COVID-19

ᑕᖃᒪᓗᐊᕈᑎᖃᖃᑦᑕᓂᖅ, ᐃᓱᒫᓗᒋᔭᖃᖃᑦᑕᓂᖅ ᑭᑦᓴᕈᑎᖃᖃᑦᑕᓂᕐᓗ ᐋᓐᓂᐊᓂᒃ
Coronavirus COVID-19-ᓚᔭᐅᔪᒥᑦ ᖃᓂᒻᒪᕈᑕᐅᖃᑦᑕᑐᓂᒃ

ᐊᑦᔨᒌᖕᖏᑐᓂᒃ ᐱᐅᓯᖃᕐᕕᐅᒍᓐᓇᓂᖓ
Coronavirus (COVID-19) -ᓚᔭᐅᔫᑉ
ᓯᓚᕐᔪᐊᓕᒫᒥ ᖃᓂᒪᒍᑕᐅᖃᑦᑕᑑᑉ

ᑕᒐᑕᒐ ᖃᓂᒪᒍᑕᐅᓯᕐᖃᒥᐅᖃᑦᑕᑐᖅ coronavirus (COVID-19) -
ᓚᔭᐅᔪᖅ ᓯᓚᕐᔪᐊᓕᒫᒥ ᖃᓂᒻᒪᕈᑕᐅᖃᑦᑕᓕᕐᒪᑦ ᐊᑑᑎᔭᐅᓪᓗᐊᓲᒍᒐᓂ. ᓱᕐᕃᓯᒪᒍᓐᓇᓱᓂ ᐃᓄᓐᓂᒃ ᑎᒥᒃᑯᑦ, ᐃᓱᒪᒃᑯᓗ. ᑕᒪᑐᒧᖓᐅᓕᖓᔪᒥᒃ, ᐃᓄᐃᑦ ᐊᒥᓱᑦ ᑕᖃᒪᖃᑦᑕᓚᖓᒻᒪᑕ, ᐃᓱᒫᓗᖃᑦᑕᓗᑎᓪᓗ ᑭᑦᓴᕈᑎᒋᖃᑦᑕᓗᒍᓗ. ᑖᒃᑯᐊ ᐊᑐᐊᕋᑦᓭᑦ ᐃᑲᔪᕐᓯᒍᑎᑦᓴᐅᓚᖓᕗᑦ ᓱᕐᕋᑕᐅᓯᒪᒍᑎᒋᒍᓐᓇᑕᑦᓯᓂᒃ ᐃᓅᓯᒃᑯᑦ ᐃᑯᓪᓚᐅᒥᑎᑦᓯᒋᐊᕈᑎᑦᓴᐅᒐᒥᒃ.

ᑕᖃᒪᓗᐊᕐᓂᖅ ᖃᓄᖅ ᑐᑭᖃᕐᐸ?
ᑕᖃᒪᓗᐊᕐᓂᖅ ᑎᒥᒃᑯᑦ ᓱᕐᕋᑕᐅᓐᓇᓲᒍᕗᖅ ᐊᑑᑎᓗᑭᖕᖏᑕᑦᑎᓂᒃ ᐊᑑᑎᓕᕋᑦᑕ. ᑌᒣᒻᒪᑦ, ᐃᓅᓯᑦᑕ ᐃᓚᒋᑐᐃᓐᓇᖃᐅᒃ. ᑎᒥᑦᑕ ᐊᓕᐊᓇᕐᑐᓂᒃ ᐊᓕᐊᓇᖕᖏᑐᓂᓪᓗ ᐊᑑᑎᔭᑦᑎᓂᒃ ᖃᐅᔨᕙᓪᓚᕈᑎᒋᓲᕆᕙᐅᒃ, ᐃᓅᓕᕐᑐᖃᕐᒪᑦ, ᑲᑎᑎᑕᐅᔪᖃᕐᒪᑦ, ᐱᓇᓱᒉᕈᑦᑐᖃᕋᒥ, ᐊᓯᖏᓪᓗ. ᑕᖃᒪᓇᕐᑐᑦ ᑎᑭᖃᑦᑕᓱᑎᒃ ᐊᓂᒍᖃᑦᑕᓱᑎᓪᓘᓲᑦ, ᖃᓄᐃᑦᑑᓂᖏᑦ ᒪᓕᑦᓱᒋᑦ ᑕᖃᒪᒍᑎᑦᑕ. ᐆᑦᑐᕋᐅᑎᖃᕐᑐᖓ, ᑕᖃᒪᓗᐊᕐᓂᖅ ᐱᓇᓱᒐᕆᔭᒥᒃ ᐊᓇᕐᕋᑐᖃᕋᒥ ᐅᓐᓄᓴᒃᑯᑦ ᐱᓇᓱᐊᕈᓯᐅᓪᓘᓃᑦ ᓄᖕᖑᐊᓂ ᑕᖃᒪᒍᓐᓀᑐᖃᖃᑦᑕᓱᓂ, ᑕᖃᒪᓗᐊᕈᑎᑦᑎᓂᒃ ᐱᓇᓱᒐᑦᑎᓅᓕᖓᓂᕃᒍᓐᓇᑐᒍᑦ.

ᐃᓱᒫᓗᓕᖃᑦᑕᓂᖅ ᖃᓄᖅ ᑐᑭᖃᕐᐸ? ᓯᕘᕋᕐᓂᖅ ᑌᒣᑦᑎᓇᒍ, ᐱᐅᓯᐅᕙᓪᓗᓲᖅ ᑲᑉᐱᐊᓱᑦᑎᑕᐅᔪᖃᓕᕋᒥ, ᐃᓱᒫᓗᖃᑦᑕᓂᖅ ᐊᑑᑎᔭᐅᓲᒍᕗᖅ ᖃᐅᔨᒪᓇᖕᖏᑐᒥᒃ ᑲᑉᐱᐊᒋᔭᖃᕐᑐᖃᓕᕋᒥ. ᐃᓱᒫᓗᓯᓲᒍᔪᒍᑦ ᐊᑦᑕᓇᕐᓯᔭᖒᕐᓯᓕᕋᑦᑕ ᓱᓂᐊᖕᖒᓴᕐᓱᑕᓗ ᓂᕆᐅᓐᓂᓗᓐᓂᖃᓕᕐᓱᑕ. ᐃᓘᓐᓇᑕ ᐃᓱᒫᓗᓕᕐᓯᒪᓲᒍᔪᒍᑦ ᐃᒻᒥᒎᕐᑎᓱᑕ ᐊᑐᓂ ᐊᑦᔨᒌᖕᖏᑐᒥᒃ ᐊᕐᓱᕈᓐᓂᖃᕐᓱᑕ. ᓱᓂᐊᖕᖒᓴᕐᓂᒥᒃ ᐃᓱᒪᒍᓯᕗᑦ ᓱᕐᕃᓂᖃᓲᒍᕗᖅ ᖃᓄᓪᓗᐊᑎᒋ ᐃᓱᒫᓗᓐᓂᕆᓚᖓᔭᑦᑎᓂᒃ.

ᑭᑦᓴᓂᖅ ᖃᓄᖅ ᑐᑭᖃᕐᐸ?
ᐅᓕᕐᓀᓯᒍᑏᑦ ᑕᑯᑦᓱᒋᑦ ᑭᑦᓴᓂᖅ ᑐᑭᓕᒃ ᑲᕙᐅᒻᒥᓯᒪᑫᓐᓇᓂᕐᒥᒃ, ᐊᓕᐊᒍᓐᓀᓯᒪᑫᓐᓇᓂᕐᒥᓗ. ᑭᑦᓴᓂᖅ ᐊᑦᔨᒌᖕᖏᑐᑎᒍᑦ ᓄᐃᑕᓲᖅ ᑎᒥᒃᑯᑦ ᐃᓱᒪᒃᑯᓗ. ᐃᓄᐃᑦ ᐊᑐᓂ ᐊᑦᔨᒌᖕᖏᑐᒥᒃ ᑭᑦᓴᓂᖃᓲᑦ.

ᒪᓗᓐᓇᐅᑎᐅᒍᓐᓇᑐᑦ ᑕᖃᒪᓗᐊᕐᑐᖃᕐᐸᑦ, ᐃᓱᒫᓗᖃᑦᑕᑐᖃᕐᐸᑦ ᑭᑦᓴᑐᖃᕐᐸᓗ ᑕᖃᒪᓗᐊᕐᓂᖅ, ᐃᓱᒫᓗᖃᑦᑕᓂᖅ ᑭᑦᓴᓂᕐᓗ ᓄᐃᒍᓐᓇᑐᑦ ᑎᒥᒃᑯᑦ, ᐃᓱᒪᒃᑯᑦ, ᐃᑉᐱᓂᐊᕐᓂᑯᑦ ᐱᐅᓯᒃᑯᓗ ᑭᓇᑐᐃᓐᓇᑯᓪᓗ ᑌᒣᓕᒍᓐᓇᓱᑎᒃ.

ᑎᒥᒃᑯᑦ ᒪᓗᓐᓇᐅᑎᐅᓲᑦ:

• ᓂᐊᖁᖕᖑᖃᑦᑕᓂᖅ, ᖁᖏᓯᕐᓗᓂᖅ, ᓈᓕᕆᖃᑦᑕᓂᖅ, ᐊᓯᖏᓪᓗ.
• ᓯᓂᑦᓯᐊᖃᑦᑕᖏᓐᓂᖅ
• ᓂᕆᒍᒣᕐᓯᒪᖃᑦᑕᓂᖅ
• ᓄᑭᖃᓪᓗᐊᕈᓐᓀᓂᖅ, ᑕᖃᒪᓚᓪᕆᓐᓂᖅ
• ᐊᓯᖏᓪᓗ

ᐃᓱᒪᒃᑯᑦ ᐃᑉᐱᓂᐊᕐᓂᑯᓪᓗ ᒪᓗᓐᓇᐅᑏᑦ:
• ᖁᐱᕐᕈᒧᑦ ᐁᑦᑐᑑᑕᐅᓲᒨᓕᖓᔪᓂᒃ ᐃᓱᒫᓗᒋᔭᖃᕐᓂᖅ ᐊᑦᑕᓇᕐᑐᒦᑦᑐᕆᓂᕐᓗ
• ᓱᓂᐅᔪᓄᑦ ᐊᕐᓱᕈᓗᐊᓕᕐᓯᒪᓂᖅ, ᐊᐅᓚᑦᓯᒍᓐᓇᖏᕐᓯᒪᓂᖅ
• ᐃᓱᒪᒋᓕᑐᐃᓐᓇᑕᒥᓂᒃ-ᐅᖄᖃᑦᑕᓂᖅ
ᐊᑑᑎᓕᕐᑐᓅᓕᖓᔪᓕᒫᒍᖕᖏᑐᓂᒃ
• ᑕᑯᓐᓇᕈᓯᖃᕐᓂᖅ ᑲᕙᕐᓇᓂᑐᐃᓐᓇᖏᓐᓂᒃ ᐅᓪᓗᑕᒫᑦ ᓱᓂᐅᔪᑦ

• ᐃᑉᐱᓂᐊᕆᔭᖃᕐᓂᖅ ᑲᕙᕐᓇᑐᓂᒃ, ᐊᑦᑕᓇᕐᑐᒦᑦᑐᕆᓂᕐᒥᒃ, ᐊᓕᐊᓇᖕᖏᑐᓂᒃ, ᓂᖕᖓᐅᒪᓂᕐᒥᒃ
• ᐊᓯᖏᓪᓗ

ᐱᐅᓯᒃᑯᑦ ᒪᓗᓐᓇᐅᑏᑦ:
• ᐃᓱᒪᑦᓯᐊᕈᓐᓀᖃᑦᑕᓂᖅ
• ᐃᓱᒪᑭᓕᓯᒪᓂᖅ, ᐊᑦᑕᕈᓱᒍᓐᓀᓂᖅ
• ᕿᐊᖃᑦᑕᓂᖅ

• ᐃᓄᑑᑐᐃᓐᓇᕈᒪᓂᖅ, ᖃᐅᔨᒪᒐᓱᐊᕐᑌᓕᓂᖅ
• ᑐᑭᑖᕋᓱᐊᑦᓯᐊᖃᔭᕈᓐᓀᓂᖅ
• ᐃᒥᐊᓗᓐᓂᓴᐅᖃᑦᑕᓕᕐᓂᖅ, ᐋᖓᔮᓐᓇᑐᓗᐊᕐᓂᓴᐅᖃᑦᑕᓂᕐᓗ
ᐄᕐᖃᒐᕐᑐᓗᐊᕐᓂᓴᐅᖃᑦᑕᓂᕐᓗ

ᐊᑑᑎᓕᕐᑐᒥᒃ ᐱᑦᓯᐊᕆᐊᕈᑎᖃᕐᓯᒪᓂᖅ ᑕᒪᒃᑯᐊᓕᒫᑦ ᒪᓗᓐᓇᐅᑏᑦ ᑕᖃᒪᓗᐊᕐᓂᖅ, ᐃᓱᒫᓗᒋᔭᖃᕐᓂᖅ ᑭᑦᓴᓂᕐᓗ ᐊᑑᑎᔭᐅᓲᑦ ᓯᓚᕐᔪᐊᓕᒫᒥ ᖃᓂᒪᖃᓕᑐᐊᕐᒪᑦ. ᐃᓄᐃᑦ ᐃᓚᖏᑦ ᐃᑲᔪᕐᑎᓴᖃᓲᑦ ᐃᓱᒪᒥᒍᓪᓗ ᓲᖑᔪᑦᓯᐊᒍᑦᓱᑎᒃ ᐊᑑᑎᔭᐅᓕᕐᑐᒥᒃ ᐊᑑᑎᒍᓐᓇᓯᐊᕐᓱᑎᒃ. ᐱᔭᕆᐊᑐᔪᓂᒃ ᐊᑑᑎᒍᑎᒋᓲᑎᑦ ᐱᐅᓯᕆᖃᑦᑕᕆᐊᖃᕐᐸᑎᑦ. ᑕᑲᒃᑯᐊᑕᒐ ᐅᓪᓗᑕᒫᑦ ᐃᓅᓯᒃᑯᑦ ᐃᑲᔪᕐᑕᐅᒍᑎᒋᒍᓐᓇᑕᑎᑦ.

ᑐᓴᐅᒪᒐᓱᐊᑦᓯᐊᓗᑎᑦ:
ᑐᓴᐅᒪᑦᓯᐊᖏᓐᓂᖅ ᑐᑭᐊᒎᖕᖏᑐᓂᓪᓘᓃᑦ ᑐᑭᓯᒪᖃᑦᑕᓂᖅ ᓱᕐᕃᓯᒪᒍᓐᓇᒪᑦ ᖃᓄᐃᓕᖓᒋᐊᕈᑎᑦᓴᓂᒃ.

ᑐᑭᐊᒎᑦᓯᐊᑐᓂᒃ ᑐᓴᕆᐊᕐᕕᖃᖃᑦᑕᓗᑎᑦ, ᐆᑦᑐᕋᐅᑎᒐ Coronavirus (COVID-19) -ᓚᔭᐅᔪᒥᒃ ᑐᓴᕆᐊᕐᕕᓴᖁᑎᖏᑦ ᑯᐯᒻᒥᐅᑦ ᐅᕗᖓ Québec.ca, ᖃᕆᑕᐅᔭᒃᑯᑦ ᑐᓴᕋᑦᓴᖃᕐᕕᖓ ᑯᐯᒻᒥᐅᑦ ᑲᕙᒪᖓᑕ.: https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/
• ᑲᖐᒋᔭᖃᑦᓯᐊᓗᑎᑦ ᐅᖄᔭᐅᓗᐊᕐᓂᖓᓂᒃ ᑕᒪᑐᒪ ᑐᓴᕋᑦᓴᓂᐊᕐᑕᐅᓂᖓᓂᒃ ᖃᐅᔨᒻᒫᕆᔭᐅᓗᐊᕋᑎᒃ ᑐᓴᕋᑦᓴᓕᕆᔪᓄᑦ. ᓱᕐᖁᐃᓯᒋᐊᑦᓯᐊᖃᑦᑕᓗᑎᑦ ᑐᓴᕋᑦᓭᑦ ᓱᓕᑦᓯᐊᒪᖔᑕ ᐃᓕᑕᕆᔭᐅᑦᓯᐊᑐᓄᑦ ᑐᕋᑦᓴᓂᐊᕐᑎᓄᑦ.

• ᑐᓴᐅᒪᑦᓯᐊᕆᐊᖃᕐᓂᖅ ᐱᒻᒪᕆᐅᒐᓗᐊᕐᑎᓗᒍ, COVID-19-ᓚᔭᐅᔪᖅ ᐱᓪᓗᒍ ᑐᓴᐅᒪᒐᓱᐊᑦᓯᐊᖃᑦᑕᕆᑦ ᑭᖑᓂᕆᒍᓐᓇᑕᖓᓂᓪᓗ ᑐᓴᐅᒪᒐᓱᐊᑦᓯᐊᓗᑎᑦ ᑌᒪᖕᖓᓕᒫᕌᓗᖕᖏᑑᒐᓗᐊᖅ. ᑐᓴᐅᒪᓗᐊᕐᓂᒧᑦ ᑕᖃᒪᓗᐊᓯᔪᖃᕈᓐᓇᒥᒻᒪᑦ, ᐃᓱᒫᓗᒋᔭᖃᓗᐊᓯᓗᓂᓗ ᑭᑦᓴᕈᑎᖃᓗᐊᓯᔪᖃᕐᓗᓂᓗ.

ᐃᒻᒥᓂᒃ ᑲᒪᒋᑦᓯᐊᓗᑎᑦ:
ᐃᑉᐱᒍᓱᑦᓯᐊᓗᑎᑦ ᖃᓄᖅ ᐃᑉᐱᓂᐊᓕᕐᒪᖔᕐᐱᑦ ᖃᓄᕐᓗ ᐱᐅᓯᖃᖃᑦᑕᒪᖔᕐᐱᑦ ᐅᖄᒍᑎᒋᑦᓯᐊᖃᑦᑕᓗᒋᑦ ᐊᓯᓐᓄᑦ ᑕᑎᒋᔭᕐᓄᑦ. ᐊᓪᓚᖃᑦᑕᓗᒋᑦ ᐃᑉᐱᓂᐊᕈᑎᒋᔭᑎᑦ ᐊᓯᐊᒍᓪᓘᓃᑦ ᓄᐃᑦᓯᐊᖃᑦᑕᓗᒋᑦ ᐃᙯᓕᓴᖃᑦᑕᓂᒃᑯᓘᓐᓃᑦ;
• ᐃᙯᓕᓴᖃᑦᑕᓗᑎᑦ ᑕᖃᒪᓗᐊᓕᕈᕕᑦ

ᓄᓪᓚᔫᒥᒍᑎᒋᒐᓱᐊᕐᓗᒍ;
• ᓂᕿᑦᓯᐊᑐᖃᑦᑕᓗᑎᑦ ᓯᓂᑦᓯᐊᖃᑦᑕᓗᑎᓪᓗ;
• ᑕᖃᒪᓗᐊᕐᓇᑐᓕᕆᑦᑌᓕᓗᑎᑦ;
• ᑐᓴᕐᓂᔮᕈᑎᓂᒃ ᓈᓚᖃᑦᑕᓗᑎᑦ, ᓂᕈᒥᑦᑐᒧᑦ ᐃᓘᓐᓇᓂᐊᖃᑦᑕᓗᑎᑦ, ᐊᑐᐊᕐᓯᖑᐊᖃᑦᑕᓗᑎᑦ, ᐊᓯᖏᓐᓂᓗ;
• ᖃᐅᔨᒋᐊᕐᕕᖃᖃᑦᑕᓗᑎᑦ ᐊᓕᐊᒋᔭᕐᓃᕕᑦ;
• ᐳᐃᒍᕐᑌᓕᓗᑎᑦ ᐱᔭᕆᐊᑐᔪᒃᑰᓱᑎᑦ ᐊᓂᒎᑎᒍᑎᒋᓲᕆᓯᒪᔭᕐᓂᒃ;
• ᓲᖑᓂᑎᑦ ᐃᓱᒪᒋᑦᓯᐊᓗᒋᑦ;
• ᐊᖕᖔᓕᒫᑐᐃᓐᓇᑌᓕᓗᑎᑦ, ᑎᓕᔭᐅᒍᕕᑦ ᓱᓕᓪᓗᐊᖏᑦᑐᒥᒃ ᐱᓇᓱᐊᕈᒪᖕᖏᑕᕐᓂᓘᓐᓃᑦ;
• ᐊᓯᓐᓂᒃ ᑎᓕᔨᒋᐅᕐᓴᖃᑦᑕᓗᑎᑦ ᐃᑲᔪᕐᑕᐅᓯᐊᖃᑦᑕᓗᑎᓪᓗ (ᕿᑐᕐᖓᑎᑦ ᖃᓪᓗᑎᓐᓂᐊᖃᑦᑕᖁᓗᒋᑦ).

ᖃᖓᐅᓕᕐᐸᑦ ᐃᑲᔪᕐᑎᓴᕐᓯᐅᑐᑦᓴᐅᕗᖓ? ᐃᓘᓐᓈᒍᑦ ᐅᖄᑦᓱᒍ, ᑕᖃᒪᓗᐊᕈᑎᒋᔦᑦ, ᐃᓱᒫᓗᒋᔦᑦ ᑭᑦᓴᕈᑎᒋᔦᓪᓗ ᐊᓂᒎᑎᒍᓐᓇᓯᐊᕐᑐᑦ. ᒐᓗᐊᕐᑎᓗᒍ,
ᐃᓱᕐᕆᑐᐃᓐᓇᓕᒫᕐᖃᔭᕐᓇᓲᒍᖕᖏᑐᖅ ᐱᓇᓱᐊᕈᓯᕐᓂ ᐊᒥᓱᓂ ᑕᕐᕿᓂ ᐊᒥᓱᓂ, ᐃᓛᓐᓂᓘᓐᓃᑦ ᓱᒐᓗᓕᐅᒥᑐᐃᓐᓇᓲᒍᒻᒥᓱᓂ. ᑕᑲᒃᑯᐊᑕᒐ ᖃᐅᔨᒪᒍᑎᐅᒍᓐᓇᓲᑦ ᖃᓄᐃᑉᐸᓕᐊᓯᑐᐊᕈᕕᑦ. ᐅᓪᓗᑕᒫᑦ ᐃᓱᒫᓘᑎᒋᔭᕐᓂᒃ ᐊᐅᓚᑦᓯᒍᓐᓇᖏᕐᐸᓕᐊᓯᑐᐊᕈᕕᑦ. ᐃᑲᔪᕐᑎᓴᕐᓯᐅᕆᐊᖃᓕᕋᔭᕐᑐᑎᑦ:

ᑎᒥᒃᑯᑦ ᖃᐅᔨᒪᐅᑎᐅᓲᑦ:
• ᐃᐱᑐᐃᓐᓇᕆᐊᓕᐅᔮᕐᓂᖅ, ᐆᒻᒪᑎᑉᐱᑦ ᑎᓪᓕᑖᕐᓂᖓᑕ ᓱᑲᓗᐊᓯᓂᖓ ᐃᑦᔭᖑᓕᖃᑦᑕᓂᖅ, ᒥᕆᐊᖕᖑᓱᓕᖃᑦᑕᓂᖅ
• ᓯᓂᑦᓯᐊᕈᓐᓇᖏᕐᓯᒪᓂᖅ
• ᓂᕆᒍᒣᕐᓯᒪᓂᕐᒧᑦ, ᐅᕿᓕᕙᓪᓕᐊᓯᑦᓱᓂ
• ᓄᑭᖃᑦᓯᐊᕈᓐᓀᓂᖅ ᑕᖃᒪᓗᐊᕐᓂᓗ

ᐃᓱᒪᒃᑯᑦ ᐃᑉᐱᓂᐊᕆᔭᒃᑯᓗ ᖃᐅᔨᒪᐅᑎᐅᓲᑦ:
• ᐃᓱᒫᓗᒋᔭᖃᕐᓂᖅ ᓯᕘᕋᓗᐊᕐᓂᓗ
• ᐅᐃᒪᔮᓯᖃᑦᑕᓂᖅ ᑐᓵᔪᖃᓕᕋᒥ ᖁᐱᕐᕈᖅ ᐁᑦᑐᑑᑕᐅᓲᖅ ᐅᖄᔭᐅᑎᓪᓗᒍ
• ᐃᓱᒪᑦᓴᓯᐊᒍᖕᖏᑐᓂᒃ ᐃᓱᒪᑖᖃᑦᑕᓂᖅ
• ᐊᓕᐊᖕᖑᐊᕈᓐᓀᓂᖅ ᑲᒪᒍᒣᕐᓯᒪᓂᕐᓗ ᐊᓕᐊᒋᑦᓱᒋᑦ ᓱᓇᓱᐊᕐᑕᕆᓲᕆᔭᕐᓂᒃ

ᐱᐅᓯᒃᑯᑦ ᖃᐅᔨᒪᐅᑎᐅᓲᑦ:
• ᐅᓪᓗᑕᒫᕐᓯᐅᑎᒋᔭᕐᓂᒃ ᑲᔪᓯᕐᖃᔭᑦᓯᐊᕈᓐᓀᓯᒪᓂᖅ
• ᐃᓄᓐᓃᒍᒣᕐᓯᒪᓂᖅ ᐃᓪᓗᒥᐅᖃᑎᒋᖕᖏᑕᕆᔭᕐᓂᒃ
ᐁᑦᑐᑕᐅᑦᔭᖒᕐᓂᒧᑦ
• ᐃᑉᐱᒋᔭᖃᓕᒫᖏᓐᓇᓂᖅ coronavirus-ᓚᔭᐅᔫᑉ
ᒪᓗᓐᓇᐅᑎᖏᓐᓂᒃ ᒪᓗᓐᓇᐅᑎᖃᕐᑐᖃᓕᕐᒪᖔᕐᒥ
• ᕿᕐᕋᓕᑦᓯᐊᖃᑦᑕᓂᖅ, ᕿᐊᓯᑦᓴᐅᑎᒋᖃᑦᑕᓂᖅ
• ᐃᓱᒪᑭᓕᑦᓴᐅᑎᒋᖃᑦᑕᓂᖅ ᐊᑦᑕᕈᓱᖕᖏᓂᕐᓴᐅᖃᑦᑕᓂᖅ,
ᐹᕐᓯᖓᐅᑎᖃᖃᑦᑕᓂᖅ ᐃᓪᓗᒥᐅᖃᑎᒋᔭᕐᓂᒃ
• ᐃᓱᒪᑦᓯᐊᖃᔭᕈᓐᓀᓂᖅ

• ᐃᒥᐊᓗᒻᒥᒃ, ᐋᖓᔮᓐᓇᑐᓂᓪᓗ ᐄᕐᖃᒐᕐᓂᓗ ᐊᑐᕐᓂᓗᖃᑦᑕᓂᖅ

ᐃᑲᔪᕐᑕᐅᕕᑦᓭᑦ ᐅᖄᓚᐅᑎᒃᑯᑦ: ᐊᐱᕐᓲᑎᑦᓴᖃᕐᑐᖃᕐᐸᑦ COVID-19 -ᓚᔭᐅᔪᖅ ᐱᓪᓗᒍ ᑭᐅᒍᓐᓇᑐᑦ:
• ᓄᓇᕕᒻᒥ ᐃᓗᓯᓕᕆᔩᑦ ᑐᓴᐅᒪᑎᑦᓯᕕᖓ ᐅᖄᕕᑦᓭᓗ: 1-833-301-0296
• ᓄᓇᕕᒻᒥ ᐃᓗᓯᓕᕆᔨᓂᑦ Facebook-ᑎᒍᑦ ᑐᑭᓯᒋᐊᕐᕕᓴᖅ:

https://www.facebook.com/NunavikHealthBoard/

ᐃᓗᓯᓕᕆᓂᕐᒥᒃ ᐃᓄᓕᕆᓂᕐᒥᓗ ᐱᒍᑦᔨᐅᑏᑦ:
819 ###-9090

24/7 ᐃᑲᔪᕐᑕᐅᕕᑦᓭᑦ ᐅᖄᓚᕕᐅᒍᓐᓇᑐᑦ:
• Kamatsiaqtut Help Line: 1-800-265-3333 (English/Inuktitut)
• First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310 (English/French)
• Kids Help Phone: 1-800-668-6868 www.kidshelpphone.ca (English/French)
• Centre de prévention du suicide: 1-866-APPELLE (277-3553)

ᖃᕆᑕᐅᔭᒃᑯᑦ ᐱᑐᑦᓯᒪᖃᑕᐅᕕᒃᑯᑦ:

• https://nrbhss.ca/in/coronavirus
• https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/