Directions to follow for home isolation – Version 2020-04-03

ᐊᓂᑦᑌᓕᔪᓄᑦ ᐊᓇᕐᕋᒥᓂ ᒪᓕᒐᑦᓭᑦ

ᐋᓐᓂᐊᓯᐅᕐᑎᒪᕆᐅᑉ ᒪᓕᑦᑕᐅᖁᔭᖏᑦ ᒪᓕᑦᓯᐊᖃᑦᑕᓗᒋᑦ. ᐊᑐᓂᑦ ᐊᑑᑎᔭᐅᔪᑦ ᐊᑦᔨᒌᖕᖏᒪᑕ ᐊᓯᑦᔨᕈᓐᓇᓱᑎᓪᓗ. ᐱᐅᓯᕆᓲᕐᓄᑦ ᐅᑎᕈᓐᓇᑐᑎᑦ ᐋᓐᓂᐊᓯᐅᕐᑎᒪᕆᓐᓄᑦ ᖁᔭᐅᓕᕈᕕᑦ ᑭᓯᐊᓂ.

ᓄᓇᕐᖃᑎᑎᑦ ᑌᒣᒻᒥᒪᑕ, ᖃᓂᑕᕇᑦᑌᓕᖃᑦᑕᕆᑦᓯ ᓴᓗᒪᖁᔨᒍᑏᓪᓗ ᐊᑑᑎᑦᓯᐊᓗᒋᑦ ᐊᓂᑦᑌᓕᒍᓐᓀᕋᓗᐊᕈᕕᑦ.

ᐊᓇᕐᕋᓯᒪᑐᐃᓐᓇᓗᑎᑦ
• ᐃᓕᓴᕆᐊᖃᑦᑕᕈᓐᓀᓗᑎᑦ, ᐱᓇᓱᒋᐊᕐᑐᖃᑦᑕᕈᓐᓀᓗᑎᑦ, ᐯᕆᑦᓯᕕᓕᐊᖃᑦᑕᕈᓐᓀᓗᑎᑦ
ᓇᐅᓕᒫᓄᓪᓘᓃᑦ ᓇᔪᕐᑕᐅᓲᓄᑦ ᐁᖃᑦᑕᕈᓐᓀᓗᑎᑦ.
• ᐳᓚᕋᖃᑦᑕᕈᓐᓀᓗᑎᑦ ᐳᓚᕋᕐᑕᐅᖃᑦᑕᕈᓐᓀᓗᑎᓪᓘᓃᑦ.
• ᓂᕿᓯᒍᑦᔭᐅᒋᐊᕐᑐᖃᑦᑕᓗᑎᑦ (ᓄᓇᓕᑦᓯᓂᓪᓘᓃᑦ ᓂᕿᓂᒃ ᓂᐅᕕᕐᕕᒥᑦ ᓂᕿᓯᐊᑎᑦ
ᐃᓕᑦᓯᓅᕐᑕᐅᖁᖃᑦᑕᓗᒋᑦ).
• ᐊᒥᓱᓂᒃ ᐅᓯᓲᓄᑦ ᐃᖏᕐᕋᐅᑎᓄᑦ ᐃᑭᖃᑦᑕᕈᓐᓀᓗᑎᑦ.
• ᐃᓪᓗᒥᐅᖃᑎᑎᑦ (ᑲᑎᒪᖃᑦᑕᓕᕇᕐᑕᑎᑦ) ᑲᒪᔨᑎᓪᓗ (ᑲᒪᔨᖃᕆᐊᖃᕐᓂᕈᕕᑦ)
ᐃᓕᑦᓯᓂᒥᐅᒍᒍᓐᓇᑐᑦ.
• ᖃᕆᐊᕐᒥ ᑕᕝᕙᓂᑦᓭᓈᓕᒫᕋᓱᐊᕐᓗᑎᑦ ᐅᒃᑯᐊᓯᒪᓗᑎᓪᓗ.
• ᑕᕝᕙᓂᑦᓭᓇᖅ ᖃᕆᐊᕐᒥ ᓂᕆᖃᑦᑕᓗᑎᑦ ᓯᓂᖃᑦᑕᓗᑎᓪᓗ.

• ᖁᕐᕕᑯᕕᓕᐊᕈᕕᑦ, ᖁᐱᕐᕈᐃᔭᑦᓯᐊᖃᑦᑕᓗᒍ ᐊᑐᕆᐊᑕᒫᑦ (ᐊᑦᑐᑕᕕᓂᓕᒫᑎᑦ ᖁᕐᕕᐅᑉ
ᑯᕕᒍᑎᖓ, ᐃᑦᓯᕙᐅᑕᖓ, ᑯᕕᕐᕕᖓ ᐊᒡᒐᓂᐊᕐᕕᐅᑉ, ᑯᕕᕐᕕᖏᓪᓗ ᐃᒪᐅᑉ (ᐆᓇᕐᑐᒥᒃ ᑯᕕᕐᕕᒃ ᓂᓪᓕᒪᔪᒥᓪᓗ ᑯᕕᕐᕕᒃ), ᐃᓘᓐᓇᓂᐊᕐᕕᒃ/ᓂᑯᕐᕋᓱᓂᓗ ᐃᓘᓐᓇᓂᐊᕐᕕᒃ ᐅᒃᑯᐊᓗ ᑎᒍᓕᖏᑦ). ᐃᖂᑎᑦᓴᔭᖃᕐᓗᑎᑦ ᐃᓕᒃᑰᑐᒥᒃ.
• ᖁᕐᕕᒃ ᑯᕕᑎᓯᒍᕕᐅᒃ ᒪᑐᓗᒍ.
• ᐃᓪᓗᒥᐅᖃᑎᑉᐱᑦ ᓴᓂᐊᓅᕐᑌᓕᖃᑦᑕᓗᑎᑦ ᒍᓐᓇᕕᓕᒫᒃᑯᑦ. ᓴᓂᐊᓅᖃᑦᑕᕆᐊᖃᕈᕕᑦ
ᑮᓈᕐᓯᒪᖃᑦᑕᓗᑎᑦ ᐊᓯᑎᑦ ᓴᐳᒻᒥᓯᐊᕐᓂᐊᕋᕕᒃᑭᑦ. ᑮᓈᕐᒥᒃ ᐊᑐᐃᓐᓇᖃᖕᖏᑯᕕᑦ, ᖃᓂᑕᕆᑦᑌᓕᖃᑦᑕᓗᒋᑦ ᐊᓯᑎᑦ 2 ᒦᑕᓂᒃ ᐅᖓᓯᓐᓂᓕᒻᒥᒃ (ᓂᕆᕕᐅᑉ ᓵᑉ
ᑕᑭᓂᓪᓗᐊᖓ).
• ᐊᓇᕐᕃᑦ ᐊᓄᕆᔭᐅᑎᑫᓐᓇᖃᑦᑕᓗᒍ, ᓇᔪᕐᑕᐅᓲᒍᓂᕐᐹᑕᖏᑦ (ᐳᓛᕐᕕᒃ, ᐃᒐᓕᒃ,
ᖁᕐᕕᑯᕕᒃ), ᐃᒐᓛᑦ ᐊᒻᒪᑎᑫᓐᓇᓗᒋᑦ (ᓯᓚ ᖃᓄᐃᖕᖏᐸᑦ ᕿᐅᓐᓇᓗᐊᖕᖏᐸᓪᓗ).

ᓂᐅᕐᖃᕇᒃᑯᑎᓯᒪᖃᑦᑕᓗᑎᑦ
• ᐊᓂᑦᑌᓕᔪᑦ ᐃᓚᖏᑦ ᓂᐅᕐᖃᕇᒃᑯᑎᓯᒪᒋᐊᖃᖃᑦᑕᖏᑦᑐᑦ. ᓂᐅᕐᖃᕇᒃᑯᑎᓯᒪᖁᔭᐅᒍᕕᑦ,
ᐋᓐᓂᐊᓯᐅᕐᑎᑐᐃᓐᓇᒧᑦ ᐁᑦᑐᑕᐅᒐᔭᕐᑐᑎᑦ.
o ᓂᐅᕐᖃᕇᒃᑯᑎᓯᒪᖁᔭᐅᑐᐃᓐᓇᕆᐊᖃᕐᑐᑎᑦ ᐃᓪᓗᐊᕈᓯᕐᒦᖃᑎᖃᓕᕈᕕᑦ (ᖃᕆᐊᕐᒦᖃᑎᖃᓕᕈᕕᑦ). ᓂᐅᕐᖃᕇᒃᑯᑎᓯᒪᒍᓐᓇᖏᒃᑯᕕᑦ, ᐃᓪᓗᐊᕈᓯᕐᒦᖃᑎᑎᑦ ᐊᑐᕆᐊᓖᑦ.
o ᓂᐅᕐᖃᕇᒃᑯᑎᓯᒪᖁᔭᐅᑐᐃᓐᓇᕆᐊᖃᕐᑐᑎᑦ ᐋᓐᓂᐊᕕᓕᐊᕆᐊᖃᓯᒍᕕᑦ.

Directions to follow for home isolation – Version 2020-04-03

ᑕᒪᐅᖓᑐᐃᓐᓇᖅ ᖁᐃᕐᑐᖃᑦᑕᕈᓐᓀᓗᑎᑦ/ᑕᒋᐅᑦᓴᖃᑦᑕᕈᓐᓀᓗᑎᑦ
• ᑲᒃᑭᐅᑎᑦᓴᔭᒧᑦ ᐊᓯᐊᓄᓪᓘᓃᑦ ᐃᒋᑕᐅᑦᓴᐅᑎᒋᒍᓐᓇᑐᒧᑦ ᑕᒋᐅᑦᓴᕕᖃᖃᑦᑕᓗᑎᑦ,
ᖁᐃᕐᑐᕕᖃᖃᑦᑕᓗᑎᑦ ᑲᒃᑭᖃᑦᑕᓗᑎᓪᓗ.
• ᓴᓂᒃᑯᕕᒻᒨᓴᐅᑎᒋᓗᒍ ᐊᒡᒐᓂᐊᑦᓴᐅᑎᒋᓗᑎᓪᓗ.
• ᑲᒃᑭᐅᑎᑦᓴᔭᖃᖕᖏᑯᕕᑦ ᐊᓯᐊᓂᓪᓘᓃᑦ ᑲᒃᑭᒍᑎᐅᒍᓐᓇᒥᔪᒥᒃ ᐊᑐᐃᓐᓇᖃᖕᖏᑯᕕᑦ,
ᖁᐃᕐᑐᖃᑦᑕᓗᑎᑦ ᑕᒋᐅᑦᓴᖃᑦᑕᓗᑎᓪᓘᓃᑦ ᐃᑯᓯᑉᐱᑦ ᓇᓛᓄᑦ.

ᐊᒡᒐᓂᐊᑦᓴᐅᑎᒋᖃᑦᑕᓗᑎᑦ
• ᐊᒡᒐᓂᐊᖃᑦᑕᓗᑎᑦ ᐃᒪᕐᒧᑦ ᐅᕝᕙᑎᓪᓗᑎᑦ, 20 seconds.
• ᐊᓪᓚᕈᑎᑦᓴᔭᒧᑦ ᐊᓪᓚᑎᖃᑦᑕᓗᑎᑦ ᐊᑕᐅᓯᕕᓪᓗᒍ ᐊᓪᓚᕈᑎᒋᕆᖃᑦᑕᓗᒍ ᑖᓐᓇᓭᓐᓇᖅ
ᓇᒻᒥᓂᕐᓘᓃᑦ ᐊᓪᓚᕈᑎᖃᕐᓗᑎᑦ ᐊᒡᒐᑯᑦ ᐊᓪᓚᕈᑎᒋᖃᑦᑕᓂᐊᕐᑕᓂᒃ.
• ᐊᑐᐃᓐᓇᖃᖕᖏᑯᕕᑦ ᐅᕝᕙᐅᑎᒥᒃ ᐃᒪᕐᒥᓘᓐᓃᑦ, ᐊᒡᒐᓂᐊᕈᑎᒧᑦ ᖁᐱᕐᕈᐃᔦᒍᑎᓕᒻᒧᑦ
ᐊᒡᒐᓂᐊᖃᑦᑕᓗᑎᑦ 70%-ᒥᒃ ᖁᐱᕐᕈᐃᔦᒍᑎᑕᓕᒻᒧᑦ.

• ᐊᒡᒐᓂᐊᖃᑦᑕᓗᑎᑦ ᓂᕆᓯᒍᕕᑦ ᓂᕆᒌᕈᕕᓪᓗ, ᖁᕐᕕᑐᓯᒍᕕᓪᓗ ᖁᕐᕕᑐᕇᕈᕕᓪᓗ,
ᐊᒡᒐᑎᓪᓗ ᐃᐱᕈᕐᐸᑕ ᑕᒫᑦ.
• ᐆᒪᔪᖁᑎᖃᕈᕕᑦ, ᐊᒡᒐᓂᐊᑦᓴᐅᑎᒋᖃᑦᑕᓗᑎᑦ ᐊᑦᑐᑕᕕᓂᕆᒍᕕᐅᒃ ᑕᒫᑦ.

ᐱᐅᓕᓐᓂᐊᒐᑎᑦ ᐊᑐᕐᑕᐅᑎᖃᑦᑕᕈᓐᓀᓗᒋᑦ ᐊᓯᓐᓄᑦ
• ᓂᕆᒍᑎᑎᑦ, ᖃᓗᕋᐅᑏᑦ, ᓴᕖᑦ, ᐊᔭᑦᓴᐅᑏᑦ, ᐃᒥᕈᑎᐊᐲᑦ, ᖃᓪᓗᑏᑦ, ᐊᓪᓚᕈᑏᑦ,
ᐊᐅᒻᒥᑏᑦ, ᐊᓐᓄᕌᑦ ᐊᓯᖏᓪᓘᓃᑦ ᐊᑐᕐᑕᐅᑎᖃᑦᑕᕈᓐᓀᓗᒋᑦ ᐊᓯᓐᓄᑦ.

ᐃᑉᐱᒋᑦᓯᐊᓗᒋᑦ ᒪᓗᓐᓇᐅᑎᑎᑦ ᐅᓪᓗᑕᒫᓪᓗ ᐆᓇᓕᕐᒪᖔᕐᐱᑦ

ᖃᐅᔨᓴᖃᑦᑕᓗᑎᑦ ᐅᓈᓕᕐᒪᖔᕐᐱᑦ ᖃᐅᔨᓴᐅᑎᒥᒃ ᐊᑐᖃᑦᑕᑐᑑᒋᐊᖃᕐᑐᑎᑦ, ᖁᐱᕐᕈᐃᔭᕐᓯᒪᒋᐊᖃᕐᓱᓂᓘᓐᓃᑦ

ᐊᓯᑉᐱᑦ ᐊᑐᓚᖓᑐᐊᕐᐸᐅᒃ.

• ᐅᓪᓗᑕᒫᑦ ᐆᓇᓕᕐᒪᖔᕐᐱᑦ ᖃᐅᔨᓴᖃᑦᑕᓗᑎᑦ, ᑕᕝᕙᓂᑦᓭᓇᖅ ᐃᑲᐅᕐᓂᒥ ᐅᓪᓗᑕᒫᑦ,
ᐊᓪᓚᖃᑦᑕᓗᒍᓗ ᖃᑦᓯᒦᒻᒪᖔᑦ ᐆᓇᕐᓃᑦ.
• ᐆᓇᕇᒃᑯᑎᑐᖃᑦᑕᕈᕕᑦ acetaminophen (“Tylenol”)-ᓚᔭᐅᔪᒥᒃ, ᐃᑲᐅᕐᓃᑦ 4 ᓈᑉᐸᑕ
ᐆᓇᕐᓃᑦ ᖃᐅᔨᓴᖃᑦᑕᓗᒍ.

Directions to follow for home isolation – Version 2020-04-03

ᑕᑲᒃᑯᓂᖓ ᒪᓗᓐᓇᐅᑎᖃᕈᕕᑦ, ᐱᓕᐅᒥᑐᐊᕈᕕᓪᓘᓃᑦ, ᐋᓐᓂᐊᓯᐅᕐᑎᒧᑦ ᐅᖄᓚᖁᔭᐅᔪᑎᑦ ᐅᕗᖓ 1-888-662-7482:
• ᐆᓇᕈᕕᑦ ᐅᖓᑖᓅᕐᑐᒥᒃ (38 o

C ᐅᕝᕙᓘᓐᓃᑦ 100.4 o

F);
• ᖁᐃᕐᑐᖃᑦᑕᕈᕕᑦ;
• ᐃᐱᓂᐊᕈᕕᑦ, ᐊᓂᕐᑎᕆᑦᓯᐊᕈᓐᓀᕈᕕᑦ, ᓴᕝᕕᓕᕆᒍᕕᓪᓘᓃᑦ;
• ᓀᕐᖃᔦᕐᓯᒪᒍᕕᑦ ᐅᖁᒻᒥᑌᓪᓘᓃᑦ ᑎᐸᖃᕈᓐᓀᐸᑦ
• ᐊᓇᑭᑕᕈᕕᑦ (ᐃᑎᑦᑕᕈᕕᑦ) ᒥᕆᐊᑎᒋᒍᕕᓪᓘᓃᑦ;
• ᑕᖃᒪᓗᐊᓕᕈᕕᑦ ᐱᐅᓯᕆᓲᕆᖕᖏᑕᕐᓂᒃ.

ᐋᓐᓂᐊᓯᐅᕐᑎᑐᐃᓐᓇᖅ ᐅᖃᐅᑎᑦᓯᐊᓗᒍ ᐊᓇᕐᕋᓂᑦ ᐊᓂᑦᑌᓕᒋᐊᕐᓂᒃ.
ᐅᖄᓚᕕᖃᖄᓗᑎᑦ ᐋᓐᓂᐊᓯᐅᕐᑎᑐᐃᓐᓇᒥᒃ (1-888-662-7482) ᐋᓐᓂᐊᕕᐊᐱᓕᐊᓚᐅᕐᓇᒃ. ᐃᑎᑐᐃᓐᓇᕈᓐᓇᖏᑦᑐᑎᑦ ᐋᓐᓂᐊᕕᐊᐱᒻᒧᑦ ᐅᖄᓚᕐᖄᕆᐊᖃᕐᑐᑎᑦ.

ᐃᓄᓕᕆᔩᑦ ᐱᓇᓱᐊᖃᑕᐅᔪᑦ ᖃᓂᒪᓇᖅ ᐁᑦᑐᑑᑕᐅᓲᖅ COVID-

ᓚᔭᐅᔪᖅ ᐱᓪᓗᒍ ᐱᓇᓱᐊᕐᑐᓄᑦ ᓄᓇᓕᑦᓯᓂ ᐃᓄᓕᕆᔩᑦ ᐃᓕᑦᓯᓂᒃ ᐃᑲᔪᕆᐊᕐᑐᓯᒪᕗᑦ, ᐃᑲᔪᕐᑕᐅᒍᒪᓐᓂᕈᕕᑦ ᐊᓂᑦᑌᓕᒋᐊᖃᕐᓃᑦ

ᐱᓪᓗᒍ. ᐃᑲᔪᕐᑎᒋᒍᒪᒍᓐᓇᑕᑎᑦ, ᖃᐅᔨᒋᐊᕐᕕᖃᑐᐃᓐᓇᕆᐊᖃᕐᓱᑎᓪᓗ ᐃᓕᓐᓂᒃ ᑭᖕᖒᒪᑦᓯᒪᖔᕐᐱᑦ ᐃᓪᓗᐃᑦ ᐱᓪᓗᒍ, ᓂᕿᖃᑦᓯᐊᒪᖔᕐᐱᑦ, ᑲᒪᒋᔭᐅᑦᓯᐊᒪᖔᑕ ᕿᑐᕐᖓᐅᔪᑦ ᐃᓄᒻᒪᕇᓪᓘᓃᑦ, ᐊᓯᖏᓪᓗ.

ᐃᓱᒫᓗᖃᑦᑕᓂᖅ
• ᐱᐅᓯᑐᐃᓐᓇᐅᓲᖅ ᐊᕐᓱᕈᓐᓇᑐᒃᑰᑐᖃᓕᕋᒥ ᐱᔭᕆᐊᑐᑦᓴᑐᖃᓕᕋᒥᓘᓐᓃᑦ;
• ᓱᕐᕋᑕᐅᓂᐅᓲᖅ ᐊᕐᓱᕈᓐᓇᑐᒃᑰᕈᑕᐅᔪᒧᑦ;
• ᐱᒋᐊᕐᓂᖃᕐᓱᓂ ᐃᓱᓕᓂᖃᕐᓱᓂᓗ, ᐊᓯᖏᓪᓗ.

ᑕᖃᒪᓗᐊᓕᑐᐊᕈᕕᑦ ᐃᓱᒫᓘᑎᖃᕈᕕᓪᓘᓃᑦ ᐅᖄᕕᖃᕈᒪᑐᐃᓐᓇᕈᕕᓪᓘᓃᑦ, ᖃᐅᔨᒋᐊᕐᕕᖃᕈᓐᓇᐳᑎᑦ ᖃᓂᒪᓇᖅ ᐁᑦᑐᑑᑕᐅᓲᖅ COVID-ᓚᔭᐅᔪᖅ ᐱᓪᓗᒍ ᐅᖄᓚᕕᑦᓴᒧᑦ, ᐊᓪᓕᕇᕐᑐᓂᑦ ᓂᕿᑦᓯᑐᓄᑦ - 1-833-301-0296 (ᖃᓪᓗᓈᑎᑐᑦ, ᐅᐃᒍᐃᑎᑐᑦ ᐃᓄᒃᑎᑐᓪᓗ).

Directions to follow for home isolation – Version 2020-04-03

ᑐᑭᓯᒪᔭᐅᒋᐊᓖᑦ ᐃᓕᑦᓯᓃᑦᑐᓄᑦ

ᓇᓪᓕᒋᔭᑎᑦ ᐃᑲᔪᕆᐊᖃᕐᓂᐸᑕ ᐅᓪᓗᑕᒫᕐᓯᐅᑎᒋᓲᕐᓂᒃ (ᓂᕆᒋᐊᖃᓕᕈᕕᑦ, ᖁᕝᕕᑐᕆᐊᖃᓕᕈᕕᑦ, ᓂᒪᕆᐊᖃᓕᕈᕕᑦ, ᐊᓯᖏᓪᓗ) ᑖᑦᓱᒥᖓᑦᓭᓇᖅ ᐃᑲᔪᕐᑎᖃᖃᑦᑕᓗᑎᑦ, ᖃᓂᒪᓂᓕᒫᕐᓂ. ᖃᓄᐃᖕᖏᑐᑦᓯᐊᒍᒋᐊᓕᒃ ᐃᑲᔪᕐᑏᑦ ᐊᑯᓃᕐᑐᒥᒃ ᖃᓂᒪᓂᖃᕈᓐᓀᓗᓂ ᒪᑯᓂᖓ (ᐊᐅᒻᒥᒍᑦ ᒪᒪᕐᓴᐅᑎᖃᓗᐊᕐᓂᖅ/ ᐱᑕᑦᓴᖃᓗᐊᕐᓂᖅ, ᐊᐅᖓᑕ ᐃᖏᕐᕋᓂᖓᑕ ᓱᑲᓗᐊᕐᓂᖓ, ᐃᐱᓂᐊᓕᕐᑕᓂᖅ, ᐊᓯᖏᓪᓗ) ᐳᕙᓪᓗᓂᖃᕐᓂᒧᑦ ᓯᓂᓐᓂᕋᕐᑕᐅᔪᒥᒃ ᒪᒥᓴᕐᑕᐅᒍᑎᖃᕐᓂᖅ ᐳᕙᓪᓗᓂᖃᕐᓂᖅ ᑲᒡᒍᑎᖃᕐᓂᒧᓪᓘᓃᑦ ᒪᒥᓴᕐᑕᐅᒍᑎᖃᕐᓂᖅ, ᐊᒥᓱᓂᓪᓘᓃᑦ ᐋᓐᓂᐊᓯᐅᑎᑑᒪᒋᐊᖃᕐᓂᖅ.

ᑕᕝᕙᓂᑦᓭᓇᖅ ᖃᕆᐊᕐᒦᖃᑎᒋᒍᕕᐅᒃ, ᓂᐅᕐᖃᕆᒃᑯᑎᓯᒪᒋᐊᖃᕐᑐᑎᑦ.

ᐃᓕᓐᓂᒃ ᐃᑲᔪᕆᐊᓚᐅᕋᓂ, ᑖᓐᓇ ᐃᒣᒋᐊᓕᒃ:
• ᐊᒡᒐᓂᐊᕐᓗᓂ;
• ᓂᐅᕐᖃᕇᒃᑯᑎᓯᒪᓗᓂ;
• ᐊᒡᒐᔮᕐᓯᒪᓗᓂ ᐃᒋᑕᐅᓲᓂᒃ ᐊᑐᕇᑐᐊᕐᒪᑕ.
ᐃᓕᓐᓂᒃ ᑲᒪᓯᓚᐅᕋᓂ ᑲᒪᒌᕈᓂᓗ, ᑮᓇᕐᒥᓂᒃ ᐊᑦᑐᐃᒋᐊᖃᖕᖏᑐᖅ ᐊᒡᒐᒥᓄᑦ.

ᐃᓕᓐᓂᒃ ᑲᒪᒌᕈᓂ, ᐃᒣᒋᐊᓕᒃ:
• ᐊᒡᒐᔮᒥᓂᒃ ᐲᕐᓯᓗᓂ ᓴᓂᒃᑯᕕᒻᒨᓗᒋᓪᓗ ᒪᑐᖃᑦᓯᐊᑐᒧᑦ, ᑲᒃᑲᓛᓄᑦ
ᑎᒍᔭᐅᒍᓇᐅᑎᑦᑌᓕᑦᓯᐊᓗᒋᑦ;
• ᐊᒡᒐᓂᐊᑦᓯᐊᓗᓂ;
• ᑮᓈᕐᒥᓂᒃ ᐲᕐᓯᓗᓂ ᐃᒋᓪᓗᒍᓗ ᓴᓂᒃᑯᕕᒻᒧᑦ ᒪᑐᖃᑦᓯᐊᑐᒧᑦ, ᑲᒃᑲᓛᓄᑦ
ᑎᒍᔭᐅᒍᓇᐅᑎᑦᑌᓕᑦᓯᐊᓗᒋᑦ;
• ᐊᒡᒐᓂᐊᕆᐊᓪᓚᓗᓂ.

ᐅᕝᕙᑎᐅᖃᑦᑕᑑᑉ ᐃᓪᓗᔪᐊᒥᓪᓗ ᓴᓗᒻᒪᓭᔨᐅᖃᑦᑕᑑᑉ ᐃᑉᐱᒋᑦᓯᐊᕆᐊᓕᖏᑦ

ᐊᐅᒻᒥᑏᑦ, ᐊᓪᓚᕈᑏᑦ, ᐊᓐᓄᕌᓪᓗ ᐅᕝᕙᕋᑦᓭᑦ ᖃᐅᓯᕐᓂᖃᑐᐃᓐᓇᕆᐊᓖᑦ ᐊᓀᓐᓇᐅᑐᐃᓐᓇᕆᐊᖃᕐᓱᑎᓪᓘᓃᑦ ᐊᓂᑦᑌᓕᔫᑉ ᐊᑐᕐᑕᕕᓂᖏᑦ ᕿᓪᓕᑐᔭᒥᒃ ᐴᕐᑕᐅᖃᑦᑕᕆᐊᓖᑦ ᐊᓐᓄᕌᓂᒃ ᐃᐱᖃᐅᑎᒨᕐᓗᒋᓪᓘᓃᑦ. ᐃᓪᓗᒥᐅᖃᑎᒥᑕ ᐊᓐᓄᕌᖏᑦ ᐅᕝᕙᑕᐅᓕᕐᐸᑕ ᐅᕝᕙᑕᐅᖃᑕᐅᒍᓐᓇᑐᑦ; ᑭᓯᐊᓂ, ᐃᐱᒋᔭᐅᓯᐊᕆᐊᓖᑦ ᐃᒣᓘᕐᑕᐅᓗᑎᒃ:
• ᐆᓇᕐᑐᒧᑦ ᐅᕝᕙᖃᑦᑕᓗᒋᑦ;
• ᐃᒋᑕᐅᓲᓂᒃ ᐊᒡᒐᔮᕐᓯᒪᓗᑎᒃ (ᐅᕕᓂᒃᑯᑦ ᐊᑦᑐᐃᑌᓕᓗᑎᒃ/ᐊᓐᓄᕌᒥᓂᓪᓘᓃᑦ
ᐊᑦᑐᑕᐅᑎᑦᓯᑌᓕᓗᑎᒃ ᐅᕝᕙᕋᕐᓴᓄᑦ ᐊᓐᓄᕌᓄᑦ, ᐊᐅᒻᒥᑎᓄᑦ ᐊᓪᓚᕈᑎᓄᓪᓘᓃᑦ ᐊᑐᕐᑕᐅᓯᒪᔪᓄᑦ ᖃᓂᒪᔪᒧᑦ;)
• ᐅᕝᕙᕋᑦᓴᖃᐅᑎᒃ ᐊᓐᓄᕌᓪᓘᓃᑦ ᐃᐲᑦ ᐊᐅᓚᓪᓗᐊᑌᓕᖃᑦᑕᓗᒋᑦ.

Directions to follow for home isolation – Version 2020-04-03

ᓴᓂᑯᖏᑦ ᖃᓂᒪᓂᐊᖕᖒᕆᔭᐅᔫᑉ, ᓴᓂᒃᑯᕕᒻᒨᑕᐅᒍᓐᓇᑐᑦ ᐴᕐᓯᒪᑎᓪᓗᒋᑦ (ᒪᑐᖃᕆᐊᓕᐅᒐᓗᐊᖅ). ᑕᑕᑐᐊᕐᐸᑦ, ᓴᓂᒃᑯᕕᒃ ᕿᓚᑦᓯᐊᓗᒍ ᓴᓂᖃᐅᑎᒨᕐᓗᒍ.

• ᐊᒡᒐᓂᐊᖃᑦᑕᓗᑎᑦ ᐃᒪᕐᒧᑦ ᐅᕝᕙᑎᕐᓗᑎᓪᓗ ᑲᒪᔪᕕᓂᐅᒍᕕᑦ ᐊᓂᑦᑌᓕᒋᐊᓕᒻᒥᒃ,
ᐊᑦᑐᐃᓂᕈᕕᓪᓘᓃᑦ ᐊᑦᑐᑕᕕᓂᕆᑐᐃᓐᓇᕆᐊᓕᖏᓐᓂᒃ ᐊᓂᑦᑌᓕᔫᑉ (ᑕᓚᕖᓴᒥᒃ
ᐊᐅᓚᑦᓯᒍᑎ, ᐃᑯᒪᐅᑎᒨᕐᑐᑦ ᐃᓱᕐᕉᑏᑦ, ᐅᖄᓚᐅᑏᑦ, ᓵᕌᐲᑦ, ᓂᕆᒍᑏᑦ, ᐊᓯᖏᓪᓗ). ᐊᒡᒐᓂᐊᖃᑦᑕᓗᑎᑦ ᓂᕆᓚᐅᕐᓇᒃ ᓂᕆᒌᕈᕕᓪᓗ, ᖁᕐᕕᑐᓚᐅᕐᓇᒃ ᖁᕐᕕᑐᕇᕈᕕᓪᓗ,
ᐊᒡᒐᑎᓪᓗ ᐃᐱᕈᕆᐊᑕᒫᑦ. ᐊᑐᐃᓐᓇᖃᖕᖏᑯᕕᑦ ᐅᕝᕙᐅᑎᒥᒃ ᐃᒪᕐᒥᓘᓐᓃᑦ,
ᐊᒡᒐᓂᐊᕈᑎᒧᑦ ᖁᐱᕐᕈᐃᔦᒍᑎᓕᒻᒧᑦ ᐊᒡᒐᓂᐊᖃᑦᑕᓗᑎᑦ 70%-ᒥᒃ ᖁᐱᕐᕈᐃᔦᒍᑎᑕᓕᒻᒧᑦ.

ᓂᕆᒍᑎᕕᓂᖏᑦ ᐊᓂᑦᑌᓕᔫᑉ ᓴᓗᒻᒪᓴᕐᑕᐅᒍᓐᓇᑐᑦ ᐃᒪᕐᒧᑦ ᖃᓪᓗᑎᓐᓂᐊᕈᑎᓕᒻᒧᑦ (ᒪᕐᕋᓕᕆᐅᑎᑕᓕᒻᒧᑦ).

ᓴᓗᒻᒪᓭᖃᑦᑕᕆᐊᖃᕐᓂᖅ ᖁᐱᕐᕈᐃᒍᑎᓕᒻᒧᓗ

ᓴᓗᒻᒪᓭᖃᑦᑕᕆᐊᖃᕐᓂᖅ ᐅᓪᓗᒥ ᐊᑕᐅᓯᐊᕐᓗᓂᓘᓐᓃᑦ:

• ᖃᓂᒪᔪᒧᑦ ᐊᑦᑐᑕᐅᓗᑭᖃᑦᑕᑐᓂᒃ (ᒪᔪᕋᐅᑏᑦ ᑎᒍᒻᒥᕕᖏᑦ, ᐅᖄᓚᐅᑏᑦ, ᐃᑯᒪᐅᑎᒨᕐᑐᑦ
ᐃᓱᕐᕉᑏᑦ, ᐃᑯᒪᓂᒃ ᐃᑭᑦᓯᒍᑏᑦ, ᐅᒃᑯᐊᑦ ᑎᒍᓕᖏᑦ, ᓵᕌᐲᑦ, ᓯᓂᕝᕕᐅᑉ ᐊᕙᓗᖏᑦ ᐊᓯᖏᓪᓗ ᖃᕆᐊᕐᒥ ᐱᐅᓕᓐᓂᐊᒐᕐᓓᑦ);
• ᖁᕝᕕᑯᕕᒃ ᖁᕐᕕᓗ;
• ᒍᓐᓇᕈᓂ, ᖃᓂᒪᔪᖅ ᓴᓗᒻᒪᓭᖃᑦᑕᕆᐊᓕᒃ ᖁᐱᕐᕈᐃᔦᒍᑎᓕᒻᒧᓗ ᓴᓗᒻᒪᓭᖃᑦᑕᓗᓂ
ᓇᔪᕐᑕᓕᒫᒥᓂᒃ.

ᓴᓗᒻᒪᓭᒍᑎᑦᓴᖃᕐᑐᖃᖕᖏᑯᓂ, ᓴᓗᒻᒪᓭᒍᑎᐅᒍᓐᓇᑐᑦ:
ᖁᐱᕐᕈᐃᔦᓚᖓᒍᕕᑦ, ᐅᐊᕈᑦᓯᓗᒍ ᐃᒣᓕᖓᔪᒥᒃ 1 part bleach (5%) and 9 parts water. ᐃᒣᓕᖓᒍᓐᓇᒥᔪᖅ: 50 ml bleach 5% (1/4 cup) plus 450 ml water.

Directions to follow for home isolation – Version 2020-04-03

Covid-19-ᓚᔭᐅᔪᖅ ᐊᓂᑦᑌᓕᒋᐊᖃᕐᓂᓗ ᐊᓇᕐᕋᒥ

Covid-19-ᓚᔭᐅᔪᖅ ᓱᓇᐅᕙ ? Coronavirus -ᓚᔭᐅᔪᖅ ᐁᑦᑐᑑᑕᐅᓲᖅ ᖁᐱᕐᕈᖅ ᐊᓂᕐᑎᕆᕕᑎᒍᑦ ᐃᒻᒪᓇᕐᑐᖅ
ᓇᓗᓀᕐᑕᐅᓯᒪᑦᓱᓂ COVID-19 -ᓚᔭᐅᔪᒥᒃ ᓀᓪᓕᑎᕐᓯᒪᐅᑎᖓ (for COronaVIrusDisease 2019).

ᓱᓇᐅᕙᑦ ᒪᓗᓐᓇᐅᑎᖏᑦ ? ᒪᓗᓐᓇᐅᑎᐅᕙᓪᓗᓲᑦ ᐆᓇᕐᓂᖅ, ᖁᐃᕐᑐᖃᑦᑕᓂᖅ, ᐃᐱᓂᐊᖃᑦᑕᓂᕐᓗ ᓀᒪᕐᖃᔦᕐᓂᓗ

ᐅᖁᒻᒥᑕᒥᓪᓗ ᑎᐸᖃᔨᐊᖃᕈᓐᓀᓂᖅ. ᐊᓯᖏᓐᓂᒃ ᒪᓗᓐᓇᐅᑎᖃᕋᓗᐊᕐᒥᓱᓂ ᑕᖃᒪᓗᐊᕐᓂᖅ, ᓴᕝᕕᓕᕆᓂᖅ, ᒥᕆᐊᖕᖑᓱᓐᓂᖅ, ᒥᕆᐊᑎᒋᓂᖅ, ᓂᐊᖁᖕᖑᓂᖅ, ᓴᓐᓂᓂᖅ, ᐊᓇᑭᑕᕐᓂᖅ (ᐃᑎᑦᑕᓂᖅ).

ᖃᓄᖅ ᐃᕐᐸᓲᒍᕙ ? ᖁᐱᕐᕈᖅ ᐃᓄᒻᒥᑦ ᐃᓄᒻᒧᑦ ᐁᑦᑐᑑᑕᐅᓲᖅ ᖃᐅᓯᕐᓂᖓᒍᑦ ᖃᓂᐅᑉ ᐁᑦᑐᑕᐅᓯᒪᔪᖅ ᐅᖄᑦᓱᓂ

ᖃᓂᕐᒥᓂᑦ ᓯᕐᐸᖃᑦᑕᑐᐊᕐᒪᑦ ᓇᒧᑐᐃᓐᓇᖅ, ᖁᐃᕐᑐᖃᑦᑕᑐᐊᕐᒪᓘᓐᓃᑦ ᑕᒋᐅᑦᓴᖃᑦᑕᑐᐊᕐᒪᓘᓐᓃᑦ. ᖁᐱᕐᕈᖅ ᐁᑦᑐᑑᑕᐅᑐᐃᓐᓇᕆᐊᖃᕐᒥᔪᖅ ᐊᓇᕆᔭᐅᔪᒥᑦ.

ᓱᒧᑦ ᐊᓂᑦᑌᓕᔪᖃᕆᐊᖃᕐᐸ ᐊᓇᕐᕋᒥᑦ ? ᐃᕐᐸᖁᓇᒍ ᖃᓂᒪᓇᕐᑐᖅ ᐊᓯᒋᔭᕐᓄᑦ, ᐱᓗᐊᕐᑐᖅ ᐃᓄᒻᒪᕆᓐᓄᑦ ᐊᑯᓃᕐᑐᒥᓪᓗ ᐋᓐᓂᐊᓕᓐᓄᑦ. ᖃᖓ ᐊᓂᑦᑌᓕᒍᓐᓀᖃᑦᑕᓚᖓᕕᑕ ᐊᓇᕐᕋᒥᑦ ? ᐋᓐᓂᐊᓯᐅᕐᑎᒪᕆᒻᒧᑦ ᐊᓂᑦᑌᓕᖁᔭᐅᒍᓐᓀᕈᕕᑦ.
ᐊᐱᕐᓲᑎᑦᓴᖃᕆᐊᓪᓚᐲᑦ ᖃᓂᒪᓇᖅ ᐁᑦᑐᑑᑕᐅᓲᖅ COVID-19-

ᓚᔭᐅᔪᖅ ᐱᓪᓗᒍ ? ᐅᖄᓚᕕᑦᓴᖅ ᖃᓂᒪᓇᖅ ᐁᑦᑐᑑᑕᐅᓲᖅ COVID-19-ᓚᔭᐅᔪᖅ ᐱᓪᓗᒍ: 1-833-301-0296
ᐊᓪᓕᕇᕐᑐᓂᑦ ᓂᕿᑦᓯᑐᓄᑦ: 9:00-ᖑᒥᑦ ᐅᓪᓛᑯᑦ 5:00-ᖑᒧᑦ ᐅᓐᓄᓴᒃᑯᑦ
ᓄᓇᕕᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔩᑦ ᐱᓇᓱᑦᑎᖏᑦ ᑭᐅᒍᓐᓇᑐᑦ ᖃᓂᒪᓇᖅ ᐁᑦᑐᑑᑕᐅᓲᖅ COVID-19-ᓚᔭᐅᔪᖅ ᐱᓪᓗᒍ. ᑖᓐᓇ ᐅᖄᓚᕕᑦᓴᖅ ᓄᓇᕕᒻᒥᐅᓂᒃ ᑐᑭᓯᒪᑎᑦᓯᕕᑦᓴᐅᓱᓂ ᑭᐅᔭᐅᒍᓐᓇᓱᑎᓪᓗ ᐃᓘᓐᓈᓅᓕᖓᔪᓂᒃ ᐊᐱᕐᓲᑎᑦᓴᖃᕈᑎᒃ (ᐆᑦᑐᕋᐅᑎᒋᑦᓱᒋᑦ ᐃᓱᒫᓘᑎᖃᕐᑐᖃᕐᐸᑦ ᑕᖃᒪᓗᐊᕈᑎᖃᕐᑐᖃᕐᐸᓘᓐᓃᑦ ᖃᓂᒪᓇᖅ ᐁᑦᑐᑑᑕᐅᓲᖅ COVID-19-ᓚᔭᐅᔪᖅ ᐱᓪᓗᒍ.)

Directions to follow for home isolation – Version 2020-04-03

ᐃᑲᔪᕐᑕᐅᕕᑦᓴᐅᒥᔪᑦ

ᐁᑉᐸᕇᓐᓂᑯᑦ ᐱᓗᑲᐅᑎᓂᖅ

ᖃᐅᔨᒪᑦᓯᐊᕆᑦ ᓄᓇᕕᒻᒥᐅᑦ ᐃᑲᔪᕐᑕᐅᕕᑦᓴᖃᕐᒪᑕ ᑌᒪᖕᖓᑦ

ᓄᓇᕕᒻᒥ ᐊᕐᓀᑦ ᐃᑲᔪᕐᑕᐅᕕᖏᑦ ᐅᒃᑯᐃᖔᕐᑐᑦ, ᑲᑎᕕᒃ ᓄᓇᓕᓕᒫᓂ ᐳᓖᓯᒃᑯᑦ ᖃᐅᔨᑎᑕᐅᒍᓐᓇᑐᑦ ᐃᓄᓕᕆᔩᓪᓘᓃᑦ:
*ᐃᓂᑦᓯᐊᖅ (ᓴᓪᓗᓂ) * ᐊᔭᐱᕐᕕᒃ (ᐃᓄᒃᔪᐊᒥ) * ᑐᖕᖓᓱᕝᕕᒃ (ᑰᑦᔪᐊᒥ)* ᑲᑉᐱᐊᓇᕐᑐᒦᓪᓚᕆᒍᕕᑦ, ᖃᐅᔨᑎᓗᒋᑦ ᑲᑎᕕᒃ ᓄᓇᓕᓕᒫᓂ ᐳᓖᓯᒃᑯᑦ
24/7 ᐅᖄᓚᕕᑦᓴᖅ ᐁᑉᐸᕇᓂᒃ ᐱᓗᑲᐅᑎᔪᖃᕐᐸᑦ - 1 800 363-9010
24/7 ᐅᖄᓚᕕᑦᓴᖅ ᐃᑦᓯᒎᓐᓂᓗᑦᑕᐅᔪᖃᕐᓂᐸᑦ - 1-888 933-9007

ᐅᖄᓚᕕᐅᒍᒪᔪᓄᑦ:

ᐅᖄᓚᕕᐅᒍᒪᔪᓄᑦ ᑭᖑᓂᖓᒍᑦ ᖃᓄᐃᓕᕐᒪᖔᕐᒥᒃ ᖃᐅᔨᒋᐊᕐᕕᐅᓗᑎᒃ ᐅᖄᓚᕕᑦᓴᐅᕗᒍᑦ ! ᐃᑲᔪᕐᑕᐅᒍᒪᕕᒃ ᓄᓇᕕᒻᒥ Facebook Page: https://www.facebook.com/reachoutnunavik/

ᖃᐅᔨᒪᕕᑦ Réseau ᖃᔭᖅ ᐱᓇᓱᖃᑎᒌᑦᑐᓂᒃ ?

ᐃᑲᔪᓲᑦ ᐊᖑᑎᓂᒃ ᐱᓐᓀᓗᑕᓕᓐᓂᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᕆᓲᒍᑦᓱᑎᓪᓗ ᐊᓯᓃᒍᑎᑦᓴᓂᒃ. ᐊᑐᐃᓐᓇᐅᔪᑦ ᐊᕐᓱᕈᓐᓇᑐᒃᑰᑎᓪᓗᑕ ᖃᓂᒪᓇᖃᕐᓂᖓᓂ ᐁᑦᑐᑑᑕᐅᓲᒥᒃ COVID-19 -ᓚᔭᐅᔪᒥᒃ: ᐅᖄᓚᕕᑦᓭᑦ: 1-877-964-0770 (ᐅᖓᕙᒥ); 1-877-350-0254 (ᑕᓯᐅᔭᕐᔪᐊᒥ).
• ᖃᓂᒪᓇᖅ ᐁᑦᑐᑑᑕᐅᓲᖅ COVID-19 -ᓚᔭᐅᔪᖅ ᑕᖃᒪᓗᐊᕐᓇᓯᒍᓐᓇᑐᖅ ᐃᓱᒫᓗᓕᕐᓇᑑᑦᓱᓂᓗ. ᑎᒥᒃᑯᑦ ᐃᓱᒪᒃᑯᓗ ᑲᒪᒋᑦᓯᐊᖃᑦᑕᕆᐊᖃᕐᐳᑎᑦ ᐊᕐᓱᕈᓐᓇᑐᕐᑰᓂᑦᑎᓂ.

www.facebook.com/NunavikHealthBoard
nrbhss.ca/en/coronavirus