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ᐱᓇᓱᑦᑎᓯᔫᑉ ᐊᑎᖓ ᑕᕐᓴᖓᓗ

ᐱᐅᓯᕐᓲᑎᑦᓴᔦᑦ

ᐱᓇᓱᕝᕕᒧᑦ ᐅᑎᓕᕐᒥᔪᑦ ᓄᓇᕕᒻᒥ

ᐃᓪᓗᓕᐅᕐᑏᑦ (ᓄᕙᓐᓇᖅ-19)

ᐱᓇᓱᑦᑎᓯᔪᖅ ᓂᓪᓕᕈᓐᓇᑐᖅ ᑐᑭᓯᓇᐅᑎᒥᓂᒃ ᑕᒫᓂ ᐆᑦᑑᑎᒋᓗᒍ:

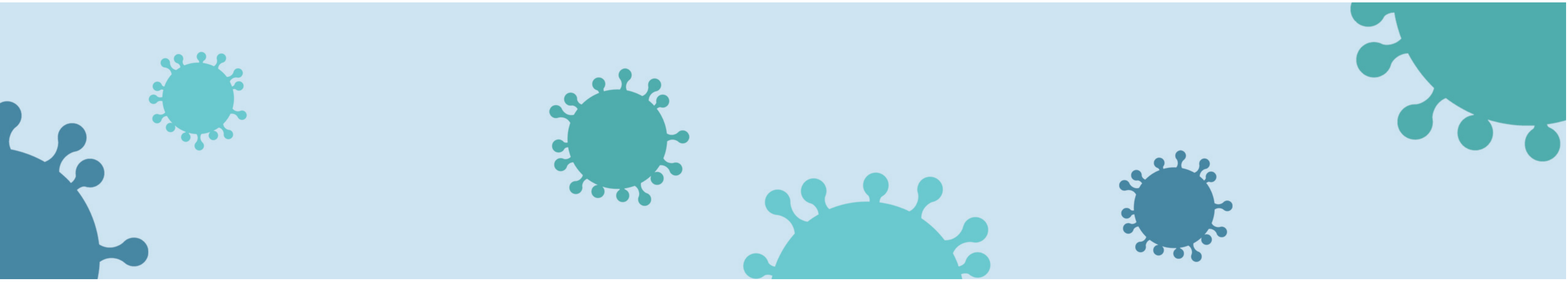
(ᐅᕙᖓ ᐱᓇᓱᑦᑎᓯᔨᐅᔪᖓ ᐊᑎᕋ) ᐱᓇᓱᐊᓚᖓᕗᖓ ᐸᕐᓇᓯᒪᐅᑎᑦᓴᓂᒃ ᐸᕐᓇᓯᐊᕐᓗᖓ ᐅᑎᕈᒫᕐᓂᐊᓯᑉᐸᑕ ᐱᓇᓱᐊᕐᑎᓚᖓᔭᒃᑲ ᐃᓪᓗᓕᐅᕐᕕᓴᒥᓄᑦ ᐃᓱᒪᒋᓗᒍ ᐁᑦᑐᑑᑎᑦᑌᓕᒪᓂᖅ ᖃᓂᒻᒪᓯᕐᒥᒃ ᐊᑑᑎᔭᐅᑎᑦᓯᖃᑦᑕᓗᖓ ᓴᓗᒪᒐᓱᐊᒻᒪᕆᒋᐊᖃᕐᓂᒥᓂᒃ CNESST ᐃᒫᙰᕈᑎᒋᓯᒪᔭᖏᑦ ᒪᓕᓪᓗᒋᑦ.

• ᐊᑦᑕᓇᕐᑐᒦᑐᐃᓐᓇᕆᐊᖃᓕᕐᓂᖓᓄᑦ ᐱᓇᓱᐊᕐᑕᐅᔪᑦ ᓄᕐᖃᖓᑎᑕᐅᑫᓐᓇᓯᓚᐅᕐᓂᖏᑦ. ᐱᖁᔭᖅ ᒪᓕᑦᓱᒍ ᐊᕕᑦᑐᓯᒪᓂᖓᓃᑦᑐᖅ 186 ᐱᖁᔭᒻᒪᕆᓂ ᐅᖄᑦᓱᓂ ᐱᓪᓗᒋᑦ ᐱᓇᓱᕝᕕᐅᔪᓂ ᐃᓗᓯᕐᓱᓯᐊᕆᐊᖃᕐᓃᑦ ᐊᑦᑕᓵᕿᑦᑌᓕᒪᑦᔪᑏᓪᓗ (S-2.1)
• ᐊᑦᑕᓈᕿᑎᑦᓯᑐᐃᓐᓇᕆᐊᖃᕐᓂᖅ ᒪᓕᑦᑕᐅᓯᐊᖕᖏᑐᐊᕐᐸᑦ ᐱᖁᔭᖅ, ᐊᑑᑎᔭᐅᖁᔭᖅ ᐱᓇᕝᕕᒥ ᒪᓕᒐᕐᓂ ᐅᕝᕙᓘᓐᓃᑦ ᐅᓐᓂᑑᑎᓕᐊᖑᓯᒪᔪᓂ ᑕᑎᒋᓇᑦᑑᓱᑎᒃ ᐊᖓᔪᕐᖃᐅᓯᓲᓄᑦ (CNESST)
• ᓄᕐᖃᑎᑕᐅᑐᐃᓐᓇᕆᐊᖃᕋᔭᕐᓂᖏᑦ ᐱᓇᓱᑦᑎᓯᔫᑉ RBQ ᓓᓴᓐᓯᖏᑦᑕ.

ᖃᐅᔨᒪᒋᐊᓕᒃ:

ᖃᐅᔨᒪᔭᐅᒋᐊᓕᒃ ᐃᒪᒃ ᐅᖄᒻᒪᑦ, ᐃᓘᓐᓈᒐᓛᖓᓂ, ᑐᖕᖓᕕᒋᑦᓱᒋᑦ ᖃᒻᒥᓂᑕᐅᓂᕐᐹᑦ ᓱᑯᐃᔭᕐᑕᐅᔪᕕᓃᑦ ᐊᒻᒪᓗ ᖃᕆᑕᐅᔭᕐᑎᒎᕐᑎᓯᐅᑮᑦ ᐊᓪᓚᖑᕐᑎᑕᐅᓯᒪᓂᖏᑦ ᒪᓕᑦᓱᒋᑦ: ᑖᒃᑯᐊ ᐊᓪᓚᖁᑏᑦ ᐋᕐᕿᒋᐊᕐᑕᐅᖃᑦᑕᑐᐃᓐᓇᕆᐊᖃᓚᖓᔪᖅ ᒪᓕᓪᓗᒋᑦ ᑕᒪᒃᑯᐊ ᖃᓂᒻᒪᓯᕐᒧᑦ ᐊᐅᓚᑕᐅᑦᓱᑎᒃ ᐱᕙᓪᓕᐊᑕᐅᓕᕐᑐᑦ ᐊᒻᒪᓗ ᑐᑭᓯᔭᐅᓯᒪᓕᕐᑐᑦ ᓄᑖᑦ ᓴᕐᕿᖃᑦᑕᓂᐊᕐᑐᑦ. ᐱᓇᓱᑦᑎᓯᔪᖅ ᑌᑲᓂ ᓄᓇᓕᒻᒥ ᑭᒡᒐᑐᕐᑎᖓ ᑐᓴᐅᒪᖃᑎᙯᓐᓇᕆᐊᖃᓚᖓᔪᖅ ᓄᓇᓕᓐᓂᒃ ᓈᒻᒪᓯᑦᑕᑐᓂᒃ

ᒪᓕᑦᓯᐊᖏᓐᓇᕋᓗᐊᖏᓐᓇᒪᖔᑕ ᐃᑉᐱᒍᓱᓪᓗᓂ ᐊᖏᖃᑎᒌᒍᑕᐅᓯᒪᔪᒥᒃ ᐊᒻᒪᓗ ᐊᓯᓕᒫᖏᓐᓂᒃ ᒪᓕᒐᐅᒋᐊᓕᓐᓂᒃ. ᓄᓇᓕᒃ, ᐊᓪᓚᖁᑎᓂᒃ ᐱᑎᑕᐅᖃᑦᑕᕆᐊᓕᒃ ᑕᒪᑐᒪ ᐱᐅᓯᕐᓲᑕᐅᔭᕆᐊᖃᓚᖓᔫᑉ ᑕᑯᒋᐊᕋᑦᓴᕆᕙᓐᓂᐊᑕᒥᓂᒃ.



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ᐃᓗᓕᖏᑦ

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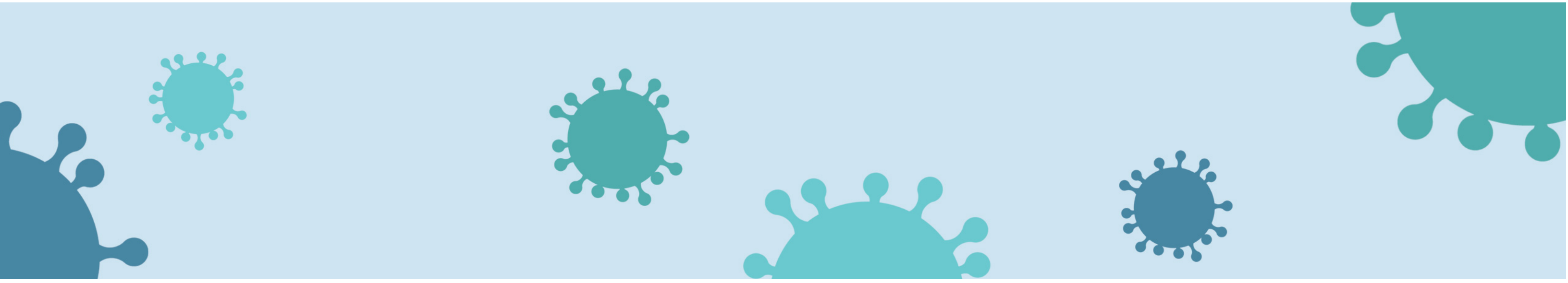

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ᓱᒃᑯᐊᕿᑦᑌᓕᒪᓃᑦ ᐱᐅᓯᕆᒋᐊᓕᖏᑦ ᓯᖁᒥᓯᒪᔪᕐᓂᐊᑎᓄᑦ/ᓴᓗᒻᒪᓭᔨᓄᓗ... 15 ᓱᒃᑯᐊᕿᑦᑌᓕᒪᓃᑦ ᐱᐅᓯᕆᒋᐊᓕᖏᑦ... 16 ᓱᒃᑯᐊᕿᑦᑌᓕᒪᓃᑦ ᐱᐅᓯᕆᒋᐊᓕᖏᑦ ᐃᕐᒥᐅᑎᓕᕆᕕᓕᕆᔨᓄᑦ... 16 ᓴᓗᒻᒪᓭᒍᑏᑦ ᐃᓂᖏᑦ.. 16 ᐊᒡᒐᓂᐊᕐᕕᒃ ᐃᕐᒥᕕᒃ... 16

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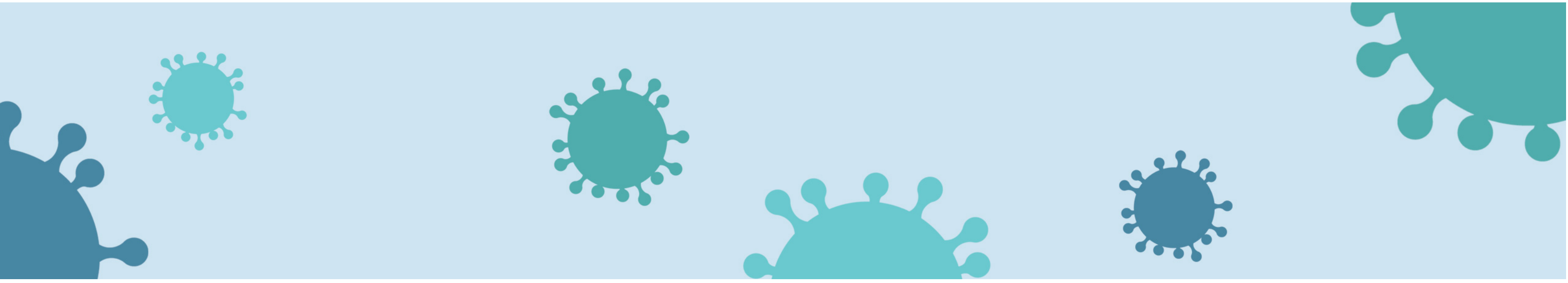

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ᐱᒻᒪᕆᐅᒻᒪᑕ ᖃᐅᔨᒪᔭᐅᒋᐊᓖᑦ

ᓄᓇᓕᒻᒥᐅᑦ ᐱᓇᓱᑦᑎᑖᕆᔭᐅᕙᒋᐊᖃᕐᐳᑦ ᐱᑐᑦᓯᒪᕙᓐᓂᐊᑎᓪᓗᒋᑦ ᓄᓇᓕᒻᒥᓅᓕᖓᔪᓂᒃ ᑐᓴᐅᒪᔭᐅᒋᐊᖃᕐᑐᖃᓕᕐᐸᑦ. ᐆᑦᑑᑎᒋᓗᒍ. ᐁᑦᓯᕋᕐᑎᐅᓗᑎᒃ ᓂᕿᑖᕆᔭᐅᓯᒪᔪᓂᒃ ᐊᑦᔨᒌᖕᖏᑐᓂᓗ ᓂᐅᕕᐊᕕᓂᕐᓂᒃ ᐃᓪᓗᓕᐅᕐᑏᑦ ᐃᓪᓗᖁᑎᖏᓐᓄᑦ. ᑕᒪᒃᑯᐊ ᐱᓇᓱᑦᑏᑦ ᐊᑕᐅᓯᐊᕐᓗᑎᓘᓐᓃᑦ ᑲᑎᓯᓚᐅᓯᒪᒋᐊᖃᖕᖏᑐᑦ ᐃᓄᑑᑎᑕᐅᔪᒃᑯᕕᒻᒦᑐᒥᒃ ᓴᓇᔨᒥᒃ ᐱᓇᓱᑦᑎᒥᒃ, ᐅᕝᕙᓘᓐᓃᑦ ᐃᓪᓗᒧᑦ ᓇᔪᕐᑕᖓᓄᑦ ᐃᑎᕐᑎᑕᐅᔪᐃᑦᑑᓗᑎᒃ.

ᐃᓪᓗᓕᐅᕐᑏᑦ ᐱᓇᓱᑦᑎᖓ ᖃᓂᒻᒪᓯᕐᑖᓯᒪᓕᕐᑐᖅ ᕿᒥᕐᕈᔭᐅᒋᐊᓕᒃ ᖃᐅᔨᓴᕐᑕᐅᓗᓂᓗ. ᐅᖄᒍᑕᐅᒋᐊᓕᒃ ᓄᕙᓐᓇᖅ - 19 ᓯᕙᓂᐅᑎᖓᓄᑦ ᐅᕗᖓ (1-888-662-7482) ᑖᓐᓇ ᖃᓂᒻᒪᓯᓕᒃ ᐋᓐᓂᐊᓯᐅᑎᒃᑯᓕᐊᕐᑎᑕᐅᓚᐅᕐᑎᓇᒍ ᓄᓇᓕᒻᒦᑐᒧᑦ.

ᐃᓄᓕᒫᓂᒃ ᐋᓐᓂᐊᓯᐅᕆᔩᑦ ᐊᓪᓚᕕᖓ ᖃᐅᔨᓴᕐᓂᐊᑐᖅ ᖃᖓᓕᒫᖅ ᐱᓇᓱᑦᑎᐅᑉ ᖃᐅᔨᓴᕐᑕᐅᒍᑎᖏᑦ ᓱᕐᖁᐃᓯᔫᔮᓕᑐᐊᕐᐸᑕ ᓄᕙᓐᓇᖅ - 19-ᖃᑦᔭᖒᕆᔭᐅᓕᕐᐸᑦ ᐱᓇᓱᑦᑎ. ᐊᒻᒪᓗ ᐊᓪᓛᑦ, ᐊᐅᓪᓚᑎᑕᐅᒋᐊᖃᓚᖓᔪᕆᔭᐅᓕᕐᐸᑦ ᖃᓪᓗᓈᑦ ᓄᓇᖓᓄᑦ, ᑲᒪᒋᔭᐅᑦᓯᐊᕆᐊᕐᑐᓂᕐᓴᐅᒐᔭᕐᓂᖓ ᐃᓱᒪᒋᓗᒍ ᐊᑦᑕᓈᕿᑦᑌᓕᒪᑎᑦᓯᐅᑕᐅᑦᓯᐊᓗᓂᓗ ᐁᑦᑐᑐᐃᑦᓴᕈᐊᕐᒪᑦ ᓄᓇᓕᓕᒫᒥᒃ.

ᐃᓄᐃᑦ ᓇᓪᓕᐊ ᑲᑎᒪᑦᓯᑲᓪᓚᓴᕐᓂᕈᑎᒃ ᓱᕐᖁᐃᑕᐅᓯᒪᓕᕐᑐᒥᒃ ᓄᕙᓐᓇᖅ - 19-ᒥᒃ ᖃᓂᒻᒪᓯᖃᓕᕐᑐᒥᒃ

ᐃᓄᑐᐊᒃᑯᕕᒻᒨᑕᐅᒋᐊᖃᕐᒥᔪᑦ, ᑕᒪᓐᓇᓗ ᐃᓚᖓᓂ ᐊᐅᓪᓚᑎᑕᐅᑐᐃᓐᓇᕆᐊᖃᕋᔭᕐᒥᓱᓂ. ᐊᐅᓪᓚᓚᕿᔭᐅᔪᑦ ᑕᒪᑐᒧᖓ ᑲᒪᒋᔭᐅᓲᑦ ᐃᓪᓗᓕᐅᕐᑏᑦ ᑎᒥᐅᔪᖁᑎᖓᓄᑦ. ᐃᓄᑑᑎᑕᐅᕕᒻᒦᒋᐊᖃᓚᖓᒻᒪᑦ ᐅᓪᓗᓂ 14-ᓂ ᐅᓄᕐᓂᐹᖃᕐᑎᓗᒍ ᐊᒻᒪᓗ ᐱᖁᔭᖏᑦ ᒪᓕᓪᓗᒋᑦ ᐅᑎᕆᐊᖃᓚᖓᓯᑉᐸᑦ ᐱᓇᓱᕝᕕᒥᓄᑦ ᑕᒪᒃᑯᐊ ᐊᐅᓚᑕᐅᖃᑦᑕᓂᐊᕐᑐᑦ ᐃᓱᒪᖏᑦ ᒪᓕᓪᓗᒋᑦ ᐃᓄᓕᒫᓂᒃ ᐃᓗᓯᓕᕆᔨᒃᑯᖏᑦᑕ ᐊᖓᔪᕐᖃᐅᑎᖏᓐᓄᑦ.

ᓴᓗᒪᑎᒐᓱᐊᖏᓐᓇᕆᐊᓖᑦ ᐱᓇᓱᕝᕕᒥ ᐱᐅᓯᕐᓲᑎᑦᓴᔭᖏᑦ

ᐱᐅᓯᕐᓲᑎᑦᓴᔭᖏᑦᑕ ᐃᓄᓕᒫᓂᒃ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᐅᓐᓂᑑᑏᑦ ᐱᓪᓗᒋᑦ ᓴᓗᒪᑎᒐᓱᐊᖏᓐᓇᕆᐊᓖᑦ ᒪᓕᑦᑕᐅᓯᐊᕆᐊᖃᕐᓂᖏᑦ. ᐱᓗᐊᕐᑐᒥᒃ ᒪᑯᐊ:

• ᐊᒡᒐᓂᖓᖏᓐᓴᓕᒫᑦᓯᐊᓗᑎᑦ ᐊᑯᓓᑦᑐᓂᒃ, ᐅᕝᕙᐅᑎᒧᑦ ᐃᒪᕐᒧᓗ, 20 ᑎᑦᑕᓂᖏᑦ ᓯᕿᓂᖁᑎᐅᑉ ᓯᕕᑐᓂᖃᕐᑎᓗᒋᑦ.

• ᐃᔨᓐᓂᒃ ᐊᑦᑑᔭᕐᑌᓕᖃᑦᑕᓗᑎᑦ, ᕿᑲᕐᓂᒃ ᖃᓂᕐᓂᓗ (ᐁᑦᑑᑎᐅᒍᓐᓇᑐᒥᒃ ᐃᑉᐸᒥᑎᑦᓴᕈᐊᕐᒪᑕ).

• ᐸᓂᕈᐊᕐᑐᒥᒃ-ᐱᑕᓕᒃ ᖁᐱᕐᕈᐃᔭᐅᑎᒃ ᐊᑐᖃᑦᑕᓗᒍ, ᐃᒪᕐᒥᒃ ᐅᕝᕙᐅᑎᒥᓪᓗ ᐊᑐᐃᓐᓇᖃᖕᖏᑯᕕᑦ.

• ᓴᓗᒣᓐᓇᕆᐊᖃᕐᓂᒨᓕᖓᔪᑦ ᒪᓕᒐᖏᑦ ᐃᑉᐱᒋᑦᓯᐊᓗᒋᑦ ᖁᐃᕐᑐᓕᕈᕕᑦ ᑕᒋᐅᑦᓴᓕᕈᕕᓪᓘᓃᑦ: ᒪᑐᒋᐊᖃᑦᑕᓗᒍ ᖃᓃᑦ
ᕿᙰᓪᓗ ᑕᓕᕐᓄᑦ, ᐃᕐᐸᑎᑕᐅᖁᓇᒍ ᖁᐱᕐᕈᐃᑦ, ᑲᒃᑭᐅᑎᑦᓴᔭᒥᓪᓗ ᐊᑐᕈᕕᑦ, ᐃᒋᑦᓴᐅᑎᒋᖃᑦᑕᓗᒍ ᐊᑐᕇᕐᐸᑦ, ᐊᒡᒐᑎᓪᓗ ᐃᕐᒥᓴᐅᑎᒋᐊᐱᓪᓗᒋᑦ.

• ᖁᐱᕐᕈᖃᕐᑑᔮᓕᕐᑐᒥᒃ ᐱᐅᓯᖃᓕᕈᕕᑦ (ᖁᐃᕐᑐᖃᑦᑕᓱᑎᑦ, ᐆᓇᓕᕐᓱᑎᑦ, ᐃᐱᓂᐊᖕᖑᓱᓕᕈᕕᑦ, ᓀᒍᓐᓇᖏᕐᓯᒪᓕᕈᕕᑦ,
ᓂᕆᔭᑎᓪᓗ ᑎᐯᕈᑉᐸᑕ). ᐊᓂᕐᐸᓯᒣᓐᓇᕆᐊᖃᓕᕐᑐᑎᑦ ᖃᕆᐊᒥ ᐃᓄᐊᒃᑯᕕᒻᒦᓯᓗᑎᑦ ᐃᑎᕐᑕᐅᑌᓕᓯᓗᑎᑦ.

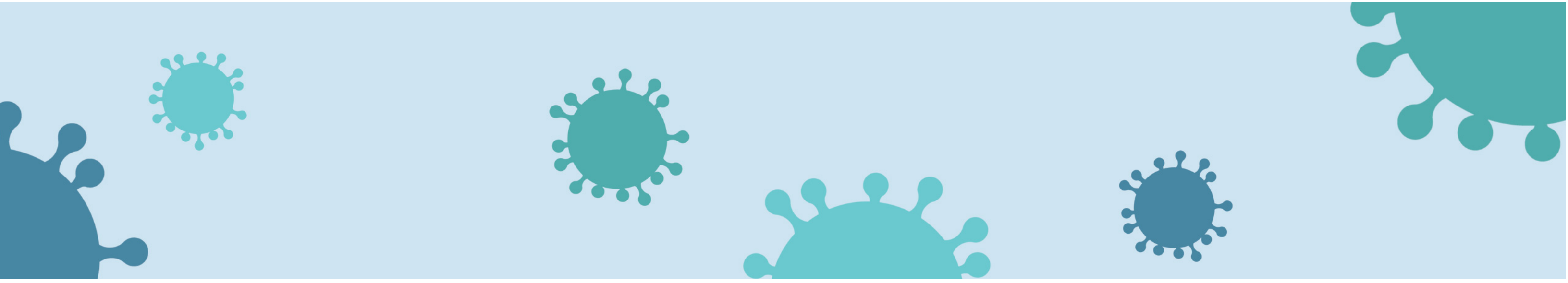
• ᐊᑦᑑᔭᕐᑌᓕᖃᑦᑕᓗᑎᑦ ᐃᓄᓐᓂᒃ ᓂᓪᓕᐅᔪᐃᓕᕈᕕᑦ; ᐊᔪᕆᓯᒪᓂᕐᓴᐅᒐᓱᐊᕐᓗᑎᑦ ᐅᖓᓯᑦᑕᓂᒃ ᓂᓪᓕᐅᔪᐃᓂᕐᒥᒃ.

• ᐅᖓᓯᑦᑕᖃᖃᑦᑕᓗᑎᑦ 2-ᒦᑕ ᑕᑭᓂᓕᒻᒥᒃ ᐅᖓᓯᓐᓂᖃᖃᑦᑕᑎᓪᓗᒋᑦ ᐃᓄᓕᒫᑦ ᐃᓕᓐᓄᑦ.

ᐊᕐᕕᑕᕐᓂᒨᓕᖓᑦᓱᑎᒃ ᐊᓂᑦᑌᓕᒪᓂᐅᒋᐊᓖᑦ

ᐃᓄᑐᐊᒃᑯᕕᒻᒦᓂᖅ: ᐃᓄᓕᒫᑦ ᐊᕐᕕᑕᕐᑐᑦ ᓄᓇᕕᒻᒧᑦ ᖃᓪᓗᓈᑦ ᓄᓇᖓᓂᑦ ᐱᑦᓱᑎᒃ ᐅᓪᓗᓂ 14-ᓂ ᐊᓂᑦᑌᓕᑎᑕᐅᖃᑦᑕᓂᐊᕐᑐᑦ.

ᐊᐅᓪᓚᖏᓐᓂᒥᓂ ᐃᓄᑐᐊᒃᑯᕕᒻᒦᓂᖅ, ᐅᓚᐱᑕᐅᓯᒪᖃᑦᑕᕆᐊᖃᖕᖏᑑᑦᓱᓂ ᐃᓄᑐᐊᒃᑯᕕᒻᒦᓂᐅᕗᖅ ᐅᓪᓗᖅ



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ᐊᕐᕕᑕᕐᕕᒋᓂᐊᕐᑕᖓ ᑎᑭᖕᖏᓂᖓᓂ, ᑎᒻᒥᔫᓚᖓᔪᑦ ᐊᓂᕐᕋᒥᓂᑦ ᐊᓂᒍᑎᒃ, ᐅᖓᓯᑦᑕᕇᓐᓂᒥᒃ ᐊᑑᑎᑦᓯᐊᖃᑦᑕᕆᐊᓖᑦ, ᐃᓄᓕᒫᓅᓕᖓᔪᓂᓗ ᐊᐅᓚᒍᑎᓂᒃ ᐊᑐᕐᑌᓕᓗᒃ (ᐅᕝᕙᓘᓐᓃᑦ ᓀᒪᒌᒃᑯᓯᔭᕐᓗᑎᒃ ᑌᒣᑦᑐᓂᒃ ᐊᐅᓚᒍᑎᖃᕐᓂᐊᕈᑎᒃ ᐊᓯᖃᕐᖃᔭᖕᖏᐸᑦ ᑎᒻᒥᔫᕐᓂᐊᑯᕕᓕᐊᕈᑎᑦᓴᖓ) ᐊᒡᒐᓂᐊᖏᓐᓇᓕᒫᑦᓯᕆᐊᖃᕐᓱᑎᓪᓗ. ᐃᓄᑐᐊᒃᑯᕕᒻᒦᓂᖅ ᐅᓪᓗᓂ 14-ᓂ ᐊᑑᑎᓪᓚᕆᒋᐊᓕᒃ, ᓄᕙᓐᓇᖅ - 19-ᒧᑦ ᖃᐅᔨᓴᕐᑕᐅᔪᕕᓂᐅᒐᓗᐊᕈᓂ ᐊᐅᓪᓚᓚᐅᕐᑎᓇᒍ.

ᐱᓇᓱᑦᑏᑦ ᓄᓇᕕᓕᐊᓚᖓᔪᑦ ᐃᒻᒥᓂᕿᓗᑐᑦ ᐊᐅᓪᓚᓚᐅᕋᑎᒃ ᐊᓂᑦᑌᓕᒪᓂᕐᒥᖁᔭᐅᓪᓚᕆᒃᑯᑦ, COVID-19ᒥᒃ ᑎᑭᑎᑦᓯᖏᓐᓂᓴᐅᒍᓐᓇᒪᑦ ᓱᕐᕃᖏᑦᑐᒍᑎᐅᓗᓂ ᐃᓪᓗᓕᐅᕐᓂᓂᑦ. ᖃᐅᑕᒫᑦ ᐃᒻᒥᓂᕿᑦᓱᑎᑦ ᐊᓂᑦᑌᓕᒪᓂᕐᒥᓃᑦ ᖃᓪᓗᓈᑦ ᓄᓇᖓᓂᑦᓱᑎᑦ COVID-19ᒥᒃ ᑎᑭᑎᑦᓯᖏᓐᓂᓴᐅᕗᑦ ᐃᓪᓗᓕᐅᕐᑏᑦ ᓯᓂᑦᓴᕕᖏᓐᓄᑦ ᐃᓪᓗᓕᐅᕐᕕᐅᔪᓄᓗ. ᐊᓂᑦᑌᓕᒪᓂᕐᒥᑲᐱᒍᑎᒃ ᐊᑦᑕᓀᑦᑐᒥᑦᑎᓯᓪᓚᕆᒃᑯᑦ ᐃᓄᓕᒫᓂᒃ ᐊᓂᑦᑌᓕᒪᓂᕐᒥᐅᒍᓐᓇᑐᓂᓗ ᐱᓇᓱᑦᑎᓂᑦ ᐃᓪᓗᓕᐅᕐᓂᓗᓐᓃᑦ ᐅᒃᑯᐊᑕᐅᒍᓐᓇᓂᖓᓂᒃ.

ᐱᓇᓱᑦᑏᑦ ᓄᓇᕕᓕᐊᕐᑐᑦ ᐊᑲᐅᒋᔭᐅᓂᕐᓴᐅᖃᑦᑕᕋᔭᕐᖁᑦ ᐊᓂᑦᑌᓕᒪᖃᑦᑕᕈᑎᒃ ᐊᐅᓪᓚᓚᐅᕋᑎᒃ. ᑕᒪᓐᓇᓗ ᐊᑑᑎᕐᖃᔭᕐᓂᖏᑉᐸᑦ, ᐊᓂᑦᑌᓕᒪᒋᐊᖃᕐᓂᐅᑉ ᓯᕕᑐᓂᖓ ᐊᑑᑎᔭᐅᒋᐊᓕᒃ ᑕᕐᕋᓕᐊᓚᖓᔪᓄᑦ. ᐱᓇᓱᑦᑏᑦ ᐱᓇᓱᐊᕈᓐᓇᑐᑦ ᐃᓄᑐᐊᒃᑯᕕᒻᒦᖏᓐᓈᕋᓗᐊᕈᑎᒃ, ᑕᒪᓐᓇ ᐱᕕᓕᒫᖓᒍᑦ ᐊᔪᐃᓐᓈᕆᔭᐅᑦᓯᐊᓂᕐᓴᐅᒪᑦ ᐁᑦᑐᑑᑎᖃᕐᑌᓕᒪᓂᖅ ᖃᓂᒻᒪᓯᕐᒥᒃ (ᑕᑯᒋᐊᕐᓗᒋᑦ ᐃᓄᑑᑎᑕᐅᒍᓰᑦ ᐊᒻᒪᓗ ᐅᖓᓯᑦᑕᕇᖃᑦᑕᕆᐊᖃᕐᓃᑦ ᐊᑐᕐᑕᐅᔪᑦ ᒫᓐᓇ ᐱᓇᑦᑎᑦ ᑭᖕᖒᒪᓇᕐᓂᐹᓄᑦ ᑐᑭᓯᔭᐅᑦᓯᐊᕈᒪᓐᓂᕈᑎᒃ). ᐃᓄᑐᐊᒃᑯᕕᒻᒦᖏᓐᓇᕆᐊᓖᑦ ᐊᓂᑦᑌᓕᓗᑎᒃ ᐱᓇᓱᖕᖏᑲᓗᐊᕈᑎᒃ.

ᐊᕐᕕᑕᕆᐊᓚᐅᕋᓂ ᐃᓄᑐᐊᒃᑯᕕᒻᒦᒋᐊᖃᕐᓂᒧᑦ (ᐊᓂᑦᑌᓕᒪᓂᕐᒧᑦ) ᐊᑑᑎᔭᐅᖁᔭᐅᓯᒪᔪᑦ:

ᐊᓂᕐᕋᓯᒣᓐᓇᓗᑎᑦ

• ᐱᓇᓱᒋᐊᕐᑐᖃᑦᑕᕈᓐᓀᓗᑎᑦ, ᓂᐅᕕᕐᕕᒧᓪᓘᓃᑦ ᐊᓯᖓᓄᓘᓐᓃᑦ ᐃᓄᓕᒫᕐᑕᖃᕈᓐᓇᑐᓗᑳᓄᑦ.

• ᐳᓛᕆᐊᖃᑦᑕᕈᓐᓀᓗᓂ ᑭᓇᑐᐃᓐᓇᑯᓐᓄᑦ, ᐳᓛᕆᐊᕐᑕᐅᓯᒪᖃᑦᑕᕈᓐᓀᓗᓂᓗ.

• ᐸᕐᓇᓯᒪᓗᓂ ᓯᕗᓂᐊᒍᑦ (ᐆᑦᑑᑎᒃ: ᓱᓇᓕᒫᑦᓯᐊᓂᒃ ᓂᐅᕕᑦᓴᐅᑎᒋᓯᒪᓗᓂ ᑭᖕᖒᒪᒋᓂᐊᕐᑕᓕᒫᒥᓂᒃ ᐊᓕᑦᑌᓕᒪᒋᐊᖕᖏᓂᕐᒥᓂ) ᐅᕝᕙᓘᓐᓃᑦ ᑭᒡᒐᖃᖃᑦᑕᓗᓂ ᓂᐅᕕᕐᕕᒥᑦ ᓂᐅᕕᕈᑦᔭᐅᒍᒪᓂᐊᕈᓂ.

• ᐊᓂᖃᑦᑕᕈᓐᓇᑐᖅ ᐱᓱᕋᔮᕆᐊᕐᑐᕈᒪᒍᓂ ᓯᓚᒧᑦ, ᑭᓯᐊᓂ ᐃᓄᑑᖃᑦᑕᓗᓂ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓪᓗᒥᐅᖃᑎᒥᓂᒃ ᐁᑉᐸᖃᕐᓗᓂ ᐊᓂᑦᑌᓕᒪᖃᑎᒥᓂᒃ). ᐅᖓᓯᑦᑕᕇᖏᓐᓇᕋᓱᐊᕐᓗᑎᒃ 2-ᒦᑕᒥᒃ ᑕᑭᓂᓕᒻᒥᒃ, ᑌᒪᖕᖓᓗ ᐃᓄᓐᓂᒃ
ᐊᓯᒥᓂᒃ.

ᐊᒡᒐᓂᐊᑦᓴᐅᑎᒋᐊᐱᖃᑦᑕᓗᓂ

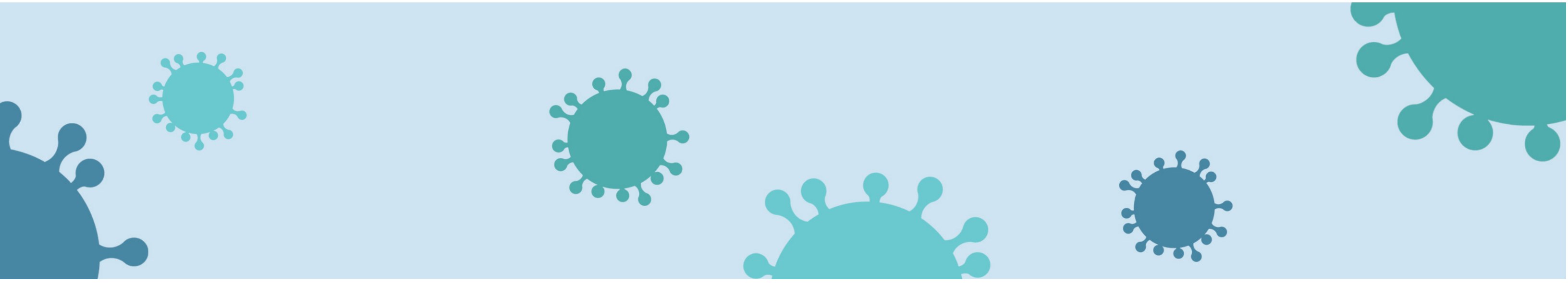
• ᐃᕐᒥᖃᑦᑕᓗᒋᑦ ᐊᒡᒐᑎᑦ ᐃᒪᕐᒧᑦ ᐅᕝᕙᐅᑎᒧᓪᓗ, 20 ᑎᑦᑕᓂᖏᑦ ᓯᕿᓂᖁᑎᐅᑉ ᒥᑦᓯᑎᓐᓅᖏᑦᑐᖅ.

• ᐅᕝᕙᐅᑎᖃᖕᖏᐸᑦ ᐃᒪᖃᕋᓂᓗ ᐊᑐᐃᓐᓇᒥᒃ, ᐸᓂᕈᐊᕐᑐᒥᒃ ᐊᑐᕐᓗᑎᒃ 60%-ᖑᓚᐅᕐᐊᑦ ᖁᐱᕐᕈᓂᒃ ᑐᖁᕃᒍᑎᖓ
(ᐃᒥᐊᓗᑦᓴᔭᖅ); ᐃᑉᐱᒋᑦᓯᐊᖃᑦᑕᓗᒋᑦ ᑕᑯᑦᓴᒥᒃ "ᐃᐱᕐᑕᖃᖕᖏᓚᐅᕐᐸᑕ" ᐊᒡᒐᑎᑦ.

• ᐊᒡᒐᑎᑦ ᐃᕐᒥᖃᑦᑕᓗᒋᑦ ᓂᕆᓯᒍᕕᑦ ᓂᕆᒌᕈᕕᓪᓗ, ᖁᕐᕕᑐᓯᒍᕕᑦ ᖁᕐᕕᑐᕇᒍᕕᓪᓗ, ᐊᒻᒪᓗ ᖃᖓᓕᒫᖅ ᐃᐱᐅᔪᕆᓕᑐᐊᕈᕕᒃᑯᑦ.

ᑲᑎᒪᑦᓯᖃᑦᑕᓂᖅ ᐃᓚᒥᓂᒃ

• ᐃᓄᑑᑎᒋᐊᓯᕈᓐᓇᖁᑎᑦ ᐃᒻᒥᓂᒃ ᐃᓚᓐᓂᐅᕕᑦ ᖃᑎᖃᕐᓗᑎᑦ ᐃᓄᑑᒋᐊᑦᓯᐊᑐᓐᓇᓗᑎᓘᓐᓃᑦ. ᐃᓛᓗ (ᒪᓕᑦᓯᐊᕋᓱᐊᓕᑐᐊᕈᕕᑦ ᑎᒥᒃᑯᑦ ᐅᖓᓯᑦᑕᖃᕆᐊᖃᕐᓂᒥᒃ ᐊᑑᑎᒐᓱᐊᕋᓗᐊᕈᕕᑦ ᒍᓐᓇᕕᖃᕋᔭᕐᑐᓴᐅᖕᖏᒥᒐᕕᑦ ᐱᓗᐊᕐᑐᒥ ᕿᑐᕐᖓᔮᖃᕈᕕᑦ). ᑕᒪᕐᒥᒃ ᐃᓪᓗᒥᐅᖃᑎᓕᒫᑎᑦ ᐊᓂᑦᑌᓕᒪᒋᐊᖃᕋᔭᕐᒥᒪᑕ ᒪᓕᑦᓯᐊᕋᓱᐊᓯᓗᑎᓗ
ᐅᖃᕐᑕᐅᔪᓂᒃ ᖁᓛᓂ ᒪᓕᖓᕐᓂᒃ.



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• ᐃᓚᑎᑦ ᐊᓂᑦᑌᓕᒪᕐᖃᔭᕐᑑᔮᖃᑕᐅᓂᐊᖕᖏᑯᑎᑦ ᐃᓕᓐᓂᑦ (ᐆᑦᑑᑎᖏᓗᒍ: ᐊᖑᑏᑦ ᐃᓪᓗᒥᑦ ᐊᓂᖏᐊᖃᖃᑦᑕᑐᐊᕐᐸᑦ
ᐱᓇᓱᒋᐊᕐᑐᓗᓂ). ᐃᓄᑐᐊᓪᓚᕆᐅᒋᐊᖔᕐᑐᓴᐅᕗᑎᑦ. ᐃᒣᓕᖓᓚᕿᐅᑎᒋᓯᔦᓐᓂ:

○ ᓇᒻᒥᓂᖅ ᖃᕆᐊᖃᓯᓗᑎᑦ, ᐃᓄᑐᐊᖑᓗᑎᓪᓗ ᓯᓂᖃᑦᑕᓗᑎᑦ ᐃᓪᓕᒥ.
○ ᐁᓯᒪᑦᑌᓕᖃᑦᑕᓗᑎᑦ ᐊᑐᕐᑕᐅᒐᔪᑦᑐᓂ ᐃᓪᓘᑉ ᐃᓗᐊᓂ ᐱᕕᓕᒫᒃᑯᑦ.
○ ᓀᒪᒌᒃᑯᓯᔭᖃᑦᑕᓗᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑮᓀᑦ ᒪᑐᓯᒪᖃᑦᑕᓗᒍ 2-ᒦᑕᒥᒃ ᐅᖓᓯᓐᓂᖃᖃᑦᑕᓗᑎᑦ ᐃᓄᓐᓂᑦ
ᖃᕆᐊᒦᖃᑎᒋᒋᐊᖃᖃᑦᑕᑐᐊᕈᕕᒃᑭᑦ.
○ ᐊᑐᖃᑦᑕᓗᑎᑦ ᖁᕐᕕᑯᕕᒻᒥᑦ ᐃᕝᕕᑦ ᑭᓯᐊᓂ ᐊᑐᕈᓐᓇᑕᕐᓂᒃ (ᒍᓐᓇᐸᑦ).
○ ᓂᕆᓇᓱᐊᖃᑦᑕᓗᑎᑦ ᐃᓄᑑᓗᑎᑦ (ᐃᓚᑎᓐᓂᒃ ᐃᓚᖃᕈᓐᓀᓗᑎᑦ).
○ ᐊᑐᕐᑕᐅᔪᕕᓂᕐᓂᒃ ᐊᑐᖃᑦᑕᕈᓐᓀᓗᑎᑦ, ᐴᒍᑕᕐᓂᒃ, ᐃᒐᐅᑎᓂᒃ, ᐃᒥᕈᑎᓂᒃ ᓂᓚᐅᔭᓂᒃ, ᖃᓪᓗᑎᓂᒃ
ᒪᕐᕋᓂᒃ, ᐊᓪᓚᕈᑎᓂᒃ, ᕿᐱᓐᓂᒃ, ᐊᓐᓄᕌᓂᒃ ᐊᓯᖏᓐᓄᓗ ᐊᑐᕐᑕᐅᒐᔭᕐᑐᕕᓂᕐᓂᒃ.
ᑕᒐ ᐃᕝᕕᑦ ᓇᓪᓕᐊᓘᓐᓃᑦ ᐃᓪᓗᒥᐅᖃᑏᑦ ᖃᓂᒻᒪᑲᓪᓚᓴᕐᓂᐸᑦ (ᖁᐃᕐᑐᓗᓂ, ᐆᓇᕐᓗᓂ (38o

C-ᒥᒃ ᖄᖏᐅᑎᖃᑦᑕᓕᕐᓗᓂ
ᐆᓇᕐᓂᖓᓂᒃ ᖃᐅᔨᓴᐅᑎᒥ ᐅᕝᕙᓘᓐᓃᑦ 100.4o

F-ᒦᖃᑦᑕᓕᕐᐸᑦ) ᐅᕝᕙᓘᓐᓃᑦ ᕿᐅᔪᐊᓘᓗᓂ, ᐃᐱᓂᐊᕐᓗᓂ,
ᓀᒪᒍᓐᓀᓗᓂ, ᐃᑎᑦᑕᓗᓂ, ᑕᖃᒪᓗᓂ, ᓂᐊᖁᖕᖑᖃᑦᑕᓗᓂ ᐱᐅᓯᕆᓚᐅᕐᓯᒪᖕᖏᑕᒥᓂᒃ, ᑎᒥᖓ ᓴᐅᓐᓂᕆᓗᓂ), ᐅᖄᓚᕕᖃᕆᐊᖃᓕᕐᖁᓯ ᐃᓗᓯᓕᕆᔨᒃᑯᓂᒃ ᐅᓪᓗᖁᑎᓕᐅᕐᑕᖁᓗᒍ ᓄᕙᓐᓇᖅ 19-ᒧᑦ ᖃᐅᔨᓴᕐᑕᐅᖑᑎᒥᒃ. ᐳᐃᒍᕐᑌᓕᒍᓗ ᐱᓇᓱᕝᕕᓄᑦ ᖃᐅᔨᔭᐅᑎᒋᐊᖃᓕᕋᕕᑦ.

ᐊᕐᕕᑕᓚᖓᓂᕐᒧᑦ ᐊᐱᕐᖁᑏᑦ: ᑭᐅᑲᑦᑕᓂᖅ ᐊᒥᓱᓂᒃ ᐊᐱᕐᖁᑎᓂᒃ ᐊᑑᑎᑦᓴᓗᒍ ᑭᓯᐊᓂᐅᒋᐊᓕᒃ ᐃᑭᖕᖏᓂᕐᓂᒃ ᐅᒥᐊᕐᔪᐊᒧᑦ ᑎᒻᒥᔫᒧᓪᓘᓃᑦ. ᐃᓄᐃᑦ ᓄᕙᓐᓇᖅ 19-ᒥᒃ ᖃᓂᒻᒪᓯᖃᓕᕐᓂᒥᓂᒃ ᓴᕐᕿᔮᕐᑎᓯᔪᑦ (ᖁᐃᕐᑐᕆᐊᖕᖓᖃᑦᑕᓕᕈᕕᑦ, ᐆᓇᕐᓗᑎᑦ, ᐃᐱᓂᐊᖕᖑᓱᓪᓗᑎᓘᓐᓃᑦ) ᐊᖏᕐᑕᐅᖏᑐᐃᓐᓇᕆᐊᖃᕐᑐᑎᑦ ᑎᒻᒥᔫᒧᑦ ᐃᑭᒋᐊᖅ, ᐃᓄᐃᑦ ᐊᕐᕕᑕᕐᑐᑦ ᑲᓇᑕᐅᑉ ᓯᓚᑖᓄᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑲᑎᒪᑦᓯᖃᑦᑕᑐᕕᓂᐅᒍᑎᒃ ᓄᕙᓐᓇᖅ 19-ᓕᒻᒥᒃ ᐅᓪᓗᐃᑦ 14 ᐃᓗᐊᓂ ᐊᖏᕐᑕᐅᖃᑦᑕᓂᐊᖕᖏᓚᑦ ᐃᑎᕐᖃᔭᕈᓐᓀᓗᑎᒃ ᓄᓇᕕᒻᒧᑦ (ᐊᓂᑦᑌᓕᖃᑦᑕᕇᕐᓯᒪᓕᕈᑎᒃ ᑭᓯᐊᓂ).

ᓇᐅᑦᓯᑐᕐᑕᐅᓃᑦ: ᑐᑭᓕᒃ "ᓄᓇᖁᑎᖓᓄᓕᖓᔪᒥᒃ ᓇᐅᓕᒫᓂᒃ ᐃᓗᓯᓕᕆᓂᕐᒥ ᒪᓕᖓᓕᐊᕕᓂᖏᑦ ᐊᖏᕈᑎᖃᕐᓱᑎᑦ ᑎᑭᓐᓂᓴᖏᓐᓂᑦ ᐃᓪᓗᓕᐅᕐᑏᑦ ᓄᓇᕕᒻᒧᑦ" ᐊᓪᓚᓯᒪᔪᑦ. ᑐᑭᓯᒋᐊᕈᒪᒍᕕᑦ ᐊᓪᓚᕕᖃᕈᓐᓇᖁᑎᑦ: surveillance.vigie.nrbhss@ssss.gouv.qc.ca.

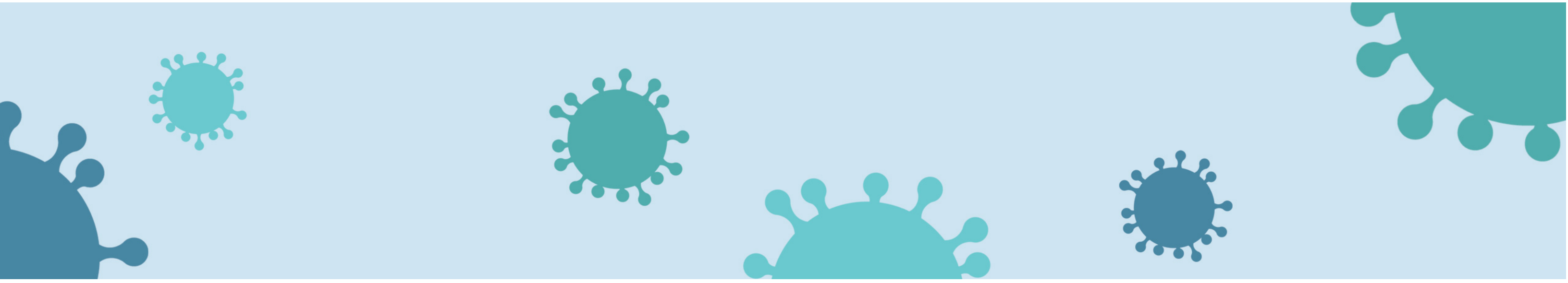
ᖃᐅᔨᓴᕐᓃᑦ ᓱᒃᑯᐊᕿᑦᑌᓕᒪᑦᔪᑎᑐᐊᖑᒻᒪᑕ, ᑭᓯᐊᓂᓗ ᐱᐅᓂᕐᐹᓴᔭᓪᓗᑑᖕᖏᑲᓗᐊᕐᒥᓱᑎᒃ. ᖁᐱᕐᕆᓯᒪᔪᖅ ᖃᓂᒪᒥᒃ ᖃᐅᔨᓴᕐᑕᐅᓕᕈᓂ ᐱᑕᖃᖕᖏᑑᓂᕋᕐᑕᐅᑐᓐᓇᕆᐊᖃᕐᒥᒪᑦ ᐊᑯᓂᓕᑦᓯᓯᒪᓕᕋᒥ ᑭᓯᐊᓂ ᖁᐱᕐᕈᖅ ᓴᕐᕿᓲᒍᒻᒪᑦ ᐃᓄᓐᓂᓗ ᐊᒥᓱᓃᓕᕋᒥ. ᑌᒣᒻᒪᑦ ᐱᒻᒪᕆᐊᓘᑎᑕᐅᒋᐊᖃᕐᖁᖅ ᖃᐅᔨᓴᕐᑕᐅᓯᒪᑦᓯᐊᕆᐊᖃᕐᓂᖅ ᐃᓄᑑᑎᒋᐊᖃᖃᑦᑕᓂᕐᓗ ᒪᓕᑦᑕᐅᓯᐊᕆᐊᖃᕐᓂᖏᑦ, ᐃᑉᐱᒋᑦᓯᐊᕈᒪᒧᑦ ᑕᒪᕐᒥᒃ ᐃᓄᐃᑦ ᐊᑦᑕᓀᑦᑐᒦᑦᓯᐊᖁᓇᕐᓂᖏᑦ.

ᖃᐅᔨᓴᕐᓃᑕᐅᖅ ᐱᐅᔪᑦᓴᔭᐅᓂᕐᐹᕌᓘᖕᖏᒥᒻᒪᑕ, ᐱᑕᖃᖕᖏᑐᒥᒃ ᓴᕐᕿᑎᑦᓯᑐᐃᓐᓇᕆᐊᖃᓲᖑᒐᒥᒃ ᐃᓄᒃ ᖁᐱᕐᕆᓯᒪᓕᕐᑎᓗᒍ. ᐃᓚᖓᓂᓗ ᖃᓄᐃᖕᖏᓂᕃᒍᑕᐅᒍᓐᓇᒥᑦᓱᑎᒃ ᐃᓄᒃ ᖃᓂᒻᒪᓯᓕᕕᓂᐅᒐᓗᐊᕐᓱᓂ ᐊᑯᓂ ᒪᒥᓯᒪᓕᕐᐸᑦ

ᓄᕙᓐᓇᖅ - 19-ᒥᒃ ᖁᐱᕐᕆᓯᒪᔪᕕᓂᐅᒐᓗᐊᕐᓱᓂ. ᐃᓛᓐᓂᓴᕋᑕᐅᒐᓗᐊᖅ, ᖃᐅᔨᓴᐅᑏᑦ ᑕᒻᒪᐅᒪᑦᓴᕋᑕᓲᑦ ᖃᓄᐃᖕᖏᓂᕃᑦᓱᑎᒃ ᓱᓇᐅᕝᕙ ᖃᓄᐃᓕᕐᑎᓗᒍ.

ᐃᓄᐃᑦ ᐱᓚᑦᑕᐅᓯᒪᔪᑦ, ᕿᖓᕐᒥᒍᑦ ᐃᒡᒋᐊᒥᒍᓪᓗ ᐋᓐᓂᐊᖃᕐᓂᕋᒥᒃ ᐅᕝᕙᓘᓐᓃᑦ ᖁᐱᕐᕆᓯᒪᓕᕈᑎᒃ ᓄᕙᓐᓇᖅ - 19-ᒥᒃ ᑕᕐᕿᓂ ᐱᖓᓱᓂ ᑭᖑᓪᓕᐹᓂ (ᖃᐅᔨᒪᑦᓴᐅᓕᕐᓱᑎᓪᓗ ᑌᒣᑦᑐᖃᓕᕆᐊᖏᑦ). ᖃᐅᔨᓴᕐᑕᐅᒋᐊᑐᖕᖏᑐᐃᓪᓘᓃᑦ. ᖃᐅᔨᔭᐅᑎᒋᐊᖃᕐᑐᓯ ᐋᓐᓂᐊᓯᐅᕐᑎᒧᑦ ᖃᐅᔨᓴᓲᒧᑦ ᑕᒪᓐᓇ ᐃᓱᒫᓘᑕᐅᑐᐊᕐᐸᑦ ᐱᓇᓱᑦᑎ ᐱᓪᓗᒍ.

ᖃᐅᔨᒪᔭᐅᒋᐊᓕᒃ:
• ᐋᓐᓂᐊᓯᐅᕐᑎᑯᓐᓂᑦ ᐱᓯᒪᒧᑦ ᓱᕐᖁᐃᓯᐅᑏᑦ ᖃᓄᐃᒍᓐᓀᓂᕐᒧᑦ ᐊᑐᕐᑕᐅᒋᐊᑐᖕᖏᑐᑦ ᐅᑎᓯᒍᑦᓯ ᐱᓇᓱᕝᕕᒧᑦ.
• ᐱᓇᓱᑦᑏᑦ ᐆᓇᕿᒻᒪᖔᑕ ᓇᐅᑦᓯᑐᕐᑕᐅᑐᐃᓐᓇᕆᐊᖃᕐᖁᑦ ᒥᕝᕕᒥ.



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ᐱᒻᒪᕆ: ᐱᓇᓱᑦᑏᑦ ᓯᑯᑦᓴᔭᓂᒃ ᐱᔭᕇᕐᓯᒪᒋᐊᓖᑦ ᐱᓇᓱᕝᕕᒥᓄᑦ ᐅᑎᕈᒪᐅᑎᒥᑕ ᐊᐱᕐᖁᑎᖏᓐᓂᒃ (ᑕᑯᓗᒋᑦ ᐃᓚᒋᐊᕈᑎᒃ ᑲ ᓯᑯᑦᓴᔭᐅᑉ ᐊᑦᔨᖓᓂᒃ ᐱᔪᒪᔪᖃᕐᓂᐸᑦ ᐊᐱᕐᖁᑎᑦᓴᔭᓂᒃ). ᓱᓕᖕᖏᑐᒥᒃ ᐅᖃᐅᓯᕐᑕᖃᕐᓂᐸᑕ ᐅᕝᕙᓘᓐᓃᑦ ᓱᓕᖕᖏᑐᓂᒃ ᐊᓪᓚᕕᐅᔪᕕᓂᐅᑉᐸᑕ ᑕᕐᑯᐊ ᖃᐅᔨᓴᐅᑏᑦ ᐊᐅᓚᑦᓯᕕᒻᒧᑦ ᓵᑕᐅᑐᓐᓇᕆᐊᖃᕐᑐᓯ ᐅᕝᕙᓘᓐᓃᑦ ᐊᔪᕿᒋᐊᕐᑕᐅᒍᑎᑖᕐᓗᓯ, ᐊᓪᓛᑦ ᐱᓇᓱᕝᕕᒧᑦ ᐁᖑᓐᓇᖏᕐᑎᑕᐅᓗᓯ ᓯᕕᑐᓂᕆᓂᐊᕐᑕᖓ ᖃᐅᔨᒪᓇᖕᖏᑐᒥᒃ.

ᑎᑭᐅᕐᖃᑐᑦ/ᐊᐅᓪᓚᐅᖃᑦᑐᑦ - ᓄᓇᓕᒻᒥᐅᖑᒐᑎᒃ ᐱᓇᓱᑦᑏᑦ

ᐱᓇᓱᑦᑎᑖᕐᖃᒦᑦ

ᐱᓇᓱᑦᑎᒃ ᓄᓇᓕᒻᒧᑦ ᑎᑭᑦᑎᓗᒍ

ᐱᓇᓱᑦᕕᐅᔪᖅ ᑲᒪᒋᔭᑦᓴᖃᕐᖁᑦ ᒪᓕᑦᑕᐅᑎᑦᓯᓯᐊᕐᓗᑎᑦ ᐊᓂᑦᑌᓕᒪᕐᒧᑦ ᖃᓄᐃᓗᕈᓯᓕᐊᕕᓂᕐᓂᑦ ᐱᓇᓱᑦᑎᓕᒫᓄᑦ ᓄᓇᕕᐅᑉ ᓯᓚᑖᓂ ᐱᓯᒪᔪᓂᑦ, ᓯᕕᑐᓂᖃᕐᓱᓂ 14ᓂᑦ ᐅᓪᓗᓂᑦ.

ᐃᓪᓘᑉ ᐃᓚᖓᓂ ᖁᒥᐅᑎᓕᐅᕐᓯᒪᒋᐊᓕᒃ ᐃᓂᑦᓴᖏᓐᓂᒃ ᓄᑖᑦ ᐱᓇᓱᑦᑎᑖᕐᖃᒦᑦ ᐃᓂᑦᓴᖓᓂᒃ (ᑖᒃᑯᐊᓗ ᐃᓚᖃᕐᒥᓗᑎᒃ ᐅᑎᕐᑐᓂᒃ ᐱᓇᓱᑦᑎᑐᖃᕐᓂᖅ) ᐃᓄᑑᑎᑕᐅᕐᖄᕆᐊᖃᖃᑦᑕᓚᖓᒻᒪᑕ ᑲᑎᒪᑦᓯᑌᓕᓗᑎᒃ ᐱᓇᓱᖃᑎᒥᓂᒃ ᐱᓇᓱᐊᕐᑐᑐᖃᕐᓂᒃ ᑖᕙᓂ ᐅᓪᓗᓂ 14-ᓂ ᐃᓄᑐᐊᒃᑯᕕᒻᒦᖃᑦᑕᓗᑎᒃ. ᑕᒪᓐᓇ ᐁᑐᑑᑎᑎᑦᓯᑌᓕᒍᑕᐅᓂᐊᕐᒪᑦ ᖃᓂᒪᒥᒃ.

ᐱᓇᓱᑦᑎ ᒪᓗᓐᓇᓯᑉᐸᑦ ᖃᓂᒪᖃᓕᕆᐊᖓ, ᓀᒪᒌᒃᑯᑎᒥᒃ ᐊᑐᖃᑦᑕᕆᐊᓕᒃ ᖃᕆᐊᒥᓃᑦᑎᑕᐅᓯᑦᓴᐅᑎᒋᓗᓂᓗ, ᐃᓄᑑᑎᑕᐅᓂᐊᕐᒪᑦ ᒪᓗᓐᓇᓂᖓ ᖃᐅᔨᓴᕐᑕᐅᓂᖓᓂ, ᐊᒻᒪᓗ ᐆᓇᕐᓂᖓ ᖃᐅᔨᓴᕐᑕᐅᓗᓂ. ᑕᑯᓗᒋᑦ ᐊᕕᑦᑐᓯᒪᓂᖓᓃᑦᑐᑦ ᐅᖃᐅᓯᕐᑕᓖᑦ "ᐃᒻᒥᓂᒃ ᐱᒪᓂᖅ ᐊᒻᒪᓗ ᑎᒥᐅᑉ ᖃᐅᔨᒪᒍᑎᖏᑦ ᖃᓂᒪᑕᖃᓕᕐᒪᖔᕐᒥ" ᑐᑭᓯᓂᐊᕆᐊᑦᓯᐊᕈᒪᓐᓂᕈᕕᑦ
ᑕᒪᒃᑯᐊ ᒥᑦᓵᓄᑦ.

ᐅᓪᓗᓂ 14-ᓂ ᐃᓄᑐᐊᒃᑯᕕᒻᒦᓂᕐᒥᓂ, ᐱᓇᓱᑦᑏᑦ ᐊᑐᕆᐊᓖᑦ ᐱᐅᓯᕐᓲᑕᐅᖁᔭᐅᔪᒥᒃ ᓀᒪᒌᒃᑯᑎᓯᒪᖃᑦᑕᓗᑎᒃ ᐊᒻᒪᓗ ᐃᔨᒥᑕ ᓱᒃᑯᕆᒃᑯᑎᖏᓐᓂᒃ. ᒪᓕᑦᓯᐊᓗᑎ ᐱᓇᓱᐊᓕᕈᑎᒃ 2-ᒦᑕᒥᒃ ᐅᖓᓯᓐᓂᓕᒻᒥᒃ ᐃᓅᖃᑎᒥᓂᑦ ᐊᑯᓐᓂᖃᖃᑦᑕᓗᑎᒃ ᓴᓇᕐᕈᑎᓗᑳᒥᓂᓪᓗ ᐊᑐᕐᑕᐅᑫᑦᑌᓕᖃᑦᑕᓗᑎᒃ; ᓴᓇᕐᕈᑎᖏᑦ ᐊᑐᕐᑕᐅᑎᑕᐅᒋᐊᖃᕐᐸᑕ, ᑕᒪᒃᑯᐊ ᖁᐱᕐᕈᐃᔭᐅᑎᒧᑦ ᒥᖑᐊᕐᓯᒪᒋᐊᓖᑦ ᐊᑐᕐᑕᐅᒋᐊᓕᕐᕿᖏᓐᓂᖏᓐᓂ.

ᐊᒡᒐᐅᑉ ᖁᐱᕐᕈᐃᔭᐅᑎᖏᑦ ᐊᒻᒪᓗ ᐊᓂᕐᓵᑑᑎᓂᒃ ᐊᑐᕐᓂᓄᑦ ᐱᐅᓯᕐᓲᑕᐅᔭᕆᐊᓖᑦ ᐃᓱᒣᓐᓇᓗᑐᖅ ᒪᓕᑦᑕᐅᓯᐊᖃᑦᑕᕆᐊᓖᑦ.

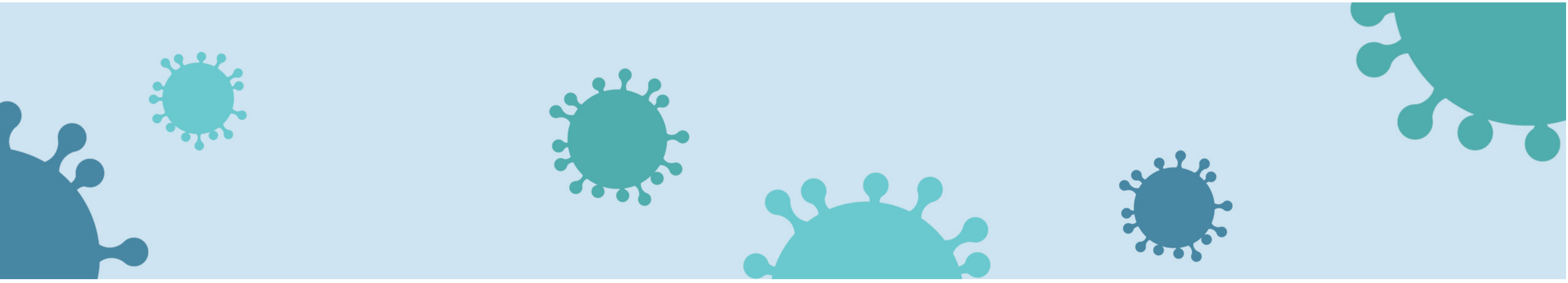
ᐊᓂᑦᑌᓕᔪᑦ ᐱᓇᓱᑦᑏᑦ ᐃᓘᓐᓇᓂᐊᕐᕕᒥᒃ ᖁᕐᕕᒥᓪᓗ ᐃᓄᑑᑦᔨᒋᐊᓖᑦ, 2-ᒦᑕᒥᒃ ᐅᖓᓯᓐᓂᖃᖃᑦᑕᑎᓪᓗᖏᑦ ᐊᑐᕐᑕᐅᕙᒻᒥᔪᓂᑦ ᐊᓯᖏᓐᓄᑦ ᐱᓇᓱᖃᑎᖏᓐᓄᑦ. ᐃᓘᓐᓇᓂᐊᕐᕕᒃ ᖁᐱᕐᕈᐃᔭᕐᓯᒪᒋᐊᓕᒃ ᐊᑐᕐᑕᐅᔪᕕᓂᐅᒋᐊᑕᒫᑦ ᐊᒻᒪᓗ ᖁᕐᕖᑦ ᐱᓇᓱᑦᑏᑦ ᐊᓯᑦᔨᕆᐊᑕᒫᑦ.

ᐃᓄᑐᐊᒃᑯᕕᒻᒦᓂᕐᒥᓂ, ᐱᓇᓱᑦᑏᑦ ᓂᕆᖃᑦᑕᕆᐊᓖᑦ ᖃᕆᐊᒥᓂ. ᐃᒣᓕᐅᖃᑦᑕᒥᓪᓗᑎᓪᓗ:

• ᓂᕿᑕᐅᑎᒃ ᑐᒥᐅᔭᖅ ᓴᓂᕐᕙᑕᐅᖃᑦᑕᕆᐊᓕᒃ ᖃᕆᐊᑉ ᑭᓪᓕᖓᑕ ᓯᓚᑖᓂ (ᐆᑦᑑᑎᒋᓗᒍ ᓴᓗᒪᔪᒥ ᐃᑦᓯᕙᐅᑕᕈᓗᒻᒥ).

• ᐱᓇᓱᑦᑎ ᖃᐅᔨᒪᑎᑕᐅᖃᑦᑕᕆᐊᓕᒃ ᓂᕆᒐᑦᓴᖏᑦ ᑎᑭᒻᒪᑕ. ᑎᒍᓂᐊᕐᒪᐅᒃ ᑐᒥᐅᔭᖅ ᓂᕆᓂᐊᕐᑕᖏᑦ ᖃᕆᐊᒥᓂ.

• ᐱᓇᓱᑦᑎ ᓂᕆᒌᑐᐊᕈᓂ:



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○ ᑐᒥᐅᔭᖅ ᓂᕿᑕᓕᕕᓂᖅ ᐅᒃᑯᐊ ᓯᓚᑖᓅᕐᖄᓗᒍ, ᑎᒍᔭᐅᓂᐊᕐᒪᑦ ᓀᒪᒌᒃᑯᓯᔭᕐᑐᒧᑦ ᐃᔨᒥᑕᓗ
ᓴᐴᓗᑕᖏᓐᓂᒃ ᐅᑐᕐᑐᒧᑦ, ᐊᒡᒐᔮᕐᓯᒪᑦᓱᓂᓗ;

○ ᐴᒍᑕᕕᓂᖏᑦ ᓂᖀᖃᐅᑎᓗ ᑐᒥᐅᔭᖅ ᐊᕐᖃᑎᑌᑦ ᐃᒪᕐᒥ ᐆᓇᑐᒥ;

○ ᐱᓇᓱᑦᑎ ᑎᒍᒥᐊᑲᑦᑕᕇᕋᒥ ᐴᒍᑕᕐᓂᒃ ᑐᒥᐅᔭᒥᓪᓗ ᓂᕿᖃᐅᑎᒥᒃ ᐳᐊᓗᒥᓂᒃ ᐲᕐᓯᔪᖅ, ᐊᒡᒐᒥᓂᒃ
ᐅᕝᕙᓯᑦᓱᓂ, ᐲᕐᓱᒍᓗ ᐃᔨᖏᑦᑕ ᓴᐴᓗᑕᖓ, ᓀᒪᒌᒃᑯᑎᖓᓗ ᐃᕐᒥᒋᐊᓪᓚᓕᕇᕐᒥᓱᓂᓗ ᐊᒡᒐᒥᓂᒃ.

ᐃᓄᑑᑎᑕᐅᕕᒻᒦᓂᕐᒥᓂ, ᐱᓇᓱᑦᑏᑦ ᓯᒪᒨᑫᓐᓇᖃᑦᑕᕈᓐᓇᑐᑦ ᐱᓱᕋᔮᑫᓐᓇᓗᑎᒃ, ᑭᓯᐊᓂ ᐃᑎᑲᑦᑕᕆᐊᖃᖕᖏᑐᑦ ᐃᓪᓗᓄᑦ. ᐅᖓᓯᓐᓂᖃᑦᓭᓇᖏᓐᓇᕋᓱᐊᕐᓗᑎᒃ 2-ᒦᑕᒥᒃ ᑭᓇᒃᑯᓕᒫᓂᑦ ᑲᑎᔭᒥᓂᑦ. ᒪᙯᖕᖑᐊᑫᓐᓇᓃᑦ ᓄᓇᓕᓐᓂ ᐊᑑᑎᔭᐅᒋᐊᖃᖕᖏᑐᑦ.

ᐃᓄᑑᑎᑕᐅᓂᖓ ᐃᓱᓕᑉᐸᑦ, ᐱᓇᓱᑦᑎ ᓄᑦᑎᑕᐅᒍᓐᓇᑐᖅ ᓇᔪᖃᑦᑕᑕᖓᑕ ᐊᓯᐊᓄᑦ.

ᐃᓄᑑᑎᑕᐅᔪᕕᓂᐅᑉ ᐱᓇᓱᑦᑎᐅᑉ ᖃᕆᐊᖓ ᖁᐱᕐᕈᐃᔭᕐᑕᐅᓯᒪᒋᐊᓕᒃ ᒪᓕᒉᑦ ᐊᑐᕐᓗᒋᑦ ᑕᕝᕙᓂ ᐊᓪᓚᓯᒪᔪᑦ ᐃᓄᑦᑕᓯᒋᐊᓪᓚᖏᓐᓂᖓᓂ ᖃᕆᐊᖅ ᓄᑖᒥᒃ ᐱᓇᓱᑦᑎᒥᒃ.

ᐱᓇᓱᐊᕐᕕᐅᔪᒥ: ᐱᓇᓱᖃᑎᒌᑉᐸᑐᑦ ᑖᒃᑯᓭᓐᓇᓕᒫᖑᐊᓖᑦ. ᐅᐊᕈᑎᒌᑦᑎᑌᓕᖃᑦᑕᓗᑎᒃ ᐊᓯᖏᓐᓂᒃ ᐱᓇᓱᑦᑎᓂᒃ ᐊᓯᐊᓂᒃ ᐱᓇᓱᐊᕐᒥᔪᓂᒃ, ᐃᓄᑑᒋᐊᓕᕕᓂᐅᓂᖏᑦᑕ ᐅᓪᓗᖁᑎᖏᑦ ᐊᑦᔨᒌᖕᖏᓂᑯᖏᓐᓄᑦ.

ᐃᓄᐃᑦ/ᓄᓇᓕᓐᓂ ᐱᓇᓱᑦᑏᑦ ᐱᓇᓱᑦᑎᑖᕆᔭᐅᒍᓐᓇᖁᑦ ᑭᓯᐊᓂ ᐱᓇᓱᖃᑎᖃᖃᑦᑕᕆᐊᖃᕋᑎᒃ ᐃᓄᓐᓂᒃ ᐃᓄᑑᑎᑕᐅᕕᒻᒦᖏᓐᓈᑐᓂᒃ ᓱᓕ.

ᐃᒫᙰᕐᑏᑦ, ᐱᓇᓱᐊᕐᑕᐅᔪᓂᒃ ᑲᒪᔩᑦ, ᑭᓪᓕᓯᓂᐊᕐᑏᑦ

ᐃᒫᙰᕐᑏᑦ, ᐱᓇᓱᐊᕐᑕᒧᓂᒃ ᑲᒪᔩᑦ, ᑭᓪᓕᓯᓂᐊᕐᑏᑦ ᐊᓯᖏᓪᓗ ᐱᓇᓱᑦᑏᑦ ᒪᓕᑦᓯᐊᕆᐊᖃᕐᒥᔪᑦ ᑖᒃᑯᓂᖓᑦᓭᓇᖅ ᐃᓱᒪᕐᓱᑐᐃᓐᓇᕇᒃᑯᑎᓂᒃ ᐱᓇᓱᑦᑏᑦ ᓄᑖᑦ ᑎᑭᐅᕐᖃᐸᒻᒪᑕ ᓄᓇᕕᒻᒥ. ᓯᓂᑦᑕᕕᒻᒥᓃᖏᓐᓇᕆᐊᖃᖃᑦᑕᒥᓗᑎᒃ ᐊᒻᒪᓗ ᓂᕆᖃᑦᑕᓗᑎᒃ ᑎᑭᐅᑦᔭᕕᓂᕐᒥᓂᒃ ᖃᓪᓗᓈᓂᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓂᕆᓂᐊᕐᑕᒥᓂᒃ ᒥᓇᕋᕐᑕᐅᖃᑦᑕᒥᓗᑎᒃ ᓴᓇᔩᑦ ᓂᕆᕕᖓᓂᑦ ᐱᔪᓂᒃ.

ᐱᓇᓱᐊᕐᕕᐅᔪᒥ, ᑕᒪᒃᑯᐊ ᐊᑦᔨᒌᖕᖏᑐᑦ ᐱᔪᓐᓇᑐᓪᓚᕇᑦ ᐊᑐᕐᐸᒋᐊᓖᑦ ᐊᑐᕐᑕᐅᖁᔭᐅᓯᒪᔪᓂᒃ ᐅᕝᕙᓘᓐᓃᑦ ᓀᒪᒌᒃᑯᓯᔭᕐᐸᓗᑎᒃ ᐃᔨᒥᑕᓗ ᓴᐴᓗᑕᖏᓐᓂᒃ, ᐱᓇᓱᐊᓕᕈᑎᒃ ᐅᖓᓯᓐᓂᖃᖃᑦᑕᓗᑎᒃ 2-ᒦᑕᒥᒃ ᐱᓇᓱᖃᑎᓕᒫᒥᓂᑦ, ᐁᑦᑐᑑᑎᖃᑦᑕᕈᓐᓀᓗᑎᒃ ᐱᒥᓂᒃ (ᐆᑦᑑᑎᒋᓗᒍ: ᐊᓪᓚᐅᑎᓂᒃ, ᑌᒣᑦᑐᓗᑳᓂᒃ) ᐱᓇᓲᑎᓗᑳᓂᓪᓗ ᖁᐱᕐᕈᐃᔭᕐᑕᐅᓯᒪᖕᖏᑐᓂᒃ ᐊᑐᕐᑕᐅᒌᑐᐊᕋᒥᒃ. ᓯᓂᑦᑕᕕᒻᒥᓂ, ᐊᑐᕆᐊᓖᑦ ᓀᒪᒌᒃᑯᑎᒥᓂᒃ ᐃᓄᑦᑕᖃᓗᑳᓲᒃᑯᑦ ᐱᓱᓐᓂᐊᕈᑎᒃ; ᐊᑐᓐᓇᕈᕐᑎᕆᒍᓐᓇᑐᑦ ᓂᕆᓂᐊᕐᑕᒥᓂᒃ ᐃᒐᕕᒻᒥ ᑭᓯᐊᓂ ᓂᕆᖃᑦᑕᖁᔭᐅᔪᑦ ᐃᒐᔭᒥᓂᒃ ᖃᕆᐊᒥᓃᓪᓗᑎᒃ.

ᖃᕆᐊᓕᒫᑦ, ᑎᓕᔭᐅᒍᑎᑖᓚᐅᕋᓂ ᐱᓇᓱᐊᕐᓂᐊᑕᒥᓂᒃ ᐱᓇᓱᑦᑎ, ᖁᐱᕐᕈᐃᔭᕐᓯᒪᒋᐊᓕᒃ ᒪᓕᒉᑦ ᐊᑐᕐᓗᒋᑦ ᑕᕝᕙᓂ ᓯᑯᑦᓴᔭᒥ ᐊᓪᓚᓯᒪᔪᑦ.

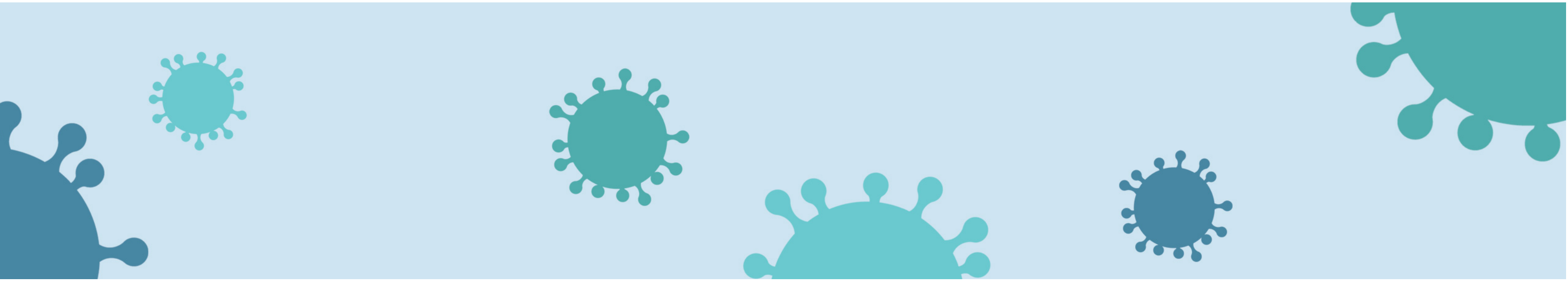
ᐱᓇᓱᑦᑎ ᐃᒫᙰᕐᑏᑦ ᖁᐳᕐᕈᖃᓕᕆᐊᖓ ᖃᐅᔨᒪᓇᓕᑐᖅ:

ᓇᓪᓕᐊ ᖁᐱᕐᕆᓯᒪᓕᕐᑐᖅ ᓄᕙᓐᓇᖅ-19-ᒥᒃ ᐃᑉᐱᓂᐊᒐᓛᐱᑐᐃᓐᓇᕆᐊᓕᒃ ᐅᕝᕙᓘᓐᓃᑦ ᖃᐅᔨᒪᓇᕈᑎᖃᕈᓐᓀᓗᓂ.

ᐃᑉᐱᓂᓕᑌᓐᓇᕈᓐᓇᓱᓂ 14 ᐅᓪᓗᐃᑦ ᑭᖑᓂᐊᒍᑦ ᐃᓚᖏᓐᓂ ᑌᒣᓲᖅ, ᖃᐅᔨᒪᓇᕈᑎᖃᖕᖏᓗᑐᕐᓗᓂᓘᓐᓃᑦ.

ᖃᐅᔨᒪᒍᑏᑦ ᐃᒣᑦᑑᒍᓐᓇᑐᑦ:
ᐅᑯᐊᖑᒍᓐᓇᓱᑎᒃ: ᐆᓇᕐᑐᖅ (ᐆᓇᕐᓂᖃᕐᓗᓂ38°C ᐅᕝᕙᓘᓐᓃᑦ 100.4°F), ᖁᐃᕐᑐᓗᓂ, ᐃᐱᓂᐊᕐᓗᓂ ᐊᒻᒪᓗ
ᑎᐸᓂᒃ ᓀᕐᖃᔦᕐᓯᒪᓗᓂ, ᑎᐸᖃᒃᑫᒍᓐᓀᓗᓂᓘᓐᓃᑦ ᐅᖁᒻᒥᐊᑕᒥᓂᒃ.
ᐅᕝᕙᓘᓐᓃᑦ

ᐅᑯᓃᖓ ᒪᕐᕉᓂ ᐊᑑᑎᒍᓐᓇᒥᔪᖅ: ᐃᑎᑦᑕᑐᖅ (ᐊᓇᑭᑕᕐᑐᖅ), ᐃᒡᒋᐊᓕᕆᔪᖅ, ᑎᓇᑦᑐᖅ ᑎᒥᖓ ᑕᖃᒪᔪᕐᑎᑐᑦ,



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ᓂᐊᖁᖕᖑᔪᖅ ᓴᐅᓐᓂᕆᔪᖅ (ᐱᓇᓱᐊᕐᑐᕕᓂᐅᖕᖏᑲᓗᐊᕋᒥ).
ᐃᓄᐃᑦ ᑕᒪᒃᑯᓂᖓ ᐃᑉᐱᓂᐊᕈᑎᓖᑦ ᐃᓄᑑᑎᒐᓱᐊᕆᐊᓖᑦ ᖃᐅᔨᓴᕐᑕᐅᓗᑎᓗ ᓄᕙᓐᓇᖅ-19-ᖃᓕᕐᒪᖔᕐᒥᒃ ᐋᓐᓂᐊᓯᐅᕐᑎᑯᓐᓂ. ᐱᓇᓱᑦᑏᑦ ᐅᖄᓚᕕᖃᕈᓐᓇᒥᔪᑦ ᖃᖓᓕᒫᖅ ᐊᐱᕐᓲᑎᑦᓴᖃᕈᑎᒃ ᐱᓪᓗᒍ ᑕᒪᓐᓇ ᖃᓂᒪᓇᖅ ᐅᕝᕙᓘᓐᓃᑦ ᓇᒧᖕᖓᕆᐊᖃᕐᒪᖔᕐᒥᒃ ᖃᐅᔨᓴᕐᑕᐅᒍᒪᓕᕈᑎᒃ ᐃᒫᙰᕐᑕᐅᒍᒪᓗᑎᒃ.
1 888 662-7482

ᑎᑭᐅᕐᖃᑐᑦ/ᐊᐅᓪᓚᐅᖃᑦᑐᑦ - ᓄᓇᓕᒻᒥᐅᖑᒐᑎᒃ ᐱᓇᓱᑦᑏᑦ

ᓄᓇᓕᒻᒥᐅᖑᖓᑎᒃ ᐱᓇᓱᑦᑏᑦ (ᖃᓪᓗᓈᓂᑦ ᐱᓯᒪᒐᔪᓲᑦ ᑖᒃᑯᐊ) ᒪᓕᖏᐊᖃᕐᒥᔪᑦ ᑲᕙᒪᑐᖃᒃᑯᑦ, ᑯᐯᒃᑯᓗ ᑲᕙᒪᖓᑕ ᐊᒻᒪᓗ ᓄᓇᕕᐅᑉ ᐱᖁᔭᓕᐊᕆᓯᒪᔭᖏᓐᓂᒃ ᐱᓪᓗᒍ ᐊᕐᕕᑕᕐᓂᖓ ᑎᒻᒥᔫᒃᑯᑦ ᓄᓇᕕᒃ2-ᒧᑦ. ᐊᕐᕕᑕᕐᑏᑦ ᑎᒻᒥᔫᕆᐊᓖᑦ ᓀᒪᒌᒃᑯᓯᔭᕆᐊᓖᑦ, ᐊᕐᕕᑕᐅᑎᓕᕆᔨᖏᑦᑕ ᑲᓇᑕᐅᑉ ᒪᓕᒐᓕᐊᕆᓯᒪᔭᖏᑦ3 ᐊᑐᕐᓗᒋᑦ.
ᐊᕐᕕᑕᕐᑏᑦ ᐊᑐᕆᐊᖃᕐᒥᔪᑦ ᖃᕐᓕᓂᒃ ᑕᑭᔪᓂᒃ ᐊᒻᒪᓗ ᐅᕕᓂᕈᕐᓯᒪᓗᑎᒃ ᐁᓕᒻᒥᒃ ᐅᕕᓂᖓᑕ ᐊᑦᑑᔭᕐᑕᐅᒌᒃᑯᑎᑦᓴᖏᓐᓂᒃ.

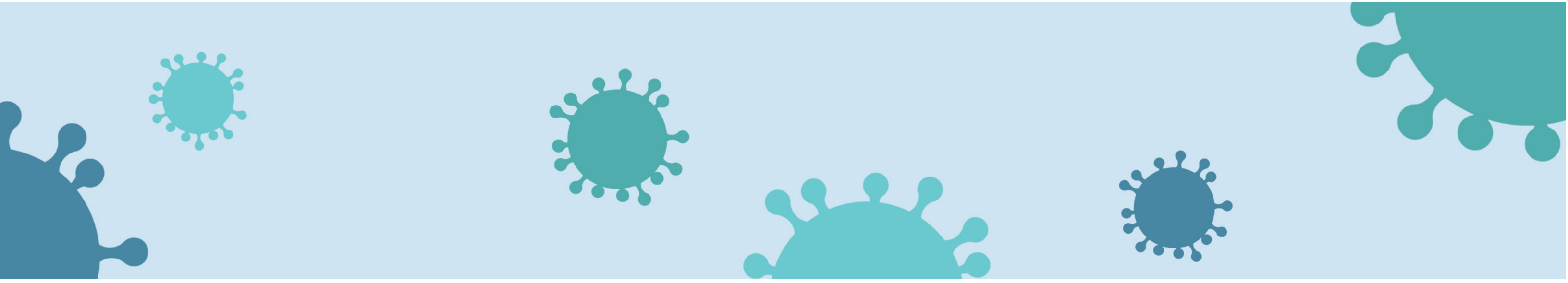
ᑎᒻᒥᔫᑉ ᐃᓗᐊᓃᓕᕈᑎᒃ ᐅᖄᖃᑦᑕᐅᑎᑲᑦᑕᕆᐊᖃᖕᖏᑐᑦ, (ᐳᓚᐅᑎᓗᑎᒃ), ᖁᐱᕐᕈᓂᒃ ᐃᕐᐸᑎᑦᓯᑌᓕᒪᒐᓱᐊᒧᑦ.

ᐃᑎᑲᑦᑕᕈᓐᓇᐅᑏᑦ ᐱᓇᓱᕝᕕᐅᔪᒧᑦ, ᐊᐅᓪᓛᓯᒪᕕᒻᒧᓗ

ᐊᑐᐃᓐᓇᖃᕈᓐᓴᓂᖅ ᐱᓇᓱᕝᕕᓕᐊᕆᐊᖃᕐᓂᒧᑦ ᐊᒻᒪᓗ ᓯᓂᑦᑕᕕᑦᓴᒥᓄᑦ ᒫᓐᓇ ᑲᒪᓇᓱᑦᑕᐅᓚᕆᑦᑐᕋᑕᐅᒻᒪᑦ; ᐱᐅᓂᕐᓴᐅᒐᔭᕐᑐᖅ ᐃᒣᓕᐅᖃᑦᑕᕈᓂ:

• ᐃᑉᐱᒋᑦᓯᐊᓗᒋᑦ ᐃᑲᐅᕐᓂᖏᑦ ᑎᑭᓐᓂᕆᖃᑦᑕᑕᖏᑦ ᐊᒻᒪᓗ ᐊᐅᓪᓚᑲᑦᑕᓂᖏᑦ ᐱᓇᓱᑦᑏᑦ;
• ᖃᐅᔨᓴᖃᑦᑕᓗᒋᑦ ᑎᒥᖏᑦ ᖃᓄᐃᖕᖏᓯᐊᕋᓗᐊᕐᒪᖔᑕ ᐱᓇᓱᑦᑏᑦ ᐊᒻᒪᓗ ᐳᓛᕆᐊᕐᓯᒪᔪᑦ ᐃᑎᐅᕐᖃᖃᑦᑕᑐᑦ ᓯᓂᑦᑕᕕᑦᓯᓄᑦ ᐅᓪᓗᑕᒫᑦ ᐊᐱᕐᖁᑎᐅᒋᐊᓖᑦ ᐊᑐᕐᓗᒋᑦ (ᑕᑯᓗᒍ ᐃᓚᖏᐊᕈᑎᒃ ᐊ-ᒦᑦᑐᑦ ᐱᓇᓱᑦᑏᓄᑦ/ᐳᓛᕆᐊᕐᑐᓄᓪᓗ ᐊᐱᕐᖁᑏᑦ).
• ᑖᒃᑯᐊ ᐊᐱᕐᖁᑏᑦ ᐃᒣᓕᒍᑕᐅᒍᒫᕐᓂᐊᑐᑦ:
o ᓱᕐᖁᐃᓯᐅᑕᐅᓗᑎᒃ ᓇᓪᓕᐊ ᐱᓇᓱᑦᑏᑦ ᐳᓛᕆᐊᕐᓯᒪᔪᐃᓪᓘᓃᑦ ᒪᓗᓐᓇᑐᕐᑕᖃᓕᕐᒪᖔᑕ ᓄᕙᓐᓇᖅ-19-ᒥᒃ,
ᐅᓐᓂᑑᑏᑦ ᒪᓕᑦᓱᒋᑦ ᐃᓄᓕᒫᓅᓕᖓᔪᓂᒃ ᐃᓗᓯᓕᕆᓂᐅᑉ ᐅᖃᕐᓯᒪᔭᖏᑦ;
o ᐃᑲᔪᕐᓯᒪᒍᑎᖃᕐᓗᓂ ᖃᐅᔨᓴᕐᑕᐅᔪᖃᓕᕐᐸᑦ ᐱᓪᓗᒍ ᐊᑦᔨᒌᖕᖏᑐᑦ ᑐᓴᐅᒪᖃᑕᐅᒋᐊᓖᑦ, ᒋᐊᖃᑐᐊᕐᐸᑕ;
• ᓯᕙᓂᐅᑏᑦ ᐊᓪᓚᖁᑎᖏᓐᓂᒃ ᑲᑎᕐᓱᐃᓯᒣᓐᓇᓗᓂ ᐱᓇᓱᑦᑎᓕᒫᓅᓕᖓᔪᓂᒃ ᐃᑎᑲᑦᑕᓲᑦ ᑖᕙᒃᑯᐊ ᐃᓪᓗᖁᑎᖏᓐᓄᑦ.

ᐱᓇᓲᑎᑦᓭᑦ, ᑌᔭᐅᔪᑦ ᐊᑖᓂ, ᐊᑐᐃᓐᓇᐅᒪᑕ ᐃᑲᔪᕐᑎᓴᐅᑦᓱᑎᒃ ᓴᓗᒪᖏᓐᓇᕆᐊᖃᕐᓂᒨᓕᖓᔪᓂᒃ ᐱᓇᓱᕝᕕᐅᑉ ᓇᔪᕐᑕᖏᓐᓂ:
• ᑐᑭᖃᑦᓯᐊᑐᑦ ᐊᑦᔨᖑᐊᑦ, ᓂᕕᖓᑎᑌᑦ ᐊᕐᖁᓵᕐᕕᓕᒫᓂ ᐃᑎᕐᑕᕕᓐᓂ ᐱᓇᓱᕝᕕᓄᑦ ᓯᓂᑦᑕᕕᓐᓄᓗ;
• ᐃᓂᓪᓚᑕᐅᓯᒪᔪᑦ ᐊᑑᑎᓗᒋᑦ ᑭᓯᐊᓂᐅᒋᐊᓖᑦ ᐃᑎᕐᑐᑦ ᐊᐱᕐᖁᑎᓂᒃ ᑎᒍᓯᒋᐊᖃᕐᓂᖏᑦ (ᐊᑎᖏᑦᑕ ᐊᓪᓚᑕᐅᕕᖏᑦ);
• ᐅᖓᓯᑦᑕᕇᓕᕐᑎᓯᒪᒋᐊᖃᕐᓃᑦ (ᐃᑭᓐᓂᐹᖃᕐᓗᑎᒃ 2-ᒦᑕᒥᒃ);
• ᐊᑑᑎᓗᒋᑦ ᑭᓯᐊᓂᐅᒋᐊᓖᑦ ᐊᒡᒐᓂᒃ ᐅᕝᕙᓃᑦ ᐃᑎᕋᓱᐊᓕᕈᕕᑦ ᐊᓂᒐᓱᐊᓯᒍᕕᓪᓘᓂᑦ ᓇᔪᕐᑕᓂᑦ ᐊᒻᒪᓗ ᑲᒥᑎᑦ
ᕿᒪᖃᑦᑕᓗᒋᑦ ᑲᑕᒻᒥ ᐊᒻᒪᓗ ᐅᓕᑲᑦᑕᑎᑦ ᖃᕆᐊᕐᓅᕖᕐᓗᒋᑦ;
• ᐃᑎᕐᑕᕈᓐᓇᑐᑦ ᑭᓯᐊᓂ ᐱᓇᓱᑦᑎᐅᒍᑎᒃ (ᐃᓚᒋᐊᕈᑎᒃ ᐸ - ᐊᖏᕐᑕᐅᓯᒪᔪᑦ ᑭᓯᐊᓂ ᐱᓇᓱᑦᑏᑦ ᐊᑦᔨᖑᐊᖅ
ᓂᕕᖓᔪᖅ ᐊᑭᓐᓇᒥ).



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ᐱᒻᒪᕆᒃ: ᐱᓇᓱᑦᑎ ᓴᕐᕿᔮᕐᑎᓯᓕᕐᑐᖅ ᓄᕙᓐᓇᖅ-19-ᒥᒃ ᖃᐅᔨᑎᑦᓯᖏᐊᓕᒃ ᓇᔪᕐᑕᖓᑕ ᑲᒪᔨᖓᓂᒃ, ᐊᖓᔪᕐᖄᒥᓂᒃ, ᐱᓇᓱᐊᕐᑕᐅᔪᑦ ᑲᒪᔨᖓᓂᒃ, ᐊᖓᔪᕐᖄᒪᕆᒻᒥᒃ ᐊᒻᒪᓗ ᓄᓇᓖᑦ ᑲᕙᒫᐱᒃᑯᖏᑦᑕ ᐊᐅᓚᑦᓯᔨᖏᓐᓂᒃ ᑕᕝᕓᓇᓪᓗᑐᖅ ᐊᒻᒪᓗ ᑲᔪᓯᒋᐊᓯᓗᓂ ᐃᓄᑑᑎᑕᐅᓂᐅᑉ ᐱᖁᔭᖏᓐᓂᒃ (ᐃᓚᒋᐊᕈᑎᒃ ᑕ - ᐃᒫᙰᕐᑕᐅᒍᑎᖏᑦ ᐃᓄᐃᑦ ᓴᕐᕿᔮᕐᑎᓯᓕᕐᑐᑦ ᑎᒥᒥᒍᑦ ᓄᕙᓐᓇᖅ-19-ᒥᒃ ᐅᑕᕐᕿᔪᑦ ᖃᐅᔨᓴᕐᑕᐅᕕᑦᓴᒥᓂᒃ ᑕᕐᕋᑐᕐᑕᐅᓂᑦᓴᒥᓂᓘᓐᓃᑦ ᖃᐅᔨᔭᐅᒍᑎᕕᓂᕐᒥᓂᒃ).

ᖃᓄᐃᖕᖏᓯᐊᕆᐊᖃᕐᓂᖏᑦ ᐱᓇᓱᑦᑏᑦ ᐳᓛᕆᐊᕐᓯᒪᔪᓪᓗ

ᑎᒥᐅᑉ ᖃᓄᐃᓐᓂᖓᑕ ᒥᑦᓵᓅᓕᖓᔪᑦ ᐊᐱᕐᓲᑏᑦ
ᐱᓇᓱᑦᑎᓯᔪᖅ ᖃᐅᔨᓴᕿᐊᓕᒃ ᑎᒥᖏᑦ ᖃᓄᐃᓕᕐᒪᖔᑕ ᐱᓇᓱᑦᑎᓕᒫᓂᒃ ᐳᓛᕆᐊᕐᓯᒪᔪᓕᒫᓂᓪᓗ ᐊᐱᕐᓱᑲᑦᑕᓗᓂ ᐅᑯᓂᖓ ᐊᐱᕐᖁᑎᓂᒃ:

• ᖃᐅᔨᒪᒍᑎᐅᒐᔭᕐᑐᓂᒃ ᐱᑕᖃᓕᕐᕿᑦ: ᖁᐃᕐᑐᖃᑦᑕᖀᑦ, ᐆᓇᕐᐲᑦ, ᐃᐱᓂᐊᕐᐲᑦ, ᐊᒻᒪᓗ ᓀᕐᖃᔦᕐᓯᒪᕖᑦ ᐅᖁᒻᒥᐊᑕᕐᓂᓗ ᐃᓕᑕᕐᓯᖃᔦᕐᓯᒪᕕᑦ?

• ᐊᕐᕕᑕᕋᑖᓚᐅᕐᖀᑦ ᑲᓇᑕᐅᑉ ᓯᓚᑖᓄᑦ ᐱᓇᓱᐊᕈᓰᒃ ᒪᕐᕉᒃ ᒥᑦᓯᑎᓐᓄᑦ ᓯᕕᑐᓂᓕᒻᒥᒃ?

• ᐃᕝᕕᑦ ᐅᕝᕙᓗᓐᓃᑦ ᐊᓰᑦ ᑲᑎᒪᑦᓯᖃᑦᑕᑐᕕᓂᐅᔪᑦᓴᐅᕙ ᖃᓂᒻᒪᓯᖃᓕᕐᑐᒥᒃ ᓄᕙᓐᓇᖅ-19-ᒥᒃ?

ᖃᐅᔨᒪᒋᑦᓯ ᐆᓇᕐᒪᖔᑦ ᐱᓇᓱᑦᑎᐅᑉ ᑎᒥᖓ ᖃᐅᔨᓴᕆᐊᑐᖕᖏᒪᑦ, ᑕᒪᓐᓇ ᐊᑑᑎᔭᐅᖃᑦᑕᓯᒪᔫᒐᓗᐊᖅ ᓱᓕᓪᓗᐊᑎᑦᓯᖃᑦᑕᓯᒪᖕᖏᒪᑦ, ᐱᓗᐊᕐᑐᒥᒃ ᐃᓄᓐᓄᑦ ᓯᓚᒥ ᐱᓇᓱᐊᓲᓄᑦ.

ᐱᓇᓱᑦᑎ ᓇᓪᓕᐊᓘᓐᓃᑦ ᐳᓛᕆᐊᕐᓯᒪᔪᖅ ᑭᐅᒍᓂ "ᐊᐊ" ᓚᔪᒥᒃ ᑖᒃᑯᓇᓂ ᖁᓛᓂ ᐊᐱᖁᑎᓂᒃ ᐃᑎᕐᓯᒣᓐᓇᕆᐊᖃᓕᕐᑐᖅ (ᓯᓂᑦᑕᕕᒻᒥᓂ) ᐃᓄᑑᑎᓯᓗᓂᓗ ᐱᐅᓯᕐᓲᑕᐅᔭᕆᐊᓖᑦ ᐊᑐᕐᓗᒋᑦ (ᐃᓚᒋᐊᕈᑎᒃ ᑕ-ᒦᑦᑐᑦ).

ᐅᑎᕐᐸᓕᐊᓯᓂᖅ ᐱᓇᓱᕝᕕᒧᑦ
ᐱᓇᓱᑦᑏᑦ ᐃᓄᑑᐊᒃᑯᕕᒻᒦᑐᑦ ᓄᕙᓐᓇᖅ-19-ᒧᑦ ᐊᐅᓚᑕᐅᑦᓱᑎᒃ ᒪᓕᑦᓯᐊᕆᐊᓖᑦ ᒪᓕᒐᕆᒋᓕᓕᒫᒥᓂᒃ ᐅᑎᕐᑎᑕᐅᒍᓐᓇᓯᖕᖏᓂᕐᒥᓂ ᐱᓇᓱᕝᕕᒥᓄᑦ:

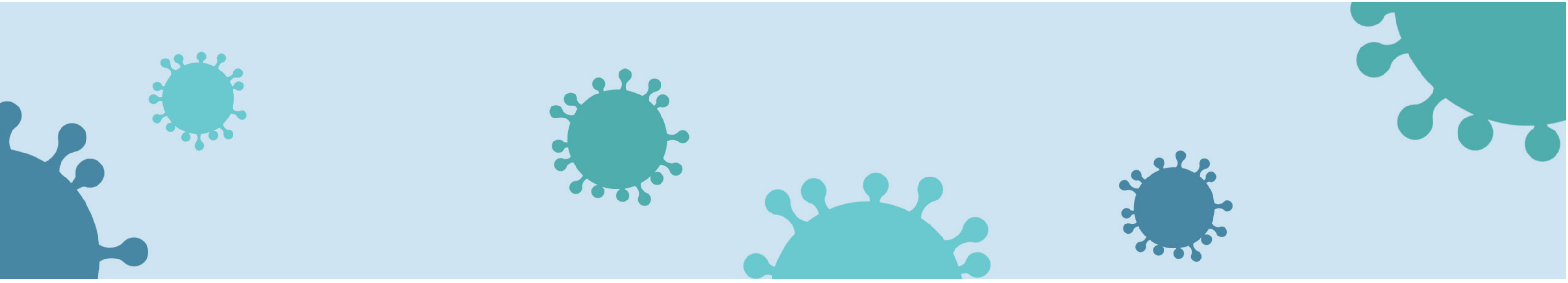
• 14 ᐅᓪᓗᐃᑦ ᓈᑦᓴᓚᐅᕈᓂᖏᑦ, ᒪᓗᒋᔭᐅᓚᐅᕐᑐᕕᓂᐅᑎᓪᓗᒍ, ᐊᓂᒍᕆᐊᓖᑦ ᐅᑎᕈᓐᓇᓯᑎᑕᐅᖕᖏᓂᕐᒥᓂ ᐱᓇᓱᕝᕕᒥᓄᑦ (ᐆᑦᑑᑎᒋᓗᒍ: ᒪᓗᒋᔭᐅᓯᓕᕐᓂᕈᓂ ᔫᓂ 1-ᒥ, ᐱᓇᓱᑦᑎ ᐃᒻᒥᓂᒃ ᐃᓄᑐᐊᒃᑯᕕᒻᒦᒋᐊᓯᒋᐊᓕᒃ ᐅᓪᓗᑐᕐᓂᐊᓗᓂ 14-ᓂᒃ ᐅᑎᕐᖃᔭᕐᓂᐊᕋᓂᓗ ᐱᓇᓱᕝᕕᒥᓄᑦ ᔫᓂ 15 ᓯᕗᓂᐊᒍᑦ);

• ᐃᑉᐱᓇᓪᓗᕆᓕᕐᑐᓂᒃ ᐱᑕᖃᖕᖏᑯᓂ ᒪᓗᓐᓇᕋᔭᕐᑐᓂᒃ 24 ᐃᑲᐅᕐᓂᓂ (ᐃᓚᐅᑎᓐᓇᒍ ᖁᐃᕐᑐᑲᑦᑕᓂᖓ, ᑲᔪᓯᐅᒐᑯᑖᑐᐃᓐᓇᕆᐊᖃᕐᒪᑦ);

• ᐆᓇᖃᑦᑕᕈᓐᓀᓗᓂ ᐃᑲᐅᕐᓂᓂ 48-ᓂ, ᐆᓇᕇᒃᑯᑎᑐᕐᓯᒪᒍᓐᓀᓗᓂ (ᐆᓇᕇᒃᑯᑎᓂᒃ ᐄᒐᕐᓂᒃ).

ᖃᐅᔨᒪᔭᐅᒋᐊᓕᒃ ᐋᓐᓂᐊᓯᐅᕐᑎᑯᓐᓂᑦ ᐊᓪᓚᑖᕆᐊᑐᖕᖏᒪᑦ ᖃᓂᒪᒍᓐᓀᑐᖅ ᓚᒍᑎᓂᒃ ᐅᑎᕆᐊᖃᓯᒻᒥᒍᓂ ᐱᓇᓱᕝᕕᒥᓄᑦ.

ᐱᒻᒪᕆ: ᐱᓇᓱᑦᑏᑦ ᐱᔭᕇᕐᖄᕆᐊᓖᑦ ᐅᑎᕈᑎᑦᓴᓂᒃ ᐊᐱᕐᖁᑎᓂᒃ ᐱᓇᓱᕝᕕᒥᓄᑦ (ᐃᓚᒋᐊᕈᑎᒃ ᑲ - ᐅᑎᕈᒪᓕᕐᓂᒧᑦ ᐱᓇᓱᕝᕕᒥᓄᑦ ᐊᐱᕐᖁᑏᑦ). ᓱᓕᖕᖏᑐᓂᒃ ᐊᓪᓚᓂᕈᓂ ᐅᕝᕙᓘᓐᓃᑦ ᓴᓪᓗᑐᓂᒃ ᐊᓪᓚᓂᕈᓂ ᐊᐅᓚᑦᓯᔨᒧᑦ ᑲᒪᒋᔭᐅᓯᑐᐃᓐᓇᕆᐊᓕᒃ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓂᕐᑎᑕᐅᒍᑎᑖᕐᑎᑕᐅᓗᓂ, ᑎᑭᕋᑕᕐᓗᒍ ᐱᓇᓱᑦᑎᑕᐅᒍᓐᓃᑫᓐᓇᓂᕐᒥᒃ ᖃᖓᓪᓗᐊᖅ ᖃᐅᔨᒪᓇᖕᖏᑐᒥᒃ.



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ᓴᓗᒪᒋᐊᖃᕐᓂᖅ ᐊᒻᒪᓗ ᓴᓗᒣᓐᓇᕋᓱᐊᕈᑏᑦ ᐱᐅᓯᕐᓲᑎᑦᓴᔭᖏᑦ

ᑎᒥᒃᑯᑦ ᐅᖓᓯᑦᑕᕇᒋᐊᖃᕐᓂᖅ

• ᐱᓇᓱᑦᑎᓯᔪᖅ ᐃᓂᓪᓓᓯᒪᒋᐊᓕᒃ ᐱᓇᓱᐊᕐᑕᐅᓚᖓᔪᑦ ᐸᕐᓇᓯᒪᐅᑎᖏᓐᓂᒃ ᐱᓪᓚᕆᐅᑎᑦᓯᒍᑕᐅᓂᐊᕐᑐᓂᒃ, ᖃᖓᓕᒫᖅ ᒍᓐᓇᓯᓯᒪᓕᕐᐸᑕ, ᐅᖓᓯᑦᑕᕇᒋᐊᖃᕈᑎᓂᒃ 2-ᒦᑕᒥᒃ ᐱᓇᓱᖃᑎᖏᑦᑕᓗ ᖃᓂᑕᕇᑦᑌᓕᒍᑎᑦᓴᖏᓐᓂᒃ.

• ᒪᓕᓪᓗᒋᑦ ᐱᓇᓱᐊᕐᑕᐅᔪᑦ ᖃᓄᐃᑦᑑᓂᖏᑦᑕ, ᐊᑑᑎᑎᑕᐅᑐᓐᓇᕆᐊᓕᒃ, ᒪᓕᑦᓯᐊᑕᐅᒋᐊᖃᕐᓂᖏᓐᓄᑦ
ᐅᖓᓯᑦᑕᕇᒋᐊᖃᕐᓃᑦ ᐊᔪᕐᓇᓗᑐᕐᐸᑕ ᐊᑯᓃᓚᖓᒍᓐᓀᓗᑎᒃ (15-ᒥᓂᑦᔅ ᒥᑦᓯᑎᓐᓂ).

• ᐱᓇᓱᑦᑏᑦ ᐊᑦᑐᐃᑌᓕᒋᐊᓖᑦ ᑮᓇᕐᒥᓂᒃ ᖃᖓᓕᒫᖅ. ᖁᐃᕐᑐᓕᕈᑎᒃ, ᐃᑯᓯᒻᒥᓄᑦ ᒪᑐᒋᐊᖃᑦᑕᓗᒍ ᖃᓂᖓ.

• ᐊᔪᐃᓐᓈᕆᔭᐅᒻᒪᕆᒋᐊᓕᒃ ᒪᓐᓇ:

○ ᐊᑐᕆᐊᕐᓂᓴᐅᖃᑦᑕᓗᓯ ᐃᑭᑦᑑᓈᕐᑎᑐᓂᒃ ᐊᒥᓲᓈᕐᑎᓗᐊᕐᑌᓕᔪᓂᒃ ᐊᑕᐅᑦᓯᑯᑦ ᐱᓇᓱᐊᕐᕆᐊᓕᓐᓂᒃ;

○ ᐱᓇᓱᕝᕕᒋᓲᑦᓴᔦᑦ ᐃᓃᑦ ᓇᔪᖏᓐᓇᕋᓱᐊᖃᑕᓗᒍ ᖃᖓᓕᒫᖅ;

○ ᓴᓇᕐᕈᑎᓂᒃ ᐊᑦᑕᑐᕐᑌᓕᓗᑎᑦ, ᐱᓇᓲᑎᓂᒃ ᐊᓯᖏᓐᓂᓗ ᓇᒻᒥᓂᕐᓂᐅᕕᑦ ᐊᑦᑕᑐᕐᑕᐅᑎᑦᓯᑌᓕᓗᑎᑦ;

○ ᓴᓗᒻᒪᓴᖃᑦᑕᓗᒋᑦ ᐱᓇᓲᑏᑦ ᐊᑐᕇᕐᐸᑕ ᑕᒫᓐ ᐱᓇᓱᓐᓀᑦ ᐱᔭᕇᕈᕕᐅᒃ, ᐊᑐᓯᖔᕐᓗᑎᑦ
ᐅᓪᓗᑕᒫᕐᓯᐅᑎᓂᒃ ᐱᓇᓲᑎᑦᓴᔭᓂᒃ;

○ ᑕᑯᒋᐊᕐᓗᒋᑦ ᐊᓪᓚᖁᑎᖏᑦ ᐊᕕᑦᑐᓯᒪᓂᖓᓃᑦᑐᑦ ᑌᔭᐅᑦᓱᑎᒃ ᓇᒻᒥᓂᖅ ᓴᐳᒻᒥᐅᑎᑦᓭᑦ ᐱᓇᓲᑏᑦ
(PPE) ᒪᓕᒐᕐᓂ ᐅᖄᔭᐅᔪᑦ.

• ᑎᒥᒃᑯᑦ ᐅᖓᓯᑦᑕᕇᒋᐊᖃᓂᖅ "ᓄᐃᑕᔪᒥᒃ ᑌᒣᒌᒃᑯᑎᖃᖕᖏᐸᑦ" ᒪᓕᑦᑕᐅᓯᐊᕐᖃᔭᕐᓂᐊᖏᑉᐸᑕ 15-ᒥᓂᑦᔅ ᐃᓗᐊᓂ, ᐊᐅᓚᑦᔭᕆᐊᕈᑕᐅᒋᐊᓖᑦ ᓴᐳᒻᒥᔭᐅᒍᑎᑦᓴᖏᑦ ᐱᓇᓱᑦᑏᑦ ᐃᖏᕐᕋᓯᑎᐅᓯᓗᑎᓪᓗ:

○ ᐊᑐᖃᑦᑕᓃᑦ ᓀᒪᒌᒃᑯᑎᓂᒃ (ᐱᓚᑦᑐᐃᔩᑦ ᐊᑐᓲᖏᑦ) ᐊᒻᒪᓗ ᓴᐳᒻᒥᐅᑏᑦ ᐃᒡᙰᑦ (ᐃᔨᒥᒃ ᓴᐳᒻᒥᐅᑏᑦ)
ᐅᕝᕙᓘᓐᓃᑦ ᐃᔭᕈᕐᑕᐅᒌᒃᑯᑏᑦ, ᐃᓚᖃᕐᒥᓗᑎᒃ ᐊᒡᒐᔮᓂᒃ ᓯᑦᓯᑐᕐᖃᔭᖕᖏᑐᓂᒃ ᐊᑐᕐᑕᐅᒐᔪᓲᓂᒃ.

ᖃᐅᔨᒪᒋᐊᓕᒃ: ᑖᓐᓇ ᐊᑑᑎᔭᐅᖁᔭᐅᓯᒪᔪᖅ ᐅᓐᓂᑑᑎᒍᑎᑐᐃᓐᓇᓕᐊᕆᓯᒪᔪᖅ ᐃᒡᒐᓯᒪᒋᐊᖃᕐᓂᖅ ᐅᕝᕙᓘᓐᓃᑦ ᓯᕐᐸᑕᐅᒌᒃᑯᑎᒥᒃ ᐊᑐᕐᓂᖅ ᐊᑦᑕᓇᕐᑐᕆᔭᐅᖕᖏᐸᑦ ᐱᓇᓱᑦᑎᐅᑉ ᐊᑦᑕᓈᕿᑦᑌᓕᒪᒋᐊᖃᕐᓂᖓᓄᑦ (ᐆᑦᑑᑎᒋᓗᒍ: ᖃᐅᒪᔪᒦᓕᕈᓂ ᐃᓱᓪᓕᖓᑎᑦᓯᒍᓐᓇᓂᖓ ᐃᓱᒪᒋᓗᒍ ᑌᒣᑦᑐᓂᒃ ᐊᑐᕐᓗᓂ).

• ᐃᑲᐅᕐᓂᓕᐅᕆᐊᓪᓚᓂᖅ ᐃᓂᓪᓚᑎᕐᑕᐅᓯᒪᑦᓯᐊᕆᐊᓕᒃ ᐊᒥᓲᓕᑲᓪᓚᖃᑦᑕᓗᐊᖁᓇᒋᑦ ᐱᓇᓱᑦᑏᑦ
ᑕᕝᕙᓂᑦᓭᓈᕋᔭᕐᓂᖏᑦ ᐊᒥᓲᓗᑎᒃ, ᑕᒪᓐᓇ ᐅᖓᓯᑦᑕᕇᒋᐊᖃᕐᓂᒥᒃ ᐃᓱᐃᓪᓕᖓᑎᑦᓯᑐᐃᓐᓇᕆᐊᖃᕐᓂᖓᓄᑦ.

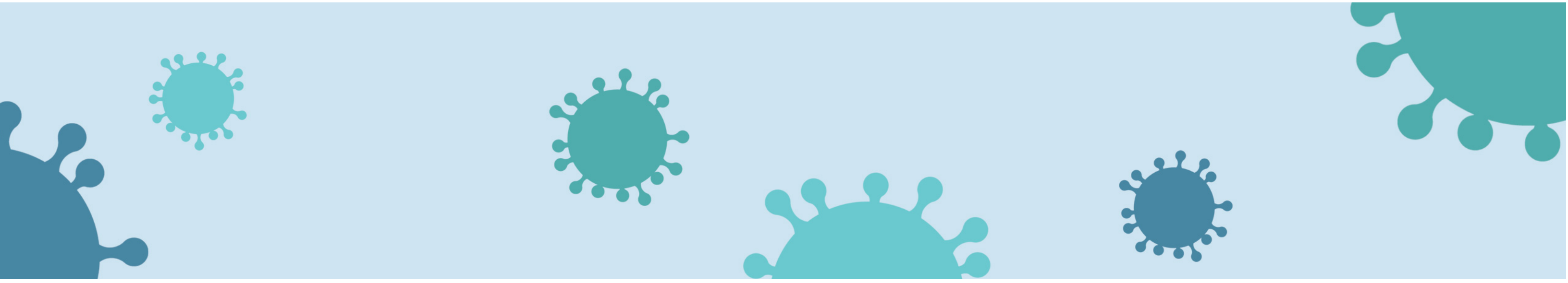
• ᑕᒫᑦ ᐱᓇᓱᖃᑎᒌᓐᓂᐊᑐᑦ ᐅᓄᕐᓂᖏᑦ ᐃᓂᓪᓚᑕᐅᑉᐸᑕ, ᑖᒃᑯᓭᓐᓇᐅᖏᓐᓇᓕᒫᕐᑎᑕᐅᒐᓱᐊᕆᐊᓖᑦ ᐱᓇᓱᑦᑏᑦ ᐊᒻᒪᓗ
ᒪᕐᕉᓈᕐᑎᑎᑕᐅᓯᒍᑎᒃ ᑖᓐᓇᓭᓐᓇᐅᑎᖏᓐᓇᓕᒫᕋᓱᐊᕐᒥᓗᒋᑦ ᒍᓐᓇᕕᓕᒫᖓᒍᑦ.

• ᑎᒥᒧᑦ ᐅᓂᑦᑕᐅᑎᑦᓭᑦ ᐃᓕᐅᕐᖃᑕᐅᓯᒪᒋᐊᓖᑦ ᑌᒣᒍᓐᓇᕕᖃᕐᐸᑦ (ᐆᑦᑑᑎᒋᓗᖑ: ᐃᒐᓛᖑᔦᑦ,
ᓯᖁᒥᕐᖃᔭᖕᖏᑐᑦᓴᔦᑦ ᐅᓂᒃᑕᐅᑏᑦ).

• ᑎᒥᒧᑦ ᓱᒃᑯᓇᕐᑐᓚᑳᑦ ᐃᑉᐸᓲᑦᓴᔭᐅᑉᐸᑕ (silica, asbestos, lead, beryllium, aerosol, organic vapour)
ᐅᕝᕙᓘᓐᓃᑦ ᒋᐊᖃᕐᐸᑦ ᐊᑑᑎᔭᐅᒋᐊᓖᑦ ᐊᑦᑕᓇᕐᑐᒨᕐᑌᓕᒍᑏᑦ ᐊᓪᓚᖁᑎᖏᑦ ᒪᓕᓪᓗᒋᑦ, ᐱᓇᓱᑦᑏᑦ ᐊᑐᖃᑦᑕᕆᐊᓖᑦ ᓇᒻᒥᓂᖅ ᓴᐴᓗᑕᑦᓴᔭᒥᓂᒃ (PPE). ᐆᑦᑑᑎᖏᓗᒍ: ᐊᓂᕐᑎᕆᐅᑏᑦ ᒪᓕᒍᑏᑦ ᓱᒃᑯᓇᕐᑐᑕᓕᒻᒦᓂᖓ ᒪᓕᓪᓗᒍ, ᐊᒡᒐᔮᑦ ᐱᓇᓱᐊᕈᑎᑦᓴᔦᑦ ᐃᒡᒌᑦ ᓴᐴᓗᑕᑦᓴᔦᑦ.

• ᐱᓇᓱᑦᑏᑦ ᐱᓇᓱᐊᓯᒍᑎᒃ ᓂᕈᑭᑦᑐᒦᓪᓗᑎᒃ ᐅᕕᓂᖏᑦ ᐊᑑᑎᑦᑌᓕᖃᑦᑕᕆᐊᓖᑦ, ᐊᑦᑑᑎᑲᓪᓚᓴᕐᓂᕈᑎᓪᓗ, ᐃᕐᒥᖃᑦᑕᕆᐊᓖᑦ ᖁᐱᕐᕈᐃᔭᕐᓗᒍᓗ ᐊᑦᑐᑕᐅᔪᕕᓂᖅ ᑕᕝᕓᓇᖅ.

• ᐊᑯᓓᓐᓂᖓ ᑎᒥᖓᑕ ᐊᑦᑐᐊᓂᕕᓂᖓ (ᐁᓯᒪᓗᑎᒃ) ᑲᑎᒪᓂᕐᓂ ᓯᕕᑐᓂᖓ ᑌᒣᓐᓂᖓᑕ ᐃᑉᐱᒋᔭᐅᑦᓯᐊᕆᐊᓕᒃ
ᐊᑯᓃᕐᓂᐸᐅᒍᓐᓇᕕᓕᒫᖓᒎᕋᓱᐊᕐᓗᒍ; ᐊᒻᒪᓗᒋᐊᓪᓚᒃ, 10 ᐃᓄᐃᑦ ᑲᑎᒪᔪᑦ ᐅᖓᑖᓅᖕᖏᓗᑎᒃ ᐁᓯᒪᔪᑦ, ᒪᓕᑦᓯᐊᓂᕐᓴᐅᓂᐊᕐᒪᑕ ᐅᖓᓯᑦᑕᕇᒋᐊᖃᕐᓂᐅᑉ ᒪᓕᒐᖏᓐᓂᒃ, ᐆᑦᑑᑎᒋᓗᒍ, 2-ᒦᑕᒥᒃ ᐅᖓᓯᑦᑕᕇᒋᐊᖃᕐᓃᑦ ᐊᑯᓐᓂᖓᓂ ᐃᓄᐃᑦ. ᐊᓯᐊᒍᑦ ᑲᑎᒪᒍᓐᓇᓂᖏᑦ ᐱᑕᖃᕐᒥᔫᓗᐊᖅ ᐆᑦᑑᑎᒋᓗᒍ ᕕᑎᐆᒃᑯᑦ ᑲᑎᒪᓂᐅᒍᓐᓇᑐᑦ,



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ᓂᐱᓕᐊᕆᓯᒪᑦᓴᐅᑎᒋᔪᑦ ᐅᖃᓚᐅᑎᒃᑯᑦ ᐅᕝᕙᓘᓐᓃᑦ ᕕᑎᐆᑦ, ᐊᓯᖏᓪᓗ. ᐊᑐᕐᑕᐅᓂᕐᓴᐅᒐᓱᐊᖃᑦᑕᕆᐊᓖᑦ ᖃᖓᓕᒫᒃᑯᑦ.
• ᐃᓘᓐᓇᑎᒃ ᐊᒥᓲᓈᕐᑎᑎᑦᓯᓃᑦ ᐱᕕᖃᕐᑎᑕᐅᔪᑦᓴᐅᖏᑦᑐᑦ.
• ᑌᒣᒋᐊᖃᓪᓗᑐᓕᕈᑎᒃ ᑭᓯᐊᓂ ᐊᓃᕐᑎᑕᐅᒋᐊᓖᑦ ᒪᙯᓪᓗᑎᒃ ᑕᒪᒃᑯᐊ ᐱᕕᖃᕐᑎᑕᐅᒍᓐᓇᕋᔭᕐᑐᑦ.

ᐊᓂᕐᑎᕆᕕᖃᑦᓯᐊᖏᓐᓇᕋᓱᐊᕐᓂᖅ
• ᒪᓕᑦᓯᐊᕋᓱᐊᕐᓗᒋᑦ ᒪᓕᒉᑦ ᖁᐃᕐᑐᓕᕈᕕᑦ, ᑕᒋᐅᑦᓴᓕᕈᕕᓪᓘᓃᑦ, ᒪᑐᖃᑦᑕᓗᒍ ᖃᓃᑦ ᕿᙰᓪᓘᓃᑦ ᐃᑯᓯᓐᓄᑦ ᖁᐱᕐᕈᐃᑦ ᐃᕐᐸᖁᓇᒋᑦ.
• ᑲᒃᑭᐅᑎᕕᓃᑦ ᐃᒋᑦᓴᐅᑎᒋᖃᑦᑕᓗᒋᑦ ᓴᓂᒃᑯᕕᒻᒧᑦ, ᐊᒡᒐᑎᓪᓗ ᐃᕐᒥᓴᐅᑎᒋᓗᒋᑦ.
• ᑐᕇᓐᓇᕆᐊᑐᐃᓐᓇᖃᑦᑕᕈᓐᓀᓗᑎᑦ ᐃᓄᒻᒥᒃ ᑐᖕᖓᓱᑦᑎᓕᕈᕕᒃᑭᑦ ᑎᑭᑦᑐᑦ; ᐊᓯᐊᒍᑦ ᓭᒨᕈᓯᕐᓂᒃ
ᐊᑐᕐᓂᓴᐅᒐᓱᐊᕐᓗᑎᑦ.

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ᐊᒡᒐᓂᐊᕐᓂᖅ

ᐱᓇᓱᑦᑎᓕᒫᑦ ᐃᒣᒋᐊᖃᖃᑦᑕᓚᖓᖁᔭᐅᕗᑦ:
• ᐊᒡᒐᓂᐊᑦᓴᐅᑎᒋᐊᐱᖃᑦᑕᓗᑎᒃ ᐊᑯᓖᑦᑐᓂᒃ, ᐃᒪᕐᒧᑦ ᓂᕈᒥᑦᑐᒧᑦ ᐅᕝᕙᐅᑎᒧᓗ 20 ᑎᑦᑕᓂᖏᑦ ᓯᕿᓂᖁᑎᐅᑉ
ᒥᑦᓯᓂᑦᓅᖏᑦᑐᖅ:

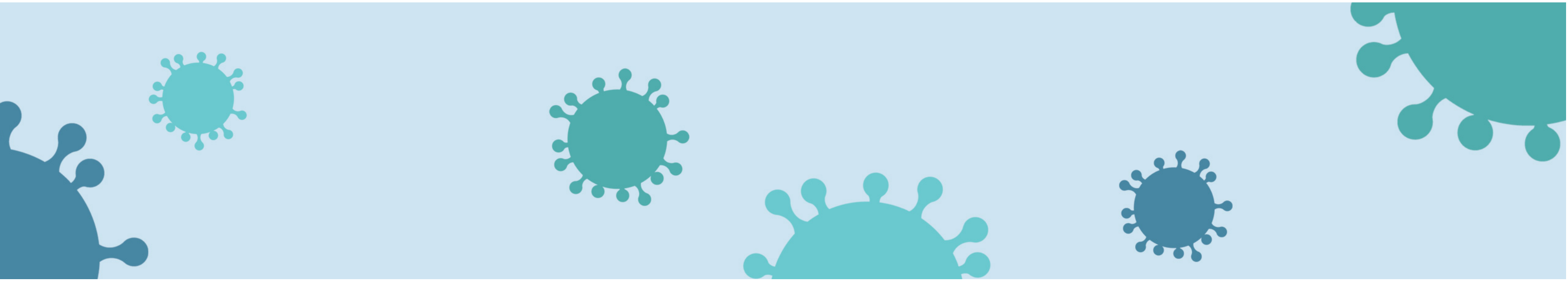
○ ᐅᕝᕙᐅᑎᖃᕐᐸᑦ ᐃᒪᖃᕐᐸᓗ, ᐸᓂᕈᐊᕐᑐᓴᔭᕐᑕᓖᑦ ᐊᒡᒐᓂᒃ ᒥᖑᐊᕈᑏᑦ (60%-ᒥᒃ ᐅᖓᑖᓄᓘᓐᓃᑦ ᐸᓂᕈᐊᕐᑑᒍᑎᑕᓖᑦ) ᐊᑐᕐᑕᐅᖔᕆᐊᓖᑦ ᐊᒡᒐᓄᑦ ᒥᖑᐊᕈᑎᒋᓗᒋᑦ 20 ᑎᑦᑕᓂᖏᑦ ᓯᕿᓂᖁᑎᐅᑉ ᒥᑦᓯᓂᑦᓅᖏᑦᑐᖅ ᐅᓗᓪᓗᑎᑦ ᐊᒡᒐᓂᒃ. ᐊᒡᒐᑎᑦ ᐃᐱᐅᑉᐸᑕ ᐃᕐᒥᑕᐅᑦᓯᐊᒪᕆᒋᐊᓖᑦ ᐃᐲᕋᑕᕐᑎᓗᒋᑦ, ᒥᖑᐊᓯᓗᑎᓪᓗ ᐊᒡᒐᓂᒃ ᒥᖑᐊᕈᑎᒧᑦ ᐸᓂᕈᐊᕐᑐᑕᓕᒻᒧᑦ.

• ᐊᑦᑐᑌᓕᒪᓗᒋᑦ ᐃᔨᑎᑦ, ᕿᙰᑦ, ᖃᓃᑦ ᐊᒡᒐᑎᓐᓄᑦ (ᑖᒃᑯᐊ ᖁᐱᕐᕈᑕᖃᑐᐃᓐᓇᕆᐊᖃᕐᒪᑕ).

ᐱᓇᓱᑦᑎᓕᒫᑦ ᐊᒡᒐᒥᓂᒃ ᐃᕐᒥᖃᑦᑕᕆᐊᓖᑦ, ᐅᑯᓂᖓ ᓗᐊᖕᖑᐊᓗᑎᒃ:
• ᑎᑭᒃᑯᑎᒃ ᐱᓇᓱᕝᕕᒥᓄᑦ ᐊᓂᓯᒍᑎᓪᓗ ᐱᓇᓱᕝᕕᒥᓂᑦ;
• ᓯᕗᓂᐊᒍᑦ ᑭᖑᓂᐊᒍᓪᓗ ᓂᕆᓂᕐᒥᑕ;
• ᓯᕗᓂᐊᒍᑦ ᑭᖑᓂᐊᒍᓪᓗ ᕿᑲᑫᓐᓇᓂᕐᒥᑕ;
• ᓯᕗᓂᐊᒍᑦ ᑭᖑᓂᐊᒍᓪᓗ ᓱᐴᕐᑐᓂᕐᒥᑕ;
• ᑭᖑᓂᐊᒍᑦ ᖁᕐᕕᒦᒌᕐᓗᑎᒃ.

ᐊᐅᓚᒍᑏᑦ

ᐊᐅᓚᒍᑏᑦ ᐅᓯᑲᑦᕆᐊᓖᑦ ᐱᓇᓱᑦᑎᓂᒃ
• ᐊᔪᐃᓐᓇᕆᖃᑦᑕᓗᒍ ᑖᒃᑯᓭᓐᓇᓂᒃ ᐱᓇᓱᑦᑎᓂᒃ ᐅᓯᑲᑦᑕᕋᓱᖃᕐᓗᓯ ᑕᕝᕙᓂᑦᓭᓈᕐᐸᓗᑎᒃ ᓄᓇᒃᑰᔫᒥ ᑕᕝᕙᓂᑦᓭᓇᕐᓗ
ᐃᑦᓯᕙᖃᑦᑕᓗᑎᒃ;
○ ᐋᑎᕆᓂᖅ ᓄᓇᒃᑰᔫᒃᑯᑦ ᓯᓂᑦᑕᕕᖓᓂᑦ ᐱᓇᓱᕝᕕᖓᓄᑦ 15 ᒥᓂᑦᔅᑐᖕᖏᑐᖅ;



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○ ᐅᖓᓯᑦᑕᕇᓐᓂᖅ 2-ᒦᑕᒥᒃ ᒪᓕᑦᑕᐅᓯᐊᕐᖃᔭᖕᖏᐸᑦ, ᐱᓇᓱᑦᑏᑦ ᐊᑐᕆᐊᖃᖃᑦᑕᓚᖓᕗᑦ ᓇᒻᒥᓂᖅ ᓴᐴᓗᑕᑦᓴᔭᒥᓂᒃ; ᐱᐅᓂᕐᐸᐅᓂᕋᕐᑕᐅᕗᖅ ᓀᒪᒌᒃᑯᓯᓯᒪᕙᑉᐸᑕ, ᐃᒡᒐᓯᒪᓗᑎᒃ (ᐃᔨᖏᑦᑕ ᓴᐴᓗᑕᖏᓐᓂᒃ)
ᐅᕝᕙᓘᓐᓃᑦ ᓯᕐᐸᑕᐅᒌᒃᑯᓯᔭᕐᓗᑎᒃ, ᐊᒡᒐᔮᕐᓯᒪᑦᓴᖏᔦᒧᑦ.

• ᐊᕕᑦᑐᓗᒋᑦ ᐱᓇᓱᑦᑏᑦ ᓄᓇᒃᑰᔫᑦ ᐊᑐᐃᓐᓇᐅᓂᖏᑦ ᒪᓕᓪᓗᒋᑦ ᐅᖓᓯᑦᑕᕇᑦᓯᐊᕆᐊᖃᕐᒪᑕ.

• ᐃᓂᕐᑎᕆᓯᒪᓗᓯ ᓂᕆᒋᐊᖃᖕᖏᓂᖏᓐᓂᒃ ᐃᑭᒪᓗᑎᒃ ᓄᓇᒃᑰᔫᒥ.

• ᓴᓗᒻᒪᓴᕐᓗᒋᑦ ᖁᐱᕐᕈᐃᔭᐅᑎᓄᓗ ᒥᖑᐊᕐᓗᒋᑦ ᓄᓴᒃᑰᔫᑦ ᑕᒫᑦ ᐊᑐᕐᑕᐅᔪᕕᓂᐅᑉᐸᑕ. ᑎᑭᑦᓴᓕᒫᑦ ᓴᓗᒻᒪᓴᕐᓗᒋᑦ
ᓲᕐᓗ ᐊᑦᓲᔭᕐᑕᐅᔪᕕᓂᐅᔮᕐᑎᓗᒋᑦ (ᓯᕗᒥ ᓇᔪᒻᒥᒐᖅ, ᐅᖂᑎᒃ ᐊᑦᓴᓗᐊᖑᔭᖅ, ᐊᐅᓚᑦᓯᐅᑎᓗᑳᑦ, ᓱᑲᓯᓕᑎᐅᑏᑦ, ᐃᓗᐊᓂ ᓯᓚᑖᓂᓗ ᐅᒃᑯᐊ ᑎᒍᓕᖏᑦ. ᑕᕐᕋᑑᑏᑦ ᑭᖑᒧᑦ) ᖃᐅᓯᕐᑐᒧᑦ ᐊᓪᓚᕈᑎᒧᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓴᓗᒻᒧᓴᐅᑎᑕᓕᓐᓄᑦ ᐊᑐᕐᑕᐅᒐᔪᓲᓄᑦ. ;ᑕᒪᓐᓇ ᐱᒻᒪᕆᐅᑎᑕᐅᔪᖅ ᑕᐅᕐᓯᑲᑦᑕᕆᐊᖃᓲᒍᓂᖏᓐᓄᑦ ᐊᐅᓚᑦᓯᔩᑦ ᐊᓯᖏᓪᓗ ᐱᓇᓱᑦᑏᑦ. ᖁᐱᕐᕈᐃᔭᐅᑏᑦ ᖃᐅᓯᕐᑐᐃᑦ ᑌᒪᖕᖓᓕᒫᖅ ᐊᑐᓂᑦ ᓄᓇᒃᑰᔫᑦ ᐃᓗᐊᓃᑦᑎᑕᐅᒋᐊᓖᑦ.

ᐅᓯᑲᑦᑕᐅᑏᑦ ᐊᒻᒪᓗ ᐅᖁᒣᑦᑐᓂᐅᑏᑦ ᓄᓇᒃᑰᔫᕐᓓᑦ

• ᐃᑉᐱᒋᑦᓯᐊᓗᒋᑦ ᐱᓇᓱᑦᑏᑦ ᑖᒃᑯᓭᓐᓇᐅᑎᑕᐅᒐᓱᐊᕐᓂᖏᑦ ᑖᒃᑯᓂᖓᑦᓭᓇᕐᓗ ᓄᓇᒃᑰᔫᓂᒃ ᐊᑐᖃᑦᑕᓗᑎᒃ ᐃᖏᕐᕋᑎᑕᐅᓲᓂᓘᓐᓃᑦ; ᑕᒪᓐᓇ ᐊᒥᓲᓕᓯᒪᓗᐊᒃᑫᒍᑕᐅᓂᐊᖕᖏᒪᑦ ᑕᐅᕐᓰᑕᓗᐊᕈᑕᐅᒍᓐᓀᓗᓂᓗ.

• ᒍᓐᓇᕕᖃᑦᓯᐊᓕᑐᐊᕐᐸᑦ ᖃᖓᓕᒫᖅ, ᐱᓇᓱᑦᑏᑦ ᑖᒃᑯᓭᓐᓇᐅᑎᑕᐅᒐᓱᐊᕐᓗᑎᒃ ᐱᓇᓱᒐᕐᒥᒃ ᑖᑦᓱᒥᖓᑦᓭᓇᖅ ᐱᓇᓱᐊᕆᐊᓖᑦ (ᐊᖁᑦᑏᑦ ᐊᐅᓚᑦᓯᔩᑦ) ᐅᕝᕙᓘᓐᓃᑦ ᐊᖁᑦᑎᐅᑉ ᐁᑉᐸᖓ (ᐃᑲᔪᕐᑎᖓ) ᐱᓇᓱᓐᓇᐅᓂᓕᒫᖓᓂ.

• ᑲᔪᖏᕐᓴᖃᑦᑕᓗᒋᑦ ᐱᓇᓱᑦᑏᑦ ᓇᓪᓕᑭᑕᕈᑎᖃᓗᐊᕐᑌᓕᒋᐊᖃᕐᓂᖏᑦ ᐱᓇᓲᑎᓂᒃ ᐊᒻᒪᓗ ᓴᓇᕐᕈᑎᓂᒃ (ᖃᕆᑕᐅᔭᕈᓗᐃᑦ, ᐊᓪᓚᐅᑏᑦ, ᐅᖄᖃᑦᑕᐅᑎᒍᑏᑦ ᐃᒣᑦᑐᐃᑦ ᖃᓂᖕᖒᑏᑦ, ᐅᖃᓚᐅᑏᑦ, ᐊᓯᖏᓪᓗ).

• ᐊᑐᕐᑕᐅᑎᒐᓱᐊᖏᓐᓇᓗᒋᑦ ᖁᐱᕐᕈᐃᔭᐅᑏᑦ ᐄᔪᖓᔪᑦ ᓴᓗᒻᒪᓭᒍᑕᐅᖃᑦᑕᓗᑎᒃ ᐊᑦᔨᒌᖕᖏᑐᓂᒃ ᓱᓇᑐᐃᓐᓇᓂᒃ.

ᓯᓂᑦᑕᕖᑦ

ᒪᓕᑦᓯᐊᓗᒋᑦ ᐅᖓᓯᑦᑕᕇᒋᐊᖃᕐᓃᑦ 2-ᒦᑕᐅᑎᖏᓐᓇᕋᓱᐊᕐᓗᒋᑦ ᐊᑑᑎᔪᓕᒫᓂ ᑌᒪᖕᖓᓕᒫᑦᓯᐊᖅ, ᐊᒻᒪᓗ ᐃᑉᐱᒋᒻᒥᓗᒋᑦ ᐃᓪᓕᖏᑦ ᒪᕐᕉᓈᕐᑎᒋᐊᖃᖕᖏᒪᑕ ᐊᑐᓂᑦ ᖃᕆᐊᖃᕐᓗᑎᒃ (ᐆᑦᑑᑎᒃ: ᐃᓇᖏᕐᑕᐅᑎᒍᓐᓀᓗᑎᒃ ᖃᕆᐊᖃᖃᑎᒌᒍᓐᓀᓗᑎᒃ).

ᖃᕆᐊᑦ ᐊᒻᒪᓗ ᓯᓂᑦᑕᕕᖓᑕ ᐊᖑᒪᔭᐅᒋᐊᖃᕐᓂᖓ

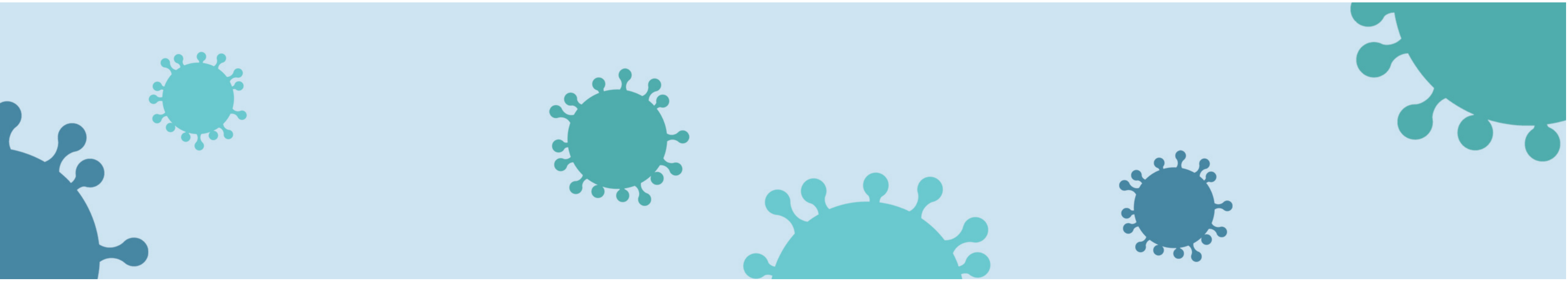
• ᐃᑉᐱᒋᓗᒋᑦ ᐱᓇᓱᑦᑏᑦ ᓇᒻᒥᓂᖅ ᐃᓂᒋᒐᔪᑦᑕᒥᓂᒃ ᓴᓗᒪᑎᑦᓰᓇᕆᐊᖃᕐᓂᖏᑦ ᐱᕕᓕᒫᒥᒍᑦ.

• ᓴᓗᒪᑎᑦᓯᓂᖅ ᓴᓗᒻᒪᓭᔨᓄᑦ ᐃᓱᒫᓘᑕᐅᒋᐊᓕᐅᒐᓗᐊᖅ, ᐃᑉᐱᒋᔭᐅᒋᐊᓖᑦ ᐊᑐᑦᓯᐊᖏᓐᓇᕋᓗᐊᕐᒪᖔᑕ ᓈᒻᒪᒋᔭᒥᓂᒃ
PPE-ᓂᒃ (ᐊᒡᒐᔮᕐᓯᒪᓗᑎᒃ, ᓀᒪᒌᒃᑯᓯᓯᒪᓗᑎᒃ, ᐃᒡᒐᓯᒪᓗᑎᓗ, ᓯᕐᐸᑕᐅᒌᒃᑯᑎᒥᓪᓘᓃᑦ) ᐊᒻᒪᓗ ᑕᒪᒃᑯᐊ ᐱᔭᒃᓴᒥᓂᒃ ᐱᓇᓱᐊᑦᓯᐊᖃᑦᑕᕋᓗᐊᕐᒪᖔᑕ ᖃᕆᐊᑦ ᐃᓄᐃᕈᑦᓯᒪᓂᐊᓕᕐᐸᑕ. ᖃᕆᐊᓕᒃ ᖃᕆᐊᒥᓃᓐᓂᐊᐸᑦ ᐱᓇᓱᐊᕆᐊᖃᓕᕐᑎᓗᒋᑦ, ᓴᓗᒻᒪᓭᔨ ᐃᑉᐱᒍᓱᑦᓯᐊᕆᐊᓕᒃ ᑌᒪᖕᖓᓕᒫᖅ 2-ᒦᑕᒥᒃ ᐅᖓᓯᓐᓂᖃᕆᐊᖃᕋᒥ ᑕᕝᕙᖓᑦ
ᐃᓄᒻᒥᑦ.

• ᖃᕆᐊᑦ ᓴᓗᒻᒪᓴᕐᑕᐅᖃᑦᑕᕆᐊᓖᑦ ᓴᓗᒻᒪᓴᐅᑎᓄᑦ ᐊᑐᕐᑕᐅᒐᔪᓲᓄᑦ ᐊᒻᒪᓗ ᐃᑉᐱᒋᑦᓯᐊᒥᓗᒋᑦ ᑕᒪᒃᑯᐊ ᐊᑐᕐᑕᐅᒐᔪᓲᑦ ᐃᓂᖏᑦ ᐊᒥᓱᓄᑦ.

• ᓴᓗᒻᒪᓴᕐᑕᐅᓯᐊᒻᒪᕆᖃᑦᑕᕆᐊᓕᒃ ᖁᐱᕐᕈᐃᔭᐅᑎᒃ4-ᒧᑦ (ᒪᓕᓪᓗᒍ ᓴᓗᒻᒪᓴᐅᑎᓕᐅᕐᑐᕕᓃᑦ ᐊᓪᓚᓕᐊᕆᓯᒪᔭᖏᑦ ᑕᒪᒃᑯᓂᖓ ᐊᑐᕐᓂᒧᑦ) ᖁᕐᕕᑯᕕᒻᒥ ᐊᑑᑎᔭᐅᓯᐊᕆᐊᓖᑦ ᐃᓘᓐᓈᒍᑦ ᓴᓗᒻᒪᓴᕐᑕᐅᓯᒪᓕᕋᓗᐊᕐᐸᑦ (ᒋᐊᖃᖁᔭᐅᓯᒪᒍᓂ).

ᐱᓇᓱᑦᑎ ᓄᕙᓐᓇᖅ-19-ᒥᒃ ᖃᓂᒻᒪᓯᖃᓕᕐᐸᑦ (ᐆᓇᕐᓗᓂ, ᖁᐃᕐᑐᓗᓂ, ᐃᐱᓂᐊᕐᓗᓂ, ᓀᕐᖃᔦᓯᒪᓗᓂ ᐅᖁᒻᒥᐊᑕᒥᓂᓘᓐᓃᑦ ᓀᕐᖃᔦᓯᒪᓗᓂ), ᖃᕆᐊᖓ ᓴᓗᒻᒪᓴᕐᑕᐅᒋᐊᖃᖕᖏᑐᖅ. ᐃᒣᖔᕆᐊᓕᓪᓕ, ᐱᓇᓱᑦᑎ ᑖᓐᓇ ᖃᓂᒪᓕᕐᑐᖅ



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ᐱᓇᓲᑎᒋᓂᐊᕐᑕᖏᓐᓂᒃ ᑐᓂᔨᕕᐅᒋᐊᓕᒃ (ᐱᐅᓯᕆᒋᐊᓕᒻᒥᓄᑦ ᓀᒪᒌᒃᑯᓯᔭᕐᓗᓂ, ᑌᒣᓖᖓᓕᕐᐸᑦ) ᑕᒪᓐᓇ ᐊᑐᕐᑕᐅᒋᐊᓕᒃ.
ᐱᓇᓱᑦᑎ ᓴᓗᒻᒪᓴᕇᑐᐊᕐᐸᑦ ᖃᕆᐊᒥᓪᓗ ᐊᓂᓯᒪᓕᕐᓱᓂ:

• ᐃᑎᕐᑕᕕᓕᒫᑦ ᐅᒃᑯᐊᑐᕐᓗᒋᑦ ᖃᕆᐊᖓᓂ ᐅᑕᕐᕿᒍᓐᓇᕕᓕᒫᕐᓄᓗ ᐅᑕᕐᕿᓗᑎᑦ (ᐃᑭᓐᓂᐹᖃᕐᑎᓗᒋᑦ ᐃᑲᐅᕐᓂᓂ
ᐱᖓᓱᓂ ᑎᑭᕋᑕᕐᓗᒍ ᐅᓪᓗᓕᒫᖅ 24 ᐃᑲᐅᕐᓃᑦ ᒍᓐᓇᐸᑦ) ᓴᓗᒻᒪᓭᒋᐊᖕᖏᓂᕐᓂ ᖁᐱᕐᕈᐃᔦᒋᐊᖕᖏᓂᕐᓂᓗ
ᓇᔪᕐᑕᖓᓂᒃ. ᑎᕐᑐᖓ ᖃᕆᐊᑉ ᐊᓂᐅᕐᖃᑎᒍᓱᐊᕐᓗᒍ ᐅᒃᑯᐃᑎᕐᓗᒋᑦ ᓯᓚᒻᒧᐊᖓᔪᑦ ᐃᒐᓛᑦ.

• ᓴᓗᒻᒪᓴᐅᑎᓗᑳᑦ ᖁᐱᕐᕈᐃᔭᐅᑏᓪᓗ ᐊᑐᕐᑕᐅᒐᔪᓲᑦ ᐊᑐᕐᑕᐅᒍᓐᓇᖁᑦ ᓴᓗᒻᒪᓭᒍᑕᐅᓕᕈᑎᒃ ᖃᕆᐊᓂᒃ ᑕᒪᓐᓇ ᐊᑑᑎᔭᐅᒋᐊᖃᓕᕐᐸᑦ. ᓴᓗᒻᒪᓴᐅᑎᓕᐅᕐᑐᕕᓃᑦ ᐊᓪᓚᖁᑎᓕᐊᕆᓯᒪᔭᖏᑦ ᒪᓕᑦᑕᐅᓯᐊᕆᐊᓕᒻᒪᕆᐊᓗᐃᑦ ᓇᓚᐅᓪᓗᑯᐊᐱᓪᓗᒋᑦ ᐊᓪᓚᖏᑦ.

• ᒪᓃᑦᑑᑐᐊᕐᐸᑕ ᓴᓗᒻᒪᓴᕐᑕᐅᔪᑦ, ᐆᑦᑑᑎᒋᓗᒍ ᓇᑎᐊᓗᐃᑦ ᖃᓪᓗᓈᕐᑌᑦ ᐊᒻᒪᓗ ᑖᓗᑌᑦ, ᐁᑦᑑᐱᔭᕕᓃᑦ ᓴᓗᒻᒪᓴᐅᑎᓄᑦ ᐲᔭᕐᑕᐅᒋᐊᓖᑦ, ᑕᒪᓐᓇ ᒪᓂᕋᐅᓕᕐᐸᑦ ᓴᓗᒻᒪᓴᕐᑕᐅᓂᐊᕐᒪᑦ ᓴᓗᒻᒪᓴᐅᑎᐅᒋᐊᓕᓐᓄᑦ. ᐃᕐᒥᒍᓐᓇᑐᓕᒫᑦ ᐃᕐᒥᑕᐅᓗᑎᒃ ᒪᓕᓪᓗᒋᑦ ᓴᓗᒻᒪᓴᐅᑎᓕᐅᕐᑐᕕᓃᑦ ᐃᒫᙰᕈᑎᖏᑦ ᐃᒪᖃᕐᑎᓗᒋᑦ ᐆᓇᕈᓐᓇᕕᓕᒫᖓᒍᑦ ᑕᒪᒃᑯᐊ ᐃᕐᕆᒐᑦᓭᑦ ᖃᓄᐃᑦᑐᒥᒃ ᐃᒪᖃᕆᐊᖃᕐᓂᖏᑦ ᒪᓕᓪᓗᒋᑦ. ᐃᕐᒥᒌᕐᐸᑕᓗ ᐸᓂᕐᑎᓯᐊᕋᓱᐊᒻᒪᕆᒻᒥᓗᒋᑦ.

• ᑲᒃᑭᐅᑎᑦᓴᔦᑦ ᐃᒋᑕᐅᓲᑦᓴᔦᓪᓗ ᐊᑐᕐᑕᐅᖃᑦᑕᑐᕕᓃᑦ ᖃᓂᒻᒪᓯᓕᒻᒧᑦ ᑐᕐᖁᑕᐅᒋᐊᓖᑦ ᐴᕐᒧᑦ ᕿᓚᑦᓯᒪᑦᓯᐊᕈᓐᓇᑐᒧᑦ,
ᒪᕐᓗᑯᕕᒻᒨᓗᒋᑦ ᐊᑐᕐᑕᐅᓲᒧᑦ ᐃᖏᑕᐅᒍᒫᕐᓂᐊᑎᓪᓗᒍ ᒪᕐᓗᑯᓂᒃ ᐁᑦᓯᕋᕐᑎᓄᑦ.

ᓴᓗᒻᒪᓭᓂᖅ ᐊᒻᒪᓗ ᖁᐱᕐᕈᐃᔦᓂᖅ

ᐃᓘᓐᓈᒍᑦ ᐅᓐᓂᑑᑏᑦ

• ᐃᕐᒥᓗᒋᑦ ᐃᑦᓯᕙᐅᒐᕐᕖᑦ, ᓴᓗᒻᒪᓭᔩᑦ ᑫᓪᓗᐊᒐᖏᑦ ᐊᒻᒪᓗ ᐱᓱᒐᔪᕝᕕᐅᓲᑦ ᓇᓪᓕᐅᑎᑦᑕᑐᓂ ᓴᓗᒻᒪᓴᖃᑦᑕᓗᒋᑦ
ᐊᑐᕐᓗᑎᒃ ᓴᓪᓗᒻᒪᓭᒍᑕᐅᖁᔭᐅᓯᒪᔪᓂᒃ (ᖁᐱᕐᕈᐃᔭᐅᑎᒃ4-ᒧᑦ), ᐃᑉᐱᒋᑦᓯᐊᓗᒋᑦ ᓴᓗᒻᒪᓭᒍᑎᓕᐅᕐᑐᕕᓂᑦ ᐃᒫᙰᕈᑎᖏᑦ ᐊᑑᑎᑦᓯᐊᕆᐊᓖᑦ.

• ᐊᑯᓓᑦᑐᓂᒃ ᓴᓗᒻᒪᓴᑦᓴᐅᑎᒋᐊᐱᖃᑦᑕᓗᒋᑦ ᐊᑐᑕᐅᖃᑦᑕᓯᒪᔪᑦ (ᐃᑭᑦᓯᐅᑏᑦ, ᐅᒃᑯᐊᑦ, ᖁᕐᕕᑯᕕᓐᓂ ᐊᑦᑕᑕᐅᓲᑦ ᐆᑦᑑᑎᒋᓗᒍ ᑯᕕᑎᑦᓯᒍᑏᑦ, ᐊᒃᑭᐅᑎᓗᑳᑦ, ᐊᓯᖏᓪᓗ).

• ᓴᓗᒪᓴᖃᑦᑕᓗᒋᑦ ᐊᑐᕐᑕᐅᔪᕕᓂᐅᓕᕐᐸᑕ ᓇᓪᓕᐅᑎᑦᑕᑐᓂᒃ ᐱᓇᓱᐊᕐᓱᓂ ᐊᓐᓄᕌᕆᑫᓐᓇᑕᒥᓂᒃ ᐊᓯᑦᔨᑐᕃᕖᑦ (ᐅᒃᑯᐊᑦ
ᑎᒍᓕᖏᑦ, ᐃᓕᐅᕐᙯᕖᑦ, ᑯᕕᒍᑏᑦ, ᐃᑦᓯᕖᑦ) ᖁᐱᕐᕈᐃᔭᐅᑎᒧᓪᓗ ᒥᖑᐊᕐᓗᒋᑦ ᑕᒫᑦ ᐊᑐᕐᑕᐅᒌᑐᐊᕐᐸᑕ
ᐱᓇᓱᑦᑐᕕᓂᕐᓄᑦ.

• ᓴᓗᒻᒪᓴᕐᓗᒋᑦ ᓂᕆᓇᓱᐊᕐᕖᑦ (ᖁᐊᒃᑯᕖᑦ, ᐃᒐᐅᑏᑦ ᖃᓚᑦᓴᐅᑎᒋᔪᒥᒃ, ᓵᑦ, ᐃᓕᐅᕐᙯᕖᑦ, ᖁᕕᒍᑏᑦ) ᖁᐱᕐᕈᐃᔭᖃᑦᑕᓗᒋᓪᓗ ᑕᒫᑦ ᓂᕆᒌᕐᑐᖃᑐᐊᕐᐸᑦ.

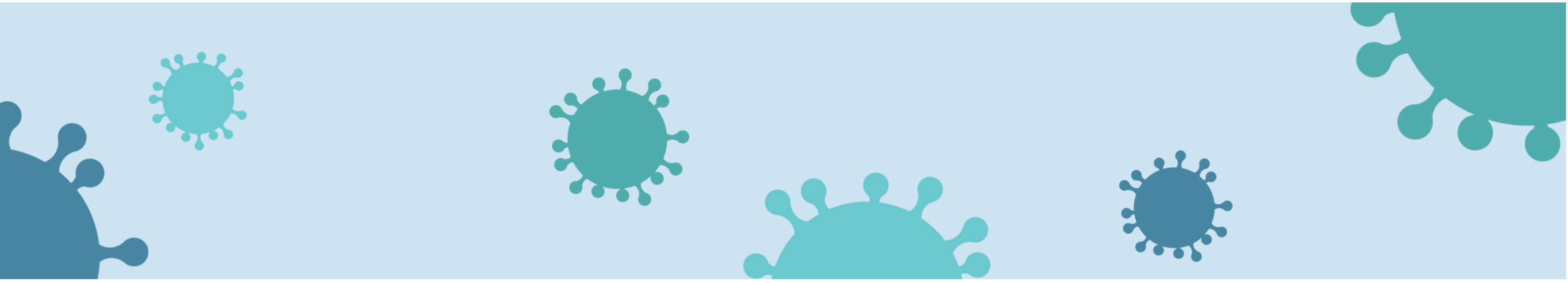
• ᐲᔭᖃᑦᑕᓗᒋᑦ ᓱᓇᑐᐃᓐᓀᑦ ᐊᒥᕐᖄᕈᑕᐅᑲᑦᑕᑐᐃᓐᓇᕆᐊᓖᑦ ᓴᓗᒻᒪᓴᕆᐊᕐᓗ ᐊᔪᕐᓇᐸᑕ (ᑐᓴᕋᑦᓭᑦ, ᕿᒥᕐᕈᖑᐊᑦ, ᑌᒣᑦᑐᓗᑳᑦ).

• ᐃᑉᐱᒋᓗᒍ ᕿᖓᖃᑦᓯᐊᕋᓗᐊᕐᒪᖔᑦ ᓇᔪᕐᑕᐅᔪᖅ ᐁᑦᑐᑑᑎᓐᓇᑐᒥᒃ ᖁᐱᕐᕆᕕᐅᖁᓇᒍ.

ᐱᓇᓲᑏᑦ ᐱᓇᓱᒍᑎᑦᓴᔦᓪᓗ

• ᐃᑉᐱᒋᑦᓯᐊᓗᒋᑦ ᐱᓇᓱᑦᑏᑦ ᐱᓇᓲᑎᒥᓂᒃ ᐊᑐᕐᑕᐅᑎᑦᓯᑌᓕᒋᐊᖃᕐᓂᖏᑦ. ᑌᒣᒋᐊᖃᑦᓴᕈᑎᓪᓗ, ᑕᒪᒃᑯᐊ ᐱᓇᓲᑎᖏᑦ ᖁᐱᕐᕈᐃᔭᖃᑦᑕᕆᐊᓖᑦ ᐊᓯᐊᓄᑦ ᐊᑐᕐᑕᐅᓯᒋᐊᑕᒫᑦ, ᐱᓇᓱᑦᑏᓗ ᐊᒡᒐᒥᓂᒃ ᐃᕐᒥᓯᐊᖃᑦᑕᕆᐊᓕᒻᒪᕆᐊᓘᐃᑦ ᑌᒫᓗᑳᒃ.

• ᑕᒫᑦ ᐱᓇᓱᐊᕐᑕᒥᓂᒃ ᓄᕐᖃᕆᐊᑕᒫᑦ, ᓴᓇᕐᕈᑏᑦ ᑕᐅᕐᓰᑕᕈᑕᐅᖃᑦᑕᑐᕕᓃᑦ ᐱᓇᓲᑎᕕᓂᓗᑳᓪᓗ ᓴᓗᒻᒪᓴᕐᑕᐅᒋᐊᓖᑦ
ᖁᐱᕐᕈᐃᔭᕐᑕᐅᓗᑎᓪᓗ, ᑕᒫᓪᓗ ᓴᓗᒻᒪᓭᒌᕈᓂ ᑕᒪᒃᑯᓂᖓ ᐊᒡᒐᒥᓂᒃ ᐃᕐᒥᖃᑦᑕᕆᐊᖃᕐᒥᓱᓂ.



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• ᐊᒡᒐᔮᕐᓯᒪᖃᑦᑕᕋᓗᖃᕈᓂ ᐱᓇᓱᑦᑎ ᓴᐳᑎᔭᐅᓯᒪᓚᖓᑦᔭᖏᓐᓇᒥ ᓄᕙᓐᓇᖅ-19-ᒥᒃ ᓱᓕ ᖃᓂᒻᒪᓯᕐᑖᑐᐃᓐᓇᕆᐊᓕᒃ.

ᒪᓕᑦᓱᒋᑦ ᐃᓗᓯᓕᕆᔨᒃᑯᑦ ᐊᖓᔪᕐᖃᐅᑎᖏᑦᑕ ᐅᖃᕐᓯᒪᔭᖑᑦ, ᑕᒪᓐᓇ ᖃᓂᒪᓐᓇᖅ ᐁᑦᑐᑑᑎᐅᕐᖃᔭᖕᖏᑐᖅ ᐅᕕᓂᒃᑯᑦ. ᑌᒣᒻᒪᑦ ᐊᑑᑎᔭᐅᒋᐊᓖᑦ ᐃᓘᓐᓈᒍᑦ ᓴᓗᒪᒋᐊᖃᕐᓂᒥ ᐊᑐᕐᑕᐅᖁᔭᐅᕗᑦ; ᑕᒪᓐᓇᓗ ᐃᓗᓕᓕᒃ ᒪᑯᓂᖓ ᐊᑦᑐᖃᑦᑕᕈᓐᓀᓗᒍ ᑮᓀᑦ (ᐊᒡᒐᓄᑦ, ᐊᒡᒐᔮᕐᓯᒪᒍᕕᓪᓘᓃᑦ) ᐊᒻᒪᓗ ᐊᒡᒐᓂᖏᓐᓇᓕᒫᖃᑦᑕᓗᑎᑦ.

ᐊᓪᓚᕕᓐᓂ ᐃᓂᖃᕐᓂᖅ ᐊᒻᒪᓗ ᖃᕆᑕᐅᔭᓗᑳᑦ ᐃᑯᒪᐅᑎᒨᕐᑐᑦ

• ᓇᓪᓕᐅᑎᑦᑕᓯᐊᕐᑐᓂᒃ ᓴᓗᒻᒪᓴᖃᑦᑕᓗᒍ ᐊᓪᓚᕕᒃ ᐱᓇᓱᕝᕕᐅᔪᐃᓪᓗ ᐃᓪᓗᓕᐅᕐᑎᑯᑦ ᐃᓪᓗᖁᑎᖏᓐᓃᑐᑦ

ᐅᕝᕙᓘᓐᓃᑦ ᐱᓇᓱᕝᕕᐅᒐᔪᒻᒥᔪᑦ ᓴᓗᒻᒪᓴᐅᑎᓄᑦ ᐊᑐᕐᑕᐅᒋᐊᓕᓐᓄᑦ (ᖁᐱᕐᕈᐃᔭᐅᑎᓄᑦ).

• ᐃᕐᒥᐸᓪᓗᒋᑦ ᓴᓇᕐᕈᑎᖃᐅᑏᑦ ᐱᓇᓲᑎᓗᑳᓪᓗ ᐱᓇᓱᕝᕕᓂ ᓇᔪᕐᑕᓂ ᓈᒻᒪᓯᑦᑕᑐᓂᒃ.

• ᓴᓗᒻᒪᓴᖃᑦᑕᓗᒋᑦ ᐃᑯᒪᐅᑎᒨᕐᑐᓗᑳᑦ ᐱᓇᓲᑎᑎᑦ ᓴᓗᒻᒪᓴᐅᑎᐅᖁᔭᐅᓯᒪᔪᒧᑦ (ᖁᐱᕐᕈᐃᔭᐅᑎᓄᑦ).
ᓴᓗᒻᒪᓴᐅᑎᓕᐅᕐᑐᕕᓂᑦ ᐃᒪᙰᕈᑎᖏᑦ ᒪᓕᓪᓗᑦ. ᐃᓅᖃᑎᓐᓄᓗ ᑕᒪᒃᑯᐊ ᐊᑐᕐᑕᐅᑎᑦᑌᓕᖃᑦᑕᓗᒋᑦ ᐱᕕᓕᒫᕐᓄᑦ.

ᓄᓇᒃᑰᔫᑦ, ᑭᕝᕙᑲᑦᑕᐅᑏᑦ ᐊᒻᒪᓗ ᓴᓇᒍᑏᑦ ᐱᓇᓲᑎᐅᑦᓱᑎᒃ

• ᓴᓗᒻᒪᓴᕐᓗᒋᑦ ᐃᓕᑦᔨᕕᐅᖑᓐᓇᑐᓕᒫᑦ ᐊᑦᑐᑕᐅᖃᑦᑕᓯᒪᒍᓀᑦ (ᓯᕗᒥ ᓇᔪᒻᒥᒐᖅ, ᐅᖂᑎᒃ ᐊᑦᓴᓗᐊᖑᔭᖅ, ᐊᐅᓚᑦᓯᐅᑎᓗᑳᑦ, ᓱᑲᓯᓕᑎᐅᑏᑦ, ᐃᓗᐊᓂ ᓯᓚᑖᓂᓗ ᐅᒃᑯᐊ ᑎᒍᓕᖏᑦ. ᑕᕐᕋᑑᑏᑦ ᑭᖑᒧᑦ) ᖃᐅᓯᕐᑐᒧᑦ ᐊᓪᓚᕈᑎᒧᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓴᓗᒻᒧᓴᐅᑎᑕᓕᓐᓄᑦ ᐊᑐᕐᑕᐅᒐᔪᓲᓄᑦ. ;ᑕᒪᓐᓇ ᐱᒻᒪᕆᐅᑎᑕᐅᔪᖅ ᑕᐅᕐᓯᑲᑦᑕᕆᐊᖃᓲᒍᓂᖏᓐᓄᑦ ᐊᐅᓚᑦᓯᔩᑦ ᐊᓯᖏᓪᓗ ᐱᓇᓱᑦᑏᑦ.

• ᖁᐱᕐᕈᐃᔭᐅᑏᑦ ᖃᐅᓯᕐᑐᐃᑦ ᑌᒪᖕᖓᓕᒫᖅ ᐊᑐᓂᑦ ᓄᓇᒃᑰᔫᑦ ᐃᓗᐊᓃᑦᑎᑕᐅᒋᐊᓖᑦ.

ᓱᒃᑯᐊᕿᑦᑌᓕᒪᓃᑦ ᐱᐅᓯᕆᒋᐊᓕᖏᑦ ᓯᖁᒥᓯᒪᔪᕐᓂᐊᑎᓄᑦ/ᓴᓗᒻᒪᓭᔨᓄᓗ

• ᓴᓗᒻᒪᓭᔩᑦ ᒪᓕᑦᓯᐊᕆᐊᓖᑦ ᑖᒃᑯᐊᓭᓐᓇᐅᖃᑦᑕᑎᓪᓗᒋᑦ ᐊᑐᖏᓐᓇᓕᒫᖃᑦᑕᓗᑎᒃ ᑎᒥᒥᓄᑦ ᓴᐳᒻᒥᔭᐅᒍᑎᑦᓴᔭᒥᓂᒃ
ᐊᑐᓂᑦ ᖃᕆᐊᓂᒃ ᓯᓂᑦᑕᕕᐅᔪᓂᓘᓐᓃᑦ ᐱᓇᓱᐊᕆᐊᖃᓕᕈᑎᒃ ᑖᓐᓇ ᑖᒃᑯᓇᓂ ᓯᓂᑦᑕᕋᕐᑐᕕᓂᖅ ᖃᓂᒪᓐᓂᖏᒃᑲᓗᐊᕐᐸᑦ ᖃᓂᒪᓐᓂᕋᓗᐊᕐᐸᓘᓐᓃᑦ ᓄᕙᓐᓇᖅ 19-ᒧᑦ.

• ᐃᑉᐱᒋᑦᓯᐊᓗᒋᑦ ᐱᓇᓱᑦᑏᑦ ᐱᓇᓲᑎᒥᓂᒃ ᐊᑐᕐᑕᐅᑎᑦᓯᑌᓕᒋᐊᖃᕐᓂᖏᑦ. ᑌᒣᒋᐊᖃᑦᓴᕈᑎᓪᓗ, ᑕᒪᒃᑯᐊ ᐱᓇᓲᑎᖏᑦ ᖁᐱᕐᕈᐃᔭᖃᑦᑕᕆᐊᓖᑦ ᐊᓯᐊᓄᑦ ᐊᑐᕐᑕᐅᓯᒋᐊᑕᒫᑦ, ᐱᓇᓱᑦᑏᓗ ᐊᒡᒐᒥᓂᒃ ᐃᕐᒥᓯᐊᖃᑦᑕᕆᐊᓕᒻᒪᕆᐊᓘᐃᑦ ᑌᒫᓗᑳᒃ.

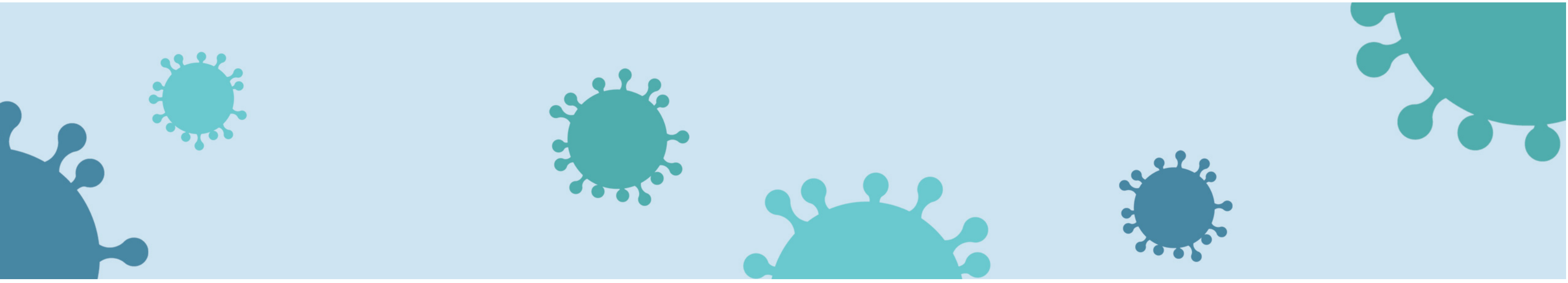
• ᑕᒫᑦ ᐱᓇᓱᐊᕐᑕᒥᓂᒃ ᓄᕐᖃᕆᐊᑕᒫᑦ, ᓴᓇᕐᕈᑏᑦ ᑕᐅᕐᓰᑕᕈᑕᐅᖃᑦᑕᑐᕕᓃᑦ ᐱᓇᓲᑎᕕᓂᓗᑳᓪᓗ ᓴᓗᒻᒪᓴᕐᑕᐅᒋᐊᓖᑦ
ᖁᐱᕐᕈᐃᔭᕐᑕᐅᓗᑎᓪᓗ, ᑕᒫᓪᓗ ᓴᓗᒻᒪᓭᒌᕈᓂ ᑕᒪᒃᑯᓂᖓ ᐊᒡᒐᒥᓂᒃ ᐃᕐᒥᖃᑦᑕᕆᐊᖃᕐᒥᓱᓂ.

• ᐊᒡᒐᓂᐊᕐᓗᓂ ᑕᓕᕐᒥᓂᓗ ᐃᕐᒥᓗᓂ ᐅᕝᕙᐅᑎᒧᑦ ᐃᒪᕐᒧᓗ ᐊᒡᒐᔮᒥᓂᒃ ᐲᕐᓯᓴᑐᐊᕈᓂ.

• ᐱᓇᓱᑦᑏᑦ ᑮᓇᕐᒥᓂᒃ ᐊᑦᑐᐊᑌᓕᖃᑦᑕᕆᐊᓖᑦ ᐊᒡᒐᔮᕐᓯᒪᓗᑎᒃ.

• ᓴᓗᒻᒪᓴᕇᕈᓂ, ᐊᒡᒐᔮᑦ ᐊᑎᒋᐊᓪᓚᑕᐅᓲᑦᓴᔭᐅᑉᐸᑕ, ᐃᕐᒥᓯᐊᕆᐊᕐᖄᕆᐊᓕᒻᒪᕆᐊᓗᐃᑦ ᐃᒪᕐᒧᑦ ᐊᓐᓄᕌᓄᓪᓗ ᐅᕝᕙᐅᑎᒧᑦ, ᐸᓂᕐᑎᑕᐅᕐᖄᓗᑎᒃ. ᐊᑕᐅᓯᕕᑐᐃᓐᓇᓱᒋᑦ ᐊᑐᕐᑕᐅᓲᑦᓴᔦᑦ ᐊᒡᒐᔮᑦ ᐃᒋᑕᐅᒋᐊᓖᑦ ᑕᐅᕐᓯᓗᒋᓪᓗ ᓄᑖᓂᒃ ᐊᑎᒐᑦᓴᓂᒃ ᒍᓐᓇᐸᑕ.

• ᐊᒡᒐᑎᑦ ᐃᕐᒥᒋᐊᓖᑦ ᐊᒡᒐᔮᓂᒃ ᐊᑎᒋᐊᖕᖏᓂᕐᓂᒃ ᐊᒻᒪᓗ ᐊᒡᒐᔮᓂᒃ ᐲᕐᓯᓴᑐᐊᕈᕕᑦ ᐊᑐᕐᑕᕕᓂᕐᓂᒃ.



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ᓱᒃᑯᐊᕿᑦᑌᓕᒪᓃᑦ ᐱᐅᓯᕆᒋᐊᓕᖏᑦ

• ᑕᒐᓕ ᓄᕙᓐᓇᖅ 19 ᐁᑦᑐᑑᑎᐅᔫᔮᖃᑦᑕᖏᒃᑯᓗᐊᕐᐸᑦ ᓂᕿᑎᒍᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓂᕆᔭᐅᓚᖓᔪᓂᒃ ᐊᑐᐃᓐᓇᕈᕐᑎᕆᓂᒃᑯᑦ, ᐊᒡᒐᓂᐊᑦᓴᐅᑎᒋᐊᐱᖃᑦᑕᕆᐊᖃᕐᖁᑎᑦ ᒪᓕᑦᓯᐊᕋᓱᐊᕐᓗᑎᑦ ᓴᓗᒪᑦᓯᐊᕆᐊᖃᕐᓂᒥᒃ ᐊᒻᒪᓗ ᓂᖀᑦ ᖁᐱᕐᕈᖃᕐᑌᓕᒋᐊᖃᕐᓂᖏᓐᓄᑦ ᐱᐅᓯᕐᓲᑎᑦᓴᔦᑦ ᒪᓕᓪᓗᒋᑦ ᑕᒪᓐᓇ ᒪᓕᑦᑕᐅᓯᐊᕆᐊᓕᒻᒪᕆᐅᒻᒪᑦ.

• ᐱᓇᓱᑦᑏᑦ ᓂᕿᓕᕆᓲᑦ ᑲᑎᒪᑦᓯᑌᓕᒻᒪᕆᖃᑦᑕᕆᐊᓖᑦ ᖃᓂᒻᒪᓯᖃᕈᓇᐅᓕᕐᑐᒥᒃ ᐃᐱᓂᐊᕈᓇᐅᓕᕐᓱᓂᓗ, ᖁᐃᕐᑐᖃᑦᑕᐸᑦ ᑕᒋᐅᕐᓴᖃᑦᑕᓗᓂᓗ.

• ᐴᒍᑌᑦ ᓂᕆᒍᑏᓪᓗ ᐊᑐᕐᑕᐅᔪᕕᓃᑦ ᐱᓇᓱᑦᑎᓄᑦ ᐃᕐᒥᑕᐅᒋᐊᓖᒃ ᐃᒪᕐᒧᑦ ᐅᕝᕙᐅᑎᑕᓕᒻᒧᑦ.
ᓴᓗᒻᒪᓴᕐᑕᐅᒍᓐᓇᒥᑦᓱᓪᓗ ᐴᒍᑕᕐᓂᒃ ᐃᕐᒥᐅᑎᒧᑦ.

ᓱᒃᑯᐊᕿᑦᑌᓕᒪᓃᑦ ᐱᐅᓯᕆᒋᐊᓕᖏᑦ ᐃᕐᒥᐅᑎᓕᕆᕕᓕᕆᔨᓄᑦ

ᐱᓇᓱᑦᑎ ᓴᕐᕿᔮᕐᑎᓯᖃᑦᑕᓕᕐᐸᑦ ᓄᕙᓐᓇᖅ 19 ᖃᓂᒪᒍᑕᐅᒍᓯᖓᓂᒃ:

• ᐃᑉᐱᒋᑦᓯᐊᓗᒍ ᐱᓇᓱᑦᑎᐅᑉ ᐊᓐᓄᕌᖏᑦ ᐸᓂᕐᑐᓯᐊᒍᐃᓐᓈᒪᖔᑕ, ᑖᒃᑯᐊᓗ ᐊᓐᓄᕌᖏᑦ ᑐᕐᖁᑐᕐᓗᒋᑦ ᐃᕐᒥᒐᑦᓴᖃᐅᑎᒧᑦ ᐃᐱᖃᐅᑎᒧᑦ (ᐆᑦᑐᑎᒋᓗᒍ: ᕿᐲᑦ, ᐊᓪᓚᕈᑏᑦ, ᐊᓐᓄᕌᑦ) ᖁᐱᕐᕈᑕᖃᑐᐃᓐᓇᕆᐊᖃᕐᑐᕆᔭᐅᓕᕐᑐᑦ (ᐅᕆᐊᕐᑑᑎᕕᓃᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᐱᓂᐊᕐᓱᓂ ᐊᓪᓚᕈᑎᒋᖃᑦᑕᑕᕕᓂᖏᑦ, ᐊᓇᐅᑉᐱᓯᒪᑉᐸᑕᓗ) ᑐᕐᖁᓗᒋᑦ ᖁᕐᕕᓴᔭᒧᑦ ᕿᓪᓚᔭᑦᑐᒧᑦ (ᕿᓪᓚᔭᑦᑐᖅ ᐴᕆᐊᓪᓚᒥᓗᒍ ᖁᕐᕕᓴᔭᒋᐊᓪᓚᒥᒃ "ᐊᒥᐊᕇᑦᑎᓗᒍ"); ᑕᒪᓐᓇ ᐱᐅᓯᖅ ᐃᓕᑕᕆᔭᐅᓂᖃᕐᒪᑦ ᖃᓂᒪᓐᓇᑕᖃᓚᖓᒋᐊᖓᓂᒃ ᐊᑯᓂᓗ ᕿᐅᒃᑲᖓᔪᒦᒋᐊᖃᓚᖓᓂᖓᓂᒃ.

• ᐃᑦᓱᑐᕐᑌᓕᖃᑦᑕᓗᒋᑦ ᐊᓐᓄᕌᑦ ᐴᖓᓘᓐᓃᑦ ᐃᕐᒥᐅᑎᒧᑦ ᑐᕐᖁᑐᓚᖓᔭᑎᑦ.

• ᖃᕐᓕᑯᑖᓂᒃ ᓂᐅᓕᓐᓂᒃ, ᐅᕕᓂᕈᑯᑖᓂᒃ ᐁᓕᓐᓂᒃ ᐊᓐᓄᕌᕐᓯᒪᓗᑎᑦ, ᐊᒡᒐᔮᕐᓯᒪᓗᑎᑦ, ᓀᒪᒌᒃᑯᓯᕐᓯᒪᓗᑎᓪᓗ. ᐃᑉᐱᒋᓯᐊᕋᓱᐊᕐᓗᒍ ᐁᑦᑐᑑᑎᐅᒍᓐᓇᑐᕐᑕᖃᕐᓂᐸᑦ ᖁᐱᕐᕈᓂᒃ ᐊᓐᓄᕌᑦ ᐃᕐᒥᒐᑦᓭᑦ ᐊᑦᑐᑕᐅᑦᑌᓕᒪᒋᐊᖃᕐᒪᑕ ᖃᓪᓗᓈᕐᑕᓗᑳᓄᑦ ᐅᕕᓂᒻᒧᓘᓐᓃᑦ.

• ᐃᓪᓗᐅᑉ ᖄᖏᑦ ᕿᐲᓪᓗ ᐱᓇᓱᑦᑏᑦ ᐊᑐᓲᖏᑦ ᑲᑎᒪᓗᑎᒃ ᐃᕐᒥᑕᐅᒍᓐᓇᒪᑕ, ᐃᒪᕐᒧᑦ ᐆᓇᕐᑐᒧᑦ ᐃᕐᒥᐅᑎᐅᓪᓗ
ᐅᕝᕙᐅᑎᑦᓴᔭᖓᓄᑦ.

• ᐃᒋᖃᑦᑕᓗᒋᑦ ᕿᓪᓚᔭᑦᑐᑦ ᓴᓂᒃᑯᕖᑦ ᓴᓂᒃᑯᕕᒻᒧᑦ.

• ᐊᒡᒐᔮᑎᑦ ᐲᕈᕕᒃᑭᑦ ᐊᑐᕐᑕᕕᓂᑎᑦ ᐊᒡᒐᓂᐊᖃᑦᑕᓗᑎᑦ.

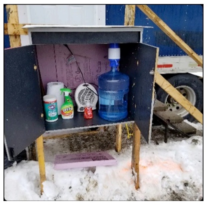
• ᓄᑖᓂᓪᓗ ᐊᒡᒐᔮᓂᒃ ᐊᑎᓗᑎᑦ ᖁᐱᕐᕈᐃᔦᓯᓗᑎᓪᓗ ᐃᓕᑦᔨᕕᐅᒐᔪᑦᑐᓂᒃ ᐃᕐᒥᐅᑎᐅᑉ ᖄᖓᓂ ᐊᑦᑐᑕᐅᑐᐃᓐᓇᕆᐊᓕᕕᓃᑦ ᖁᐱᕐᕈᑕᓕᓐᓄᑦ ᐊᓐᓄᕌᓄᑦ.

• ᐲᕐᓗᒋᑦ ᐊᒡᒐᔮᑦ ᐊᑐᕐᑕᕕᓂᑎᑦ ᐊᒡᒐᑎᓪᓗ ᐃᕐᒥᓗᒋᑦ.

ᓴᓗᒻᒪᓭᒍᑏᑦ ᐃᓂᖏᑦ

ᐊᒡᒐᓂᐊᕐᕕᒃ ᐃᕐᒥᕕᒃ
ᐱᓇᓱᑦᑎᓯᔪᖅ ᐃᑉᐱᒋᔭᖃᕆᐊᓕᒃ ᐊᑐᐃᓐᓇᐅᑎᑕᐅᑦᓯᐊᖏᓐᓇᕋᓗᐊᕐᒪᖔᑕ ᐊᒡᒐᓂᐊᕐᕖᑦ ᐱᓇᓱᕝᕕᒥ
ᐱᓇᓱᑦᑏᑦ ᐃᕐᒥᒋᐊᕐᑐᕕᑦᓴᖏᑦ. ᐊᒻᒪᓗᒋᐊᓪᓚᒃ, ᐊᑐᕐᑕᐅᖁᔨᖃᑦᑕᓂᖅ ᐊᒡᒐᓂᐊᕆᐊᖃᕐᓂᒥᒃ ᐅᕝᕙᐅᑎᒧᑦ ᐃᒪᕐᒧᓗ 20 ᓯᕿᓂᖁᑎᐅᑉ ᐆᒻᒪᑎᐊᐱᖓᑕ ᑎᑦᑕᓂᖏᓐᓄᑦ ᐱᒻᒪᕆᐅᓂᕐᐸᐅᑎᑕᐅᒋᐊᖃᕐᒪᑦ. ᐊᑐᕐᑕᐅᓂᖏᑦ ᓅᑦᑕᓲᑦ ᓴᓗᒻᒪᓭᒍᑎᖃᐅᑏᑦ (ᓴᓇᒐᐅᒐᓗᐊᕐᐸᑕ ᐊᑦᑕᑐᕐᑕᐅᒐᓗᐊᕐᐸᑕᓘᓐᓃᑦ) ᐱᐅᓂᕐᐸᐅᒐᔭᕐᑐᕆᔭᐅᕗᖅ (ᑕᑯᓗᒍ ᐊᑦᔨᖑᐊᖅ).

ᐱᓇᓱᑦᑏᑦ ᒪᑯᓂᖓ ᐊᑐᐃᓐᓇᖃᓲᖑᑎᑕᐅᒋᐊᓖᑦ:



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• ᐅᕝᕙᐅᑎᒃ ᐊᓯᖏᓪᓗ ᓴᓗᒻᒪᓴᐅᑏᑦ;
• ᐊᒡᒐᓂᒃ ᐸᓂᕐᑎᐅᑎᒃ, ᐃᒋᓲᑦ ᐃᒡᒍᑏᑦ ᓯᑯᑦᓴᔦᓪᓘᓃᑦ ᐃᒡᒍᑏᑦ;
• ᐃᒡᒍᑎᕕᓂᕐᓂᒃ ᐃᒋᑦᓯᕖᑦ ᐊᓪᓚᕈᑎᕕᓃᑦ (ᑕᒪᒃᑯᐊ ᐊᑦᑐᑕᐅᔭᕆᐊᖃᖕᖏᑐᑦ ᐊᑐᕐᑕᐅᔪᕕᓃᑦ ᐱᓗᐊᕐᑐᒥᒃ ᐃᒡᒍᑏᑦ
ᓯᑯᑦᓴᔦᑦ ᐊᑐᕐᑕᐅᓂᕐᐸᑕ).

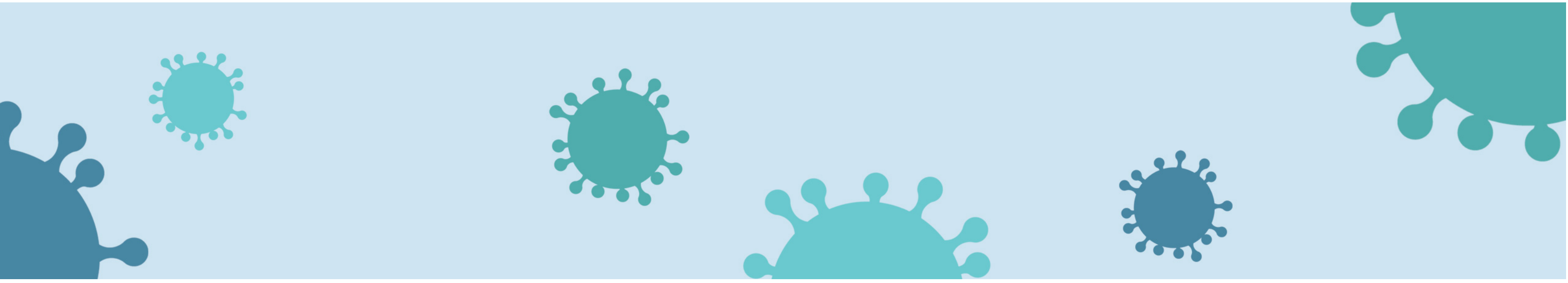
ᒍᓐᓇᕈᑎᒃ, ᖃᐅᔨᒪᑎᑦᓯᐅᑎᒃ ᐊᓪᓚᓯᒪᔪᖅ ᓄᐃᑕᒋᐊᓕᒃ ᐊᑭᓐᓇᒥ ᐱᓇᓱᑦᑏᑦ ᑐᑭᓯᒪᒐᑦᓴᖓ ᖃᐅᔨᒪᑎᑦᓯᐅᑎᒃ ᐃᒪᖅ ᐃᒥᕋᑦᓴᐅᖏᒋᐊᖓᓂᒃ ᐊᑦᑕᓇᕐᒪᑦ (ᐱᖁᔭᖅ ᒪᓕᑦᓱᒍ 3.2.8.1 ᐊᑦᑕᓇᕐᑐᒧᕐᑎᓯᑦᑌᓕᒪᑦᔪᑏᑦ ᐱᖁᔭᖏᑦ ᐃᓪᓗᓕᐅᕐᑎᑯᑦ ᓇᔪᒐᖏᓐᓂ.

ᖁᕐᕕᑯᕖᑦ
ᐱᓇᓱᑦᑏᑦ ᐃᓪᓗᓕᐅᕐᑏᑦ ᓯᓂᑦᑕᕕᖏᓐᓄᑦ ᐁᖃᑦᑕᕆᐊᓖᑦ ᖁᕐᕕᓂᒃ ᐊᑐᕈᒪᓯᒍᑎᒃ. ᐱᖁᔭᕐᑎᒎᕐᑐᖅ:
• ᖁᕐᕖᑦ ᓴᓗᒻᒪᓴᕐᑕᐅᓯᒪᒋᐊᓖᑦ ᒪᕐᕈᕕᓪᓗᑎᒃ ᐅᓪᓗᖅ ᐱᓇᓱᐊᕐᓇᐅᓂᓕᒫᖓᓂ, ᕿᑎᕋᕆᐊᕕᒻᒥ ᐅᓪᓗᑯᑦ (ᐅᓪᓗᒍᒥᑕᕐᓇᓯᖕᖏᓂᖓᓂ) ᐊᒻᒪᓗ ᓱᓕ ᓴᓗᒻᒪᓴᕐᒥᓗᒍᑦ ᐅᓪᓘᑉ ᐃᓱᐊᓄᑦ ᐱᓇᓱᐊᕐᑐᑦ ᓄᕐᖃᓂᐊᓕᕐᐸᑕ.
• ᐃᓕᑦᔨᕕᓕᒫᑦ ᐊᑦᑕᐅᖃᑦᑕᕈᓇᕕᓃᑦ ᐱᓇᓱᑦᑎᓄᑦ ᓴᓗᒻᒪᓴᕐᑕᐅᒋᐊᓖᑦ.
• ᑎᒍᑦᓯᑏᑦ, ᖁᕐᕕᐅᑉ ᐃᑦᓯᕙᕕᖏᑦ ᐊᒻᒪᓗ ᐊᒡᒐᓂᒃ ᐃᕐᒥᕕᒃ ᓴᓗᒻᒪᓴᕐᓯᒪᔪᐃᓐᓇᐅᒋᐊᓖᑦ ᓈᒻᒪᓯᑦᑕᑐᓂᒃ.
• ᓂᕕᖓᑎᒐᖅ ᐊᑭᓐᓇᒥ "ᐊᒡᒐᑎᑦ ᐃᕐᒥᑭᑦ ᓚᔪᕐᑕᓕᒃ - 20-ᑎᑦᑕᓂᕐᓂ ᓂᕕᖓᑎᑕᐅᒋᐊᓕᒃ ᐃᕐᙯᒍᑎᑦᓴᐅᓗᓂ ᐱᓇᓱᑦᑎᓄᑦ ᐱᒻᒪᕆᐅᓂᖓᓂᒃ ᐊᒡᒐᓂᐊᕐᓂᐅᑉ.

ᓂᕆᓇᓱᐊᕐᓇᒥ

ᐱᓇᓱᑦᑎᓯᔪᓕᒫᑦ ᐱᓇᓱᑦᑎᖁᑎᖃᕈᓂ 10-ᓂᒃ ᐃᑭᓐᓂᐹᓕᓐᓂᒃ ᐅᓪᓗᓂ 7-ᓂ ᐱᓇᓱᐊᕐᓂᐊᓗᑎᒃ ᖃᕆᐊᖃᕐᑎᓯᒋᐊᓕᒃ ᓂᕆᕕᒋᖃᑦᑕᓂᐊᕐᑕᖏᓐᓂᒃ, ᒪᓕᓪᓗᒋᑦ ᐊᑦᑕᓈᕿᑦᑌᓕᒪᑦᔪᑎᒃ ᐱᖁᔭᖏᑦᑕ ᐃᓪᓗᓕᐅᕆᐊᕐᑐᓯᒪᔪᑦ (ᐊᕕᑦᑐᓯᒪᓂᖓ 3.2.9). ᐱᓇᓱᑦᑎ ᐃᒣᓕᐅᕆᐊᓕᒃ:

• ᐅᖓᓯᑦᑕᕆᔭᐅᖏᓐᓇᓕᒫᕋᓱᐊᖃᑦᑕᕆᐊᓕᒃ (2-ᒦᑕᒧᑦ ᑎᑭᓪᓗᒍ) ᓂᕆᓐᓇᐅᑎᓪᓗᒍ ᑕᕝᕙᓂᑦᓭᓇᖅ ᓇᔫᑎᒋᐊᖃᓕᕈᑎᒃ.
• ᐃᑉᐱᒋᓗᒋᑦ ᑕᒪᕐᒥᒃ ᐊᒡᒐᓂᐊᑦᓯᐊᕋᓗᐊᕐᒪᖔᑕ ᓂᕆᓚᐅᕋᑎᒃ ᓂᕆᒌᕈᑎᓪᓗ.
• ᐁᑦᑐᑑᑎᑎᑦᓯᑌᓕᖃᑦᑕᓗᑎᓪᓗ ᓂᕆᔭᒥᓂᒃ ᐴᒍᑕᕐᒥᓂᑦ.
• ᐃᑉᐱᒋᓗᒋᑦ ᖃᓪᓗᑎᒥᓂᒃ ᐅᖁᒻᒥᑕᐅᑎᑦᓯᑌᓕᖃᑦᑕᓂᕐᒥᒃ, ᓂᓚᐅᔭᓂᒃ, ᐴᒍᑕᕐᓂᒃ, ᓂᕆᒍᑎᓂᓘᓐᓃᑦ.
• ᐱᓇᓱᑦᑏᑦ ᑐᑭᓕᕇᑦᑎᖃᑦᑕᓗᑎᒃ ᓂᕆᔭᒥᓂᒃ ᐁᑦᓯᓕᕈᑎᒃ 2-ᒦᑕᒥᒃ ᐅᖓᓯᓕᕇᖏᓐᓇᓗᑎᒃ.
• ᓂᕆᓂᐊᕐᑕᖏᑦ ᑐᓂᐅᕐᖃᑕᐅᖃᑦᑕᓗᑎᒃ ᐱᓇᓱᑦᑎᓄᑦ ᐃᒐᓛᑉ ᐅᖓᑖᓃᑦᑐᓄᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑎᑭᐅᑦᔫᕇᒃᑯᑎᒦᑦᑐᓄᑦ.
• ᓂᕆᐅᑎᕕᓃᑦ ᐴᒍᑌᑦ ᐃᕐᒥᖃᑦᑕᓗᒋᑦ ᐃᒪᕐᒧᑦ ᐆᓇᕐᑐᒧᑦ ᐅᕝᕙᐅᑎᑕᓕᒻᒧᑦ.
• ᐱᓇᓱᑦᑏᑦ ᓂᕆᖃᑦᑕᓗᑎᒃ ᖃᕆᐊᓂ ᓈᒻᒪᒋᔭᒥᓂᒃ ᓂᓐᓂᐅᖏᑦᑐᒥ ᐅᖓᓯᑦᑕᕇᑦᓯᐊᕕᐅᒍᓐᓇᑐᒥ 2-ᒦᑕᐅᒍᓇᕐᒥᒃ ᐊᑐᓂᑦ. ᓂᓐᓂᐅᐸᑕᓗ ᐊᓯᐊᓂᒃ ᐃᓂᑖᕐᑎᖃᑦᑕᓗᒋᑦ ᒋᐊᖃᕐᐸᑕ.
• ᓂᓐᓂᐅᐸᑕ, ᐋᕐᕿᒋᐊᕐᑕᐅᒋᐊᓕᒃ ᓂᕆᓐᓇᒥ ᐱᐅᓯᕆᒋᐊᓕᖓ, ᐅᓄᕐᓂᕆᒋᐊᓕᖏᑦ ᐃᓂᓪᓚᑕᐅᓯᒪᑦᓯᐊᓗᑎᒃ ᐱᓇᓱᑦᑏᑦ ᓂᕆᕕᒻᒦᑐᑦ, ᐃᑲᐅᕐᓂᓕᐅᕐᓯᒪᓗᒍ ᓂᕆᒋᐊᕐᑐᕕᑦᓴᖓ ᖃᑦᓯᐅᓈᕐᑎᓗᑎᒃ ᐱᓇᓱᑦᑏᑦ ᓂᕆᕕᒻᒦᒍᓐᓇᑐᑦ ᑌᒪᖕᖓᓕᒫᖅ ᐅᖓᓯᑦᑕᕇᑦᓯᐊᖏᓐᓇᕋᓱᐊᕐᓗᑎᓗ.
• ᐱᓇᓱᑦᑏᑦ ᐱᓇᓱᖃᑎᒌᒐᔪᑦᑐᑦ ᑲᑎᒪᑏᓐᓇᕋᓱᐊᕐᐊᓗᒋᑦ ᑕᕝᕙᓂᑦᓭᓇᕐᓗ ᓂᕆᖃᑦᑕᓗᑎᒃ, ᖃᕆᐊᓂ ᑕᕝᕙᓂᑦᓭᓇᖅ,
ᐅᓪᓗᖅ ᑕᒫᑦ.



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• ᐱᓇᓱᑦᑏᑦ ᓯᓚᒥ ᓂᕆᓂᐊᕐᐸᑕ, ᐅᖓᓯᑦᑕᕇᑦᓭᓇᖏᓐᓇᑎᒐᓱᐊᕐᓗᒋᑦ 2-ᒦᑕᒥᒃ ᑕᒪᓐᓇᓗ ᒪᓕᑦᑕᐅᓯᐊᕐᑎᒐᓱᐊᕐᓗᒍ.
ᓂᓐᓂᐅᑎᑦᑌᓕᒋᐊᖃᕐᒥᔪᑦ ᐱᓇᓲᑎᖏᑦ ᐅᓕᑲᑦᑌᑦ ᓂᕕᖕᖓᓯᒪᒋᐊᖃᓲᑦ ᓯᓂᑦᑕᕆᐊᕐᓯᒪᕕᓐᓂ. ᐊᒻᒪᓗᒋᐊᓪᓚᒃ, ᓴᓇᕐᕈᑎᑕᖃᕆᐊᖃᕋᓂ, ᐱᓇᓲᑎᓗᑳᓪᓘᓃᑦ ᐊᓯᖏᑦ ᓴᓂᕐᕙᑕᐅᓯᒪᑦᓯᐊᖃᑦᑕᕆᐊᓖᑦ ᓂᕆᕕᒻᒥ.
• ᐊᑐᕐᑕᐅᒐᔪᑦᑐᑦ ᐃᓃᑦ, ᐱᓇᓲᑏᑦ, ᓱᓇᓗᑳᑦ, ᓵᑦ, ᓱᑲᑦᑐᒥᒃ ᐃᒐᐅᑏᑦ, ᑭᐊᑦᓴᐅᑏᑦ, ᐃᒪᕐᑖᕆᐊᕐᑐᕖᑦ ᐊᒻᒪᓗ ᑳᐱᓕᐅᕈᑏᑦ ᓴᓗᒻᒪᓴᕐᓯᒪᒋᐊᓖᑦ ᖁᐱᕐᕈᐃᔭᐅᑎᓄᑦ.
• ᓵᑦ ᓂᕆᓇᓱᐊᕐᕖᑦ ᓴᓗᒻᒪᓴᕐᓯᒪᒋᐊᓖᑦ ᓂᕆᓐᓇᓯᓚᐅᕐᑎᓇᒍ, ᓂᕆᓐᓇᕇᕐᓯᒪᓕᕐᑎᓗᒍᓗ ᑕᒫᑦ; ᑕᒪᒃᑯᐊᓗ, ᐅᐱᓐᓇᕋᓂ, ᐃᕐᒥᒋᐊᖅ ᐃᓱᐊᕐᑑᒋᐊᓖᑦ ᖄᖏᑦ (ᐆᓲᒥᒃ ᖄᒥᐅᑕᖃᕐᓗᑎᒃ ᐊᓯᖓᓂᓘᓐᓃᑦ ᓴᓗᒻᒪᕈᐊᕐᑐᒍᓇᐅᓗᓂ ᒪᓂᕋᕐᒥᒃ).
• ᐱᓇᓱᑦᑏᑦ ᑲᑎᒪᑲᓪᓚᖃᑦᑕᕆᐊᖃᖕᖏᑐᑦ 2-ᒦᑕᒥᒃ ᐅᖓᓯᓕᕇᓲᖑᓗᑎᒃ.
• ᑲᑎᒪᕕᒻᒧᑦ ᐃᑎᕈᓐᓇᓃᑦ ᖃᕆᐊᓄᓪᓗ ᐅᓄᕐᓂᕆᒋᐊᓕᖏᑦ ᐃᑉᐱᒋᔭᐅᒋᐊᓖᑦ, ᐅᓄᕐᓂᕆᒍᓐᓇᑕᖏᑦᑕ ᐃᑎᕐᓯᒪᔪᑦ
ᑲᑎᒪᕕᒻᒧᑦ ᓇᓗᓀᕐᓯᐅᑎᖃᑦᓯᐊᕆᐊᓖᑦ ᓄᐃᑕᑦᓯᐊᑐᒥᒃ ᑲᑕᒻᒥ.
• ᑲᒥᐊᓗᐃᑦ ᐃᓕᔭᐅᓯᒪᖃᑦᑕᕆᐊᓖᑦ ᖃᕆᐊᖓᑕ ᓯᓚᑖᓂ ᐅᓕᑲᑦᑌᓗ ᖃᕆᐊᒦᑦᑎᑕᐅᖃᑦᑕᓗᑎᒃ.

ᕿᖃᑫᓐᓇᓃᑦ ᐊᒻᒪᓗ ᐃᓱᒣᓐᓇᕿᓇᕐᒥ

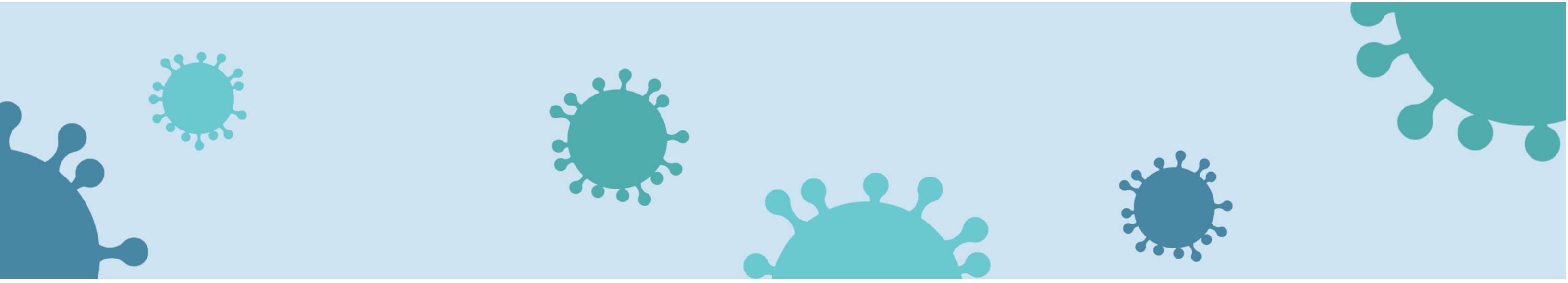
• ᐃᑉᐱᒋᑦᓯᐊᓗᒋᑦ ᑎᒥᒃᑯᑦ ᐅᖓᓯᑦᑕᕇᒋᐊᖃᕐᓃᑦ ᒪᓕᑦᑕᐅᓯᐊᖏᓐᓇᕋᓗᐊᕐᒪᖔᑕ ᕿᑲᑫᓐᓇᓕᕐᐸᑕ ᐊᒻᒪᓗ ᐃᓱᒣᓐᓇᕿᓐᓇᓕᕐᐸᑦ ᓴᓇᔩᑦ ᓯᓂᑦᑕᕕᖏᓐᓂ ᐊᓯᐊᓂᓘᓐᓂᑦ (ᐆᑦᑑᑎᒃ: ᑲᑎᒪᑲᓪᓚᑌᓕᓗᑎᒃ). ᒍᓐᓇᐸᑕᓗ, ᐋᕐᕿᒋᐊᕐᓯᒪᓗᒋᑦ ᕿᑲᑫᓐᓴᓂᕆᓂᐊᕐᑕᖏᑦᑕ ᐃᑲᐅᕐᓂᖏᑦ, ᐊᑕᐅᑦᓯᑰᕐᓯᒪᓗᐊᖁᓇᒋᑦ.
• ᐊᑦᑕᑑᑎᓗᐊᕐᑎᑌᓕᓗᒋᑦ ᓱᓇᓗᑳᓂᒃ ᓂᕿᑕᖃᕈᓐᓇᑐᓂᒃ (ᐆᑦᑑᑎᒃ; ᓰᑲᔨᐊᓂᒃ, ᑳᐱᓂᒃ, ᐊᓯᖏᓐᓂᓗ).
• ᐃᑉᐱᒋᓗᒋᑦ ᑕᒪᕐᒥᒃ ᐊᒡᒐᓂᐊᕐᓯᒪᖃᑦᑕᖄᕆᐊᖃᕐᒪᑕ ᕿᑲᑫᓐᓇᕆᐊᓚᐅᕋᑎᒃ, ᕿᑲᑫᓐᓇᕇᒍᑎᓪᓗ.

ᐃᒻᒥᓂᖅ ᓴᓗᒪᑎᒐᓱᐊᕐᓂᖅ

ᐃᓗᓐᓇᓂᐊᕐᓃᑦ
• ᐊᐅᓚᑦᓯᐊᓗᒋᑦ ᐃᓗᓐᓇᓂᐊᕐᕕᓂᒃ ᐊᑐᕆᐊᖃᕐᓂᖏᑦ ᐅᓄᓗᐊᕐᑐᓄᑦ ᐱᓇᓱᑦᑎᓄᑦ ᐊᑐᕐᑕᐅᓗᐊᖃᑦᑕᖁᓇᒋᑦ ᑖᒃᑯᓭᓐᓀᑦ
ᖃᖓᓕᒫᖅ:
○ ᐃᓂᓪᓚᓯᒪᓗᒋᑦ ᐃᑲᐅᕐᓂᖏᑦ ᐃᓘᓐᓇᓂᐊᕆᐊᕐᑐᕆᐊᖃᕐᓂᖏᑦᑕ.

○ ᐊᑦᑕᑑᑎᑦᑌᓕᑎᓪᓗᒋᑦ ᐃᓘᓐᓇᓂᐊᕈᑏᑦ (ᐆᑦᑑᑎᒃ: ᓄᔭᐅᑉ ᐅᕝᕙᐅᑎᖏᑦ).

ᐊᓐᓄᕌᒥᓂᒃ ᐃᕐᒥᓃᑦ
• ᐅᓄᕐᓂᖏᑦ ᐊᐅᓚᓗᒋᑦ ᐱᓇᓱᑦᑏᑦ ᐊᑐᕈᒪᔪᑦ ᐃᕐᒥᐅᑎᓂᒃ ᐸᓂᕐᑎᐅᑎᓂᓗ ᐊᑕᐅᑦᓯᑰᓗᐊᕈᓐᓀᓗᑎᒃ:
○ ᐃᓂᓪᓚᓗᒋᑦ ᐃᑲᐅᕐᓂᖏᑦ ᐊᑐᕐᑕᐅᒋᐊᖃᕐᓂᖏᑦ ᐃᒻᒥᐅᑏᑦ ᐸᓂᕐᑎᐅᑏᓪᓗ.
○ ᐊᑦᑕᑑᑎᓗᐊᕐᑎᑌᓕᓗᒋᑦ ᐱᓇᓲᑎᓗᑳᓂᒃ (ᐆᑦᑑᑎᒃ ᐃᕐᒥᐅᑎᐅᑉ ᐅᕝᕙᐅᑎᖏᑦ).
○ ᓴᓗᒻᒪᓴᖃᑦᑕᓗᒋᑦ ᐊᓐᓄᕌᑦ ᐊᒡᒐᔮᓪᓗ ᐅᓪᓗᑕᒫᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᖃᖓᓕᒫᖅ ᒍᓐᓇᕈᓂ, ᒪᓕᓪᒋᑦ
ᐱᐅᓯᕐᓲᑎᑦᓴᔭᐅᓲᑦ ᐸᓂᕐᑐᓯᐊᒍᒻᒪᖔᑕᓗ ᐊᑎᓚᖓᔭᖏᑦ ᐃᑉᐱᒋᒻᒥᓗᒋᑦ. ᐃᓕᑕᕆᔭᖃᑦᓯᐊᖃᑦᑕᓗᓂ
ᓇᒻᒥᓂᖅ ᐊᓐᓄᐹᓕᒃ ᐊᒡᒐᔮᓕᓪᓗ "ᓈᒻᒥᓂᕆᑦᓯᐊᕋᓗᐊᕐᒪᖔᕐᒥᒋᑦ". ᐊᑦᑕᓲᑎᑦᑌᓕᖃᑦᑕᓗᑎᓪᓗ
ᐊᑎᒐᑦᓴᓂᒃ ᐃᕐᒥᓯᒪᖕᖏᓂᓕᒫᖏᓐᓂ. ᐃᓱᒪᒋᖃᑦᑕᓗᒋᓪᓗ ᐃᒻᒪᖃᐅᑎᖃᕆᐊᖃᕐᓂᖏᑦ ᐃᕐᒥᑲᑦᑕᕆᐊᖃᕐᓂᖏᑦ ᐊᑯᓓᑦᑐᓂᒃ ᐃᓱᒪᒋᓗᒋᑦ.



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(ᐊᐅᓪᓚᑎᑦᓯᓃᑦ ᐊᒻᒪᓗ ᑐᔪᕐᑕᐅᑲᑦᑕᓃᑦ) ᓱᓇᑐᐃᓐᓇᓂᒃ ᐊᓯᖏᓐᓂᓗ ᐱᓇᓱᕝᕕᒥᓃᑦᑐᓄᑦ

• ᐊᑑᑎᔭᐅᒐᔪᓲᑦ ᒥᑦᓵᓄᑦ ᓂᕿᑖᕆᐊᕐᑐᖃᑦᑕᓃᑦ ᐊᒻᒪᓗ ᐊᐅᓚᑦᓯᓃᑦ ᓄᓇᒃᑰᔫᕐᓚᓂᒃ ᐊᒻᒪᓗ ᐃᓪᓗᓕᐅᕐᑐᑦ ᑭᕝᕙᑲᑦᑕᐅᑎᖏᓐᓂᒃ, ᑖᒃᑯᐊ ᐱᓇᓱᑦᑏᑦ ᑌᒪᖕᖓᓕᒫᖅ ᑖᑦᓱᖓᑦᓭᓇᖅ ᐱᓇᐊᕐᑕᒥᓄᑦ ᑎᓕᔭᐅᒪᐅᑎᖃᕆᐊᓖᑦ ᑕᕝᕙᓂᑦᓭᓇᕐᓗ ᓇᔪᕐᑕᒥᓃᓲᖑᓗᑎᒃ ᒍᓐᓇᕕᓕᒫᖓᓄᑦ.

• ᓄᓇᒃᑰᔫᓕᒫᑦ ᓴᓗᒻᒪᓴᕐᑕᐅᖃᑦᑕᕆᐊᓖᑦ ᑕᒫᑦ ᐊᑐᕐᑕᐅᒌᕌᐱᑐᐊᕐᐸᑕ.

• ᐊᓯᑦᔨᑐᕋᑲᑦᑕᓗᐊᕐᑌᓕᓗᒋᑦ ᐱᓇᓱᖃᑎᒌᑦᑐᓴᔦᑦ ᐁᑎᕋᕆᐊᖃᓲᑦ ᓇᓪᓕᐊᓄᑦ, ᐃᓄᓐᓄᓗ ᐃᓕᒃᑰᑎᕐᑐᓄᑦ ᑲᒻᐸᓂᐅᑉ
(ᐱᓇᓱᕝᕕᐅᔫᑉ) ᓯᓚᑖᓂᑦ ᐱᓯᒪᔪᓄᑦ.

• ᐁᔭᕕᓂᖏᑦ ᓴᓗᒪᔪᒥ ᑐᖕᖓᕕᖃᖃᑦᑕᑎᓪᓗᖏᑦ, 2-ᒦᑕᒥᓪᓗ ᑕᒫᑦ ᐅᖓᓯᓕᕇᓐᓂᙯᓐᓇᕋᓱᐊᕐᓗᓂ ᐃᓄᐃᑦ ᐊᑯᕐᖓᓃᓕᕈᓂ.

• ᐱᐅᓂᕐᐸᐅᓲᖅ, ᐱᔭᒃᓭᑦ ᐃᓂᓪᓚᑕᐅᓯᒪᓲᖑᑎᓪᓗᒋᑦ ᐁᔭᐅᔪᑦ ᓱᓇᓱᐃᓐᓀᑦ ᓴᓂᕐᕙᑕᐅᕐᖄᓯᒪᖃᑦᑕᑎᓪᓗᒋᑦ ᑲᑕᒻᒥ
(ᑕᒪᓐᓇ ᐅᑎᕐᑖᔭᕈᑕᐅᑐᐃᓐᓇᓂᐊᖕᖏᒪᑦ ᐃᓪᓗᒧᑦ ᐱᓇᓱᑦᑏᑦ ᐊᑯᕐᖓᓂ).

ᓄᓇᓕᒻᒥᐅᑦ ᐱᓇᓱᑦᑎᑖᕆᔭᐅᕙᒋᐊᖃᕐᐳᑦ ᐱᑐᑦᓯᒪᕙᓐᓂᐊᑎᓪᓗᒋᑦ ᓄᓇᓕᒻᒥᓅᓕᖓᔪᓂᒃ ᑐᓴᐅᒪᔭᐅᒋᐊᖃᕐᑐᖃᓕᕐᐸᑦ. ᐆᑦᑑᑎᒋᓗᒍ. ᐁᑦᓯᕋᕐᑎᐅᓗᑎᒃ ᓂᕿᑖᕆᔭᐅᓯᒪᔪᓂᒃ ᐊᑦᔨᒌᖕᖏᑐᓂᓗ ᓂᐅᕕᐊᕕᓂᕐᓂᒃ ᐃᓪᓗᓕᐅᕐᑏᑦ ᐃᓪᓗᖁᑎᖏᓐᓄᑦ. ᑕᒪᒃᑯᐊ ᐱᓇᓱᑦᑏᑦ ᐊᑕᐅᓯᐊᕐᓗᑎᓘᓐᓃᑦ ᑲᑎᓯᓚᐅᓯᒪᒋᐊᖃᖕᖏᑐᑦ ᐃᓄᑑᑎᑕᐅᔪᒃᑯᕕᒻᒦᑐᒥᒃ ᓴᓇᔨᒥᒃ ᐱᓇᓱᑦᑎᒥᒃ, ᐅᕝᕙᓘᓐᓃᑦ ᐃᓪᓗᒧᑦ ᓇᔪᕐᑕᖓᓄᑦ ᐃᑎᕐᑎᑕᐅᔪᐃᑦᑑᓗᑎᒃ.

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ᓇᒻᒥᓂᖅ ᑎᒥᖓᑕ ᓱᒃᑯᐊᕿᑦᑌᓕᒪᒍᑎᓂᒃ ᐊᑐᖃᑦᑕᕆᐊᖃᕐᓂᖓ

ᐱᐅᓂᕐᓴᐅᒐᔭᕐᑐᕆᑦᓯᖏᓪᓚᒍᑦ ᐱᓇᓱᑦᑎᖁᑎᕗᑦ ᓇᒻᒥᓂᖅ ᓴᐴᓗᑕᑦᓴᒥᓂᒃ ᐊᑐᕆᐊᖃᕐᑐᕆᖕᖏᓇᑦᑎᒋᑦ (PPE) (ᐊᒡᒐᔮᓂᒃ, ᓀᒪᒌᒃᑯᑎᓂᒃ, ᐊᑕᔪᓂᒃ) ᐃᒻᒥᓂᒃ ᓴᐳᒻᒥᒐᓱᐊᕐᓂᒥᓄᑦ ᓄᕙᓐᓇᖅ 19-ᒥᑦ. ᐱᐅᓂᕐᓴᐅᒐᔭᕐᑐᕆᑦᓯᒐᑦᓴᓕ, ᓱᕙᓪᓕᖁᑎᑦᓯᐊᖑᓂᕐᐸᐅᔪᕆᑦᓱᒍᓗ ᐅᖓᓯᑦᑕᖃᕋᓱᐊᕐᓂᒥᒃ ᐃᓄᓐᓂᒃ, ᐊᑦᑑᔭᕐᑌᓕᓗᓂ ᑮᓴᕐᒥᓂᒃ, ᐊᒡᒐᓂᐊᖃᑦᑕᖏᓐᓇᓗᓂᓗ.

• ᐊᒡᒐᔮᑦ ᐊᑐᕐᑕᐅᖏᓐᓇᕆᐊᖃᓲᒍᒻᒪᑕ ᑕᒪᒃᑯᓄᖓ ᑌᒣᑦᑐᑲᕐᓗᑎᒃ ᑭᓯᐊᓂᐅᔪᓄᑦ (ᐆᑦᑑᑎᒃ: ᐱᓇᓱᐊᕐᑕᒥᓄᑦ ᑭᓕᑐᐃᓐᓇᕆᐊᖃᕐᓱᑎᒃ, ᐱᓇᓱᐊᕐᑕᒥᓄᑦ ᑭᓕᕐᓇᑑᑐᐃᓐᓇᕆᐊᓕᓐᓂᒃ ᐱᓇᓲᑎᖃᕐᓂᒥᓄᑦ, ᓄᕝᕗᕆᑦᑐᓂᒃ ᐊᑐᕐᓂᒥᓄᑦ, ᕿᑦᓱᐹᕐᑕᐅᑐᐃᓐᓇᕆᐊᖃᕐᓂᒥᓄᑦ ᐅᕝᕙᓘᓐᓃᑦ ᒪᖕᖏᕈᓲᓄᑦ, ᑎᒥᒥᒃ ᓱᒃᑯᑎᕆᒍᓐᓇᑐᓄᑦ ᐊᓯᖏᓐᓂᓗ ᐊᑦᑕᓇᕐᑐᓴᔭᓕᕆᓂᕐᓄᑦ).

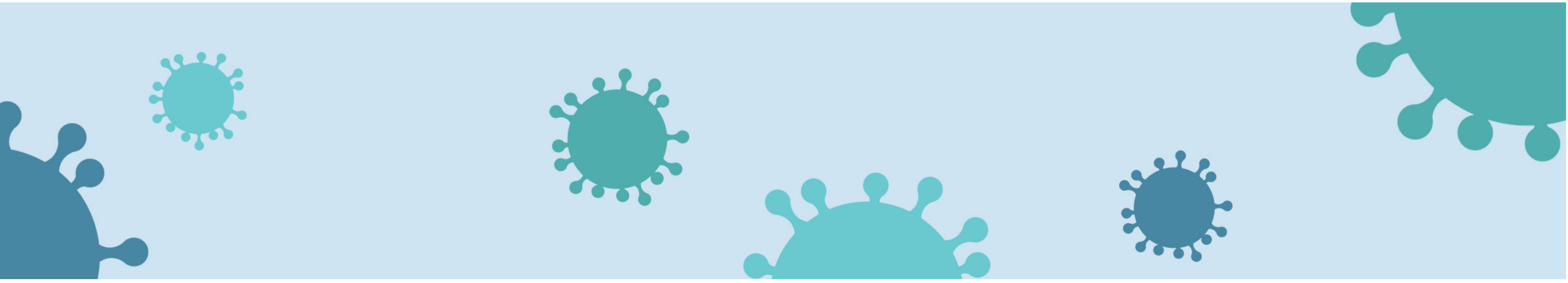
• ᓇᓵᓗᐃᑦ ᐊᕚᕇᒃᑯᑏᑦ ᐊᒻᒪᓗ ᐃᒡᒉᑦ ᐃᑦᔨᕇᒃᑯᑏᑦ ᓴᓗᒻᒪᓴᕐᑕᐅᖃᑦᑕᕆᐊᓖᑦ ᐊᑯᓓᑦᑐᓂᒃ. ᐲᔭᕐᑎᕆᖕᖏᓂᕐᒥᓂ
ᐊᓐᓄᕌᒥᓂᒃ ᓴᐴᓗᑕᒥᓂᒃ PPE-ᓂᒃ, ᐃᕐᒥᓗᓂ ᐊᒡᒐᒥᓂᒃ ᐅᕝᕙᐅᑎᒧᑦ ᐃᒪᕐᒧᓗ 20-ᓂ ᑎᑦᑕᑯᓗᓐᓂ. ᑌᒫ, ᖁᐱᕐᕈᐃᔭᐅᑎᒧᑦ ᒥᖑᐊᓯᓗᒋᑦ PPE ᐊᒻᒪᓗ ᐊᒡᒐᒥᓂᒃ ᐃᕐᒥᒋᐊᓪᓚᓕᕐᒥᓗᓂ.

• ᐊᓂᕐᑎᕆᐅᑎᓂᒃ ᐊᑐᓕᕈᓂ, ᐊᑐᕋᑦᓴᑖᕐᕕᒋᓲᒥᓂᒃ ᐊᐱᕐᓱᕆᐊᓕᒃ ᖃᓄᐃᓕᐅᕐᑕᐅᒋᐊᖃᕐᒪᖔᑕ ᐊᓪᓚᖁᑎᖏᓐᓂᒃ ᖃᓄᐃᓕᐅᕐᑕᐅᓱᑎᒃ ᖁᐱᕐᕈᐃᔭᐅᑎᒧᑦ ᓴᓗᒻᒪᓴᕆᐊᖃᕐᒪᖔᑕ. ᑕᒪᒃᑯᓗᐊ ᓴᐴᓗᑕᖏᑦ ᐊᑦᑕᑐᕐᑕᐅᑎᖃᑦᑕᕆᐊᖃᖕᖏᑕᖏᑦ.

• ᑕᐅᕐᓯᖃᑦᓗᒋᑦ ᐊᒡᒐᔮᖏᑦ ᑭᓚᑦᓯᒪᓕᕐᐸᑕ ᓄᑖᓂᒃ. ᐃᕐᒥᓗᒋᑦ ᐊᑐᕐᓯᒪᔭᖏᑦ ᐊᒡᒐᔮᑦ ᐊᓐᓄᕌᓂᒃ ᐃᕐᒥᓕᕈᕕᑦ ᐱᓇᓲᑎᕕᓂᕐᓂᒃ ᐁᑦᑐᑕᐅᓚᕿᒍᑎᒋᓂᐊᖕᖏᓇᕕᒃᑭᑦ.

• ᐱᐅᓯᕐᓲᑕᐅᔭᕆᐊᖃᓲᖅ ᐲᔭᕐᑎᕆᓕᕈᕕᑦ PPE-ᓂᒃ ᐊᑐᕐᑕᕕᓂᕐᓂᒃ: ᐱᒋᐊᕐᕕᖃᕐᓗᑎᑦ ᐊᒡᒐᔮᓂᒃ ᐊᑐᕐᑕᓂᒃ ᐲᕐᓗᒋᑦ,
ᑌᒪ ᐊᒡᒐᓂᐊᓯᓗᑎᑦ ᐅᕝᕙᐅᑎᒧᑦ ᐃᒪᕐᒧᓗ ᐅᕝᕙᓘᓐᓃᑦ ᐸᓂᕈᐊᕐᑐᑕᓕᒻᒧᑦ ᐊᒡᒐᓂᐊᕈᑎᒧᑦ ᒥᖑᐊᕐᓗᑎᑦ 5-ᓕᒻᒧᑦ.

ᐃᒡᖔᑭᒃ ᐲᕐᓗᒋᒃ, ᐊᒡᒐᓂᐊᕆᐊᓪᓚᓕᕐᒥᓗᑎᑦ. ᑌᒣᓕᐅᕇᕈᕕᓪᓗ ᓀᒪᒌᒃᑯᑏᑦ ᐲᓕᕐᒥᓗᒍ (ᑎᒍᒥᐊᕐᓗᒍ ᑕᓯᔪᐊᖏᒍᑦ ᐊᑦᑐᑲᓪᓚᑌᓕᓗᒍ ᐊᓂᕐᑎᕆᕕᕕᓃᑦ), ᐊᒡᒐᓂᐊᓯᒌᕐᒥᓗᑎᓗ ᑭᖑᓪᓕᐹᒥ.



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ᐱᓇᓱᑦᑏᑦ ᓱᖏᐅᓯᓴᕐᑕᐅᓂᖓ ᐊᓯᖏᓪᓗ ᑲᑎᒪᓃᑦ

ᑲᑎᒪᓃᑦ

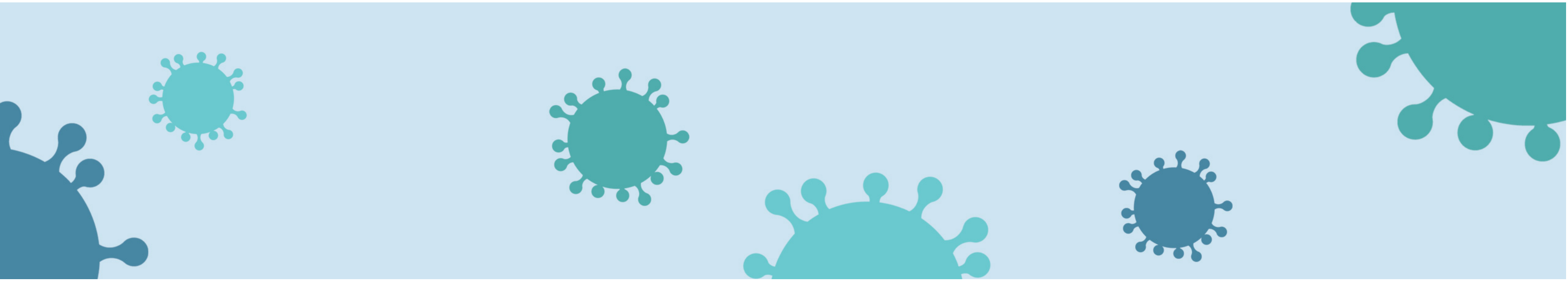
ᐱᐅᓂᕐᐸᐅᓂᕋᕐᑕᐅᔪᖅ ᐊᑐᖔᕋᓱᐊᕈᕕᑦ ᐅᖃᓚᐅᑎᓂᒃ ᐅᕝᕙᓘᓐᓃᑦ ᖃᕆᑕᐅᔭᒥ ᐱᑐᒍᑎᓂᒃ ᑲᑎᒪᔪᓄᑦ, ᐁᓯᒪᒋᐊᕐᑐᖏᖔᕐᓗᑎᑦ ᐊᒥᓲᓈᕐᑎᓗᑎᒃ ᑲᑎᒪᓂᕐᓄᑦ. ᑲᑎᒪᓃᑦ, ᐃᑎᐸᓕᐊᓃᑦ, ᓄᕐᖃᖓᑫᓐᓇᓃᑦ ᐊᒻᒪᓗ ᑲᑎᒪᔨᐅᖃᑎᒌᑦ ᑲᑎᑲᑦᑕᓂᖏᑦ ᓯᕕᑐᓂᖃᕆᐊᓖᑦ 15-ᒥᓂᑦ ᐅᖓᓵᓅᖕᖏᑐᖅ ᐊᒻᒪᓗ ᒪᓕᑦᓯᐊᖏᓐᓇᓗᑎᒃ ᐅᑯᓂᖓ ᒪᓕᒐᕐᓂᒃ:
• ᐊᑑᑎᖏᓐᓇᕆᐊᓕᒃ ᐅᖓᓯᑦᑕᕇᒋᐊᖃᕐᓂᖅ 2-ᒦᑕᒥᒃ:
• ᐁᓯᒪᔪᕐᑕᖃᕆᐊᖃᖕᖏᑐᖅ ᑲᑎᒪᔪᓂ ᒪᓗᒋᔭᐅᓕᕐᑐᒥᒃ ᓄᕙᓐᓇᖅ 19-ᒥᒃ ᖃᓂᒪᒍᑎᖃᓕᕆᐊᖓ;
• ᐊᑦᑕᑑᑎᖃᑦᑕᕆᐊᖃᖕᖏᑐᑦ ᐱᓇᓲᑎᓗᑳᓂᒃ (ᓯᑯᑦᓴᔭᓂᒃ ᐸᕐᓇᓯᒪᐅᑎᓂᒃ, ᐊᓪᓚᐅᑎᓂᒃ, ᐅᖃᓚᐅᑎᓂᒃ, ᑌᒣᑦᑐᓗᑳᓂᒃ);
• ᐃᓱᒪᒋᔭᐅᓯᒪᒋᐊᓖᑦ ᑲᑎᒪᒃᑫᒍᑕᐅᒍᓐᓇᒥᔪᑦ, ᐅᖃᓚᐅᑎᒃᑯᓘᓐᓃᑦ ᑲᑎᒪᓂᕐᓂ, ᖃᕆᑕᐅᔭᒥ ᓄᐃᑕᑎᑦᓯᐅᑎᓂ, ᐊᒥᓲᓈᕐᑎᕕᓐᓂ ᖃᕆᑕᐅᔭᓂ, ᕖᔅᑌᒻᒥ ᐅᕝᕙᓘᓐᓃᑦ ᐊᓯᖏᑎᒍᑦ ᑲᑎᒪᖃᑎᒌᒍᑕᐅᒍᓐᓇᕕᓐᓂ;
• ᐃᑦᓯᕙᐅᑌᑦ ᓵᓪᓗ ᐃᓂᓪᓚᑎᕐᓯᒪᓗᒋᑦ ᑲᑎᒪᔭᕐᑐᓯᒪᔪᑦ ᓵᖕᖓᖃᑦᐅᑎᓗᐊᓂᐊᖕᖏᒪᑕ;
• ᓄᕐᖃᖓᑎᓪᓗᒋᑦ ᐊᑑᑎᖃᓪᓗᐊᖏᑦᑐᓕᒫᑦ ᑲᑎᒪᓃᑦ;
• ᐅᓄᕐᓂᖏᑦ ᐃᓂᕐᑎᕆᐅᑎᒋᓯᒪᓗᒋᑦ ᐱᓇᓱᑦᑏᑦ ᑲᑎᒪᓂᕆᕙᑦᑕᖏᑦ ᓱᐴᕐᑐᕆᐊᕐᑐᓯᒪᓕᕋᒥᒃ;
• ᐱᐅᓂᕐᓴᐅᓂᕋᕐᐸᓗᒍ ᑲᑎᒪᔭᕐᑐᓯᒪᔪᑦ ᓯᓚᒦᓪᓗᑎᒃ ᑲᑎᒪᖃᑕᕋᔭᕐᓂᖏᑦ.

ᓱᖏᐅᓯᓴᕐᑕᐅᓃᑦ

ᐊᑦᔨᒌᖕᖏᑐᑦ ᑐᑭᓯᓴᕐᑕᐅᔪᑦ ᐱᓇᓱᑦᑏᑦ ᓱᖏᐅᓯᓴᕐᑕᐅᒍᑎᖓᑕ ᑲᑎᒪᐅᑎᑕᐅᓂᖏᓐᓂ, ᐅᑯᐊᒐᓭᑦ:
• ᐊᒡᒐᓂᐊᕐᓃᑦ;
• ᐅᖓᓯᑦᑕᕇᕝᕕᖃᕆᐊᖃᕐᓃᑦ ᐃᓅᖃᑎᒥᓂᒃ;
• ᐊᑐᕐᑕᐅᓯᐊᕆᐊᖃᕐᓂᖏᑦ ᐃᑉᐸᒥᑎᕇᒃᑯᑏᑦ PPE;
• ᐃᕐᒥᑕᐅᒍᓯᖏᑦ ᓇᒻᒥᓂᖅ ᓴᐴᓗᑕᑦᓴᔭᖏᑦᑕ ᐊᑐᕆᐊᖃᓲᖏᑦ;
• ᖃᓄᖅ ᐲᔭᕐᑎᑕᐅᓲᒍᒻᒪᖔᑕ ᐊᑐᕐᑕᕕᓃᑦ PPE6 (ᖃᓪᓗᓈᕐᑎᑑᕐᑐᑦ ᐃᒫᙰᕈᑏᑦ ᒪᓕᒋᐊᓖᑦ);
• ᐅᐃᒪᓇᕐᓯᓯᒪᔪᖃᓕᕐᐸᑦ ᐊᑑᑎᒋᐊᓖᑦ.

ᓄᓇᓕᖓ

• ᐱᓇᓱᑦᑏᑦ ᐊᑐᐃᓐᓇᖃᕐᑎᑕᐅᖃᑦᑕᓂᐊᖕᖏᑐᑦ ᓄᓇᓕᐅᑉ ᐃᓱᕐᕉᑎᖏᓐᓂᒃ ᐃᓪᓗᓂᒃ (ᓂᐅᕕᕐᕖᑦ, ᑎᒻᒥᔫᕐᓂᐊᕕᒻᒥ
ᐅᓯᔭᐅᔪᕕᓂᕐᓂᒃ ᐁᑦᓯᕋᕐᕕᐅᑎᑕᐅᔫᑉ, ᑌᒫᓗᑳᒃ). ᐃᒣᓕᐅᖔᖃᑦᑕᓂᐊᕐᒪᑕ, ᑭᖕᖒᒪᒋᔭᐅᔪᑦ ᑎᑭᓵᕆᔭᐅᖃᑦᑕᓂᐊᕐᑐᑦ ᐁᔭᐅᖃᑦᑕᓗᑎᓪᓗ ᓄᓇᓕᓐᓂ ᐁᑦᓯᕋᕐᕕᓕᐊᖑᓯᒪᔪᒥᑦ ᐃᓄᓐᓄᑦ ᓄᓇᓕᒻᒥᐅᓄᑦ ᐋᑕᐅᖔᖃᑦᑕᓂᐊᕐᒪᑕ ᓴᓇᔩᑦ ᐃᓪᓗᖁᑎᖏᓐᓄᑦ, ᑲᑎᓯᔪᐃᑦᑑᓗᑎᒃ ᑖᕙᓂ ᐱᓇᓱᐊᕐᑐᓂᒃ ᐅᕝᕙᓘᓐᓪᓃᑦ ᐃᓪᓗᖁᑎᖏᓐᓄᑦ ᐃᑎᔪᐃᑦᑑᓗᑎᒃ.
• ᐱᓇᓱᑦᑏᑦ ᐃᒣᕐᖃᔭᕐᓂᐊᖏᑦᑐᑦ, ᒋᐊᖃᓪᓗᑐᕐᑐᕆᓕᕋᓗᐊᕈᑎᒃ, ᓄᓇᓕᒻᒥᐅᓂᒃ ᑲᑎᒪᑦᓯᑌᓕᒻᒪᕆᓪᓗᑎᒃ ᑌᒣᒻᒪᓗ
ᐃᑎᑲᑦᑕᖃᑦᑕᕈᓐᓇᓂᐊᖕᖏᒪᕿᔪᑦ ᐃᓄᓕᒫᑦ ᑲᑎᑦᑕᕕᖏᓐᓄᑦ (ᓂᐅᕕᕐᕕᓄᑦ, ᓯᑦᔭᒧᑦ, ᐃᙯᓕᓴᕐᕕᒧᑦ, ᐊᓯᖏᓐᓄᓗ).
• ᓯᓚᒥ ᐱᓂᐊᕐᓃᑦ ᐆᑦᑑᑎᖏᓗᒍ, ᐱᓱᕋᔮᕐᓃᑦ, ᐊᕐᐸᖏᕐᓃᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓚᐅᓃᑦ ᐊᑦᔨᒌᖕᖏᑐᓂ ᐱᓕᐅᑦᔨᕋᓕᕐᐸᑕ
ᓄᓇᓕᒻᒥᐅᑦ ᐃᑲᔪᕐᓯᐅᑎᐅᖓᓱᐊᕐᑐᓂᒃ ᓱᖃᑦᓯᑎᑕᐅᓂᕐᓂᒃ ᐃᓱᒪᒧᑦ ᑎᒥᒧᓪᓗ ᖃᓄᐃᖕᖏᓯᐊᕆᐊᖃᕐᓂᒧᑦ. ᐱᓇᓱᑦᑏᑦ ᐃᓄᑑᑎᑕᐅᒋᐊᓖᑦ ᐁᓯᒪᒋᐊᕐᑐᕈᒪᔪᑦ ᓯᓚᒥ ᐱᖕᖑᐊᑐᓂᑦ ᐃᓄᑑᓗᑎᒃ ᑭᓯᐊᓂ



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ᐁᓯᒪᒋᐊᕐᑐᕈᓐᓇᖃᑦᑕᓂᐊᕐᑐᑦ ᐊᒻᒪᓗ ᐅᖓᓯᑦᑕᖃᖏᓐᓇᕋᓗᐊᕐᓗᑎᒃ 2-ᒦᑕᒥᒃ ᐃᓄᓕᒫᓂᑦ ᑲᑎᔭᓕᒫᒥᓂᑦ. ᐱᕕᓕᒫᒥᒍᑦ ᓄᓇᓕᓐᓃᑌᓕᒻᒪᕆᐊᓗᒋᐊᓖᑦ. ᐃᓄᑑᑎᑕᐅᓂᖓ ᐊᓂᒍᕐᓯᒪᓕᕐᐸᑦ, ᐱᓇᓱᑦᑏᑦ ᐱᓱᕋᔭᕈᓐᓇᑐᑦ ᐱᓇᓱᖃᑎᒥᓂᒃ ᐁᑉᐸᖃᕐᓗᑎᒃ ᑖᓐᓇᑕᐅᖅ ᐃᓅᑑᒋᐊᖁᕐᓂᕕᓂᖓ ᐊᓂᒍᕐᓯᒪᓕᕐᐸᑦ ᑭᓯᐊᓂ.

• ᕿᓄᕕᖃᕐᑐᒍᑦ ᐱᓇᓱᑦᑎᓂᒃ ᐊᑕᓐᓂᐅᕕᖃᕆᐊᕐᑐᖃᑦᑕᓗᑎᒃ ᐊᖓᔪᕐᖄᒥᓂᒃ ᖃᓄᐃᓕᖓᓪᓗᑐᕐᑎᑕᐅᒻᒪᖔᑕ ᓄᓇᓕᓐᓃᒋᐊᕐᑐᕈᓐᓇᓃᑦ ᒪᓕᒐᖏᑦ. ᐊᖓᔪᕐᖄᖏᑦ, ᐊᓱᐃᓚᒃ ᐊᐱᕐᓱᕆᐊᕐᑐᕈᓐᓇᑐᑦ ᓄᓇᓖᑦ ᐊᖓᔪᕐᖃᐅᑎᖏᓐᓂᒃ (ᓄᓇᓖᑦ ᑲᑎᒪᔨᒃᑯᖏᓐᓂᒃ) ᖃᓄᐃᓕᖓᓪᓗᑐᕆᐊᖃᕐᒪᖔᑕ ᐱᓇᓱᒋᐊᕐᑐᓯᒪᔪᑦ ᐊᓃᖕᖑᐊᑫᓐᓇᕈᒪᓯᒪᓕᕈᑎᒃ. ᓄᕙᓐᓇᖅ 19-ᒥᒃ ᖃᓂᒻᒪᓯᑕᖃᖕᖏᑐᑦ ᓄᓇᓖᑦ ᐃᑉᐱᒍᓱᑦᓯᐊᕋᓱᐊᕐᑐᒪᕆᐅᒻᒪᑕ ᐱᓇᓱᑦᑏᑦ ᖃᓄᐃᓕᖓᖃᑦᑕᑐᑦᓴᐅᒪᖔᑕ ᓇᒧᖕᖓᖃᑦᑕᑐᑦᓴᐅᒪᖔᑕᓗ ᒫᓐᓇᐅᓂᖓᓂ, ᐊᒻᒪᓗ ᒪᓕᑦᑕᐅᓯᐊᖃᑦᑕᖁᓂᐊᕐᑕᕗᑦ ᐅᓂᑦᑕᕕᓕᐊᕆᖃᑦᑕᓯᒪᔭᖏᑦ ᓄᓇᓕᑦ ᓯᕗᓕᕐᑎᖏᑦᑕ ᐃᓱᒣᓐᓇᕿᑐᐃᓐᓇᕆᐊᑦᔭᒍᓐᓀᓗᓯ.

ᐃᒻᒥᓂᒃ ᐱᒪᓂᖅ ᐊᒻᒪᓗ ᑎᒥᐅᑉ ᖃᐅᔨᒪᒍᑎᖏᑦ ᖃᓂᒪᑕᖃᓕᕐᒪᖔᕐᒥ

ᑎᒥᖓᑕ ᖃᓄᐃᓕᕐᓂᖓᑕ ᖃᐅᔨᒪᐅᑎᖏᑦ ᐊᒻᒪᓗ ᐱᓇᓱᑦᑏᑦ ᐃᓄᑐᐊᒃᑯᕕᒻᒦᑎᑕᐅᓂᖓ

• ᖃᐅᔨᒪᑎᑕᐅᒋᐊᓖᑦ ᐱᓇᓱᑦᑏᑦ ᐱᓇᓱᒋᐊᕐᑐᖁᒍᓐᓀᓗᒋᑦ ᒪᓗᓐᓇᓕᕐᐸᑕ ᖃᓂᒻᒪᓯᖃᕆᐊᖏᑦ ᓄᕙᓐᓇᖅ 19-ᒥᒃ:

○ ᐃᒣᓕᖓᓕᕐᐸᑕ: ᐆᓇᕐᓗᑎᒃ (ᐳᕐᑐᓂᕐᓴᐅᓕᕐᑐᒥᒃ38°C-ᒥᑦ ᐅᕝᕙᓘᓐᓃᑦ 100.4°F-ᒥᑦ),
ᖁᐃᕐᑐᓗᑎᒃ, ᐃᐱᓂᐊᕐᓗᑎᒃ, ᓀᕐᖃᔦᕐᓯᒪᓕᕐᓗᑎᓗ

ᐅᕝᕙᓘᓐᓃᑦ:

○ ᐅᑯᐊ ᒪᕐᕉᒥᔫᒃ ᒪᓕᒐᑦᓴᐅᒥᔫᒃ: ᐃᑎᑦᑕᐸᑕ (ᐊᓇᑭᑕᕐᐸᑕ), ᐃᒡᒋᐊᓕᕆᔪᑦ, ᑕᖃᒪᑲᑦᑕᑐᑦ,
ᓂᐊᖁᖕᖑᔪᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓴᐅᓐᓂᕆᔪᑦ (ᐱᓇᓱᐊᕐᑐᕕᓂᐅᖕᖏᑲᓗᐊᕈᑎᒃ).

ᐃᓄᑐᐊᒃᑯᕕᒻᒨᑌᓕᒪᑦᔪᑏᑦ ᐱᓇᓱᑦᑎᓄᑦ

ᓇᓪᓕᐊ ᐱᓇᓱᑦᑎ ᓴᕐᖁᔮᕐᑎᓯᓕᕐᑐᖅ ᑕᒪᒃᑯᓂᖓ ᖃᓂᒻᒪᓯᕐᓂᒃ ᓇᓗᓀᕐᑕᐅᓴᐅᑎᒋᐊᐱᒋᐊᓕᒃ ᓄᕙᓐᓇᖅ 19-ᖃᓕᕆᐊᖓᓂᒃ ᐋᓐᓂᐊᓯᕐᑎᑯᓐᓄᑦ ᑕᕝᕓᓇᕐᓗ ᓀᒪᒌᒃᑯᓯᔭᐅᑦᓴᐅᑎᒋᓗᓂ, ᖃᕆᐊᒥᓃᖏᓐᓇᑎᑕᐅᓯᓗᓂ, ᓇᔪᕐᑕᐅᖁᔭᒦᖏᓐᓇᓯᓗᓂᓗ.

• ᓄᕙᓐᓇᖅ-19 ᒥᑦᓵᓅᓕᖓᔪᑦ ᖃᐅᔨᒪᒐᑦᓭ ᓯᕙᓂᕈᑕᐅᒍᓐᓇᖁᑦ ᐅᕗᖓ (1 888 662-7482) ᑐᓴᕋᓱᐊᕐᕕᐅᒍᓐᓇᖁᖅ ᐃᒫᙰᕐᑕᐅᒍᑎᑦᓴᒥᓂᒃ.

ᖃᐅᔨᓴᕐᑕᐅᒋᐊᖃᓚᖓᑐᐊᕐᐸᑦ, ᐱᓇᓱᑦᑎ ᐃᓄᑐᐊᒃᑯᕕᒻᒦᖏᓐᓇᕆᐊᓕᒃ ᖃᐅᔨᓴᕐᑕᐅᒍᑎᖏᑦ ᓱᕐᖁᐃᑕᐅᖕᖏᓂᖏᓐᓂ.

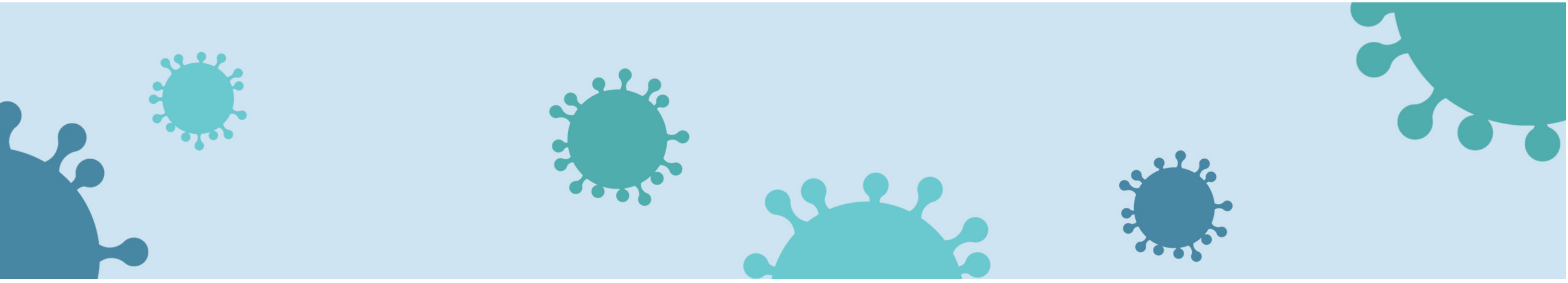
ᑲᑎᒪᑦᓯᖃᑦᑕᓂᖏᑦ ᐱᓇᓱᖃᑎᒥᓂᒃ ᐃᑭᑦᑑᒐᓱᐊᖃᑦᑕᖏᓐᓇᕆᐊᓖᑦ ᐱᕕᓕᒫᒃᑯᑦ, ᒪᒃᑯᐊ ᐱᐅᓯᕐᓲᑕᐅᔭᕆᐊᓖᑦ ᑲᔪᓯᑎᑕᐅᓯᑎᓪᓗᒋᑦ:

ᐅᖃᖃᑎᒌᒍᑕᐅᔪᓕᒫᑦ ᐊᑑᑎᔭᐅᒋᐊᓖᑦ ᓯᕙᓂᐅᑎᒃᑯᑦ ᑭᓯᐊᓂ ᓈᓚᐅᑎᐊᕈᒃᑯᓘᓐᓃᑦ (ᕗᐊᑭ-ᑖᑭ).

ᓇᓪᓕᐊᓕᒫᖅ ᐱᓇᓱᑦᑎ ᑲᑎᒪᑦᓯᔪᖅ ᖃᓂᒻᒪᓯᖃᑐᐃᓐᓇᕆᐊᖃᕐᑐᕆᔭᐅᓕᕐᑐᒥᒃ ᓀᒪᒋᕐᑯᑎᒥᒃ ᐊᑐᕆᐊᓕᒃ, ᐃᒡᒑᓗᓐᓂᒃ ᐅᕝᕙᓘᓐᓃᑦ ᑮᓇᐅᑉ ᓯᕐᐸᑕᐅᒌᒃᑯᖓᓂᒃ, ᐊᒻᒪᓗ ᐊᒡᒐᔮᕐᓯᒪᓗᓂ.

PPE-ᓕᒫᑦ ᐊᑐᕐᑕᐅᖃᑦᑕᑐᑦ ᑲᑎᒪᑦᓯᒋᐊᕐᑐᓕᕐᒪᑦ ᑕᒫᑦ ᐃᓄᒃ ᖃᓂᒪᔪᒥᒃ ᐃᒋᑕᐅᖃᑦᑕᕆᐊᓖᑦ ᓴᓗᒻᒪᓴᕐᑕᐅᓴᐅᑎᒋᐊᐱᓪᓗᑎᓘᓐᓃᑦ ᑭᖑᓂᐊᒍᑦ ᐳᓛᕐᑐᕕᓂᐅᑎᓪᓗᒍ.

ᓂᕿᓕᒫᑦ ᒥᓇᕈᑕᐅᒋᐊᓖᑦ ᐱᓇᓱᑦᑎᐅᑉ ᑲᑕᖓᓅᕐᓗᒋᑦ (ᐅᒃᑯᐊᖓᓄᑦ ᖃᕆᐊᑉ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓕᑦᓯᕕᐅᑎᑕᐅᔪᒨᕐᓗᒋᑦ ᐱᓇᓱᑦᑎᐅᑉ ᐃᓄᑑᑎᑕᐅᔫᑉ ᖃᕆᐊᖓᑕ ᓴᓂᐊᓄᑦ);



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• ᓂᖀᑦ ᑐᒥᐅᔭᒦᑦᑐᑦ ᐃᓂᖃᕐᑎᑕᐅᒋᐊᓖᑦ ᓇᑎᕐᒥ (ᐅᕝᕙᓘᓐᓃᑦ ᐃᑯᕐᕋᓴᔭᒥ) ᓵᖓᓃᓪᓗᑎᒃ ᐅᒃᑯᐊᑉ, ᐃᓄᓲᑎᑕᐅᔫᑉ
ᐱᓇᓱᑦᑎᐅᑉ ᑎᒍᓂᐊᕐᒪᒋᑦ; ᑕᕝᕗᖓᑦᓭᓇᖅ ᐃᓕᖃᑦᑕᓗᒍ ᐊᑐᕇᑐᐊᕈᓂᐅᒃ ᓂᕆᒌᕈᓂ.

• ᐱᓇᓱᑦᑎ ᐁᑦᓯᕋᖃᑦᑕᑐᖅ ᑐᒥᐅᔭᒥᒃ ᓂᕿᑕᓕᕕᓂᕐᒥᒃ ᐊᒡᒐᔮᕐᓯᒪᕐᑕᕆᐊᓕᒃ ᐁᑦᓯᓕᕈᓂ.

• ᐃᓄᑑᑎᑕᐅᔪᖅ ᐱᓇᓱᑦᑎ ᐊᐱᕐᓱᑕᐅᖏᓐᓇᖃᑦᑕᕆᐊᓖᒃ ᖃᓄᐃᓕᕙᓪᓕᐊᓕᕐᒪᖔᑦ ᑎᒥᖓ ᓈᒻᒪᓯᑦᑕᑐᓂᒃ, ᑭᓯᐊᓂ
ᑲᑎᒪᔭᐅᑦᔭᒍᓐᓀᓗᓂ ᐊᐱᕐᓱᑕᖃᑦᑕᓗᓂ.

ᐱᓇᓱᑦᑏᑦ ᑕᕝᕓᓇᖅ ᑐᓴᕐᑕᐅᑎᒋᐊᓖᑦ ᖃᓄᓕᒫᖅ ᒪᓗᒍᓱᓕᕈᑎᒃ ᖃᓂᒪᓇᕐᑕᖃᑦᔭᒎᓕᕐᓂᒥᓂᒃ ᐊᖓᔪᕐᖄᒥᓄᑦ.

ᐃᒋᓲᑦᓴᔦᑦ ᐴᒍᑌᑦ ᐊᑐᕐᑕᐅᖃᑦᑕᕆᐊᓖᑦ ᐊᑐᐃᓐᓇᐅᒍᓐᓇᓂᓕᒫᖏᓐᓂ. ᐃᒋᑕᐅᖃᑦᑕᓗᑎᒃ ᕿᓪᓕᑐᔭᒨᖃᑦᑕᓗᒋᑦ ᒪᑐᓗᒍᓗ ᐊᑐᕇᑐᐊᕐᐸᑦ. ᐴᒍᑕᑐᐃᓐᓀᑦ ᓂᕆᒍᑏᓪᓗ ᐊᑐᕐᑕᐅᖔᖃᑦᑕᐸᑕ. ᓴᓗᒻᒪᓴᕐᑕᐅᓴᐅᑎᒋᐊᐱᖃᑦᑕᕆᐊᓖᑦ. ᐱᓇᓱᑦᑏᑦ ᐃᑉᐱᒍᓱᑦᓯᐊᖃᑦᑕᕆᐊᓖᑦ ᑕᒪᒃᑯᐊ ᐃᕐᕆᑕᐅᖃᑦᑕᕆᐊᖃᖕᖏᒪᑕ ᐊᒡᒐᒧᑦ.

ᐱᓇᓱᕝᕕᒥ ᐱᐅᓯᕐᓲᑕᐅᔭᕆᐊᓖᑦ ᑲᔪᓯᑎᒋᐊᑦᓴᐅᑎᒋᖃᑦᑕᓗᒋᑦ ᖃᓂᒪᓐᓇᐅᑉ ᑕᐸᓀᓐᓂᖓ ᒪᓕᓪᓗᒍ:

• ᐱᒻᒪᕆᖕᖏᑐᖅ (ᐱᓇᓱᑦᑎ ᐃᑉᐱᓂᓗᑳᖃᑦᑕᓕᕐᒪᑦ ᒪᓗᓐᓇᕈᓇᕐᓂᒃ ᑎᒥᒥᓂ): ᐃᒻᒪᑎᑦᓯᑌᓕᒪᑦᔪᑎᓕᕆᓂᕐᒥ ᐊᐅᓚᑦᓯᓯᐊᕆᐊᖃᕐᓂᒥᓪᓗ (IPC)-ᒥ ᐊᐅᓚᑦᔭᕆᐊᕈᑕᐅᒋᐊᓖᑦ ᒪᓗᓐᓇᓯᔪᖃᕐᐸᑦ ᓄᕙᓐᓇ-19-ᖃᕈᓇᐅᓕᕐᑐᒥᒃ ᐃᒣᓕᐅᕈᑕᐅᓲᑦ:

○ ᒪᓕᒋᔭᐅᓕᕐᑐᖅ ᐱᓇᓱᑦᑎ ᐃᓄᑑᑎᑕᐅᕕᒻᒨᑕᐅᒋᐊᓕᒃ ᐊᓂᕐᕋᒥᓃᓯᓗᓂ (ᓄᓇᓕᒻᒥᐅᖑᑉᐸᑦ) ᐅᕝᕙᓘᓐᓃᑦ
ᖃᕆᐊᒥᓂ (ᓄᓇᓕᐅᑉ ᐊᓯᐊᓂᒥᐅᒍᑉᐸᑦ) ᑕᕐᕋᒥ ᐅᑕᕐᕿᓂᕐᒥᓂ ᖃᐅᔨᓴᕐᑕᐅᒍᑎᕕᓂᖏᑦ ᖃᓄᐃᓐᓂᒪᖔᑕ ᐃᓗᓯᓕᕆᔨᒃᑯᑦ ᐅᖄᓚᕕᖓᓂᑦ ᖃᐅᔨᓴᕐᑕᐅᕕᖓᓂᓘᓐᓃᑦ.

○ ᖃᓂᒪᖃᕐᑐᕆᔭᐅᓕᕐᑐᓂᒃ ᐱᓇᓱᑦᑎ ᓯᑯᑦᓴᔦᑦ ᐊᑦᔨᖏᓐᓂᒃ ᐱᖃᕐᑎᑕᐅᔪᖅ "ᖃᐅᔨᒪᒋᐊᓕᖏᑦ ᐃᓄᐃᑦ

ᒪᓗᒋᔭᐅᓕᕐᑐᑦ ᓄᕙᓐᓇᖅ-19-ᖃᕐᑐᕆᔭᐅᒐᒥᒃ ᐅᑕᕐᕿᔪᖅ ᖃᐃᔨᓴᕐᑕᐅᒍᑎᕕᓂᖏᑦ ᖃᓄᐃᒻᒪᖔᑕ" (ᑕᑯᒋᐊᕐᓗᒋᑦ ᐃᓚᒋᐊᕈᑎᒃ ᑕ - ᖃᐅᔨᒪᒋᐊᓕᖏᑦ ᐃᓄᐃᑦ ᒪᓗᒋᔭᐅᓕᕐᑐᑦ ᓄᕙᓐᓇ-19-ᖃᕐᑐᕆᔭᐅᒐᒥᒃ ᐅᑕᕐᕿᔪᖅ ᖃᐃᔨᓴᕐᑕᐅᒍᑎᕕᓂᖏᑦ ᖃᓄᐃᒻᒪᖔᑕ).

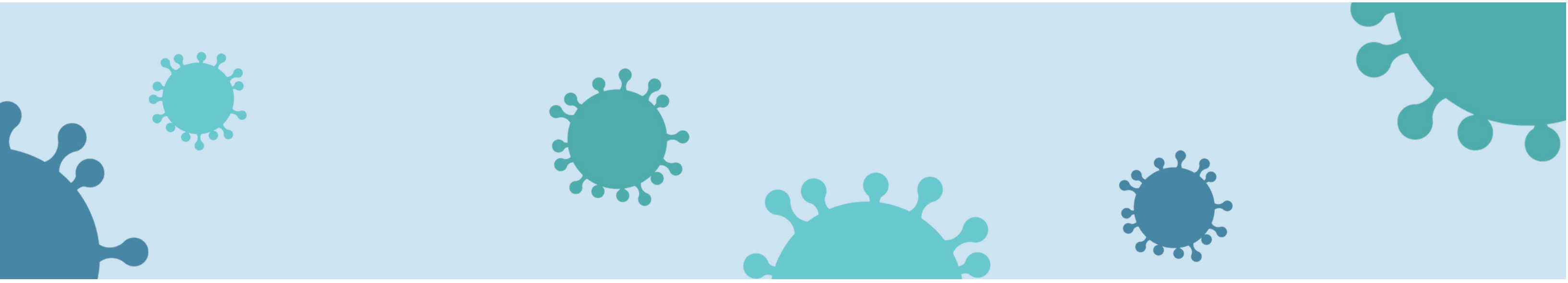
○ ᐱᓇᓱᑦᑎ ᑲᑎᒪᑦᓯᖃᑦᑕᕆᐊᖃᖕᖏᑐᖅ ᐊᑦᑐᐃᑌᓕᒪᓗᓂᓗ ᐃᓅᖃᑎᒥᓂᒃ.

○ ᐱᓇᓱᑦᑎ ᒪᓕᑦᓯᐊᕆᐊᓕᒃ ᐊᒡᒐᖏᑦᑕ ᓴᓗᒪᒋᐊᖃᕐᓂᖏᓐᓂᒃ ᐊᒻᒪᓗ ᐊᒻᒪᓗ ᐊᓂᕐᑎᕆᓂᕐᒥᓂᒃ ᓇᒧᑦ

ᐃᑉᐱᒋᔭᖃᑦᓯᐊᓗᓂ (ᐆᑦᑑᑎᒋᓗᒍ: ᓀᒪᒌᒃᑯᑎᖃᕐᓗᓂ ᐊᒻᒪᓗ ᖁᐱᕐᕈᐃᔦᖃᑦᑕᓗᓂ ᐊᒡᒐᒥᓂᒃ ᐸᓂᕈᐊᕐᑐᓴᔭᓕᑦᑕᓕᒻᒧᑦ).

§ ᐱᓇᓱᑦᑎ ᐃᓅᖃᑎᒥᓂᒃ ᑲᑎᒪᑦᓯᖃᑦᑕᓂᖕᖏᑯᓂ ᖃᓂᒪᖃᓕᕐᑐᒥᒃ ᓄᕙᓐᓇᖅ-19-ᓕᒻᒥᒃ, ᐃᓄᑐᐊᒃᑯᕕᒻᒦᑎᓯᒋᐊᓕᒃ ᐃᒻᒥᓂᒃ ᐃᑲᐅᕐᓂᓂ 24-ᓂ ᒪᓗᓐᓇᓂᖓ ᐊᓂᒍᕐᓯᒪᓕᕋᓗᐊᕐᐸᑦ.
§ ᐱᓇᓱᑦᑎ ᑲᑎᒪᑦᓯᖃᑦᑕᓂᕈᓂ ᓄᕙᓐᓇᖅ-19-ᓕᒻᒥᒃ, ᒪᓕᑦᓯᐊᕆᐊᓕᒃ ᐃᒫᖐᕐᑕᐅᒍᑎᒥᓂᒃ ᒪᓕᓪᓗᒋᑦ "ᖃᐅᔨᒪᒋᐊᓕᖏᑦ ᐃᓄᐃᑦ ᒪᓗᒋᔭᐅᓕᕐᑐᑦ ᓄᕙᓐᓇᖅ-19-ᖃᕐᑐᕆᔭᐅᒐᒥ" ᐊᑐᐊᒐᖏᓐᓂᒃ ᖃᐅᔨᑎᑦᓯᓗᓂᓗ ᐃᓚᒥᓂᒃ ᐊᓯᖏᓐᓂᓗ ᑲᑎᒪᖃᑦᑕᑕᕕᓂᕐᒥᓂᒃ ᐃᒻᒥᓂᑦᑕᐅᖅ ᐃᑉᐱᒍᓱᒐᓱᐊᓯᖁᓕᕐᓗᒋᑦ

ᖃᓗᐃᓕᕐᒪᖔᕐᒥᒃ ᐅᓪᓗᓂ 14-ᓂ ᖃᐅᔨᒪᒐᓱᐊᕐᓗᑎᒃ.
Ø ᐱᓇᓱᑦᑎ ᐃᓄᑐᐊᒃᑯᒻᒨᑕᐅᓚᖓᔪᖅ ᑕᕐᕋᒦᑦᑐᒥ, ᐊᓂᕐᕋᒥᓂᓘᓐᓃᑦ, ᖃᕆᐊᒥᓪᓘᓃᑦ,
ᐅᕝᕙᓘᓐᓃᑦ ᐊᓯᐊᓂ ᓄᓇᓕᒻᒦᒍᓐᓀᓯᓗᓂ ᐅᓪᓗᓂ 14-ᓂ. ᑖᒃᑯᓇᓂᓗ ᐅᓪᓗᓂ
ᒪᓗᓐᓇᓂᖓ ᖃᐅᔨᒪᔭᐅᒐᓱᐊᕐᓂᐊᓯᑎᓪᓗᒍ;
Ø ᐱᓇᓱᑦᑎ ᑎᒥᖓᑕ ᐆᓇᕐᓂᖓᓂᒃ ᖃᐅᔨᒣᓐᓇᕋᓱᐊᕆᐊᖃᑦᑕᓚᖓᓯᔪᖅ ᐊᓪᓚᖃᑦᑕᓗᒋᓪᓗ ᐅᓪᓗᖅ ᒪᕐᕈᕕᓪᓗᓂ, ᑖᒃᑯᐊᓗ ᐊᓪᓚᑕᕕᓂᖏᑦ ᐊᖓᔪᕐᖄᒥᓄᑦ ᑐᓂᖃᑦᑕᓗᒋᑦ;



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Ø ᐱᓇᓱᑦᑎ ᓄᓇᓕᒻᒥᐅᒍᖕᖏᐸᑦ, ᓂᕆᓂᐊᕐᑕᖏᑦ ᐋᑕᐅᖃᑦᑕᓂᐊᕐᑐᑦ ᖃᕆᐊᖓᓄᑦ,
ᓂᕿᐅᑎᕕᓂᖏᓪᓗ ᐁᔭᐅᖃᑦᑕᓗᑎᒃ ᖃᕆᐊᖓᓂᑦ.

○ ᐱᓇᓱᑦᑎᐅᑉ ᐃᓄᑐᐊᒃᑯᕕᒻᒦᓂᖓᑕ ᓯᕕᑐᓂᕆᒋᐊᓕᕕᓂᖓ ᐊᓂᒍᕋᓗᐊᕐᐸᑦ, ᓱᓕ ᒪᓕᑦᓯᐊᖏᓐᓇᕋᓱᐊᕆᐊᖃᓚᖓᔪᖅ ᐃᓅᖃᑎᒥᓂᒃ ᐅᖓᓯᑦᑕᙯᓐᓇᕋᓱᐊᕆᐊᖃᕐᓃᑦ ᒪᓕᒐᖏᓐᓂᒃ

ᓄᓇᓕᒻᒦᓕᕈᓂ ᐱᓇᓱᐊᕆᐊᕐᑐᓯᒪᕕᒻᒥᓂ; ᑕᒪᒃᑯᐊ ᒪᓕᒉᑦ ᐃᓘᓐᓈᒍᑦ ᐃᓱᒫᓘᑕᐅᖏᓐᓇᖃᑦᑕᓚᖓᒻᒪᑕ
ᐃᓄᓐᓄᑦ ᑲᑎᑦᑕᕕᐅᓲᑦᓴᔭᓂ (ᑯᐊᐸᒃ ᐆᑦᑑᑎᒋᓗᒍ), ᐊᓂᕐᕋᓯᒪᒋᐊᖃᕐᓂᖓᑕ ᓈᒻᒪᓯᑦᑕᓂᖏᓐᓂ
ᑲᑎᑦᑕᓂᕐᓂᓗ. ᐊᖓᔪᕐᖄᖓ ᑐᓴᐅᒣᓐᓇᕋᓱᐊᖃᑦᑕᓂᐊᕐᑐᖅ ᓄᓇᓖᑦ ᑲᑎᒪᔨᒃᑯᖏᓐᓂᒃ,
ᓯᕗᓕᐅᕆᓯᒣᓐᓇᕋᓱᐊᕐᓗᓂ ᒪᓕᑦᓯᐊᖏᓐᓇᕋᓗᐊᕐᒪᖔᕐᒥᒃ ᒪᓕᒐᐅᑎᑕᐅᔪᓂᒃ ᑲᔪᓯᑎᑕᐅᒋᐊᓕᓐᓂᒃ.

• ᐊᑯᓐᓈᕿᒦᑦᑐᖅ ᐱᒻᒪᕆᑦᑐᓘᓐᓃᑦ ᐱᒻᒪᕆᓐᓂᖓ (ᐱᓇᓱᑦᑎ ᖃᓂᒪᓕᕐᒪᑦ ᐋᓐᓂᐊᕕᓕᐊᕐᓯᒪᒋᐊᖃᓕᕐᓱᓂᓗ): ᐱᓇᓱᑦᑎ ᐊᑎᑎᑕᐅᓚᖓᔪᖅ PPE-ᓂᒃ, ᐋᓐᓂᐊᕕᓕᐊᕈᑦᔭᐅᓯᓗᓂ ᐅᕝᕙᓘᓐᓃᑦ ᐋᓐᓂᐊᓯᐅᑎᒃᑯᓄᑦ; ᑖᓐᓇ ᐋᑦᓯᔪᖅ ᓄᓇᒃᑰᔫᒃᑯᑦ ᐱᓇᓱᑦᑎᒥᒃ ᐊᑐᕆᐊᖃᕐᒥᔪᖅ PPE-ᓂᒃ. ᐋᓐᓂᐊᕕᒃ ᐅᕝᕙᓘᓐᓃᑦ ᐋᓐᓂᐊᓯᐅᑎᒃᑯᑦ ᑐᓴᐅᒪᑎᑕᐅᒋᐊᓖᑦ ᐱᓇᓱᑦᑎ ᐋᑕᐅᓯᒻᐸᑦ ᑎᑭᓚᐅᕐᑎᓇᒍ ᑐᓴᕐᑎᑕᐅᓗᑎᒃ. ᒪᓕᓪᓗᒋᑦ ᐋᓐᓂᐊᓯᐅᕐᑎᒪᕆᐅ ᖃᐅᔨᓴᐅᑎᕕᓂᖏᑦ ᐊᒻᒪᓗ ᐃᒫᙰᕈᑎᖏᑦ:

• ᐱᓇᓱᑦᑎ ᐅᑎᕐᑎᑕᐅᓂᐊᕐᖁᖅ ᐱᓇᓱᕝᕕᖏᑦᑕ ᓯᓂᑦᑕᕕᖏᓐᓄᑦ, ᐃᓄᑐᐊᒃᑯᕕᒻᒦᑎᑕᐅᓯᓗᓂ ᐅᓪᓗᓂ 14-ᓂᒃ ᓯᕕᑐᓂᕐᐹᖃᕐᑎᓗᒋᑦ (ᑕᑯᓗᒋᑦ ᖁᓛᓃᑦᑐᑦ); ᐅᕝᕙᓘᓐᓃᑦ

• ᐱᓇᓱᑦᑎ ᐋᓐᓂᐊᕕᒻᒦᑎᑕᐅᓯᓗᓂ ᖃᓂᒪᓂᖓ ᑲᒪᒋᔭᐅᖔᓯᑎᓪᓗᒍ ᐋᓐᓂᐊᕕᒻᒧᑦ ᐊᒻᒪᓗ ᐋᓐᓂᐊᓯᐅᕐᑎᒪᕆᒻᒧᑦ.

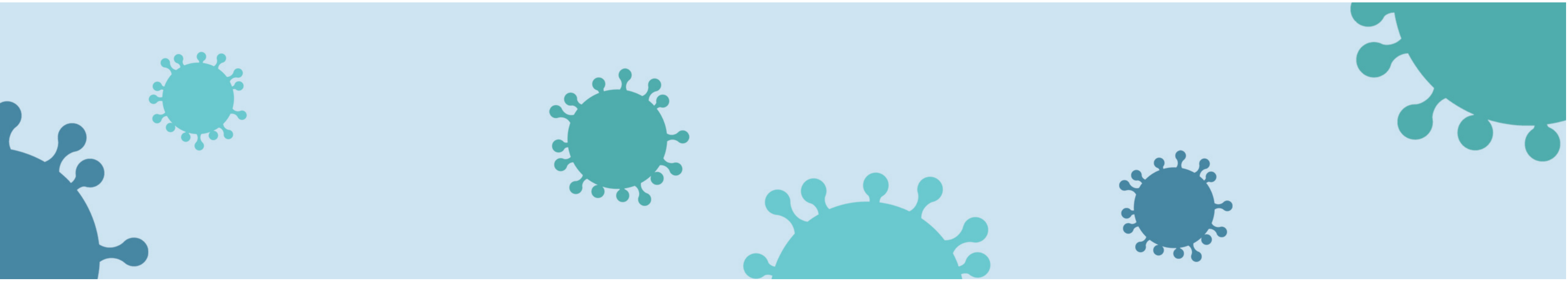
ᐱᒻᒪᕆᒃ: ᐱᓇᓱᑦᑎᒃ ᒪᓗᓐᓇᐅᑎᓕᒃ COVID-19ᒧᓕᖓᔪᓂᑦ ᖃᐅᔨᑎᑦᓯᒋᐊᖃᕐᖁᖅ ᑲᒪᔨᒻᒪᕆᒥᒃ, ᑲᒪᔨᒥᒃ, ᐱᓇᓱᑦᑕᐅᔪᒥᒃ ᑲᒪᔨᒻᒪᕆᒥᒃ, ᑐᑭᒧᐊᑦᑎᓯᔨᒥᒃ ᓄᓇᓕᐅᓪᓗ ᐋᓐᓂᐊᕕᖓᓂᒃ ᖃᐅᔨᓴᕐᑕᐅᓴᐅᑎᒋᓂᐊᕐᒪᑦ ᐊᓯᒥᓂᓗ ᖃᓂᑕᖃᕐᑌᓕᓂᕐᒧᓕᖓᔪᓂᑦ ᖃᓄᐃᓗᕈᓯᓂᑦ ᒪᓕᓪᓗᓂ (ᐃᓚᒋᐊᕈᑎᒃ C - ᖃᓄᐃᓗᖁᔨᒍᑏᑦ ᐃᓄᓐᓂᑦ ᒪᓗᓐᓇᐅᑎᓕᓐᓂᑦ COVID-19 ᖃᓂᒪᓐᓇᖓᓂᑦ ᐅᑕᕐᕿᔪᑦ ᓇᐅᑦᓯᑐᕐᑕᐅᒍᑎᕕᓂᕐᒥᓂᒃ ᖃᐅᔨᓴᕐᑕᐅᒍᑎᕕᓂᕐᒥᓂᓗ). ᐅᑭᐅᕐᑕᑐᒥ ᓄᓇᓕᖓ ᖃᐅᔨᑎᑕᐅᓂᐊᕐᖁᑦ ᓱᕐᖁᐃᑕᐅᔪᖃᑦᓴᑐᐊᕐᐸᑦ ᖃᓂᒪᔪᒥᒃ.

ᐊᕐᓱᕉᔭᕐᓃᑦ, ᓈᓚᕐᓃᖓᓃᑦ ᐊᒻᒪᓗ ᑭᑦᓴᓂᖅ
ᐅᓪᓗᒥᐅᔪᖅ ᐊᑑᑎᔪᖅ ᓄᕙᓐᓇᖅ - 19, ᐊᑑᑎᔭᐅᓚᐅᕐᓯᒪᖕᖏᓇᒥ ᐊᔪᒉᑦᑐᓂᓗ ᐱᓂᐊᕐᓂᖃᕈᑕᐅᖃᑦᑕᕆᐊᖃᖃᑦᑕᑐᖅ. ᖁᐊᕐᓵᖓᓂᕐᓂᒃ, ᐊᕐᓱᕉᔭᕐᓂᓂᒃ, ᓈᓚᕐᓃᖓᓂᕐᓂᒃ, ᐊᒻᒪᓗ ᑭᑦᓴᓂᕐᓂᒃ ᑕᒪᒃᑯᐊᓕᒫᑦ ᐱᐅᓯᐅᒐᔪᑐᐃᓐᓇᓲᑦ. ᐱᐅᓂᕐᐸᐅᒐᔭᕐᑐᕆᑦᓯᕗᒍᓪᓕ ᐱᓇᓱᑦᑏᑦ ᐅᓂᒃᑳᓯᐅᕐᓯᒪᑦᓯᐊᖃᑦᑕᖁᑦᓱᒋᑦ, ᐃᒻᒥᓂᒃ ᑲᒪᒋᑦᓯᐊᓗᑎᒃ ᐃᑲᔪᕐᑕᐅᒍᒪᓕᕈᑎᓪᓗ ᐃᑲᔪᕐᑎᓴᒥᒃ ᕿᓂᖃᑦᑕᓗᑎᒃ ᒋᐊᖃᓕᑐᐊᕈᑎᒃ.

ᐅᑯᐊ ᑕᒐ ᐃᑲᔪᕐᑎᒋᓇᕐᑐᕋᑕᐅᓲᑦ ᐅᖃᓚᐅᑏᑦ ᑭᑎᔪᑎᖏᑦ ᐃᑲᔪᕐᓯᒋᐊᕐᑕᐅᒍᒪᓕᕈᕕᑦ:
• ᐃᓗᓯᓕᕆᓂᕐᒥ ᐃᓪᓗᓕᐅᕐᑏᑦ ᐱᓇᓱᐊᕐᑕᖏᑦ: 1 800 807-2433
• ᐃᒻᒥᓂᐊᕐᑌᓕᒪᑦᔪᑎᓕᕆᓂᐅᑉ ᐊᓪᓚᕕᖓ: 1 866 277-3553

ᖃᐅᔨᒪᔭᐅᒋᐊᓕᒃ: ᐅᓪᓗᒥᐅᔪᖅ ᐱᖁᔦᑦ, ᒪᓕᒉᑦ, ᐊᒻᒪᓗ ᐱᐅᓯᕐᓲᑎᑕᐅᓐᓇᓴᔦᑦ ᐊᑐᖏᓐᓇᓂᐊᕐᑐᑦ ᐊᐅᓚᑦᓯᒍᑕᐅᓕᕋᓗᐊᕐᐸᑦ ᓄᕙᓐᓇᖅ - 19 ᑕᐸᓀᓐᓂᒥᒍᑦ ᐊᐅᓚᑦᓯᓚᕿᓯᒪᓂᖓ.

CNESST-ᑯᑦ ᒪᑭᑎᒋᓇᖕᖏᑐᕋᑕᐅᓗᑎᒃ ᐅᕝᕙᓘᓐᓃᑦ ᐊᔪᖀᒋᐊᕐᓂᒥᒃ ᐊᑑᑎᓚᕿᒍᓐᓇᓚᖓᕗᑦ ᒪᓕᑦᓯᐊᑐᕕᓂᐅᔪᖃᖕᖏᐸᑦ ᐊᑑᑎᑎᑦᓯᑌᓕᒪᑦᔪᑎᓕᕆᓂᒃᑯᑦ ᐊᑑᑎᔭᐅᖁᔭᕕᓂᖓ ᒪᓕᑦᑕᐅᓯᐊᕐᓂᖏᑉᐸᑦ ᑲᔪᓯᑎᑕᐅᒋᐊᕐᓯᒪᔪᑦ ᐃᓪᓗᓕᐅᕐᑏᑦ ᓇᔪᕐᑕᖓᓂ.



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ᓱᕐᖁᐃᓯᑎᑦᓯᐅᑎᖓ ᑐᑭᓯᒪᓕᕐᓂᒥᓂᒃ ᑖᒃᑯᐊ ᓯᑯᑦᓴᔦᑦ ᐃᓗᓕᖏᓐᓂᒃ

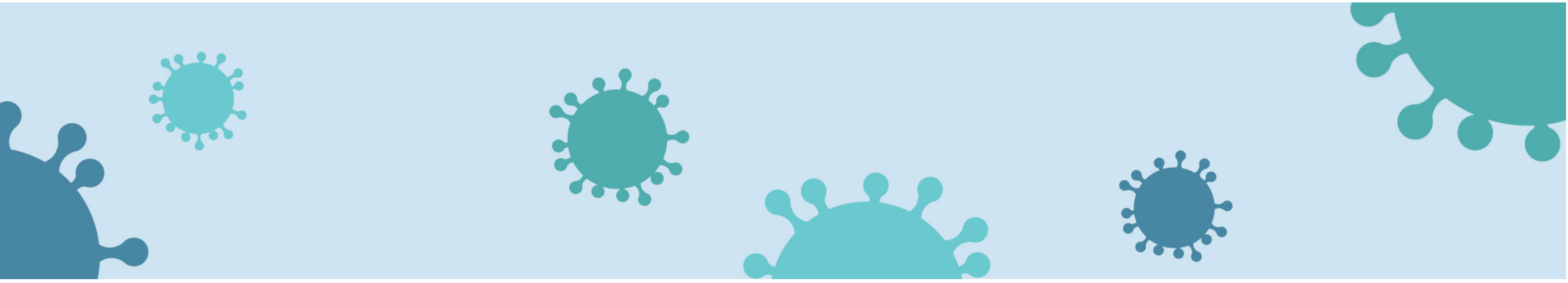
ᐅᕙᖓ, ____, ᓱᕐᖁᐃᓯᐅᑎᓕᐅᕐᑐᖓ ᐊᑐᐊᕐᓯᑫᓐᓇᕋᒪ ᑕᒣᓐᓂᒃ

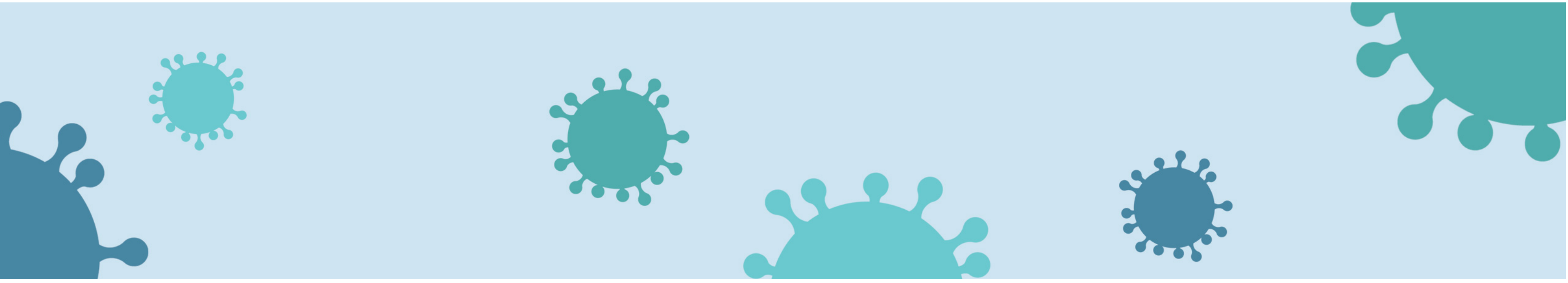
ᑐᑭᓯᑦᓯᐊᓱᒋᓪᓗ ᑖᒃᑯᐊ ᐱᐅᓯᕐᓲᑕᐅᔭᕆᐊᓖᑦ.– ((ᐱᓇᓱᑦᑎᓯᔫᑉ ᐊᑎᖓ:)) ᐅᑎᕆᐊᖃᕐᓂᕋᓄᑦ ᐱᓇᓱᕝᕕᓄᑦ ᓄᓇᕕᒻᒥ ᐃᓪᓗᓕᐅᕐᑏᑦ ᓇᔪᕐᑕᖓᓄᑦ (ᓄᕙᓐᓇᖅ - 19) ᐊᓪᓚᖁᑎᓕᐅᕈᑕᐅᓂᖓᓂ. ᑐᑭᓯᒪᒻᒥᓱᖓᓗ ᐱᓇᓱᑦᑎᐅᓂᕋᓄᑦ ᐃᓪᓗᓕᐅᕐᑏᑦ ᓇᔪᕐᑕᖓᓂ, ᒪᓕᒋᐊᖃᖃᑦᑕᓂᐊᕋᒪ ᒪᓕᒐᐅᑎᑕᐅᔪᓕᒫᓂᒃ ᐱᖁᔭᐅᑎᑕᐅᔪᓕᒫᓂᓪᓗ ᐃᓂᓪᓚᑕᐅᓯᒪᔪᓂᒃ ᑖᒃᑯᓇᓂ ᓯᑯᑦᓴᔭᓂ. ᑐᑭᓯᒪᕗᖓ ᒪᓕᑦᓯᐊᓂᖕᖏᑯᒪ ᐃᓂᓪᓚᑕᐅᓯᒪᔪᓕᒫᓂᒃ ᐅᖃᕐᑕᐅᔪᓂᒃ ᖁᓛᓂ ᐊᑦᑕᓈᕿᑐᐃᓐᓇᕆᐊᖃᕐᓂᕋᓂᒃ ᐱᓇᓱᖃᑎᒃᑲᓂᒃ, ᓄᓇᓯᒪᒧᓂᓗ ᑕᒫᓂ ᐊᒻᒪᓗ ᐅᕙᓐᓂᒃ. ᒪᓕᑦᓯᐊᖏᒃᑯᒪ ᓇᓪᓕᐊᓂᒃ ᒪᓕᒐᕐᓂᒃ ᐱᖁᔭᕐᓂᓗ ᒪᓂᔭᐅᒪᔪᓂᒃ, ᐊᓪᓛᑦ, ᐱᓇᓱᒐᕋᓂ ᓄᕐᖃᑎᑕᐅᓚᕿᐅᑎᒋᒍᓐᓇᓂᐊᕐᖃᕋ ᑲᖐᑦᓴᑎᑕᐅᒻᒣᑑᒐᓗᐊᕈᒪ ᑌᒣᑐᐃᓐᓇᕆᐊᖃᓚᖓᓕᕐᓂᖓᓂᒃ.

ᐱᓇᓱᑦᑎ / ᐱᓇᓱᑦᑎᓯᔪᖅ /
ᐳᓛᕆᐊᕐᓯᒪᔪᖅ
ᐱᓇᓱᑦᑎᓯᔨᐅᑉ ᑭᒡᒐᑐᕐᑎᖓ:

ᐊᑎᓕᐅᕐᑐᖅ: ᐊᑎᓕᐅᕐᑐᖅ

ᐅᓪᓗᖓᓂ: ᐅᓪᓗᖓᓂ:





ᑕᑯᒋᐊᕋᑦᓴᐅᒥᔪᑦ

[1] https://www.inspq.qc.ca/sites/default/files/covid/2950-workers-contruction-site-covid19.pdf

[2] https://www.inspq.qc.ca/sites/default/files/covid/2928-fifo-dido-covid19.pdf

[3] https://www.tc.gc.ca/en/initiatives/covid-19-measures-updates-guidance-tc/covid-19-guidance-posters-air-travellers.html#poster-on-face

[4] https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html

[5] https://www.inspq.qc.ca/sites/default/files/covid/2950-workers-contruction-site-covid19.pdf

[6] https://publications.msss.gouv.qc.ca/msss/fichiers/2020/20-210-41W.pdf

[7] https://publications.msss.gouv.qc.ca/msss/en/document-002496/

[8] https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/covid-19/20-210-53WA-consignes-personne-symptomes-anglais.pdf?1587583945

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ᐃᓚᒋᕈᑎᒃ ᐊ - ᐱᓇᓱᑦᑎᒧᑦ/ᐳᓛᕆᐊᕐᓯᒪᔪᒧᑦ ᐊᐱᕐᖁᑏᑦ

ᐊᑑᑎᓚᕿᑦᑌᓕᑦᓯᒪᑦᔪᑏᑦ ᐱᓇᓱᕝᕕᖓᑕ ᓇᔪᕐᑕᖓᓂ – ᓄᕙᓐᓇᖅ-19

ᐅᓪᓗᑕᒫᕐᓯᐅᑎᒃ ᐊᐱᕐᖁᑏᑦ

ᑎᒥᐅᔫᑉ ᐊᑎᖓ:

ᐱᓇᓱᑦᑎᐅᑉ ᐊᑎᖓ:

ᐱᓇᓱᑦᑎᐅᑉ ᐊᑎᓕᐅᕐᕕᖓ: ᐅᖃᓚᐅᑎᖓ:

ᐊᑎᖓ ᐅᐃᒪᓇᕐᓯᔪᖃᕐᓂᐸᑦ ᑐᓴᐅᒪᑎᑕᐅᒋᐊᓕᒃ: ᐅᖃᓚᐅᑎᖓ:

ᑭᐅᖃᑦᑕᕆᐊᓕᑎᑦ ᑖᒃᑯᐊ ᐊᐱᕐᖁᑏᑦ ᐅᓪᓗᑕᒫᑦ ᐃᑲᔪᕐᓯᒪᔭᐅᑦᓯᐊᓂᐊᕋᑦᑕ ᖃᓄᖅ ᑐᑭᑖᕆᐊᖃᕐᓂᐊᒪᖔᑦᑕ ᐊᑦᑕᓀᑦᑐᓯᐊᒦᖏᓐᓇᕋᓗᐊᕐᒪᖔᕐᐱᑦ ᐱᓇᓱᕝᕕᓃᖏᓐᓇᐊᓗᐊᕈᕕᑦ.

1. ᐅᓪᓗᒥᒧᑦ ᑎᑭᑦᓱᒍ ᐅᑯᓂᖓ ᐊᑑᑎᖃᑦᑕᓕᕐᕿᑦ?
ᐆᓇᕐᑐᖅ (ᐅᖓᑖᓃᖃᑦᑕᓱᓂ 38° C) ᐊᐊ ᐊᐅᑲ ᓀᕐᖃᔦᕐᓯᒪᔪᖅ ᐊᐊ
ᐊᐅᑲ
ᖁᐃᕐᑐᑐᖅ ᐊᐊ ᐊᐅᑲ ᑕᖃᒪᔪᕐᔪᐊᖑᖃᑦᑕᑐᖅ ᐊᐊ ᐊᐅᑲ
ᐊᓂᕐᓵᑐᑦᓯᐊᖃᔦᕐᓯᒪᔪᖅ ᐊᐊ ᐊᐅᑲ

2. ᑲᑎᒪᑦᓯᓚᐅᕋᑕᕐᖀᑦ ᐃᓄᒻᒥᒃ ᓄᕙᕐᔪᐊᓇᖅ -19-ᒥᒃ ᖃᓂᒻᒪᓯᖃᓕᕐᑐᒥᒃ?
ᐊᐊ ᐊᐅᑲ

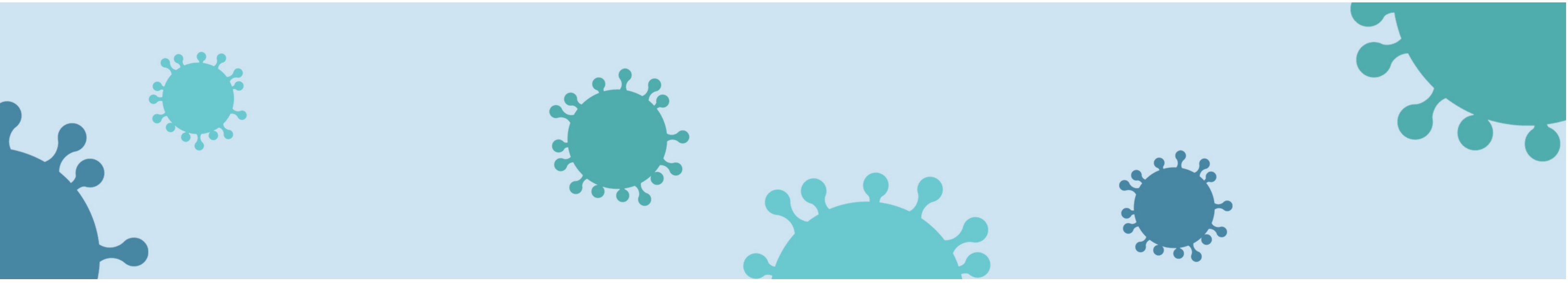
3. ᑲᓇᑕᐅᑉ ᓯᓚᑖᓄᑦ ᐃᓐᓂᐊᓯᒪᖃᑦᑕᓚᐅᕐᕿᑦ 2020-ᒥ?
ᐊᐊ ᖃᖓᐅᑎᓪᓗᒍ ᐅᓪᓗᖓ ᐅᑎᓚᐅᕐᕿᑦ ᑲᓇᑕᒧᑦ?
ᐊᐅᑲ

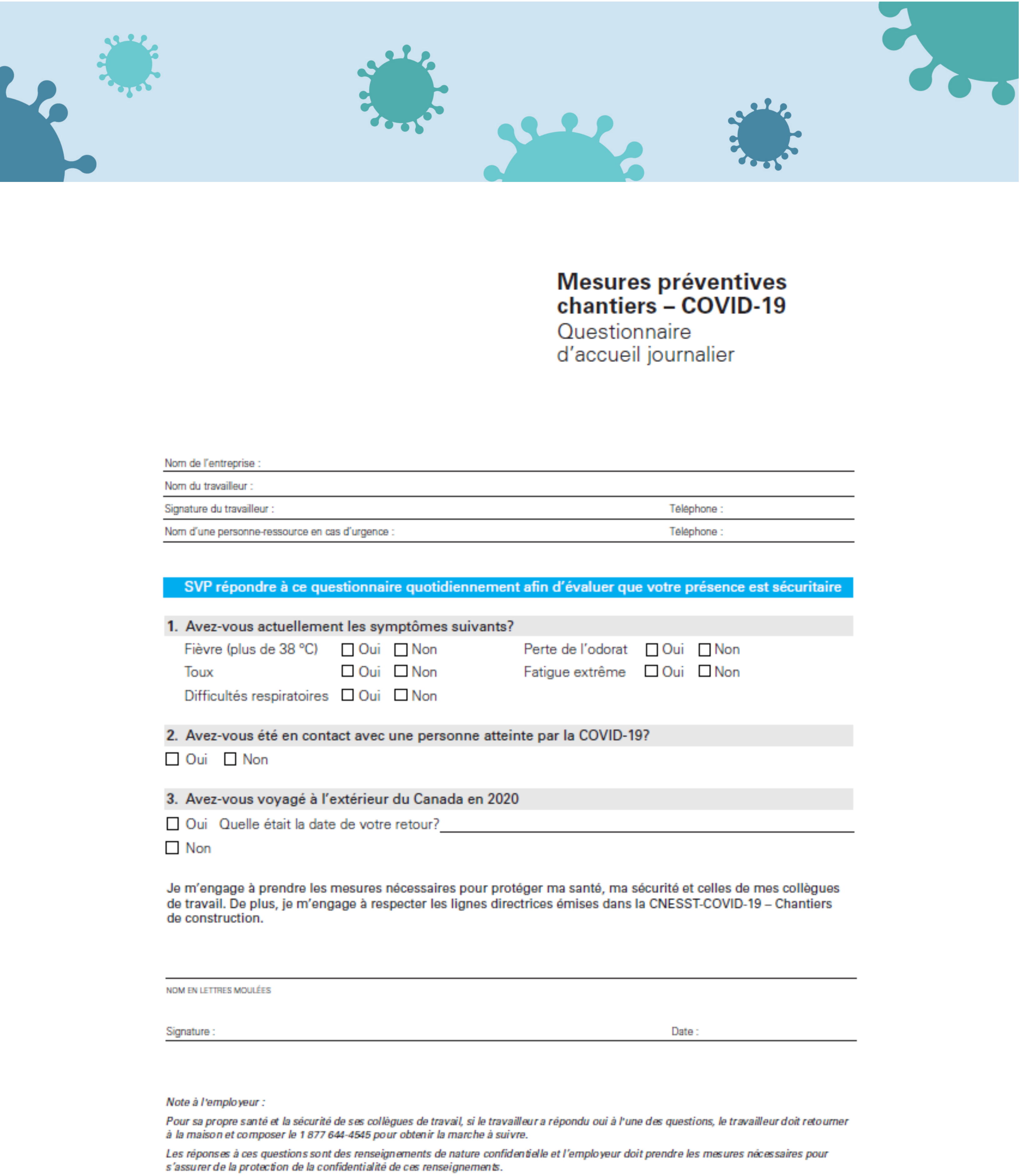
ᐊᖏᕐᐳᖓ ᐊᑑᑎᔭᐅᖁᔭᐅᔪᓂᒃ ᐊᑑᑎᓂᐊᕐᓗᖓ ᐃᑉᐱᒋᔭᐅᑦᓯᐊᖁᔨᒧᑦ ᐊᑦᑕᓇᕐᑐᒨᕐᑌᓕᖁᔨᒧᓪᓗ ᐅᕙᓐᓂᒃ ᐱᓇᓱᖃᑎᒃᑲᓂᓗ. ᐊᖏᕐᒥᓱᖓᓗ ᒪᓕᑦᓯᐊᓂᐊᕐᓗᖓ ᒪᓕᒐᐅᑎᑕᐅᔪᓂᒃ ᐋᕐᕿᑕᕕᓂᖏᓐᓂᒃ CNESST-ᑯᑦ ᒥᑦᓵᓅᓕᖓᔪᓂᒃ ᐃᓪᓗᓕᕆᐊᕐᑐᓯᒪᔪᑦ ᓇᔪᕐᑕᖓᓂ (ᓄᕙᓐᓇᖅ-19 - Chantiers de construction). ᐊᑏᑦ ᐊᓪᓚᓗᒍ ᐊᖏᔪᕐᓚᐅᑎᐅᓕᓯᒪᓂᕐᓴᓂᒃ.

ᐊᑎᓕᐅᕐᑐᖅ ᐅᓪᓗᖓᓂ

ᖃᐅᔨᒪᔭᐅᒋᐊᓕᒃ: ᐱᓇᓱᑦᑎ ᑭᐅᓐᓂᐸᑦ ᐊᐊ-ᓚᔪᒥ ᐊᑕᐅᓯᐊᐱᒻᒥᓘᓐᓃᑦ ᑕᑉᐱᖁᓇᓂ ᐊᐱᕐᖁᑎᓂ, ᐃᒣᓕᐅᖁᔭᐅᒋᐊᓕᒃ, ᑎᒥᖓᑕ ᐊᓐᓂᓇᕐᓂᖓ ᐃᓱᒪᒋᓗᒍ ᐊᑦᑕᓇᕐᑐᒨᕐᑌᓕᒪᒋᐊᖃᕐᓂᖓ ᐊᒻᒪᓗ ᐱᓇᓱᖃᑎᖏᑦ ᐃᓱᒪᒋᒻᒥᓗᒋᑦ, ᐅᑎᕆᐊᓕᒃ ᐊᓂᕐᕋᒧᑦ ᐅᖄᓚᓗᓂ ᐅᕗᖓ: 1 877 644-4545 ᐃᒫᙰᕐᑕᐅᓂᖓᕋᒥ ᖃᓄᐃᓕᐅᕆᐊᖃᕐᓂᐊᓕᕐᒥᒪᖔᕐᒥ.

ᐱᓇᓱᑦᑏᑦ ᐊᐅᓚᑦᔭᕆᐊᕈᑎᖃᖃᑦᑕᕆᐊᖃᓚᖓᔪᑦ ᖃᓄᑐᐃᓐᓇᖅ ᐃᑉᐱᒋᓯᐊᕋᓱᐊᖏᓐᓇᓗᒋᓪᓗ ᐃᑉᐸᑎᑕᐅᑦᑌᓕᒪᒋᐊᓖᑦ ᐊᒻᒪᓗ ᐃᓅᑉ ᓇᒻᒥᓂᖅ ᐊᓪᓚᖁᑎᖏᓐᓃᑐᑦ ᑎᒍᒥᐊᕐᑕᕕᓂᖏᑦ ᐱᓇᓱᑦᑎᐅᑉ ᑭᐅᑦᔪᑎᕕᓂᖏᑦ ᐊᐱᕐᖁᑎᓂᒃ.





Mesures préventives chantiers – COVID-19

Questionnaire d'accueil journalier

Nom de l'entreprise :

Nom du travailleur :

Signature du travailleur : Téléphone :

Nom d'une personne-ressource en cas d'urgence : Téléphone :

SVP répondre à ce questionnaire quotidiennement afin d'évaluer que votre présence est sécuritaire

1. Avez-vous actuellement les symptômes suivants?

Fièvre (plus de 38 °C)	☐ Oui	☐ Non	Perte de l'odorat	☐ Oui	☐ Non
Toux	☐ Oui	☐ Non	Fatigue extrême	☐ Oui	☐ Non
Difficultés respiratoires	☐ Oui	☐ Non			

2. Avez-vous été en contact avec une personne atteinte par la COVID-19?

☐ Oui ☐ Non

3. Avez-vous voyagé à l'extérieur du Canada en 2020

☐ Oui Quelle était la date de votre retour? ____________________

☐ Non

Je m'engage à prendre les mesures nécessaires pour protéger ma santé, ma sécurité et celles de mes collègues de travail. De plus, je m'engage à respecter les lignes directrices émises dans la CNESST-COVID-19 – Chantiers de construction.

NOM EN LETTRES MOULÉES

Signature : Date :

Note à l'employeur :

Pour sa propre santé et la sécurité de ses collègues de travail, si le travailleur a répondu oui à l'une des questions, le travailleur doit retourner à la maison et composer le 1 877 644-4545 pour obtenir la marche à suivre.

Les réponses à ces questions sont des renseignements de nature confidentielle et l'employeur doit prendre les mesures nécessaires pour s'assurer de la protection de la confidentialité de ces renseignements.

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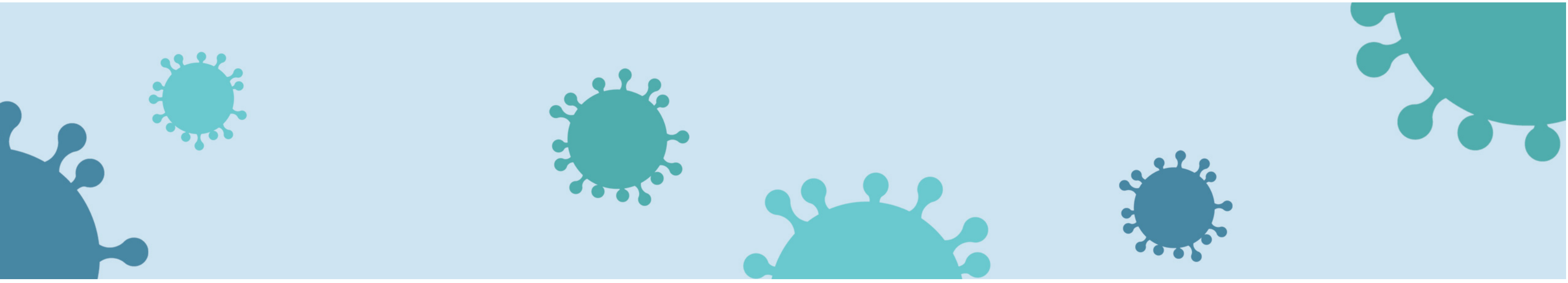
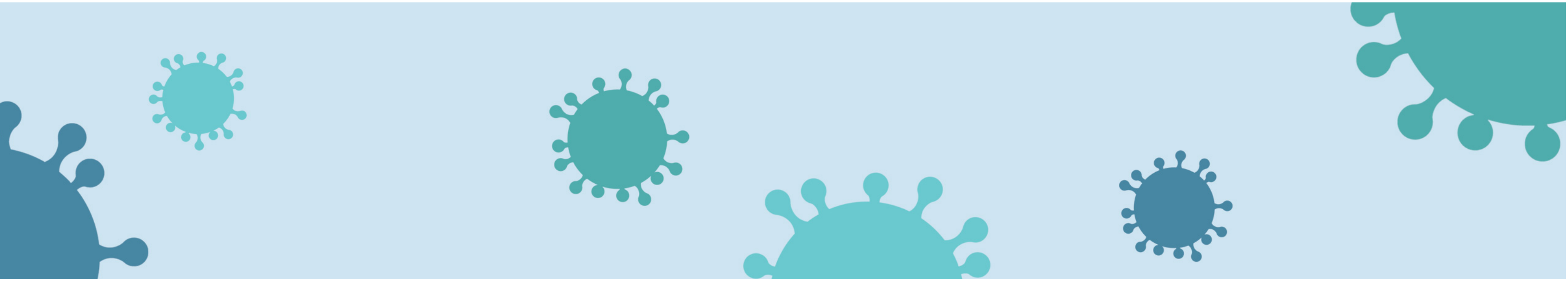
ᐃᓚᒋᐊᕈᑎᒃ ᐸ - ᐊᖏᕐᑕᐅᓯᒪᑦᓱᓂ ᐱᓇᓱᑦᑏᑦ ᑕᑯᔭᒃᓴᖓ ᓂᕕᖓᓲᖅ ᐊᑭᓐᓇᒥ





EN RAISON DES MESURES DE SANTÉ ET SÉCURITÉ, PERSONNEL AUTORISÉ SEULEMENT

ASSOCIATION
DE LA CONSTRUCTION
DU QUÉBEC

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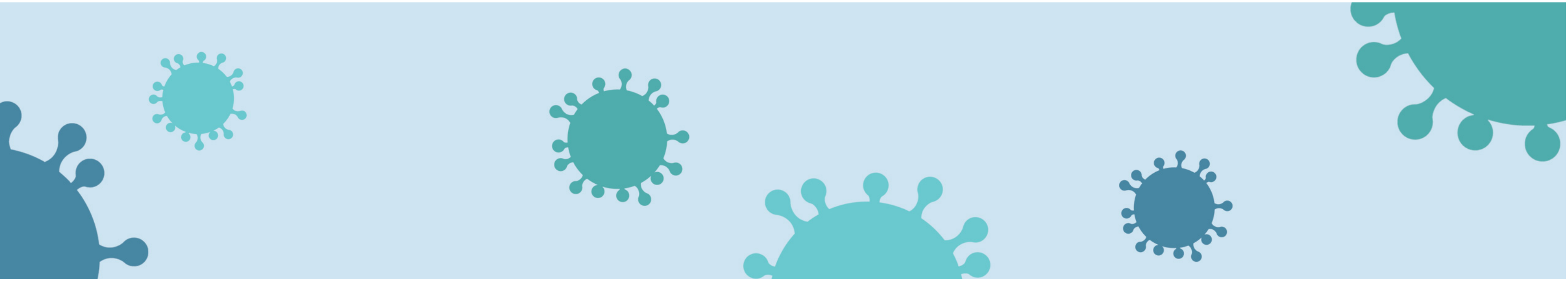
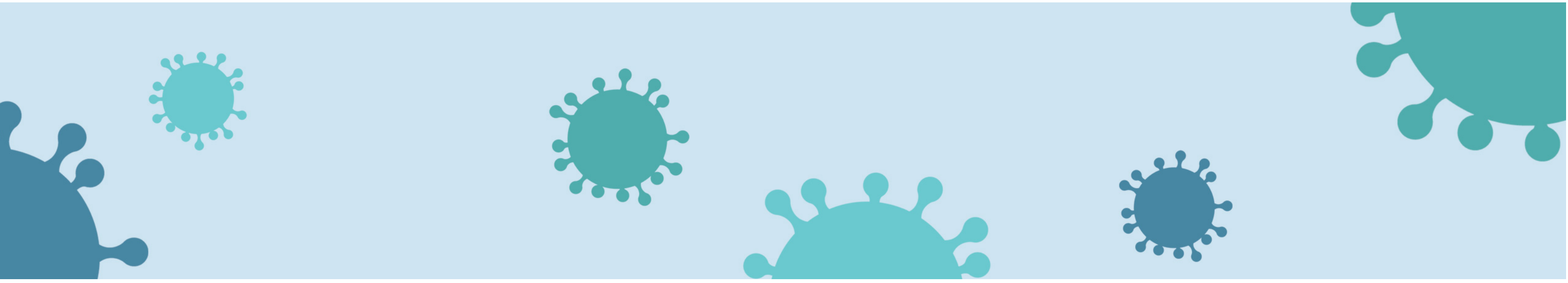
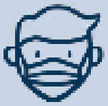
ᐃᓚᒋᐊᕈᑎᒃ ᑕ –ᐃᒫᙰᕐᑕᐅᒍᑎᖏᑦ ᐃᓄᐃᑦ ᖁᐱᕐᕆᓯᒪᔪᑦ ᓄᓇᓐᓇᖅ-19-ᒧᑦ ᐅᑕᕐᕿᔪᑦ ᖃᐅᔨᓴᕐᑕᐅᒍᑎᕕᓂᕐᒥᑕ ᖃᓄᐃᓕᖓᓂᖏᓐᓂᒃ





Cover Your Nose and Mouth



If possible, wear a face covering or cover your nose and mouth with a piece of cloth or handkerchief in the following circumstances:

- Whenever someone is in the same room as you and less than 2 metres away
- Whenever you go out for medical reasons

To learn how to make and use your own face covering, look at the Wearing a face covering in public settings in the context of the COVID 19 pandemic page.

Cover Your Nose and Mouth When Coughing or Sneezing

- Use a paper facial tissue when you cough, sneeze or blow your nose.
- Throw the tissue away in a trash can as soon as possible then wash your hands thoroughly.
- If no paper tissues are available, cough or sneeze into the crook of your elbow.

Wash Your Hands Often

- Wash your hands often with soap and warm water for at least 20 seconds.
- Use an alcohol-based hand sanitizer if soap is not available.
- Also wash your hands when they are visibly dirty and before eating and after using the toilet.
- Close the toilet bowl lid before flushing and be sure to wash your hands.

Do Not Share Personal Items

- Do not share dishes, utensils, glasses, towels, sheets and/or clothes with anyone else.

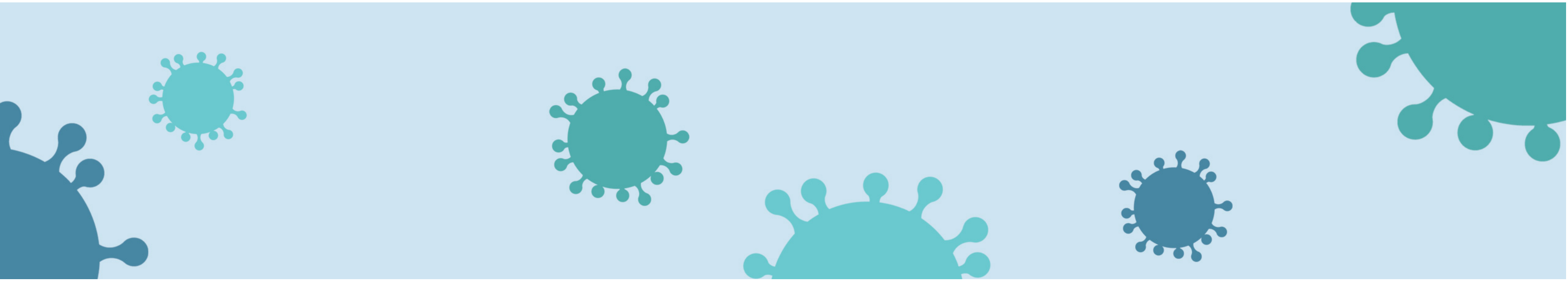
Do You Have a Pet?

- Avoid contact with pets.
- Pets are not at risk for COVID-19, but their fur and skin can carry the virus.
- Ideally, isolate your pet in a separate room or in its cage.
- If you have to take care of your pet, wash your hands before and after touching it.
- If possible, keep your pet in the house. If it needs to go outside, keep it in a fenced-in private space.
- If your pet is a dog, ask a friend to walk it on a leash while staying two metres away from people.
- Anyone else that takes care of your pet should keep physical contact with it to a minimum and wash their hands before and after touching.

Watch for Symptoms and Take Your Temperature Every Day

- Take your temperature every day at the same time of day and note it down.
- If you are taking fever medicine, wait at least 4 hours before taking your temperature.

These steps will prove useful if you need to see a health professional.



Home Care

See the Self-Care Guide.

- If you are worried about your health, call the 1-877-644-4545 hotline to be directed to the right resource.
- Do not go to a clinic or hospital without first telephoning to inform them that you are waiting for a COVID-19 screening test or test result.
- If you have severe symptoms such as difficulty breathing, major shortness of breath or chest pain, call 911 before going to the emergency room and tell the agent that you are waiting for a COVID-19 screening test or test result.

If You Need Help With Your Daily Tasks Like Eating, Going to the Toilet and Getting Around the House

Ideally, your helper will always be the same person, who should be less than 70 years of age, in good health and with no chronic illness such as heart or respiratory disease or diabetes or in treatment for cancer.

Before any person helps you, they must:

- Wash their hands.
- Wear a face covering or cover their nose and mouth with a piece of cloth.
- Wear disposable gloves.

After helping you, they must:

- Remove their gloves and dispose of them in a closed container out of reach of children,
- Wash their hands.
- Remove the face covering or piece of cloth.
- Place the face covering or piece of cloth in a closed bag and keep it out of the reach of children until it can be washed normally.
- Wash their hands again.

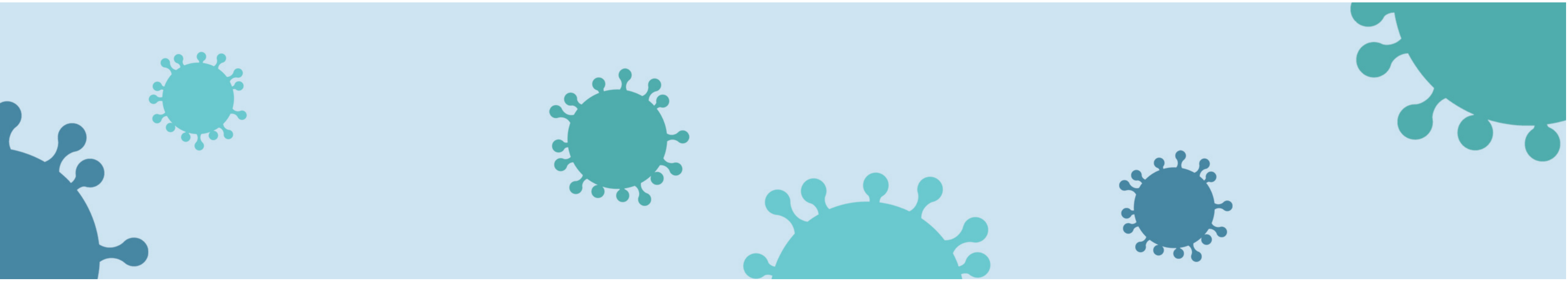
Laundry and Housecleaning

The sick person's sheets, towels, clothing and face coverings and cloths used to cover the nose and mouth can usually be washed with other household laundry. However, they should be washed separately if soiled with vomit, etc.

- Wash with hot water.
- Wear disposable gloves to avoid direct contact between your skin and clothes and the sick person's clothing, sheets and towels.
- Do not shake out dirty laundry before washing.

The sick person's utensils and dishes can be washed with your usual liquid detergent or in the dishwasher.

The sick person's trash can be bagged and thrown out with the other household trash. Firmly close the lid of the garbage pail or close the bag tightly.



COVID-19 and Home Self-Isolation

What is COVID-19?

COVID-19 is a respiratory disease cause by the novel coronavirus.

What are its symptoms?

The principal symptoms are fever, the onset or worsening of cough, difficulty breathing and/or sudden loss of smell without nasal congestion, with or without loss of taste. Other symptoms may also appear, such as a sore throat, headache, sore muscles, intense fatigue, major loss of appetite and diarrhea.

How does COVID-19 spread?

The disease is transmitted from one person to another by contact with droplets sprayed in the air when a sick person talks, coughs or sneezes. Transmission from touching contaminated surfaces or objects, while possible, is not the main transmission mode. The virus can also be transmitted in stool.

Why is it so important to obey home isolation recommendations?

To avoid infecting others.

When is it OK to stop self-isolating at home?

In general, you need to home-isolate for 14 days after the onset of symptoms, and:

- Until you are free of fever for at least 48 hours (without taking fever medication) and
- Have no acute symptoms for at least 24 hours (this does not include cough and loss of smell, which can take a longer time to go away).

If in doubt, call the 1-877-644-4545 hotline or refer to the COVID-19 Self-Care Guide at Québec.ca/coronavirus.

Additional useful link:

If you have been diagnosed with COVID-19, read Procedure to Follow for People with COVID-19 in Isolation at Home.

20-210-20W

Santé
et Services sociaux
Québec

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ᑖᓐᓇ INSPQ (Institut national de santé publique du Québec) ᑲᒪᓲᖅ ᑐᑭᑖᕐᑎᐅᓱᓂ ᐃᓄᓕᒫᓅᓕᖓᔪᓂᒃ ᐃᓗᓯᓕᕆᔨᐅᒐᒥ ᐱᓇᓱᐊᖃᑕᐅᕙᒃᑲᒥ ᓄᕙᓐᓇᖅ - 19 ᒥᑦᓵᓅᓕᖓᔪᓂᒃ. ᐅᕙᒍᑦᑕᐅᖅ ᐊᔪᐃᓐᓇᖃᑕᐅᒋᕗᒍᑦ ᐊᑑᑎᑦᑌᓕᑎᑦᓯᒪᒐᓱᐊᖃᑕᐅᒻᒥᓱᑕ ᐃᑉᐱᒋᑦᓯᐊᕋᓱᐊᕐᓱᒋᑦ ᐃᓗᓯᖏᑦ ᐊᒻᒪᓗ ᐊᑦᑕᓇᕐᑐᒨᕐᑌᓕᒋᐊᖃᕐᓂᖏᑦ ᐱᓇᓱᑦᑎᓕᒫᑕ ᐳᓛᕆᐊᖃᑦᑕᑐᓕᒫᓪᓗ, ᓇᔪᕐᑕᖏᑦ ᐊᒻᒪᓗ ᐱᓇᓱᒋᐊᕐᑐᓯᒪᕕᖏᑦ.

ᑖᒃᑯᐊ ᓯᑯᑦᓴᔦᑦ ᐊᐱᕐᖁᑏᑦ ᐱᔭᕇᕐᑕᐅᓯᐊᖁᔭᕗᑦ ᐃᑲᔪᕐᑎᒋᓂᐊᕋᑦᑎᒋᑦ ᐊᑦᑕᓀᑦᑐᒦᑦᑎᓯᑦᓯᐊᕋᓱᐊᕐᓂᒧᑦ ᐃᓕᓐᓂᒃ ᐱᓇᕝᕕᒧᓪᓗ ᐅᑎᕆᐊᖃᕐᒪᖔᕐᐱᑦ ᖃᐅᔨᒪᐅᑎᒋᓗᒋᑦ. ᑐᓂᓗᒋᑦ ᑭᐅᓯᒪᔪᐃᓐᓀᑦ ᐱᔭᕇᕐᐸᑕ ᑲᒪᔨᖓᓄᑦ ᐱᓇᓱᕝᕕᒥᓃᑦᑐᓕᒫᓂᒃ ᐊᑦᑕᓀᑦᑐᒦᑦᓯᐊᕋᓱᐊᕐᑎᓯᓂᕐᒥ ᐅᕝᕙᓘᓐᓃᑦ ᐊᖓᔪᕐᖄᓅᕕᑦ (ᑖᓐᓇ ᐃᑉᐱᒍᓱᑦᑎ ᐱᓇᓱᕝᕕᒦᑦᑐᓂᒃ ᐊᓯᐊᓄᑦ ᑎᓕᔭᐅᓯᒪᑦᓱᓂ ᐊᓪᓚᕕᒻᒥᓃᖕᖏᐸᑦ).

ᐱᔭᕇᑦᓯᐊᓂᖅ ᐊᐱᕐᖁᑎᓕᒫᓂᒃ ᑭᐅᒋᐊᓕᓐᓂᒃ ᐱᖁᔭᕐᑎᒍᑦ ᐊᑑᑎᖏᓐᓇᓕᒫᕆᐊᓕᒃ ᓇᓪᓕᐊᓄᓕᒫᖅ ᐅᑎᕐᑐᓕᒫᓄᑦ ᐱᓇᓱᕝᕕᒥᓄᑦ ᐃᓄᑑᑎᑕᐅᕕᒻᒦᑐᕕᓂᐅᑉᐸᑕᓘᓐᓃᑦ ᐅᓪᓗᓂ 14-ᓂ ᑕᒪᐅᖕᖓᓚᐅᕋᑎᒃ.
ᖃᐅᔨᒪᔭᐅᓕ ᐊᓪᓚᖃᑦᑕᓂᕈᕕᑦ ᓱᓕᖕᖏᑐᓂᒃ ᐱᓇᓱᕝᕕᓄᑦ ᐊᕕᑕᐅᑐᐃᓐᓇᕆᐊᖃᕋᕕᑦ/ᐃᒋᑕᐅᑐᐃᓐᓇᕆᐊᖃᕋᕕᑦ ᐅᕝᕙᓘᓐᓃᑦ ᖃᐅᔨᔭᐅᑎᑦᓯᓂᕈᕕᑦ ᑕᒪᒃᑯᓂᖓ ᑲᒪᒋᐊᖃᖕᖏᑐᓄᑦ.

ᐱᓇᓱᕝᕕᖓᑕ ᓇᔪᕐᑕᖓᓂ:

1. ᐅᓪᓗᖓ ᖃᑦᓯᐅᑎᓪᓗᒍ ᓱᕐᖁᐃᑕᐅᓪᓚᕆᓐᓂᕿᑦ ᖃᓂᒪᖃᓕᕐᓱᑎᒃ ᖃᓂᒻᒪᓯᕐᒥᒃ? (ᐅᓪᓗᖓ) (ᑕᕐᕿᖓ) (ᐊᕐᕌᒍᖓ)
1.1 ᐅᓪᓗᐃᑦ 14 ᐊᓂᒍᕐᓯᒪᓕᕐᖃᑦ ᓱᕐᖁᐃᑕᐅᓚᐅᕐᑐᕕᓂᐅᑎᓪᓗᑎᑦ ᖃᓂᒻᒪᖃᓕᕐᑎᓗᑎ ᖃᓂᒻᒪᓯᕐᒥᒃ? ᐊᐊ
ᐊᐅᑲ

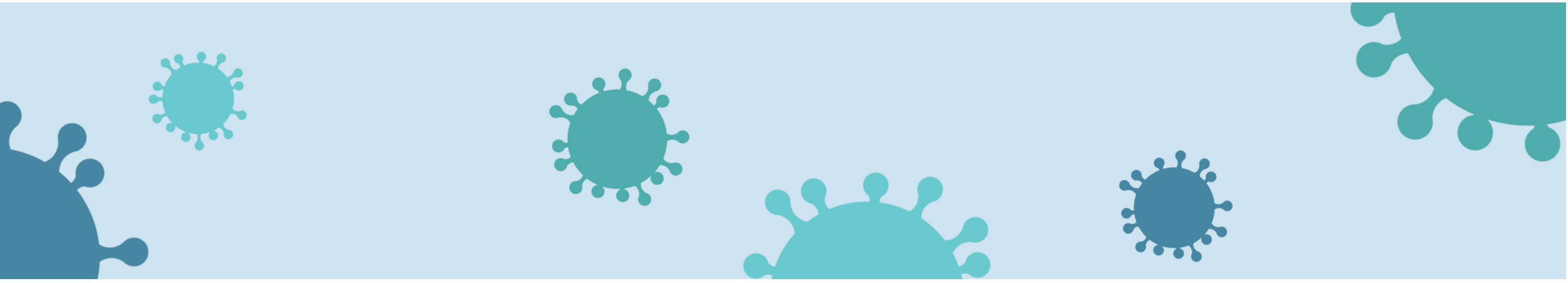
2. ᐃᑉᐱᓂᐊᖃᑕᕈᓐᓀᖀᑦ ᐃᑲᐅᕐᓂᓂ 24-ᓂ ᐊᓂᒍᕐᑐᓂ (ᖁᐃᕐᑐᖃᑦᑌᓈᕋᓗᐊᕐᓱᑎᑦ ᓱᓕ)? ᐊᐊ ᐊᐅᑲ

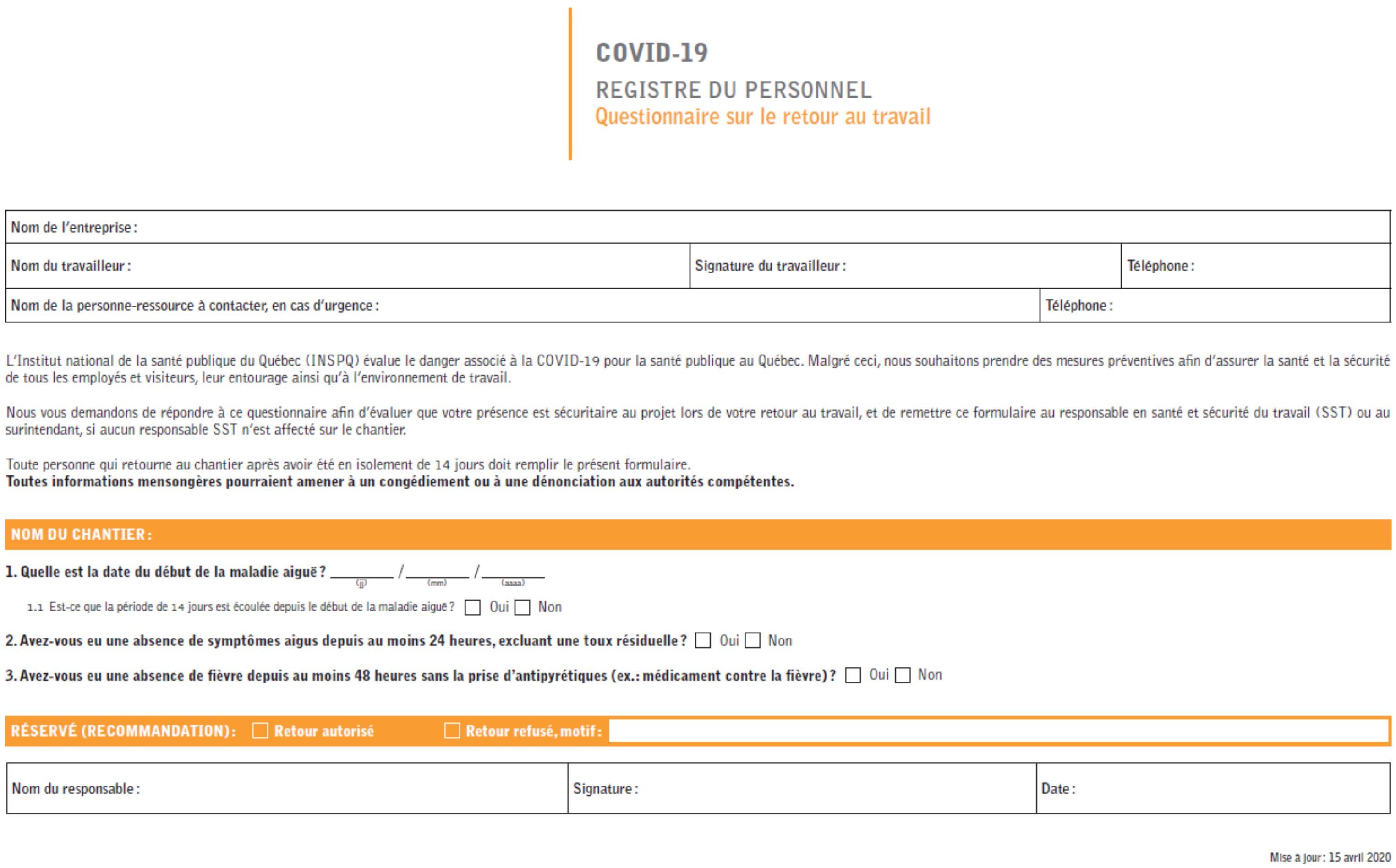
3. ᑎᒦᑦ ᐆᓇᖃᑦᑕᕈᓐᓀᖃ ᐃᑲᐅᕐᓂᓂ 48-ᓂ ᖄᖏᕐᑐᓂ. ᐆᓇᕇᒃᑯᑎᑐᕐᓯᒪᒍᓐᓀᐸᓗᐊᕋᕕᑦ (ᐆᑦᑑᑎᖏᓗᒍ: ᐄᒐᕐᓂᒃ ᐊᓯᖏᓐᓂᓘᓐᓃᑦ ᐋᓐᓂᐊᓯᐅᑎᑐᕆᐊᓕᓐᓂᒃ ᐆᓇᕇᒃᑯᑎᓂᒃ)? ᐊᐊ ᐊᐅᑲ

ᐃᓐᓄᑕᐅᓯᒪᔪᖅ (ᐅᓐᓂᑑᑎᑦ): ᐅᑎᓚᖓᓂᖓ ᐊᖏᕐᑕᐅᒪᔪᖅ
ᐅᑎᓚᖓᓂᖓ ᐊᖏᕐᑕᐅᒪᖕᖏᑐᖅ ᐱᑦᔪᑎᖏᑦ:

ᐊᑎᖓ ᑲᒪᔫᑦ ᑕᒪᒃᑯᓂᖓ: ᐊᑎᓕᐅᕐᑐᖅ: ᐅᓪᓗᖓᓂ:

ᓄᑕᐅᓪᓕᑐᕐᑕᐅᔪᑦ ᐅᓪᓗᖓᓂ: ᐁᕆᓕ 15, 2020





COVID-19

REGISTRE DU PERSONNEL

Questionnaire sur le retour au travail

Nom de l'entreprise :		
Nom du travailleur :	**Signature du travailleur :**	**Téléphone :**
Nom de la personne-ressource à contacter, en cas d'urgence :		**Téléphone :**

L'Institut national de la santé publique du Québec (INSPQ) évalue le danger associé à la COVID-19 pour la santé publique au Québec. Malgré ceci, nous souhaitons prendre des mesures préventives afin d'assurer la santé et la sécurité de tous les employés et visiteurs, leur entourage ainsi qu'à l'environnement de travail.

Nous vous demandons de répondre à ce questionnaire afin d'évaluer que votre présence est sécuritaire au projet lors de votre retour au travail, et de remettre ce formulaire au responsable en santé et sécurité du travail (SST) ou au surintendant, si aucun responsable SST n'est affecté sur le chantier.

Toute personne qui retourne au chantier après avoir été en isolement de 14 jours doit remplir le présent formulaire.
Toutes informations mensongères pourraient amener à un congédiement ou à une dénonciation aux autorités compétentes.

NOM DU CHANTIER :

1. Quelle est la date du début de la maladie aiguë ? ________ (jj) / ________ (mm) / ________ (aaaa)

1.1 Est-ce que la période de 14 jours est écoulée depuis le début de la maladie aiguë ? ☐ Oui ☐ Non

2. Avez-vous eu une absence de symptômes aigus depuis au moins 24 heures, excluant une toux résiduelle ? ☐ Oui ☐ Non

3. Avez-vous eu une absence de fièvre depuis au moins 48 heures sans la prise d'antipyrétiques (ex. : médicament contre la fièvre) ? ☐ Oui ☐ Non

RÉSERVÉ (RECOMMANDATION) : ☐ **Retour autorisé** ☐ **Retour refusé, motif :**

Nom du responsable :	**Signature :**	**Date :**

Mise à jour : 15 avril 2020

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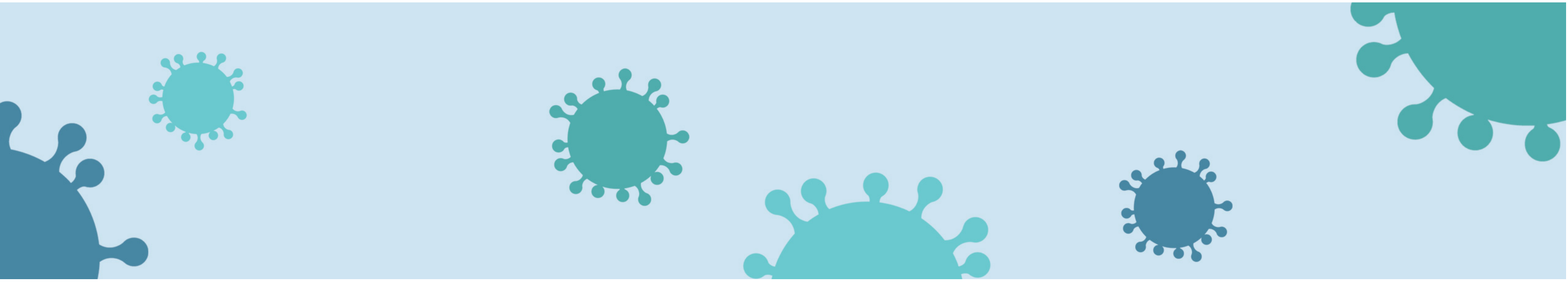


Coronavirus (COVID-19)

May 1, 2020

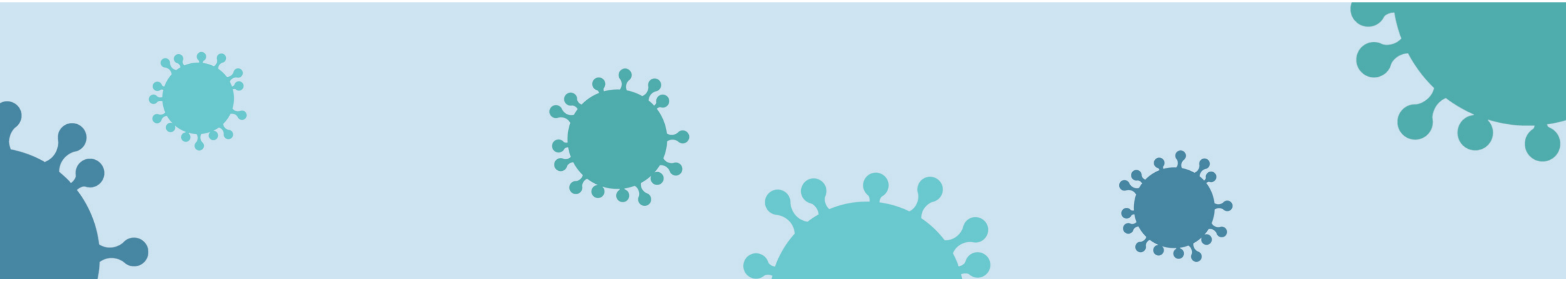
Public Health Recommendations

Instructions for People with COVID-19 Symptoms

If you have symptoms like fever, onset or worsening of a cough, difficulty breathing or sudden loss of smell without nasal congestion with or without loss of taste, you may have COVID-19 even if you did not take the screening test. You might have other symptoms such as a sore throat, headache, aching muscles, intense fatigue or major loss of appetite and/or diarrhea. If this is the case, please obey the following instructions to avoid transmitting COVID-19 to others.

Stay Home

- Do not go to school or work or to an early childhood or daycare centre or any other public place, such as a store.
- Do not go out for a walk.
- Do not take public transportation.
- If you have no one that can help you by picking up your groceries and medications, have your supermarket and pharmacy orders delivered and stay at least two metres away from the delivery person.
- Allow no visitors in your home.
- If you live with others who have no symptoms and were never sick with COVID-19:
  - If possible, remain alone in one room of the house, always the same one.
  - Eat and sleep alone in that room.
  - If possible, use a bathroom that is reserved only for you. Otherwise, disinfect after each use.
  - Recommend to the people that live with you to watch for the onset of symptoms over the next two weeks. If they develop symptoms, they will need to follow the instructions listed in this fact sheet.
  - As much as possible, avoid contact with your housemates. If this is not possible, always remain at least two metres away from them. Cover your nose and mouth whenever you are closer than two metres away (see box text below).
  - Air out the house and your room often by opening a window, weather permitting.
- You can go outside on your balcony or in your private yard, making sure that you are 2 meters away from any other person.



Cover Your Nose and Mouth

- If possible, wear a face covering or cover your nose and mouth with a piece of cloth or handkerchief in the following circumstances:
    - Whenever another person is in the same room as you and less than 2 metres away.
    - Whenever you go out for medical reasons.
- To learn how to make and use your own face covering, look at the Wearing a face covering in public settings in the context of the COVID 19 pandemic page.

Cover Your Nose and Mouth When Coughing or Sneezing

- Use a paper facial tissue when you cough, sneeze or blow your nose.
- Throw the tissue away in the trash as soon as possible then wash your hands thoroughly.
- If no paper tissues are available, cough or sneeze into the crook of your elbow.

Wash Your Hands Often

- Wash your hands often with soap and warm water for at least 20 seconds.
- Use an alcohol-based hand sanitizer if soap is not available.
- Also wash your hands when they are visibly dirty, before eating and after using the toilet.
- Close the toilet bowl lid before flushing and be sure to wash your hands.

Do Not Share Personal Items

- Do not share dishes, utensils, glasses, towels, sheets and/or clothes with anyone else.

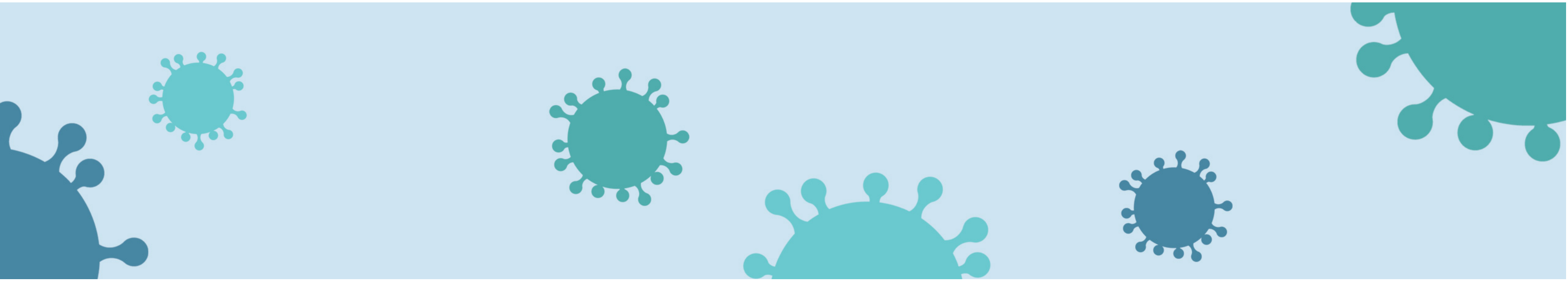
Do You Have a Pet?

- Avoid all contact with pets.
- Pets are not at risk for COVID-19, but their fur and skin can carry the virus.
- Ideally, isolate your pet in a separate room from you or in its cage.
- If you need to take care of the pet, wash your hands before and after touching it.
- If possible, keep your pet in the house. If it needs to go outside, keep it in a fenced-in private space.
- If your pet is a dog, ask a friend to walk it on a leash while staying two metres away from people.
- People that take care of your pet should keep physical contact with it to a minimum and wash their hands before and after touching.

Watch for Symptoms and Take Your Temperature Every Day

- Take your temperature every day at the same time of day, and note it down.
- If you are taking fever medicine, wait at least 4 hours before taking your temperature.

These steps will prove useful if you need to see a health professional.



Home Care

It most cases you will be able to treat yourself at home. See the Self-Care Guide.

- If you are worried about your health, call the 1-877-644-4545 hotline to be directed to the right resource.
- Do not go to a clinic or hospital without first telephoning to inform them that you have COVID-19 symptoms.
- If you have severe symptoms such as difficulty breathing, major shortness of breath or chest pain, call 911 before going to the emergency room and tell the agent that you have COVID-19 symptoms.

If You Need Help With Your Daily Tasks Like Eating, Going to the Toilet and Getting Around the House

Ideally, your helper will always be the same person, who should be less than 70 years of age, in good health and with no chronic illness such as heart or respiratory disease or diabetes or in treatment for cancer.

Whenever another person is in the room with you and less than two metres away, wear a face covering or cover your nose and mouth with a handkerchief or other piece of cloth.

Before any person helps you, they must:

1. Wash their hands.
2. Wear a face covering or cover their nose and mouth with a piece of cloth.
3. Wear disposable gloves.

After helping you, they must:

4. Remove their gloves and dispose of them in a closed container out of reach of children.
5. Wash their hands.
6. Remove the face covering or piece of cloth.
7. Place the face covering or piece of cloth in a closed bag and keep it out of the reach of children until it can be washed normally.
8. Wash their hands again.

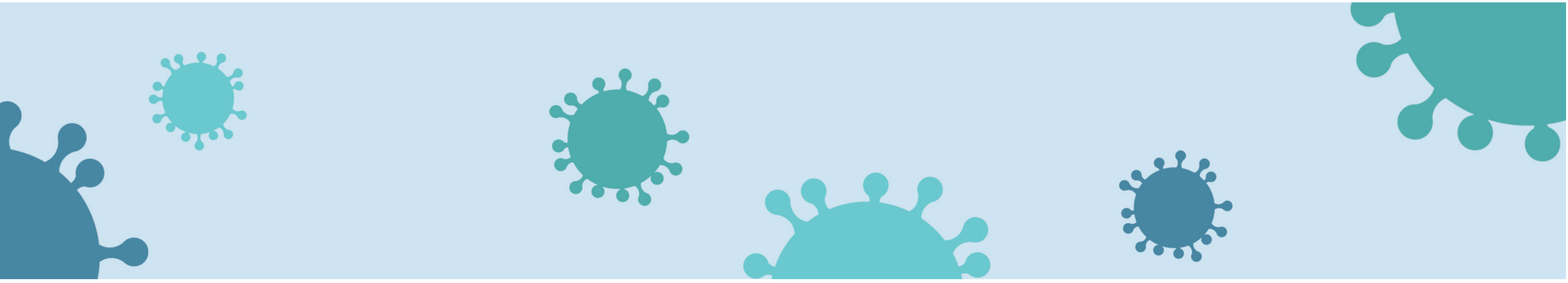
Laundry and Housecleaning

The sick person's sheets, towels, clothing and face coverings and cloths used to cover the nose and mouth can usually be washed with other household laundry. However, they should be washed separately if soiled with vomit, etc.

- Wash with hot water.
- Wear disposable gloves to avoid direct contact between your skin and clothes and the sick person's clothing, sheets and towels.
- Do not shake out dirty laundry before washing.

The sick person's utensils and dishes can be washed with your usual liquid detergent or in the dishwasher.

The sick person's trash can be bagged and thrown out with the other household trash. Firmly close the lid of the garbage pail or close the bag tightly.



Wash your hands frequently with soap and water:

- After contact with the sick person or objects and surfaces touched by them like a bedside table, dishes, etc.
- Before and after preparing food, before eating, after using the toilet and whenever your hands are visibly dirty
- If soap and water are not available, use an alcohol-based sanitizer.

Clean and disinfect the following at least once a day:

- Objects and surfaces frequently touched by the sick person, such as door handles, a bedside table, other furniture in the room and the bed frame.
- The bathroom and toilet

If a surface is clean, apply the disinfectant.
If not, first wash with soap and water to remove all dirt and grime, rinse with clean water and dry with a clean cloth before applying the disinfectant.
Leave the disinfectant to act for a few minutes (follow the instructions on the label) then wipe off completely with a clean cloth.

Special cleaning instructions:

- Wear impermeable gloves at all times.
- Wash your hands and forearms for 20 seconds before putting on the gloves and after removing them.
- Wash the gloves with detergent and water then let them dry before re-use, or replace them with a new pair as you see fit.
- Wash your hands with soap and water again for 20 seconds.

Cleaning and disinfecting products

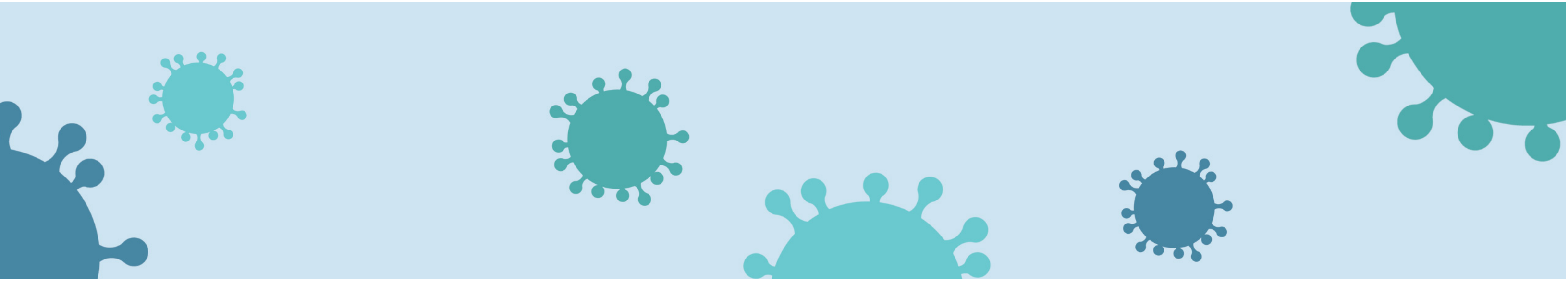
Use soap and water or household cleaners. Use your regular disinfectant or a mix of 1 part domestic bleach to 9 parts cold water (e.g., 1 cup bleach mixed with 9 cups water).

If possible, have the sick clean and disinfect their own rooms and surfaces themselves.

Call Info-Social 811 (24/7 Psychosocial Hotline) if You are Experiencing Any of the Following:

- Stress or anxiety
- Lasting emotional reactions (frequent crying, irritability, etc.)
- Feelings of panic
- Ideas that never leave you alone, never cease and frighten you
- Social repercussions of COVID-19

Psychosocial health professionals will provide support and share information and advice as needed.



Here is the list of items to clean for which the worker is responsible:

#	Description	Responsible	Frequency (Minimum)
1	Small tools in general	User worker	After each use
2	Worker gloves	User worker	1x / shift
3	Sunscreen	User worker	1x / shift
4	Visor	User worker	1x / shift
5	Steering wheel and controls for heavy equipment or any other vehicle	User worker	1x / shift or when switching users
6	Radios	User worker	1x / shift or when switching users
7	Tools container handle	User worker	1x / shift
8	Computer keyboard	User worker	1x / shift
9	Telephone and cell	User worker	1x / shift
10	Individual offices	User worker	1x / shift