃᑉ ᑲᐃᓇᑭᓯᑉ. ᐁᑲ· ᐱᓇᒣᐊᐣ ᐸᒡᑫ·ᐊ·ᓱᑉ ᑐᑲᐣ ᐯᐸᐣ ᐸᒡᑫ·ᐊ·ᑦ.

- ᐁᑲ· ᖓᒪᑉ ᑲᓯᐣᒋᐣ ᐊᒣᐃᐣ ᐊᐸᒋᑐᐣ ᑲᓯᑲ·ᐣ ᔕᑊ ᒥᓇ ᓂᒣᐱ ᓇᐣᑕ ᑲᐃᒡᑯᒐᐊ·ᐳᐊ·ᑉ ᑲᓯᐣᒐᐣ ᒥᓂᑯᑉ 15 ᑲᑭᓱᐊᒋᓴᑉ.

- ᑲᑭᔕᑲᒥᒐᑉ ᑭᓯᐱᑭᓂᑲᑫᐣ ᒥᓇ ᑭᓯᐱᑭᓂᑲᐣ ᔕᑊ ᐊᐸᒋᑐᐣ, ᐁᑲ· ᑕᓂᓴᑲᓄᐊ·ᑉ ᐊᑯᓯᑦ ᒪᐣᒍᔕᑉ.

- ᐁᑲ· Ministry of Health ᐱᒧᒋᑫᐃ·ᐣ ᑭᔭᐱᒻ ᐅᑕᔭᐣ ᐃ·ᑕᒪᑫᐃ·ᐣ ᑲᐃᓇᐸᑕᑉ ᒥᓇ ᑲᑲᓇᐁ·ᐣᒋᑲᒐᑉ ᑲᐃ·ᐣ ᒪᒡᑭᑭᐤ ᑭᐳᑐᓇᐱᓯᓇᐣ.

ᑭᑫᐣᑕᐣ

- ᑲᐃ·ᐣ ᒪᒡᑭᑭᐤ ᑭᐳᑐᓇᐱᓯᐣ ᑫᒋᓇᒻ ᒥᓯᐁ· ᑲᓇᑕᒪᑯᓯᐣ ᑕᐱᒡᑯᒻ ᐊᑯᓯᐤ ᑫᑯᓇᐣ ᑲᐸᐸᒪᓯᑭᐣ, ᐅᓴᑦ ᓇᐣᑕ ᑲᓴ ᐁᑲ ᑲ·ᔭᑉ ᑲᑭᒡᑭᑲᒐᑭᐣ.

- ᑲ·ᓂᐣ ᒋᑲᑫᒋᒋᑲᒐᑭᐣ ᑕᐱᒡᑯᒻ ᑲᐃᑦᐸᑯᓴᐣᑕᑲ·ᑭᐣ, ᐁᑲ· ᓇᓇᑲ ᐃᑦᓴᒪᑲᓄᐣ.

ᐁᑲ· ᐃ·ᒋᑫᐃ·ᐣ ᐅᐅᒪ ᑲᑕᑲ·ᑉ ᒣᑲ·ᒻ ᐱᒥᔭᐸᑕᐣ ᐊᑯᓇᑉ ᒪᒣᑯᐱᓯᑦ 21, 2020

@ᑭᒋᐅᑭᒪᑫᐤ ᐅᑐᑦᐱᒣᐃᑲᐣ ᐅᐅᒪ ᐅᐣᒐᒣᐃᔫ, 2020

Ontario