



Ne akushun coronavirus (COVID-19) ki ishinikateua

Uemut kapamishkaht tshe ui aitiht anitshenat eka tshekuannu ka matenitahk nenu akushunnu COVID-19 mak meshakaht ute Kanata-assit anite ut ISHKUTEU-UTIT

Tshipatshi tatshinatau ne manitushiss ka tutak akushunu COVID-19. Utauau-tshishe-utshimau ashtapan uemut tshe ui aitinannut ne e tshitapatakanit *Uauetashueun ka natuenitakanit tshetshi kutunnuetshishikua ashu neu tshipautishut auen tshetshi* ut nakaikanit mak tshetshi eka ashushkamatshenanut ne akushun COVID-19 mak nenua akushuna ka ut tapititi e aieshkushiuniueti ne akushun mekuat pemipanit e uitakanit ute Kanata-assit. Kutunnuetshishikua ashu neu (14) tshipa tshi auen eka matenitam^u nenu akushunnu. Tshetshi tshishpeuatakanit kutakat auenitshenat, tshika ui nashakanu ne eshi-natuenitakanit miam ne etashtet *Mashinaikan tshetshi eka ishpish kushtikuak auen tshetshi katshitinak nenu akushunnu COVID-19 ute Kanata-assit, kutunnuetshishikua ashu neu katshipautishunanut, katshipautishunanut mak nenua kutaka tshekuana netuenitakaniti tshetshi nashakaniti.*

Uemut tshe ui TSHIPAUTISHUNANUT		
UEMUT umenua tshika ui nashen:		
KUTUNNUETSHISHIKUA ASHU NEU TSHETSHI TSHIPAUTISHUIN	NISHUAU TSHIKA UI NATU- TSHISSENIMITISHUN NE AKUSHUN COVID-19	NAKATUENITA MAK UITA ESHI- MATENITAMIN
<ul style="list-style-type: none"> Tshipautishu enuet kutunnuetshishikua ashu neu (14). Shaputue itute anite ut tueunanit nuash mitshishutshuapit ue ka patshitinak tshishe-utshimau tshetshi tanunnit, anite ne ka mitshiminakanit katshipaikanisht. <ul style="list-style-type: none"> Tshipa tshi apashtan tshutapan miام anite ashteti e tshi pimutenanut anite ka ashteti utapana anite tueunanit kie ma ne 	<ul style="list-style-type: none"> Tshetshi nishuau natu-tshissenimitishuin ne akushun COVID-19 ute Kanata-assit, miام eshi-natuenitakanit anite ne kanakatuenitak kutunnueshitshikua ashu neu katshipautishunannut: tshe natu-tshissenimitishuin mishakaini (ushkat tshishik^u) mak minuat tshe natu-tshissenimitishuin neme 8 tatutshishikua utitshipanit, kanuenitaminini mashinaikanuan eka kiatshitinamin ne akushun ka 	<ul style="list-style-type: none"> Uita tekushinin anite tshe tshipautishuin tiapuetak ue tshishe-utshimau (mitshishutshuap) mak minuat tshe uitamin takushinini anite tshe tshipautishuin anite pitashue 48 tatutipaikana ute ArriveCAN (ut tshi ne apashtain ArriveCAN eshk^u eka pitutshein ute Kanata-assit) kie ma matueta ute 1-833-641-0343 (ut eka tshi apashtain ume ArriveCAN kie mak eka ut tshi apashtain).





<p>utapan ka aunat auennua ne mitshishutshuap e uitakanit ue ka tapuetak tshishe-utshimau.</p> <ul style="list-style-type: none">• TAK anite tshikatshipaikanishimit nuash e minikauin ne ka natu-tshissenimikauin ka mashikain. Miam katshitinamini ne akushun, ashuapam ne kanakatuenitak katshipautishunannut.• Ut tshi uitamakauin eka kiatshitinamin ne akushun ka natu-tshissenimikauin, shaputue itute eka e ashuapatamin anite tshe tshipautishuin e minuat. Ne tshepautishuin tshika punipanu kutunnuetshishikua ashu neu (14) miam uitamakauini eka kiatshitinamin ne akushun ka natu-tshissenimikauin ne tshishik^u 8 kie ma katshi punipanit ne kutak kutunnuetshishikua ashu neu (14).	<p>natu-tshissenimikauin akushun COVID-19 anite ka ut utinakanit apishish ne ka natu-tshissenimitishuin 14 nuash 90 tatunnuetshishikua eshk^u eka mishakain ute Kanata-assit.</p> <ul style="list-style-type: none">• Kanuenita ne ka akunakanit ka ishi-natu-tshissenimikauin ne akushun COVID-19 ashit ne e tshitapatakanit nuash mashten ka tshipautishuin.• Patshitina natuenitamakauni ka natu-tshissenimitishuin anite Uttauau-tshishe-utshimat kie ma peik^u assi eshi-tipenitamumakak ute Kanata-assitkiema aishinakuak peik^u assi, kie ma anite utenat tshatapatakanit ne minuinniu mamu katanannut ne tshe ishpish tshipautishuin.	<ul style="list-style-type: none">• Tshika ui uiten ne tshin uetshit eshakuitshishikua netu-tshissenimitishuin eshimatenitakanit ne akushun COVID-19 ume e apashtain ArriveCAN kie ma e matuetain ute 1-888-641-0343• Nakatuenita tshetshi minuinniuin tshe ishpish tshipautishuin.
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Tshe ishi-nashakanit minuinniu mamu katanannut nete uenapissish tshe tshipautishuin anite eshinakuak tshetshi tain

- **Tshikamuta utashtamikuian ne eshinakuak tshetshi apashtain mak e minushkakuin** tshe ishpish aunakauin, mauat uin miam peikussini anite tshutapanit kie ma peikutau anitshenat auenitshenat uitapamataui mamu ka pitutsheik^u ute Kanata-assit.
- Mitshetuau **natukunapui** tshishtaputitshe.

UTAPANIT TAINI:

- **Ta** anite tshutapanit ishpish tshi aitin: tshishikashu anite ka ut pitshipimein mak anite ut tshutapanit natuenitashu miam ui apashtain mitshim
- Tshetshi **EKA** natshikapaushtut auen kie tshetshi eka aimit kutak auen.



AIMUN AKUA TSHETSHI AITINANUT Tshetshi ishpitenitamin ne mashinaikan etashtet tshipa tshi ishinakuan tshetshi minu-nakatuuenitakanit, tshetshi uaueshi-tshitapatakanit mak tshetshi nashakanikue ne etashtet takuaimatsheun. Eka ishpitenitamini, tshipa tshi ait itishaukaun anite tshepauakanit auen, kie ma tshipa nashakaun tshetshi tshishikashuin kie ma tshipa makunakaun kie ma tshipa tshi tshipaukaun.

Tshishe-utshimau-kupaniesh tshika aimik^u anite ut **1-888-336-7735** mak tshipa tshi iat natshi-uapamik^u tshetshi natu-tshissenimishk niashamune ne eshi-natuenitakanit katshipautishunanut.

E ishi-mitenitakuat

Matenitamini ne akushun COVID-19 kie ma katshitinamini kiatshitinamin ne akushun ka natu-tshissenimikauin ne ut akushun COVID-19, shaputue upime ita tshetshi eka auen peshuapamat anu 14 tatushishikua mak nasha ne eshi-natuenitakanit tshetshi nashakanit ne ut akushun COVID-19 anite ka ut tipenitakanit tshutenamit minuinniu mamu ka tananut (uapata ute enat). Tshetshipanit e tshipautishuin ne tshishik^u ka uitamakaun kie ma ne tshishik^u metenitamini ne akushun.

- Ueshtashtamin kie ma aiat meshta-ushtashtamin
- nute-neneini kie mak animauini anite e nenein
- akushiek^u kie ma kitshitishiek^u, aieshkushiek^u, eka shapishiek^u kie mak eka minumitshuiek
- apu shashish eka ka minatitshein kie ma eka ka nishtushpitamini mitshim
- itamatshiuin miam katshishishunanut e tutamin, shikatshiumatshiuini kie ma katshishishunanut tutamini, peikutau kie ma anu 38 °C
- mishkutshipanit tshishakai kie ma mussipannit (auass) umitshi
- akushini tshishtikuan
- iakuikauini tshimitshim (akushin tshishkatat, mamishiin, papakumuini)



Tshe ui aitin ne tshe ishpish tshipautishuin

TSHA UI TUTAKANU	TSHE EKA UI AITIN
<p>Tshika tshi uinuin patush anite katakutakat kie ma anite utat tshitshuat ashit anitshenat ka pamishkaht ashit tshinuau.</p> <p>Tshe itishimuin anite nenua tshekuana menuati tshetshi kanuenimitishuin (miam mate, nipi, mitshim, tshetshi tshishishautishuin, natukuna) eka e unuiin anite ut tshepautishuin.</p> <p>Ka natuenitashunanut mitshim, atauitshuapissit mak ne tshekuan eshinakuak tshetshi apashtakanit apu tshika ut ui takuak tshetshi peshuapamitunanut (ne ua issishuenanut, tshetshi anite tshipishkuat nakatakanit ne tshekuan).</p> <p>Nipa anite katshipaikanishit tshin tshetshi apashtain mak tshetshi eka peshuamatau kutakat, anitshenat eka mamu ka pamishkain.</p> <p>Eka nita peshuapam auen nishutipashkunikan ashit kutak auen.</p> <p>Nasha ne eshi-natuenitakanit anite uet tipenitakanit tshutenamit minuinniu e uitakanit. Ne eshi-natuenitakanit anite minuinnium mamu katananut e uitakanit mak ne mashinaikan eka nashatumakaki, ui anu minu-nasha ne eshi-natuenitakanit.</p> <p>Tshiuениемекуат kupanieshit kie mak anitshenat ka nakutunimikuiek imikuiek kie mak takushinitau.</p>	<p>Eka ta anite mamu katananut miam anite e mishitueiat mitshuapit, tshishtikanit, mitshishutshuapa, anite kasheshauinanut mak kapakashimunanut.</p> <p>EKA pitukai maniteu, auat tshikanishat, tshuitsheukananat kie ma kutakat auenitshenat.</p> <p>Eka nakata anite tshepautishuin, patush miam ui katshitinamini tshinatukunima kie ma tshetshi aitutakauin, tshetshi natu-tshissenimikauin moléculaire ne akushun COVID-19 kie ma ut tshikan tapuetashk ne kanakatuenitak katshipautishunannut.</p>



Akushiu-atusseunu ka tshitapataku

Nete tatipan assi	Tshitashun tshika aiamitunanimua	Ka atusseu-tshitapatakan
Colombie-Britannique	811	www.bccdc.ca/covid19
Alberta	811	www.myhealth.alberta.ca
Saskatchewan	811	www.saskhealthauthority.ca
Manitoba	1-866-626-4862	https://manitoba.ca/covid19/restartmb/prs/orders/index.html www.youtube.com/user/ManitobaGovernment
Ontario	1-866-797-0000	https://covid-19.ontario.ca/fr
Québec	1-877-644-4545	www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019
Nouveau-Brunswick	811	https://www2.gnb.ca/content/gnb/fr/ministeres/bmhc.html
Nouvelle-Écosse	811	https://novascotia.ca/coronavirus/fr
Île-du-Prince-Édouard	811	www.princeedwardisland.ca/fr/covid19
Terre-Neuve-et-Labrador	811 kie mak 1-888-709-2929	www.gov.nl.ca/covid-19/fr/ressources
Nunavut	1-867-975-5772	www.gov.nu.ca/fr/sante
Territoires du Nord-Ouest	811	www.gov.nt.ca/covid-19/fr
Yukon	811	https://yukon.ca/fr/covid-19-information

ID 04-38-C-2 / ESHPI SHISHTAUAKANIT 2021.05.21