COVID-19

Useful Questions & Answers

ᖃᓂᒪᓇᕐᑐᒥᒃ COVID-19 -ᓚᔭᐅᔪᒥᒃ ᐁᕐᑐᑕᐅᓯᒪᔪᖃᕐᐸᑦ ᐊᓐᓂᐊᓯᐅᕐᑏᑦ ᓱᕋᑯᐃᓯᒍᓐᓇᑐᑦ, ᖃᐅᔨᓴᕐᓯᐊᓇᐊᓪᓚᓂᐊᓕᕋᒥᒃ ᒪᓗᓐᓇᐅᑎᒋᔭᐅᔪᓂᒃ. COVID-19-ᓚᔭᐅᔪᒥᒃ ᖃᓂᒪᒍᑎᖃᕐᑐᖃᕐᒪᖔᑦ. ᖃᐅᔨᓴᕐᕕᒥ ᖃᐅᔨᓴᕐᑕᐅᒍᑎᐅᓯᒪᔪᑦ ᐱᔭᐅᕐᕐᑲᓇᐊᓖᑦ ᓱᕋᑯᐃᓯᒍᑎᑦᓴᐅᓗᑎᒃ.

ᖃᓂᒪᓇᕐᒥᒃ COVID-19-ᓚᔭᐅᔪᒥᒃ ᖃᓂᒪᖃᕐᑐᓇᓕᕈᕕᑦ, ᐊᓯᑎᑦ ᓴᐳᒻᒥᓯᐊᓇᐊᖃᕐᐸᑎᑦ, ᐅᖅᑳᓚᕕᖃᕐᓯᐊᓗᑎᑦ ᐋᓐᓂᐊᕕᐊᐱᕐᓯᓂᒃ ᐋᓐᓂᐊᕕᓕᐊᓚᐅᕐᓇᒃ, ᐊᓯᑎᑦ ᐁᕐᑐᒐᓕᒋᐊᖃᕋᕕᒃᑭᑦ.

ᖃᓄᖅ ᐋᓐᓂᐊᑖᓇᔭᐅᓲᖅ ?

ᖃᓂᒪᓇᖅ COVID-19 -ᓚᔭᐅᔪᖅ ᐃᕐᐸᓲᒍᕗᖅ ᒪᑯᐊᑎᒍᑦ:

- ᖃᓂᑕᖃᕐᑐᕕᓂᐅᓗᓂ ᑕᒪᑐᒥᖓ ᖃᓂᒪᒍᑎᓕᒻᒥᒃ, ᖁᐃᕐᑐᑐᐊᕐᒪᑦ ᑕᒋᐅᕐᓴᑐᐊᕐᒪᓗᓐᓃᑦ ᖃᓂᑕᓇᔭᕕᓂᓇᓗᒍᓗ 2-ᒦᑕ ᒥᕐᓯᑎᒍᑦ ᖃᓂᑕᓇᓗᒍ.
- ᐊᕐᑐᐃᔪᖃᕈᓂ ᓴᒧᕐᑐᖃᕈᓂᓗᓐᓃᑦ ᖃᓂᒪᒍᑎᓕᒻᒥᒃ ᑕᒪᑐᒥᖓ ᒐᒪ ᐊᕐᑐᐃᒍᕕᑦ ᖃᓂᕐᓃᕕᑦ, ᕿᖓᕐᓃᕕᑦ ᐃᔨᓐᓃᕕᓪᓗᓃᑦ.
- ᐊᕐᑐᐃᔪᖃᕈᓂ ᓱᓇᑐᐃᓐᓇᒥᒃ ᐊᕐᑐᑕᐅᔪᕕᓂᕐᒥᒃ ᖃᓂᒪᒍᑎᓕᒻᒧᑦ ᑕᒪᑐᒥᖓ, ᒐᒪ ᐊᕐᑐᐃᒍᕕᑦ ᖃᓂᕐᓃᕕᑦ, ᕿᖓᕐᓃᕕᑦ ᐃᔨᓐᓃᕕᓪᓗᓃᑦ.

ᓄᓇᕕᒻᒥ ᐃᓗᓯᓕᓇᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ
RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX DU NUNAVIK
NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES

ᓱᓇᐅᕙᑦ ᒪᓗᓐᓇᐅᑎᖏᑦ ᖃᓂᒪᓇᕐᑑᑉ COVID-19 coronavirus - ᓚᔭᐅᔫᑉ ?

ᖃᓂᒪᓇᖅ COVID 19 -ᓚᔭᐅᔪᖅ ᒪᓗᓐᓇᐅᑎᖃᕐᐳᖅ ᒪᑯᓂᖓ:

- ᐆᓇᕐᓂᖅ
- ᖁᐃᕐᑐᖃᑦᑕᓂᖅ
- ᐃᐱᓂᐊᖃᑦᑕᓂᖅ

ᒪᓗᓐᓇᐅᑏᑦ ᖃᓄᐃᓪᓗᐊᑑᔭᕐᓇᖏᑦᑑᒍᓐᓇᑐᑦ (ᓄᕙᑐᐃᓐᓇᑐᒧᑦ ᒪᓗᓐᓇᐅᑎᐅᔮᕈᓐᓇᑐᕐ) ᖃᓄᐃᒻᒪᕆᑦᑑᔭᕐᓇᕈᓐᓇᓱᑎᓪᓘᓃᑦ.

ᖃᓄᖅ ᖃᓂᒻᒪᒐᓕᒍᓐᓇᐱᑕ ?

ᓴᓗᒪᑦᓯᐊᕋᓱᐊᕐᓂᖅ ᐅᑦᑐᐃᒐᓕᒍᑎᑦᓯᐊᒍᕗᖅ ᐃᕐᐸᑎᑦᓯᒐᓕᒍᑎᑦᓯᐊᒍᑦᓱᓂᓗ ᐊᓯᒋᔭᓄᑦ:

- ᐊᒡᒐᓂᐊᑦᓴᐅᑎᒋᖃᑦᑕᓗᑎᑦ ᐃᒪᕐᒧᑦ ᐅᕝᕙᑎᕐᓗᑎᓪᓗ 20-ᓱᑲᓐᓂ
- ᖁᐱᕐᕈᐃᔪᒍᑎᓕᒻᒧᑦ ᐊᒡᒐᓂᐊᖃᑦᑕᓗᑎᑦ ᐊᑐᐃᓐᓇᖃᖕᖏᑯᕕᑦ ᐅᕝᕙᐅᑎᒥᒃ ᐃᒪᕐᒥᓗ
- ᐊᑦᑐᒐᓕᓗᒋᑦ ᐃᐅᒃᑭᒃ, ᕿᖕᕐᑦ, ᖃᓃᓪᓘᓃᑦ ᐊᒡᒐᓂᐊᕐᒥᑑᓗᑎᑦ
- ᖁᐃᕐᑐᓕᕈᕕᑦ ᑕᒋᐅᑦᓴᓕᕈᕕᓪᓘᓃᑦ:
    - ᖁᐃᕐᑐᖃᑦᑕᓗᑎᑦ ᑕᒋᐅᑦᓴᖃᑦᑕᓗᑎᓪᓘᓃᑦ ᑲᒃᑭᐅᑎᑦᓴᔭᒧᑦ ᐃᑯᓯᐸᐱᓘᓐᓃᑦ ᓇᓛᓄᑦ, ᐊᒡᒐᓅᕕᐅᖕᖏᑐᖅ
    - ᑲᒃᑭᐅᑎᕕᓃᑦ ᓴᓂᒃᑯᕕᒻᒨᓴᐅᑎᒋᓗᒍ ᓴᓂᖃᐅᑎᑦᓴᔭᕐᑕᓕᒻᒧᑦ ᐊᒡᒐᓂᐊᑦᓴᐅᑎᒋᓗᑎᓪᓗ
- ᐊᑦᑐᑕᐅᖃᑦᑕᓱᒍᓂᕐᐹᑦ ᓴᓗᒻᒪᓴᖃᑦᑕᓗᒋᑦ ᓴᓗᒻᒪᓴᒍᑎᒋᓲᕐᓄᑦ ᐅᐊᕈᑦᓯᓯᒪᔪᒧᑦᓘᓃᑦ (4 teaspoons or 20 ml of domestic bleach in 1 litre of water or 1 cup of bleach in 2.8 gallons or 12.6 L water) ᐊᑦᑐᑕᕕᓂᐅᔪᓇᔭᓕᒫᑎᑦ ᒪᓗᓐᓇᐅᑎᓕᒻᒧᑦ ᓄᕙᑐᐃᓐᓇᑐᒧᑦ ᒪᓗᓐᓇᐅᑎᐅᓲᓂᒃ. ᒪᑯᐊ ᓴᓗᒻᒪᓴᖃᑦᑕᓗᒋᑦ:

ᓄᓇᕗᒻᒥ ᐃᓗᓯᓕᓇᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ
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- ᐱᖕᖑᐊᑦ
- ᖁᕐᕕᑦ
- ᐅᕐᑲᓚᐅᑏᑦ
- ᐃᑯᒪᐅᑎᒧᕐᑐᑦ
- ᐅᒃᑯᐊᑦ ᑎᒍᓕᖏᑦ
- ᓯᓂᕝᕕᐅᑉ ᓴᓂᐊᓃᑦᑐᑦ ᓵᑦ

ᐃᓄᓐᓂᒃ ᖃᓂᑕᖃᓗᐊᕐᒐᓕᒋᐊᖃᕐᒥᔪᒍᑦ:

- ᑲᑎᒪᖃᑎᒌᑦᑐᓕᐊᕐᒐᓕᖃᑦᑕᓗᑕ;
- ᐃᓄᓐᓃᒋᐊᖃᕐᓂᕈᑦᑕ ᐃᓅᖃᑎᕗᑦ ᐅᖓᓯᑕᕆᖃᑦᑕᓗᒋᑦ 2-ᒦᑕᓂᒃ ᐅᖓᓯᓐᓂᓕᒻᒥᒃ, ᓂᕿᓯᕕᒻᒥ ᓂᐅᕕᕐᕕᒦᓕᕈᑦᑕᓘᓐᓃᑦ.

ᐊᓂᑦᒐᓕᒋᐊᖃᕐᓂᖅ ᖃᓄᐃᓕᖓᕙ ?

ᐊᓂᑦᒐᓕᕐᑯᔭᐅᖃᑦᑕᕐᑯᑦ ᐃᓄᐃᑦ ᐅᓪᓗᓂ 14-ᓂ ᑕᑲᒃᑯᐊ ᐱᑦᔪᑎᐅᑎᓪᓗᒋᑦ:

- ᑲᓇᑕᐅᑉ ᓯᓚᑖᓂᑦ ᑎᑭᕐᕐᑲᒥᐅᒍᓂ
- ᖃᓂᑕᖃᕐᑐᕕᓂᐅᒍᓂ ᖃᓂᒪᒍᑎᓕᒻᒥᒃ ᖃᓂᒪᓇᕐᒥᒃ COVID-19 -ᓚᔭᐅᔪᒥᒃ

ᐊᓂᑦᒐᓕᒋᐊᖃᕐᓂᖅ ᐃᒣᓕᖓᕗᖅ:

- ᐊᓇᕐᕋᓯᒣᓐᓇᓗᓂ ᐃᑉᐱᒋᑦᓯᐊᕋᓯᐊᕐᓗᓂ ᒪᓗᓐᓇᐅᑎᖃᕐᑐᖃᕐᒪᖔᕐᒥ, ᖃᓄᐃᓪᓗᐊᑑᔭᕐᑐᖃᖕᖏᑲᓗᐊᕈᓂ, ᐅᓪᓗᓂ 14-ᓂ;
- ᑲᑎᒪᑦᓯᒐᓕᓗᓂ ᐊᓯᒋᔭᒥᒃ ᐁᑦᑐᐃᒐᓕᒋᐊᖃᕐᑐᖃᕐᒥ ᐊᓇᕐᕋᓇᔭᒥ ᓄᓇᓕᒋᔭᒥᓪᓗᓃᑦ.
  - ᐃᓪᓗᒥᐅᖃᑎᒋᔭᒥᒃ ᖃᓂᑕᖃᓪᓗᐊᒐᓕᖃᑦᑕᓂᖅ ᐳᓚᕐᕋᐅᒐᓕᖃᑦᑕᓂᕐᓗ, ᐊᑕᐅᓯᐅᑦᑎᑐᑦ ᑲᒪᒋᐊᕐᑐᑦ ᐃᓕᑦᓯᓄᕈᓐᓇᕋᓗᐊᕐᑎᓗᒋᑦ ᓂᕿᓂᓪᓗᓃᑦ ᐸᔪᑦᑐᑦ.

ᐊᓂᑦᒐᓕᒋᐊᖃᕐᓂᕈᕕᑦ ᑲᓇᑕᐅᑉ ᓯᓚᑖᓂᑦ ᑎᑭᕐᕐᑲᒥᐅᓂᕐᒧᑦ ᑲᑎᒪᑦᓯᖃᒻᒥᐅᒍᕕᓪᓗᓃᑦ ᖃᓂᒪᓂᕋᕐᑕᐅᔪᒥᒃ COVID-19-ᓚᔭᐅᔪᒧᑦ, ᐋᓐᓂᐊᕕᐊᐱᑦᓯᓂᒃ ᖃᐅᔨᒋᐊᕕᖃᓇᐊᖃᕐᐳᑎᑦ ᖃᓄᐃᓗᓇᐊᖃᕐᒪᖔᕐᐱᑦ ᐊᓂᑦᒐᓕᒋᐊᖃᓯᒍᕕᑦ.

- ᖃᓂᒪᓇᕐᑐᖅ COVID-19 -ᓚᔭᐅᔪᖅ ᓱᕐᖤᒍᓐᓇᐳᖅ ᐃᓄᓐᓂᒃ ᑎᒥᒃᑯᑐᐃᓐᓇᐅᖏᑦᑐᖅ, ᐃᓱᒪᒃᑯᑦ ᓱᕐᖤᓯᒪᒍᓐᓇᕆᕗᖅ. ᐃᒻᒥᓂᒃ ᑲᒪᒋᑦᓯᐊᖃᑦᑕᕆᑦ ᐃᓱᒪᒃᑯᓗ ᖃᓄᐃᙱᒋᓯᐊᕋᓱᐊᕐᓗᑎᑦ, ᐱᓗᐊᕐᑐᖅ ᑕᖃᒪᓗᐊᕈᑎᒋᓯᒍᕕᐅᒃ, ᐃᓱᒫᓗᑎᒋᓯᒍᕕᐅᒃ ᑭᑦᓴᕈᑎᒋᓯᒍᕕᐅᑦᓗ. ᐅᓇ ᐊᐱᕐᓱᑎ ᑕᑯᒋᐊᖃᑦᑕᓗᒍ ᐃᑲᔪᕐᓯᔭᐅᒍᓐᓇᑐᑎᑦ “ᑕᖃᒪᓗᐊᕐᑑᔭᓕᕋᒪ ᐃᓱᒫᓗᒋᔭᖃᕐᑑᔭᓕᕋᒪ ᖃᓂᒪᓇᕐᑐᒥᒃ ᖁᐱᕈᒥᒃ ᐁᑦᑐᑑᑕᐅᓱᒥᒃ coronavirus-ᓚᔭᐅᔪᒥᒃ, ᓱᔪᑦᓴᐅᓕᕐᕐᑯᖓ ?”

ᓱᖕᑦ ᓴᓗᒻᒪᓴᒍᑎᑦᓯᐊᒍᕙᑦ ᖁᐱᕐᕈᐃᔪᒍᑎᒋᓗᒋᑦ ᐊᕐᑐᑕᐅᑲᑦᑕᓂᕐᐸᓂᒃ ᐱᐅᓕᓐᓂᐊᒐᕐᓂᓘᓐᓃᑦ, ᐃᕐᐸᓗᐊᕐᑯᓇᒍ ᐁᑦᑐᑑᑕᐅᓱᖅ ?

- ᐃᓪᓗᔪᐊᒥᒃ ᓴᓗᒻᒪᓴᒍᑎᐅᓱᑦ ᓴᓗᒻᒪᓴᒍᑎᒋᑐᐃᓐᓇᓗᒋᑦ ᐅᐊᕈᑦᓯᓗᒍᓘᓐᓃᑦ ᓴᓗᒻᒪᓴᒍᑎᒋᓚᖓᔪᑦ ᐃᒪᖅ ᖁᐱᕐᕈᐃᔪᒍᑎᓕᒻᒥᒃ (1 part bleach to 9 parts water) ᐊᕐᑐᑕᐅᓱᒍᓂᕐᐸᓂᒃ ᓴᓗᒻᒪᓴᓕᕈᕕᑦ.

- ᐊᓐᓄᕐᑦ ᐅᕝᕙᖃᑦᑕᓗᒋᑦ ᐃᒪᕐᒧᑦ ᐆᓇᕐᑐᒧᑦ ᐊᓐᓄᕐᓂᒃ ᐅᕝᕙᐅᑎᒋᓱᑦ ᐊᑐᕐᓗᒍ.

- ᖃᓪᓗᑎᓐᓂᐊᓕᕈᕕᑦ (ᒪᕐᓕᓇᓕᕈᕕᑦ) ᐅᕝᕙᐅᑎᒋᓱᑦ ᖃᓪᓗᑎᓐᓂᐊᕈᑎᒋᓗᒍ.

ᓱᒧᑦ ᑮᓇᕐᓂᒃ ᐁᑦᑐᑕᐅᓯᒪᖕᖕᒋᓚᒍᑦ ᐁᑦᑐᑕᐅᑮᒃᑯᑎᑦᓴᑎᓐᓂᒃ ?

ᑮᓈᑦ ᐊᑑᑎᖃᓪᓗᐊᖕᒋᑦᑐᑦ ᐃᓄᓕᒫᓃᑦᑐᖃᓕᕋᒥ. ᑭᓯᐊᓂᓕ, ᐊᑐᕐᑎᓄᑦ ᐁᑦᑐᑕᐅᓯᒪᓂᐊᖕᖑᓇᔭᐅᔪᓄᑦ ᒪᓗᓐᓇᐅᑎᖃᕐᓱᑎᒃ ᐊᑐᕐᑕᐅᓱᑦ, ᐋᓐᓂᐊᓯᐅᕐᑎᓄᑦᓗ ᐊᑐᕐᑎᓂᒃ ᑲᒪᔪᓄᑦ ᐁᑦᑐᑕᐅᓯᒪᓂᐊᖕᖑᓇᔭᐅᔪᓂᒃ.

ᓄᓇᕕᒻᒥ ᐃᓗᓯᓕᓇᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ
RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX DU NUNAVIK
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ᖃᓂᒪᒍᑎᒋᔭᕕᓂᕆᓗᒍ ᑕᒪᓐᓇ ᖃᓂᒪᒍᑎᐅᒋᐊᓪᓚᑭᓐᓇᕆᕙ ?

ᖁᐱᕿᒥᒃ ᐁᑦᑐᑑᑕᐅᓲᒥᒃ ᐁᑦᑐᑕᐅᓯᒪᔪᕕᓂᐅᒐᓗᐊᕿᑦᑕ, ᑎᒥᒃᑯᑦ ᖃᓄᐃᒍᓐᓂᓯᐊᕿᓐᓇᑐᒍᑦ ᐁᑦᑐᑕᐅᒍᑎᒋᒋᐊᓪᓚᓚᖓᒍᓐᓂᓯᒍ.

ᖃᓂᒪᓇᕐᑐᖅ ᖁᐱᕿᖅ ᐁᑦᑐᑑᑕᐅᓲᖅ COVID-19 -ᓚᔭᐅᔪᖅ ᑐᑭᓯᒪᓪᓗᐊᕋᑕᖕᖕᒋᑕᕗᑦ ᑐᒥᓲᒍᒻᒥᒪᖕᒑᑦ.

ᐊᕕᑕᕐᑐᓕᒋᐊᖃᓕᕐᖁᖓ ? ᓄᓇᕕᒻᒥ ᐊᓯᐊᓂᓗ ?

ᑕᒐᑕᒐᐅᓂᖓᓂ ᑲᓇᑕᐅᑉ ᓯᓚᑖᓄᑦ ᐊᕕᑕᕐᑲᑦᑕᕐᖁᔭᐅᖕᖕᒋᑐᑦ. ᓯᕿᓂᑦᑎᓄᓪᓗ ᐊᕕᑕᕐᑲᑦᑕᕐᖁᔭᐅᒐᑎᒃ ᐱᑦᔪᑎᕐᑲᓪᓚᕆᖕᖕᒋᑐᑦ.

ᓄᓇᕕᒻᒦ ᑭᖕᖕᒎᒪᒋᔭᓕᒫᑦᑎᓂᒃ ᐱᑕᕐᑲᕐᐱᑕ ?

ᐊᑑᑎᔭᐅᒋᐊᓕᓕᒫᑦᓯᐊᓂᒃ ᐊᑑᑎᑦᓯᐊᕋᓱᐊᕐᑐᒍᑦ ᓄᓇᕕᒻᒥ ᐁᑦᑐᑑᑕᐅᓲᒥᒃ ᖁᐱᕿᒥᒃ COVID-19 -ᓚᔭᐅᔪᒥᒃ ᖃᓂᒻᒪᕈᑎᖃᕐᑐᖃᕐᓂᐸᑦ. ᐱᒍᓐᓇᕕᓕᒫᑦᑎᒍᑦ ᑲᒪᒍᑎᑦᓴᓯᐊᒍᓂᕐᐹᓂᒃ ᑲᒪᒍᑎᑦᓴᖃᕋᓱᐊᓚᖓᔪᒍᑦ. ᓄᓇᕕᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ, ᐋᓐᓂᐊᕖᑦ ᓄᓇᓕᓕᒫᓂᓪᓗ ᑲᕙᒫᐱᒃᑯᓂᓪᓗ ᓯᕗᓕᕐᑏᑦ ᐊᐅᓚᑦᔭᕆᐊᕈᑎᖃᕐᓯᒪᔪᑦ ᑕᒪᑐᒥᖓ ᐱᒐᓱᐊᒻᒪᕆᓐᓇᑐᒥᒃ ᖃᓄᕐᑑᕈᑎᖃᕋᓱᐊᒻᒪᕆᕐᓯᒪᕐᓱᑎᒃ.

ᐃᓘᓐᓇᑕ ᑕᒪᑐᒥᖓ ᖃᓂᒪᓇᕐᑐᒥᒃ ᐃᕐᐸᑎᕐᓯᒐᓕᒐᓱᐊᕐᑯᔭᐅᕗᒍᑦ ᒍᓐᓇᕕᓕᒫᑦᑎᒍᑦ. ᓄᓇᕕᒻᒥᐅᑦ ᑐᓴᐅᒪᒐᓱᐊᕐᓯᐊᕐᑯᔭᐅᔪᑦ ᑐᓴᕐᕕᓴᕐᓯᐊᓂᑦ ᓄᓇᕕᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᒃᑯᓂᑦ ᐋᓐᓂᐊᕖᓐᓂᓗ ᖃᓄᐃᓕᑎᐊᕈᑎᓴᓂᒃ ᑐᓴᕐᕕᒋᓗᒋᑦ.

ᐱᐊᕋᕐᓴᓖᑦ ᐊᑦᑕᓇᕐᓯᑐᐃᓐᓇᕆᐊᖃᕐᐸᑦ ᑕᒪᑐᒧᖓ ?

ᐱᐊᕋᕐᓴᓕᒃ ᐃᓱᒪᖓ ᐊᓯᕗᑕᓲᒍᒻᒪᑦ, ᐱᐊᕋᕐᓴᓖᑦ ᐊᓂᕐᑎᓇᓂᕐᒥᒍᑦ ᐃᓱᕐᓇᓯᐊᖕᒋᑑᕐᑲᑦᑕᓂᕐᓴᐅᒍᓐᓇᑐᑦ ᒐᒪ ᑕᒪᕐᒥᒃ ᐱᐊᕋᕐᓴᓕᒃ ᐃᓗᒥᑦᑕᖓᓗ ᐱᔭᕆᐊᑦᑐᓯᒪᓂᕐᓴᐅᑐᐃᓐᓇᕆᐊᖃᕐᓂᐊᓕᕋᒥᒃ.

ᐊᑐᐃᓐᓇᐅᔪᑦ ᖃᐅᔨᓴᐅᑎᕕᓃᑦ ᖁᐱᕐᕿᖅ ᐁᑦᑐᑑᑕᐅᓲᑦ COVID-19 coronavirus -ᓚᔭᐅᔪᖅ ᖃᓂᒪᓇᕐᑐᖅ ᐱᓪᓗᒍ ᑐᑭᓯᒍᑎᑦᓯᐊᒍᖕᒋᓚᑦ ᐱᐊᕋᕐᓴᓕᒃ ᐃᓗᒥᑦᑕᖓᓗ ᐊᑦᑕᓇᕐᓯᓂᐅᔭᑐᐃᓐᓇᕆᐊᖃᕐᓂᓴᐅᒻᒪᖔᓐᓃᒃ ᖕᒋᒻᒪᖔᓐᓂᓗᓐᓃᑦ.

ᐳᓚᕋᕐᑲᑦᑕᓂᖅ ᐃᓄᒻᒪᓈᑦ ᐃᓪᓗᕐᑯᑎᖓᓄᑦ ᐋᓐᓂᐊᕕᓐᓄᓗᓐᓃᑦ

ᐃᓄᒻᒪᓈᑦ ᐃᓪᓗᕐᑯᑎᖕᒋᑦ ᐳᓚᕋᕐᑕᐅᒋᐊᕐᑲᕈᓐᓂᑐᑦ, ᐃᓅᒍᓐᓂᕆᐊᕕᑦᑐᕐᑲᖕᖕᒋᐸᑦ ᐃᐸᐱᒍᓱᑦᓯᐊᕆᐊᖃᕐᓂᕗᑦ ᐃᓱᒪᒋᓗᒍ ᖁᐱᕐᕿᖅ ᖁᑦᑐᑑᑕᐅᓲᖅ ᐃᕐᐸᕐᑯᓇᒍ. ᒐᒥᑦᑐᒦᑦᑐᕐᑲᕐᐸᑦ, ᑭᓯᐊᓂ ᐳᓚᕋᕐᑐᕐᑲᕈᓐᓇᑐᖅ.

ᐃᓚᒋᔭᐅᔪᑦ ᐃᓚᓐᓈᕆᔭᐅᔪᐃᓪᓗ ᐳᓚᕋᕐᒐᓕᒋᐊᕐᑲᕐᒥᔪᑦ ᐋᓐᓂᐊᕕᒻᒥᔨᐊᒥᓂᒃ ᑕᒥᓐᓂ ᐋᓐᓂᐊᕕᓐᓂ, ᐃᐸᐱᒍᓱᑦᓯᐊᕆᐊᖃᕐᓂᕗᑦ ᐃᓱᒪᒋᑦᓴᓇᕐᓗᒍ ᖁᐱᕐᕿᖅ ᖁᑦᑐᑑᑕᐅᓲᖅ ᐃᕐᐸᕐᑯᓇᒍ.

ᑯᔭᐅᒋᐊᕐᑐᕆᐊᖃᕐᓂᖅ ᐋᓐᓂᐊᓯᐅᕐᑎᒧᑦ

ᐊᑐᕐᑏᑦ ᑕᑯᔭᐅᒋᐊᕐᑐᕕᑦᓴᒥᓂᒃ ᐅᓪᓗᕐᑯᑎᓕᐅᕐᑕᐅᓯᒪᔪᑦ, ᐃᕐᖃᒐᕐᑖᕕᑦᓴᖕᒋᑦ ᓇᓪᓕᐅᑎᓯᒪᔪᑦ, ᐅᐃᒪᓇᕐᑐᒥᓪᓗᓃᑦ ᑲᒪᒋᔭᐅᒋᐊᓖᑦ ᐋᓐᓂᐊᕕᓕᐊᕈᓐᓇᓯᐊᕐᑐᑦ ᐋᓐᓂᐊᕕᐊᐱᓕᐊᕐᓗᑎᓪᓗᓃᑦ.

ᑭᓯᐊᓂᓕ, ᓄᕙᓐᓇᐅᑉ ᒪᓗᓐᓇᐅᑎᒋᓲᖕᒋᓐᓂᒃ ᒪᓗᓐᓇᐅᑎᕐᑲᕈᕕᑦ (ᐆᓇᕈᕕᑦ, ᖁᐃᕐᑐᕐᑲᑦᑕᕈᕕᑦ, ᐃᒡᒋᐊᓕᕆᒍᕕᑦ ᐃᐱᓂᐊᕈᕕᓪᓗᓃᑦ), ᐅᖃᓚᖅᖃᕆᐊᖃᕐᐳᑎᑦ ᐋᓐᓂᐊᕕᐊᐱᒻᒧᑦ ᐋᓐᓂᐊᕕᒻᒧᓗᓐᓃᑦ ᑖᕗᖕᖓᓚᐅᕐᓇᒃ, ᓴᐳᒻᔨᓯᒪᒋᐊᖃᕋᕕᒃᑭᑦ ᐊᓯᑎᑦ.

ᑭᒍᑎᓐᓂᐊᕕᑦ ᐳᕕᕐᓂᑐᕐᒥ ᑰᑦᔪᐊᒥᓪᓗ ᐅᐃᒪᓇᕐᑐᖃᓕᕐᐸᑦ ᑭᓯᐊᓂ ᐅᒃᑯᐃᖃᑦᑕᓚᖓᔪᑦ.

ᑲᒃᑲᓛᑦ/ᐱᐊᖁᑦ ᐅᑭᐅᓛᑦ 0-17

ᑕᑯᑦᓱᒋᑦ ᐊᑐᐃᓐᓇᐅᔪᑦ ᖃᐅᔨᓴᐅᑎᐅᓯᒪᔪᑦ, ᑲᒃᑲᓛᑦ/ᐱᐊᖁᑦ ᐃᓅᓱᑦᑐᐃᓗ ᐃᑭᑦᑑᕗᑦ ᖃᓂᒻᒪᕈᑎᖃᕐᓯᒪᔪᑦ ᑕᒪᑐᖓᒥ (1%-ᒥᒃ ᐃᑭᓐᓂᓴ). ᐃᓗᓐᓈᒍᑦ, ᖃᓂᒻᒪᓚᓇᖃᑦᑕᖏᑦᑐᑦ.

ᐊᒥᓲᓂᖅᓴᑦ ᑲᒃᑲᓛᑦ/ᐱᐊᖁᑦ ᐁᑦᑐᑕᐅᓯᒪᔪᑦ ᖃᓄᐃᓪᓗᐊᕈᑎᐅᖕᖏᑐᓂᒃ ᒪᓗᓐᓇᐅᑎᖃᖃᑦᑕᑐᑦ.

ᑲᒃᑲᓛᑦ/ᐱᐊᖁᑦ ᐱᖓᓱᓂᒃ ᑕᕿᓕᓐᓂᑦ ᐊᖓᔪᑦᓲᑦ ᐁᑦᑐᑕᐅᓂᐅᔭᖕᖏᓂᖅᓴᐅᔫᖃᑦᑕᑐᑦ ᖁᐱᕿᒥᒃ ᐁᑦᑐᑑᑕᐅᓲᒥᒃ ᐃᓄᒻᒪᓈᑦ ᐁᑦᑐᑕᐅᓂᐅᔭᖅᓂᓴᐅᑎᓪᓗᒋᑦ.

ᒪᓗᓐᓇᐅᑎᐅᓲᑦ ᖃᓂᒪᔪᖃᖃᒪᖕᒑᑦ ᖁᐱᕿᒧᑦ ᐁᑦᑐᑑᑕᐅᓲᒧᑦ COVID-19 -ᓚᔭᐅᔪᒧᑦ ᐱᒐᓗᐊᖅᑎᓗᒋᑦ, ᑲᒃᑲᓛᑦ/ᐱᐊᖁᑦ ᐊᓇᑭᑕᕈᓐᓇᒥᔪᑦ/ᐃᑎᑦᑕᕈᓐᓇᒥᔪᑦ ᒥᓇᐊᑎᒋᖃᑦᑕᓗᑎᓪᓗ.

ᐃᓗᓐᓐᓄᓛᖕᖓᔪᑦ ᐃᑯᓪᓚᑎᑦᓯᒐᓱᐊᕈᑎᑦᓴᑦ ᑲᒃᑲᓛᓄᓛᖕᖓᒻᒥᔪᑦ/ᐱᐊᕋᕐᓄᓛᖕᖓᒻᒥᔪᑦ. ᒪᓗᓐᓇᐅᑎᖕᒋᑦ ᖃᓄᐃᓪᓗᐊᑑᔭᖕᖏᑲᓗᐊᕐᐸᑕ, ᑲᒃᑲᓛᑦ/ᐱᐊᖁᑦ ᐁᑦᑐᐃᓂᐅᔭᑐᐃᓐᓇᓇᐊᖃᕐᒥᔪᑦ.

ᓄᑕᖁᑦ ᐱᖓᓱᓂᒃ (3) ᑕᕐᕿᖃᕋᑕᖕᖏᑐᑦ

ᐋᓐᓂᐊᕕᐊᐱᓕᐊᕈᑦᓴᐅᑎᒋᓗᒍ ᓄᑕᖁᑦ ᐅᖁᑕᕕᒋᑦᓴᐅᑎᒋᓗᒋᓪᓗᓃᑦ ᐋᓐᓂᐊᕕᐊᐱᒻᒥ ᐱᓇᓱᑦᑏᑦ ᐋᓐᓂᐊᕕᒻᒥᓗᓐᓃᑦ ᐱᓇᓱᑦᑏᑦ ᓄᑕᖁᑦ ᐱᖓᓱᓂᒃ (3) ᑕᕐᕿᖃᕋᑕᖕᖏᑐᖅ ᐆᓇᑐᐊᕐᐸᑦ.

ᑕᕐᑲᒪᓗᐊᕈᑎᕐᑲᓕᕋᒪ ᐃᓱᒫᓗᒍᑎᕐᑲᕐᓱᖓᓗ ᕐᑯᐱᕐᕈᒥᒃ ᐅᕐᑐᑑᑕᐅᓲᒥᒃ coronavirus-ᓚᔭᐅᔪᒥᒃ, ᓱᔪᕐᓴᐅᓕᕐᕐᑯᖓ ?

ᑕᒐᑕᒐ ᐊᑑᑎᔭᕗᑦ ᖃᓂᒪᓇᕐᑐᖅ ᕐᑯᐱᕐᕈᒥᑦ ᐅᕐᑐᑑᑕᐅᓲᒥᑦ COVID-19 -ᓚᔭᐅᔪᒥᑦ ᐱᔪᖅ ᓱᕐᖏᓱᒪᒍᓐᓇᒪᑦ ᐃᓄᓐᓂᒃ ᑎᒥᒃᑯᑐᐃᓐᓇᐅᖏᑦᑐᖅ, ᐃᓱᒪᒃᑯᓗᐊᓪᓛᑦ. ᐃᒻᒥᓂᒃ ᑲᒪᒋᕐᓯᐊᕐᑯᔭᐅᕗᓯ ᐃᓱᒪᒃᑯᓗᐊᓪᓛᑦ, ᑕᕐᑲᒪᓗᐊᕈᑎᒋᕐᑲᑦᑕᑐᐊᕈᕕᐅᒃ, ᐃᓱᒫᓗᒍᑎᒋᓗᐊᕐᑲᑦᑕᕈᕕᐅᒃ ᑭᑦᓴᕈᑎᒋᕐᑲᑦᑕᕈᕕᐅᓪᓗ.

ᐃᒻᒥᓂᒃ ᑲᒪᒋᕐᓯᐊᓗᑎᑦ:

- ᐃᑉᐱᓂᐊᕈᑎᒋᔭᑎᑦ ᐃᑉᐱᒋᕐᓯᐊᓗᒋᑦ, ᐱᐅᓯᕆᕐᑲᑦᑕᑕᑎᓪᓗ ᐅᕐᑳᒍᑎᒋᕐᓯᐊᕐᑲᑦᑕᓗᒋᑦ ᑕᑎᒋᕐᓯᐊᑕᕐᓄᑦ.
- ᐊᓪᓚᕐᑲᑦᑕᓗᒋᑦ ᐃᑉᐱᓂᐊᕈᑎᒋᔭᑎᑦ ᓄᐃᕐᑲᑦᑕᓗᒋᓪᓗ ᐃᕐᕋᓕᓴᕐᑲᑦᑕᓂᒃᑯᑦ ᐊᓯᐊᒍᓪᓘᓃᑦ ᓱᕐᑲᑦᓯᕐᑲᑦᑕᓂᒃᑯᑦ;
- ᐃᕐᕋᓕᓴᕐᑲᑦᑕᓗᑎᑦ ᑕᕐᑲᒪᓗᐊᕈᓐᓄᓂᐊᕋᕕᑦ ᓄᓪᓚᖓᓕᐅᒥᓂᐊᕋᕕᓪᓗ;
- ᓂᕆᑦᓯᐊᕐᑲᑦᑕᓗᑎᑦ ᓯᓂᑦᓯᐊᕐᑲᑦᑕᓗᑎᓪᓗ;
- ᑕᕐᑲᒪᓗᐊᕐᓇᑐᓂᒃ ᐊᑑᑎᓪᓗᐊᒐᓕᓗᑎᑦ;
- ᐊᓕᐊᒋᔭᕐᓂᒃ ᐊᑑᑎᕐᑲᑦᑕᓗᑎᑦ ᑐᓴᕐᓂᔫᕐᓂᖅ, ᓂᕈᒥᑦᑐᒧᑦ ᐃᓘᓐᓇᓂᐊᕐᓂᖅ, ᐊᑐᐊᕐᓯᓂᖅ, ᐊᓯᖏᓐᓂᓗ;
- ᐅᕐᑳᕕᕐᑲᕐᑲᑦᑕᓗᑎᑦ ᐱᕐᓯᐊᑎᒋᓲᕐᓄᑦ;
- ᐃᕐᕐᕋᒋᐊᕐᑲᑦᑕᓗᑎᑦ ᐱᔭᕆᐊᑐᔪᒃᑰᓱᑎᑦ ᑲᔪᓯᕐᓯᐊᕆᐊᕈᑎᒋᕐᑲᑦᑕᓯᒪᔭᕐᓂᒃ;
- ᓲᖑᓂᑎᑦ ᐃᓱᒪᒋᕐᓯᐊᕐᑲᑦᑕᓗᒋᑦ.

ᑕᕐᑲᒪᓗᐊᕐᓂᖅ, ᐃᓱᒫᓗᒍᑎᕐᑲᕐᓂᖅ, ᑭᑦᓴᒍᑎᕐᑲᕐᓂᓗ ᐊᓂᒎᑎᔭᐅᕐᓯᐊᕈᓐᓇᑐᑦ. ᒐᓗᐊᕐᑎᓗᒋᑦ, ᐃᓱᕐᓇᓯᐊᕐᓇᖏᑦᑑᕐᑲᑦᑕᓚᖓᕗᖅ ᐱᓇᓱᐊᕈᓯᐅᓚᖓᔪᓂ ᑕᕐᕐᑭᐅᓚᖓᔪᓂᓪᓗ, ᐱᓕᐅᒥᑐᐃᓐᓇᓇᐊᕐᑲᕐᒥᓱᓂᓗ. ᐱᓕᐅᒥᕙᓪᓕᐊᑐᐃᓐᓇᑐᓇᕐᓯᓕᕈᕕᑦ, ᑕᒐ ᐃᓱᒫᓗᓯᕙᓪᓕᐊᑐᐃᓐᓇᓯᒍᕕᑦ ᐃᒻᒥᓂᕐᑭᐅᑎᒋᕐᕐᑲᔪᕐᓗᒍ, ᐊᓯᓐᓄᑦ ᐃᑲᔪᕐᑕᐅᒍᒪᒍᓐᓇᐳᑎᑦ.

ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᐃᓄᓕᕆᓂᕐᒧᓗ ᐱᒍᑦᔨᐅᑏᑦ ᓄᓇᕗᒻᒥ, ᓄᓇᓕᓐᓂ ᐊᑐᓂ: 819-###-9090

24/7 ᐃᑲᔪᕐᑕᐅᕕᑦᓴᑦ ᐅᖅᑳᓚᕕᑦᓴᑦ:

- ᑲᒪᑦᓯᐊᕐᑐᑦ ᐅᖅᑳᓚᕕᑦᓴᑦ: 1-800-265-3333 (ᖃᓪᓗᓈᑎᑐᑦ/ᐃᓄᒃᑎᑐᑦ)
- ᓄᓇᓕᑐᕐᖏᑦ ᐃᓄᐃᓪᓗ ᖃᓄᐃᖕᖕᒋᓯᐊᕈᒪᓂᕐᒧᑦ ᐅᖅᑳᓚᕕᑦᓴᖕᒋᑦ: 1-855-242-3310 (ᖃᓪᓗᓈᑎᑐᑦ/ᐃᓄᒃᑎᑐᑦ)
- ᑲᒃᑲᓛᑦ/ ᐱᐊᓗᑦ ᐅᖅᑳᓚᕕᑦᓴᖕᒋᑦ: 1-800-668-6868 www.kidshelpphone.ca (ᖃᓪᓗᓈᑎᑐᑦ/ᐅᐃᒍᐃᑎᑐᑦ)
- Centre de prévention du suicide : 1-866-APPELLE (277-3553)

ᐊᐱᕐᓲᑎᑦᓴᖃᕈᕕᑦ ᖃᓂᒪᓇᕐᑐᖅ ᖁᐱᕐᕈᖅ ᐁᑦᑐᑑᑕᐅᓲᖅ COVID-19 -ᓚᔭᐅᔪᖅ ᐱᓪᓗᒍ:

- ᓄᓇᕗᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ ᑐᓴᕐᑎᓯᕕᖕᒐ ᐅᖅᑳᓚᕕᐅᒍᓐᓇᑐᕐᓗ: 1-833-301-0296
- ᓄᓇᕗᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ Facebook -ᑎᒍᑦ ᑐᓴᐅᒪᑎᑦᓯᕕᖕᒐ: https://www.facebook.com/NunavikHealthBoard/

ᓄᓇᕗᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ
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