Updated July 9, 2020 1

ᓱᒃᑯᓯᒪᔪᕐᓂᐊᑏᑦ ᓄᑕᐅᓯᓕᕆᓂᕐᒥᓗ ᐱᓇᓱᑦᑐᑦ ᒪᙯᑦᑎᓯᕕᓐᓂ/ᐳᓚᕋᕐᑐᓄᑦ ᐃᓂᓂ ᓄᓇᕕᒻᒥᓗ ᒥᕐᖑᐃᓯᕐᕕᖏᓐᓂ

ᐃᓚᐅᑎᓪᓗᒋᑦ ᐲᔦᓃᑦ ᒪᙯᕝᕕᓕᐊᕆᔭᐅᒪᓚᐅᕐᑐᑐᓂᑦ ᐊᒻᒪᓗ ᐊᕙᑎᖓᓂᒃ ᐃᑉᐱᒋᔭᖃᕐᓂᓂᒃ ᓄᓇᕕᒻᒥ ᒥᕐᖑᐃᓯᕐᕕᖏᓐᓂᑦ

ᐊᖏᕐᑕᐅᓂᕐᖁᑦ ᓄᓇᕕᒻᒥ ᐅᐃᒪᓇᕐᓯᔪᖃᕐᐸᑦ ᐊᑐᐃᓐᓇᐅᒋᐊᖃᕐᓂᒧᑦ ᐃᒫᙰᕐᑎᖏᓐᓄᑦ ᑲᑎᖕᖓᔨᓄᑦ Covid-19ᒧᑦ ᐅᓄᕐᑐᑦ ᖃᓂᒻᒪᖃᑦᑕᑐᓂᑦ ᔫᓂ 15, 2020ᒥ. ᐋᕐᕿᓱᕐᑕᐅᒋᐊᓪᓛᑐᕕᓃᑦ ᔪᓓ 6, 2020ᒥ.

• ᓱᒃᑯᓯᒪᔪᕐᓂᐊᓃᑦ ᓄᑕᐅᓯᓕᕆᓂᕐᒥᓗ ᐱᓇᓱᐊᕐᓃᑦ ᐳᓚᕋᕐᑐᓂᑦ/ᒪᙯᑦᑎᓯᕕᓐᓂᑦ ᓄᓇᓂᑦ (ᐅᑦᑑᑎᒋᓗᒋᑦ ᒪᙯᕝᕖᑦ) ᐊᒻᒪᓗ ᓄᓇᕕᒻᒥ ᒥᕐᖑᑉᓯᕐᕕᖏᑦ, ᐃᓚᐅᑎᓪᓗᒋᑦ ᐲᔦᓃᑦ ᒪᙯᕝᕕᓕᐊᕆᔭᐅᒪᓚᐅᕐᑐᑐᓂᑦ ᐊᕙᑎᖓᓂᓗ ᐃᑉᐱᒋᔭᖃᕐᓃᑦ ᓄᓇᕕᒻᒥ ᒥᕐᖑᐃᓯᕐᕕᖏᓐᓂ ᑲᔪᓯᑎᑕᐅᒍᓐᓇᖁᑦ ᓄᓇᕕᒻᒥ ᐅᐃᒪᓇᕐᓯᔪᖃᕐᐸᑦ ᐊᑐᐃᓐᓇᐅᒋᐊᖃᕐᓂᒧᑦ ᐃᒫᙰᕐᑎᐅᓂᕐᒧᑦ ᑲᑎᖕᖓᔨᖏᓐᓄᑦ ᐊᖏᕐᑕᐅᒪᕗᑦ.

• ᓇᒻᒥᓂᓕᓐᓄᑦ ᓄᓇᕕᒻᒥᑐᓄᑦ, ᐱᓇᓱᑦᑕᐅᔪᑦᓴᓕᒫᑦ ᐱᓇᓱᑦᑕᐅᔪᑦᓴᐅᕗᑦ ᐱᓇᓱᑦᑎᓄᑦ ᓄᓇᕕᒻᒥᒋᕐᑐᓄᑦ. ᐱᓪᓗᑯᒋᐊᓕᒍᕐᑐᓂᑦ ᐱᓇᓱᑦᑎᓄᖕᖏᑐᖅ (ᐅᑦᑑᑎᒋᓗᒋᑦ, ᓯᕿᓂᕐᒧᑦ ᐃᑯᒪᓕᐅᕈᑎᓂᑦ ᓱᒃᑯᓯᒪᔪᕐᓂᐊᑏᑦ, ᐅᕐᓱᐊᓗᓪᓗᒧᑦ ᐃᑯᒪᓕᐅᕈᑎᓂᑦ ᓱᒃᑯᓯᒪᔪᕐᓂᐊᑎᖏᑦ ᐊᓯᖏᓪᓗ) ᐊᓯᖏᓪᓗᓃᑦ ᐱᓇᓱᑦᑏᑦ ᖃᓪᓗᓈᑦ ᓄᓇᖓᓂ ᐱᓯᒪᔪᑦ ᐱᓇᓱᒋᐊᕐᑐᕈᓐᓇᖏᓪᓚᑦ ᓄᓇᒧᑦ ᓄᓇᕕᒻᒥᐅᑦ ᐱᓇᓱᑦᑐᐃᑦ ᓇᔪᕐᑕᖏᓐᓄᑦ.

• ᓇᒻᒥᓂᓖᑦ ᓄᓇᕕᐅᑉ ᓯᓚᑖᓂᑦᑐᑦ ᑐᕃᓐᓇᑐᑦᓴᐅᕗᑦ ᒪᙯᑦᑎᓯᕕᒻᒧᑦ ᖃᓪᓗᓈᑦ ᓄᓇᖓᓂ ᐱᓗᑎᑦ ᐅᕐᓱᐊᓗᑦᓯᒋᐊᕐᑐᖏᓪᓗᑎᑦ ᓂᕿᓯᒋᐊᕐᑐᖏᓪᓗᑎᓗᓐᓃᑦ ᓄᓇᕕᒻᒥ. ᐱᓇᓱᑦᑕᐅᒐᓱᑦᑐᑦ ᓄᕐᖃᓚᐅᕐᑐᕆᐊᖃᕈᑎᑦ ᓄᓇᕕᐅᑉ ᓄᓇᓕᖏᓐᓂᑦ ᑲᔪᓯᒍᓐᓇᑎᑕᐅᖕᖏᓚᑦ ᑎᑭᓪᓗᒍ ᓯᑦᑎᒻᐱᕆ 30ᒧᑦ ᑭᖑᓂᐊᒍᓗᓐᓃᑦ.

• ᓇᓪᓕᑐᐃᓐᓇᒋᐅᒐᓗᐊᕐᐸᖏᑦ, ᓱᒃᑯᓯᒪᔪᕐᓂᐊᑏᑦ ᐃᑭᑦᑐᒋᐊᖃᕐᖁᑦ (ᐅᓄᕐᓂᐹᖃᕐᓗᑎᑦ 4-5ᓂᑦ ᐃᓄᓐᓂᑦ) ᐱᓇᓱᑦᑎᓄᑦ ᑭᖕᖑᒪᓇᓪᓚᕆᑦᑐᓂᑦ ᓱᒃᑯᓯᒪᔪᕐᓂᐊᑎᐅᓗᑎᑦ (ᐅᑦᑑᑎᒋᓗᒍ ᐱᓇᓱᑦᑏᑦ ᑭᓯᐊᓂ).

• ᐊᓯᖏᑦ ᓇᐅᓕᒫᓂᒃ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᐱᒍᑦᔨᕕᖓᓄᑦ ᖃᓄᐃᓗᖁᔨᒍᑎᓕᐊᕕᓃᑦ ᒪᓕᑦᑕᐅᓯᐊᕆᐊᖃᕐᖁᑦ.

Updated July 9, 2020

2

ᓇᐅᓕᒫᓂᒃ ᐃᓗᓯᓕᕆᓂᕐᒥ ᐱᓯᒪᔪᑦ ᖃᓄᐃᓗᖁᔨᒍᑏᑦ ᐊᖏᕐᑕᐅᒪᔪᑦ ᓇᐅᓕᒫᓂᒃ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᓱᑯᐃᔦᓂᕐᒧᓕᖓᔪᓂᑦ ᑲᑎᖕᖓᔨᖏᓐᓄᑦ ᔫᓂ 10, 2020ᒥ.
ᒫᙯᕝᕕᓕᐊᓚᐅᕋᑎᒃ

• ᒪᙯᕝᕕᖁᑎᓖᑦ ᒪᙯᕝᕕᓕᐊᕐᑐᑦ ᑐᕃᓐᓇᓱᑎᑦ ᖃᓪᓗᓈᑦ ᓄᓇᖓᓂ ᑐᓴᐅᒪᑎᑦᓯᒋᐊᖃᕐᖁᑦ ᓄᓇᓕᒻᒥ

ᖃᓂᓐᓂᐹᒥᒃ (ᓄᓇᒥᒃ ᑎᒍᒥᐊᕐᑏᑦ ᑯᐊᐳᕆᓴᓐᖓᓂᒃ ᓄᑕᐅᓯᓕᕈᓐᓇᑐᓂᑦ ᐱᑦᓴᖑᒍᓐᓇᑐᓕᕆᕕᒃᑯᓂᑦ, ᐊᕙᑎᓕᕆᓂᖅ, ᓄᓀᑦ ᒥᕐᖑᐃᓯᕐᕕᓕᕆᔨᒃᑯᓂᑦ, ᑲᑎᕕᒃ ᓄᓇᓕᓕᒫᑦ ᑲᕙᒪᖓᓂ ᐅᕗᖓ ᐊᓪᓚᕕᖃᕐᓗᑎᑦ camps@krg.ca) ᑐᓴᕐᑎᓗᒋᑦ ᓱᒃᑯᓯᒪᔪᕐᓂᐊᑕᐅᓱᖕᖑᔪᓂᑦ/ᑐᕐᕿᑎᕐᓂᓂᑦ ᓄᓇᒥᑦᑐᓂᑦ (ᐃᑯᓪᓚᑎᑦᓯᒐᓱᓐᓂᒧᑦ ᐊᑦᑕᓇᕐᑐᒥᑎᑦᓯᑌᓕᓂᕐᒧᑦ ᓄᓇᕕᒻᒥᐅᓂᑦ ᒪᙯᑦᑐᓂᑦ)

ᓵᑕᕐᑐᑦ ᖃᖓᑦᑕᔪᒃᑯᑦ ᖁᓕᒥᒍᓕᑎᒍᓪᓗᓃᑦ (ᓇᒻᒥᓂᕆᔭᐅᑉᐸᑦ ᖏᑉᐸᓗᓐᓃᑦ) ᒪᙯᑦᑎᓯᕕᓐᓄᑦ

• ᐅᓄᕐᓂᐹᖃᖁᔭᐅᕗᑦ ᑕᓪᓕᒪᓂᑦ ᐃᓄᓐᓂᑦ ᓵᑕᕐᑕᐅᔪᓂᑦ ᖃᖓᑦᑕᔪᒃᑰᑐᓂᑦ (ᐅᓄᕐᓂᐹᖃᕐᓗᑎᑦ
ᓯᑕᒪᐅᔪᕐᑐᓂᑦ ᐃᓄᓐᓂᑦ ᖃᓄᐃᓕᖓᒍᓯᖃᕐᓂᐸᑕ ᐊᓯᖏᓐᓂᑦ ᑭᓯᐊᓂ ᑕᒪᓐᓇ ᐊᑐᕐᑕᐅᖏᑦᑐᖅ) ᓯᑕᒪᐅᓗᑎᓗ ᖁᓕᒥᒎᓕᒻᒥ ᐊᐅᓪᓚᓂᑕᒫᖏᓐᓂ.

• ᐊᐅᓪᓚᓚᖓᔪᑦ ᐊᓯᒥᓄᑦ ᐅᖓᓯᓐᓂᖃᕆᐊᖃᕐᖁᑦ 2ᓂᑦ ᓱᕐᖄᑎᕈᓂᑦ, ᐱᕕᓕᒫᖓᒍᑦ (ᐅᑦᑑᑎᒋᓗᒍ ᒥᕝᕕᒥ) ᑮᓇᑉᐸᑲᕐᓗᑎᓗᓐᓃᑦ.

• ᖃᖓᔪᒃᑰᓂᓕᒫᒥᓂᑦ, ᖃᖓᑦᑕᔫᒃᑯᑦ ᖁᓕᒥᒎᓕᑎᒍᓗᓐᓃᑦ ᐃᑯᒪᔪᓕᒫᑦ ᑮᓇᑉᐸᑲᕆᐊᖃᕐᖁᑦ
(ᐋᓐᓂᐊᓯᐅᕆᔩᑦ ᑮᓇᑉᐸᖓᓂᐅᖕᖏᑐᖅ ᑮᓇᕐᒥᒃ ᐅᓕᑦᓯᒍᑎᒥᓗᓐᓃᑦ, ᒪᓕᑦᑕᐅᖁᔭᐅᔪᖅ ᑲᓇᑕᒥ ᐊᐅᓚᐅᑎᓕᕆᔨᒃᑯᖏᓐᓄᑦ; ᑕᑯᒋᐊᕐᓗᒍ ᐊᑭᓐᓇᒥᐅᑕᖓ ᑮᓇᕐᒥᒃ ᐅᓕᑦᓯᒍᑎᒃ ᐊᑐᕐᑕᐅᒋᐊᓕᒃ ᐊᐅᓪᓚᑐᓕᒫᓄᑦ, ᖃᐅᔨᒋᐊᕐᓗᒍ ᖃᕆᑕᐅᔭᑎᒍᑦ ᓄᐃᑕᑎᑦᓯᕕᖓᓂ1

).

• ᖃᖓᑦᑕᔫᒃᑰᑐᑦ ᖁᓕᒥᒎᓕᒃᑰᑐᐃᓗ ᑭᐅᖃᑦᑕᕆᐊᖃᓛᕐᖁᑦ ᐊᐱᕐᓲᑎᓂᑦ ᓀᑦᑐᓂᑦ, ᐊᐅᓪᓚᓚᐅᕋᑎᑦ ᐊᐱᕐᓱᒍᑎᐅᒋᐊᓕᓐᓂᑦ (ᐊᑐᓂ ᐊᐅᓪᓚᕋᓱᑦᑐᑦ ᓇᒻᒥᓂᕐᒥᓂᒃ ᐊᓪᓚᐅᑎᒃᑲᑐᑦᓴᐅᕗᑦ ᑕᑕᕐᓭᒍᑎᑦᓴᒥᓂᒃ ᐊᐱᕐᓲᑎᓂᑦ). ᐊᐅᓪᓚᕈᓐᓇᑎᑕᐅᓛᖕᖏᓚᑦ ᐃᒻᒥᓂᕿᓗᑎᑦ ᐊᓂᑦᑌᓕᒪᓂᕐᒥᒍᑎᑦ, ᖃᓂᑕᖃᕐᓂᕈᑎᑦ ᐃᓄᒻᒥᒃ ᓱᕐᖁᐃᑕᐅᔪᒥᒃ COVID-19-ᓕᒻᒥᒃ ᒪᓗᓐᓇᐅᑎᖃᕐᐸᓗᓐᓃᑦ COVID-19-ᒥᒃ (ᐆᓇᕿᓂᖅ ᕿᐅᔭᒍᓱᓐᓂᓗᓐᓃᑦ, ᖁᐃᕐᑐᓂᖅ, ᐃᐱᓂᐊᕐᓂᖅ, ᓂᕆᔭᒥᓂᑦ ᓱᓈᕐᓂᓂᖏᓐᓂᑦ ᐃᑉᐱᒍᓱᒍᓐᓀᑐᑦ ᓀᒪᒍᓐᓇᖏᕐᓱᑎᓗᓐᓃᑦ).

• The COVID-19 «ᖃᖓᑦᑕᔪᒃᑰᓃᑦ ᓄᓇᕕᒻᒥ ᑭᓯᐊᓂ» ᖃᓄᐃᓗᖁᔨᒍᑏᑦ 2

ᐊᒻᒪᓗ «COVID-19
ᒫᓐᓇᓯᐅᑏᑦ ᖃᓄᐃᓗᖁᔨᒍᑏᑦ ᓵᑕᒃᑯᑐᓄᑦ»3

ᒪᓕᑦᑕᐅᔪᑦᓴᐅᕗᑦ.
ᐅᒥᐊᒃᑯᑦ ᒪᙯᑦᑎᓯᕕᓕᐊᕐᓃᑦ

1
https://gov.nu.ca/sites/default/files/face_covering_requirements_for_air_travellers_poster_v2_april-18-

2020_eng.pdf 2
http://nrbhss.ca/sites/default/files/covid19/Lines_North_flights_EN.pdf 3

http://nrbhss.ca/sites/default/files/covid19/Nunavik_Interim_Recommendations_For_Charter_05-18-2020.pdf

Updated July 9, 2020

3

• ᐅᒥᐊᒃᑰᑐᑦ ᑭᐅᒋᐊᖃᖃᑦᑕᓛᕐᑐᑦ ᓀᑦᑐᓂᑦ, ᐊᐅᓪᓚᓚᐅᕋᑎᒃ ᐊᐱᕐᓲᑎᓂᑦ ᓇᐅᑦᓯᑐᕐᑕᐅᒍᑎᑦ (ᐊᑐᓂ ᐊᐅᓪᓚᖑᓱᑦᑐᑦ ᓇᒻᒥᓂᕐᒥᓂᒃ ᐊᓪᓚᐅᑎᒃᑲᖁᔭᐅᕗᑦ ᐊᐱᕐᓲᑎᓂᑦ ᑭᐅᓕᕈᑎᒃ ᐊᑐᕋᑦᓴᒥᓂᒃ). ᐅᒥᐊᕐᑐᖃᑎᐅᒍᓐᓇᓛᖕᖏᑐᑦ ᐃᒻᒥᓂᕿᓗᑎᑦ ᐊᓂᑦᑌᓕᒪᓂᕐᒥᒍᑎᑦ, ᖃᓂᑕᖃᕐᓂᕈᑎᑦ ᓱᕐᖁᐃᑐᒥᒃ ᖃᓂᒪᔪᒥᒃ COVID-19-ᒧᑦ ᒪᓗᓐᓇᐅᑎᖃᕈᑎᓗᓐᓃᑦ COVID-19-ᒧᑦ (ᐆᓇᕿᓗᑎᑦ ᕿᐅᔭᒍᓱᒍᑎᑦ, ᖁᐃᕐᑐᓂᖅ, ᐃᐱᓂᐊᕈᑎᒃ, ᓂᕆᔭᒥᓂᑦ ᓱᓈᕐᓂᓂᖏᓐᓂᑦ ᐃᑉᐱᒍᓱᒍᓐᓀᑐᑦ ᓀᒪᒍᓐᓇᖏᕐᓱᑎᓗᓐᓃᑦ).

• ᐅᒥᐊᕐᑐᑏᑦ ᑭᐅᖃᑦᑕᕆᐊᖃᓂᐊᕐᖁᑦ ᓀᑦᑐᒥᒃ ᐊᐱᕐᓲᑎᓂᑦ,

• ᐱᓇᓱᑦᑎᓕᒫᑦ ᐅᒥᐊᕐᑐᑐᑦ ᐊᑑᑎᒋᐊᖃᕐᖁᑦ ᐅᑯᓂᖓ:
o ᐃᕐᕈᑐᖃᑦᑕᓗᑎᑦ ᐅᒥᐊᕐᒧᓯᒍᑎᑦ ᐅᒥᐊᕐᒥᒍᓐᓀᓯᒍᑎᓗ (ᐊᑦᔭᓯᓗᑎᑦ ᐊᒡᒐᓂᑦ ᓴᓗᒻᒪᓭᒍᑎᓂᑦ ᐃᒪᐅᔭᓂᑦ ᐅᕝᕙᓗᓐᓃᑦ ᐅᕝᕙᐅᑎᒥᒃ ᐃᒪᕐᒥᓗ).

o ᖁᐃᕐᑐᓗᑎᑦ ᑕᒋᐅᓪᓗᑎᓗᓐᓃᑦ ᐃᑯᓯᐅᑉ ᓇᓛᓄᑦ.

o ᓲᓱᑦᓴᓯᐊᕐᓗᑎᑦ ᐅᖓᓯᓐᓂᕆᔭᐅᒋᐊᓕᓐᓂᑦ ᒪᕐᕉᓂᒃ ᓱᕐᖄᑎᕈᑎᓂᑦ ᐱᓇᓱᑦᑎᐅᖃᑎᒌᑦᑐᑦ.

• ᐃᓅᖃᑎᒥᓂᑦ ᐅᖓᓯᑦᑕᖃᕈᓐᓇᖏᒃᑯᑎᑦ, ᐱᓇᓱᑦᑏᑦ ᑮᓇᑉᐸᑲᖁᔭᐅᕗᑦ (ᐋᓐᓂᐊᓯᐅᕆᔨᓐᓄᓕᖓᖕᖏᑐᒥᒃ ᑮᓇᕐᐸᒥᒃ ᐅᕝᕙᓗᓐᓃᑦ (ᑮᓇᕐᒥᒃ ᐅᓕᑦᓯᒪᒍᑎᒥᒃ; ᑕᑯᒋᐊᕐᓗᒋᑦ ᑲᓇᑕᐅᑉ ᑲᕙᒪᖓᑕ ᖃᕆᑕᐅᔭᑎᒍᑦ ᓄᐃᑕᑎᑦᓯᕕᖓᓂᑦᑐᓂᑦ4

).

• ᐃᒐᓛᖑᑦᓱᓂ ᕿᑐᑦᑐᒃ ᑮᓇᕐᒥᒃ ᐅᓕᑦᓯᓯᒪᒍᑎᒃ ᐊᑐᕐᑕᐅᖔᕈᓐᓇᕆᕗᖅ ᑮᓇᓕᒫᖓᓂᑦ ᐅᓕᑦᓯᓯᒪᔪᒥᒃ ᑕᓪᓗᖓᓄᑦ ᑎᑭᑦᑐᒥᒃ

o ᓱᓇᑐᐃᓐᓇᓂᑦ ᐊᑐᖃᑎᒌᖃᑦᑕᖏᓗᑎᑦ ᐃᓄᐃᑦ ᐊᒡᒐᖏᓐᓄᑦ ᐊᑦᑐᑕᐅᑐᐃᓐᓇᕆᐊᓕᓐᓂᑦ ᖁᕐᓕᐊᖓᓄᓗᓐᓃᑦ, ᐅᑦᑑᑎᒋᓗᒋᑦ ᐳᓪᓚᐅᔦᑦ, ᓱᐴᕈᑏᑦ ᐅᕐᕕᐅᔦᓗᓐᓃᑦ ᑲᐳᕐᖃᐅᑎᓗᓐᓃᑦ.

o ᓇᒻᒥᓂᖅ ᖃᔫᑦᑕᖃᕐᓗᑎᑦ ᐃᒥᕈᑎᒋᖃᑦᑕᓂᐊᕐᑕᒥᓂᒃ ᐊᓯᒥᓄᓗ ᐊᑐᕐᑕᐅᑎᑦᓯᑌᓕᓗᑎᑦ.

ᓯᓂᕝᕖᑦ

• ᐱᓇᓱᑦᑏᑦ ᖃᕆᐊᖃᑎᒋᑦᑐᓴᐅᖕᖏᓚᑦ. ᐃᓄᒃ ᐊᑕᐅᓯᖅ ᖃᕆᐊᓕᑐᔪᑦᓴᐅᕗᖅ.

ᐊᒡᒐᓂᒃ ᓴᓗᒪᑎᑦᓯᓂᖅ, ᐊᓂᕐᑎᕆᓂᕐᒥ ᖃᓄᐃᓗᕈᓯᐅᒋᐊᓖᑦ, ᐃᓅᖃᑎᒥᓄᑦ ᐅᖓᓯᓐᓂᕆᔭᐅᒋᐊᓖᑦ

ᒪᓕᑦᓯᐊᓗᒋᑦ ᐊᒡᒐᓂᑦ ᓴᓗᒪᑦᓯᐊᕆᐊᖃᕐᓂᖏᓐᓄᓕᖓᔪᑦ ᓴᓗᒻᒪᓭᒍᑎᖃᑦᓯᐊᓗᑎᑦ (ᐃᒪᖅ ᑯᕕᔪᖅ, ᐅᕝᕙᐅᑎᒃ, ᓲᖑᔪᔦᑦ ᓴᓗᒻᒪᓭᒍᑏᑦ ᐊᒡᒐᓂᒃ, ᐊᒡᒐᓄᑦ ᐊᑦᑐᑕᐅᒋᐊᑐᕋᑎᒃ ᓴᓂᒃᑯᕖᑦ, ᐃᒋᑕᐅᓲᑦ ᑲᒃᑭᒍᑏᑦ, ᐊᓪᓚᕈᑏᑦ ᐃᒡᒍᑎᐊᓗᐃᓪᓗᓃᑦ, ᐊᓯᖏᓪᓗ).

4
https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html#a5

Updated July 9, 2020

4

• ᐊᒡᒐᓂᑦ ᐃᕐᕈᑐᓕᐅᒥᔮᕐᑕᓗᑎᑦ ᐅᕝᕙᐅᑎᓕᒻᒧᑦ ᐃᒪᕐᒧᓗ 20 ᓴᑲᓐᔪᐊᓂᑦ ᐊᑯᓂᕐᓂᖃᕐᓗᓂ.

• ᓲᖑᔪᔭᒥᒃ ᐊᑐᕐᓗᑎᑦ ᐃᒪᐅᔮᕐᑐᒥᒃ (60%ᓕᒻᒥᒃ ᐅᖓᑖᓄᓗᓐᓃᑦ) 20 ᓴᑲᓐᔪᐊᓂᑦ ᐅᕝᕙᐅᑎᖃᖕᖏᐸᑦ
ᐃᒪᖃᖕᖏᐸᓗ.

• ᐃᔨᓂᒃ, ᕿᖓᕐᒥᒃ ᖃᓂᕐᒥᓗᓐᓃᑦ ᐊᑦᑐᐃᑌᓕᓗᑎᑦ ᓴᓗᒣᑦᑐᑐᐃᓐᓇᕆᐊᓕᓐᓄᑦ ᐊᒡᒐᑎᓐᓄᑦ.

• ᐱᓇᓱᑦᑎᓕᒫᑦ ᐃᕐᕈᑐᕈᓐᓇᓯᖃᑦᑕᖁᔭᐅᕗᑦ ᐊᒡᒐᒥᓂᒃ ᐱᓇᓱᒋᐊᓯᒍᑎᑦ, ᐱᓇᓱᒌᕈᑎᑦ, ᓂᕆᓚᐅᕋᑎᑦ, ᕿᑲᕐᓇᒥ ᕿᑲᓚᐅᕋᑎᑦ, ᓱᐴᕈᓯᔭᓚᐅᕋᑎᑦ ᐊᓇᕐᕕᓕᐊᓕᕈᑎᓗ. ᒪᓕᓪᓗᒋᑦ ᐊᓂᕐᑎᕆᓂᕐᒥᒃ ᖃᓄᐃᓗᕈᓯᐅᒋᐊᓖᑦ (ᖁᐃᕐᑐᓗᑎᑦ ᐃᑯᓯᐅᑉ ᓇᓛᓄᑦ ᑲᒃᑭᒍᑎᑦᓴᔭᒧᓗᓐᓃᑦ ᓴᓂᒃᑯᕕᒻᒧᑕᐅᑦᓴᐅᑎᒋᓗᓂ ᐊᑐᕐᑕᐅᕆᒍᓂ, ᐃᕐᕈᑐᓴᐅᑎᒋᓗᓂ ᐃᑉᕈᑐᒍᓐᓇᓯᑐᐊᕈᓂ).

ᒪᓕᓪᓗᒋᑦ ᐃᓅᖃᑎᒥᓄᑦ ᐅᖓᓯᓐᓂᕆᔭᐅᒋᐊᓖᑦ ᖃᓄᐃᓗᕈᑎᑦᓴᓕᐊᕕᓃᑦ, ᐅᑯᐊ:
• ᑎᒥᒋᔭᐅᔪᒥᒃ ᐊᑦᑐᐃᑌᓕᓗᓂ (ᐅᑦᑑᑎᒋᓗᒋᑦ ᓭᒧᕐᓃᑦ, ᐃᕿᑦᓯᓃᑦ).

• ᐁᑦᑐᑑᑎᑦᑌᓕᓗᑎᑦ ᓱᓇᑐᐃᓐᓇᓂᑦ (ᓱᐴᕈᑏᑦ, ᑳᕕᑐᕈᑏᑦ ᖃᔫᑦᑌᑦ, ᐊᓪᓚᐅᑏᑦ, ᑐᓴᐅᒪᖃᑎᒌᒍᑏᑦ, ᐁᑦᑐᐃᓂᖅ ᑮᓇᐅᔭᓂᑦ ᐊᓪᓚᕕᑦᓴᔭᓂᑦ, ᓂᐊᖁᕐᓂᐅᑎᒥᒃ), ᓴᓇᕐᕈᑏᑦ ᐱᖁᑏᓪᓗ.

• ᒪᓕᑦᓯᐊᓗᑎᑦ ᐅᖓᓯᓐᓂᕆᔭᐅᒋᐊᓕᓐᓂᑦ ᒪᕐᕉᓂᒃ ᓱᕐᖄᑎᕈᑏᓐᓂᒃ ᐊᓯᒥᓄᑦ ᐃᓄᓐᓄᑦ. ᐃᓄᒻᒧᑦ
ᖃᓂᓐᓂᖃᕈᓂ ᒪᕐᕉᓂᒃ ᓱᕐᖄᑎᕈᑏᓐᓂᒃ ᑕᕐᓵᐱᓐᓂᑦ ᐊᒥᓱᓪᓗᐊᖏᑦᑐᓂᑦ ᐊᑦᑕᓇᕐᑐᒥᒍᑎᐅᑐᐃᓐᓇᕆᐊᖃᖕᖏᑐᖅ.

ᑮᓇᕐᐸᑲᕐᓃᑦ, ᑮᓇᑉᐸᑲᕆᐊᖃᓕᕈᑎᑦ

ᐱᓇᓱᖃᑎᒋᓪᓚᕆᒋᐊᖃᕐᐸᑕ ᒪᕐᕉᓂᒃ ᓱᕐᖄᑎᕈᑏᓐᓂᒃ ᖃᓂᓐᓂᓴᓂᑦ ᖃᓂᑦᑕᕆᓪᓗᑎᑦ ᐱᓇᓱᑦᑎᐅᖃᑎᒌᑦ 15 ᑕᕐᓵᐱᓐᓂᑦ ᐅᖓᑖᓄᓗᓐᓃᑦ ᐊᕕᑦᓯᒪᒍᑎᖃᖕᖏᓗᑎᑦ ᑎᒥᖏᑦ:

• ᑮᓇᑉᐸᑲᖁᔭᐅᕗᑦ ᐋᓐᓂᐊᕕᓐᓂ ᐊᑐᕐᑕᐅᓱᓂᑦ ᐃᒡᒐᑲᕐᓗᑎᓗ ᐃᔩᓐᓂᒃ ᓴᐳᒻᒥᒍᑎᓂᑦ ᐊᒡᒐᕚᒃᑲᓗᑎᓗ
ᐊᑐᕐᑕᐅᓲᖑᒋᕐᑐᓂᑦ. ᑮᓇᕐᒥᒃ ᐅᓕᑦᓯᒍᑎᒥᒃ ᐃᒐᓛᖑᑦᓱᓂ ᑕᓪᓗᒧᑦ ᑎᑭᑦᑐᒥᒃ ᐊᑐᕐᑕᐅᖔᕈᓐᓇᕆᕗᖅ ᐃᔩᓐᓂᓗ ᓴᐳᒻᒥᒍᑎᓂᑦ ᐃᒡᒐᑲᕐᓗᑎᑦ.

• ᑖᓐᓇ ᖃᓄᐃᓗᕈᑎᑦᓴᓕᐊᕕᓂᖅ ᒪᓕᑦᑕᐅᖁᔭᐅᔪᖅ ᐃᔩᓐᓂᒃ ᓴᐳᒻᒥᒍᑎᓕᐊᕕᓃᑦ ᑮᓇᕐᒥᓗᓐᓃᑦ ᐅᓕᑦᓯᔪᖅ
ᐃᒐᓛᖑᑦᓱᓂ ᑕᓪᓗᒧᕐᑐᖅ ᐊᑦᑕᓇᕐᑐᒥᑎᑦᓯᖏᑉᐸᑕ ᐱᓇᓱᑦᑐᒥᒃ (ᐅᑦᑑᑎᒋᓗᒍ, ᐃᑯᒪᒧᑦ ᑕᑯᓐᓇᓯᐊᖕᖏᓚᖀᑉᐸᑦ).

• ᐊᓂᓚᐅᕋᓂ ᐱᓇᓱᕝᕕᒋᑫᓐᓇᑕᒥᓂ:

o ᐃᔩᒻᒥᓂᒃ ᓴᐳᒻᒥᒍᑎᒋᑫᓐᓇᑕᕐᒥᓂᒃ ᐃᒡᒑᓂᒃ ᐱᕐᓯᓯᐊᕐᓗᓂ ᐋᓐᓂᐊᓯᐅᕐᑎᓄᓗ ᐊᑐᕐᑕᐅᓲᓂᑦ ᑮᓇᑉᐸᒥᒃ ᓴᓂᒃᑯᕕᒻᒧᓗᒋᑦ ᐅᕝᕙᓗᓐᓃᑦ ᐴᕐᒧᑦ ᒪᑐᓕᒻᒧᑦ ᐃᓂᑦᓴᓕᐊᕆᔭᐅᒪᔪᓄᑦ ᑕᒪᒃᑯᓄᖓ ᕿᓪᓕᑐᔭᒧᓗᓐᓃᑦ, ᐃᒋᓯᓗᒋᑦ.

o ᖁᐱᕐᕈᐊᕈᓰᔭᕐᓗᒋᑦ ᐊᑐᕐᑕᐅᒋᐊᓪᓚᕈᓐᓇᑐᑦ ᐱᐅᒡᒍᑏᑦ (ᐅᑦᑑᑎᒋᓗᒋᑦ ᐃᔩᓐᓂᒃ ᓴᐳᒻᒥᒍᑏᑦ ᐅᕝᕙᓗᓐᓃᑦ ᑮᓇᑉᐯᑦ ᑮᓇᕐᒥᒃ ᐅᓕᑦᓯᔪᑦ ᐊᑐᕐᑕᐅᒋᐊᓪᓚᕈᓐᓇᐸᑕ) ᓴᓗᒻᒪᓴᕐᓗᒋᑦ ᓴᓗᒻᒪᓭᒍᑎᖏᓐᓄᑦ ᐱᐅᒡᒍᑎᓂᑦ.

o ᐃᕐᕈᑐᕐᓗᑎᑦ ᓴᓗᒻᒪᓭᓗᑎᓗᓐᓃᑦ ᓲᖑᔪᔭᒧᑦ ᐃᕐᕈᑐᕈᑐᕈᑎᒧᑦ ᐃᒪᐅᔭᐅᑦᓱᓂ ᐱᐅᒡᒍᑎᓂᑦ ᐊᑐᕐᑕᕕᓂᑎᓐᓂ ᐲᕐᓯᒍᕕᑦ.

Updated July 9, 2020

5

ᐱᓇᓱᒍᑏᑦ ᐊᒡᒐᕚᒃ ᐊᓐᓄᕌᓪᓗ

• ᐊᒡᒐᕚᒃᑲᓂᐅᓲᑦ ᐱᓇᓱᒍᑎᓂᑦ ᒪᓕᑦᑕᐅᖏᓐᓇᕆᐊᖃᕐᖁᑦ:
o ᐊᒡᒐᕚᑦ ᐲᕐᓗᒋᑦ ᓂᕆᓚᐅᕋᓂ, ᐴᕐᒨᓗᒋᑦ ᒪᑐᓲᒧᑦ ᐃᑦᓯᕕᐊᐱᒻᒧᓗᒋᓗᓐᓃᑦ.
o ᐃᕐᕈᑐᕐᓗᓂ ᐅᕝᕙᐅᑎᒧᑦ ᐃᒪᕐᒧᓗ ᐅᕝᕙᓗᓐᓃᑦ ᓲᖑᔪᔭᒥᒃ ᐊᒡᒐᓂᒃ ᓴᓗᒻᒪᓭᒍᑎᒧᑦ ᐃᒪᐅᔭᒧᑦ
ᐊᒡᒐᕚᓂᒃ ᐲᕐᓯᓂᑕᒫᒥᓂ.
o ᐊᒡᒐᕚᕆᐊᓪᓚᓗᓂ, ᕆᐊᖃᕈᓂ.
• ᐲᕐᓗᒋᒃ ᐱᓇᓱᒍᑏᑦ ᐊᓐᓄᕌᑦ ᐱᓇᓱᒋᕈᓂ.

• ᐅᕝᕙᕈᑎᒧᑦ ᐅᕝᕙᓗᒋᑦ ᐊᓐᓄᕌᑦ ᐱᓇᓱᒍᑏᓪᓗ ᐊᒡᒐᕚᒃ, ᖃᐅᑕᒫᑦ ᕈᓐᓇᕈᑎᑦ, ᕈᓐᓇᓂᑕᒫᖏᓐᓂᓗᓐᓃᑦ, ᒪᓕᓪᓗᒋᑦ ᖃᓄᐃᓗᕈᓯᐅᒋᓲᓂᑦ, ᐸᓂᕐᑎᓯᐊᓪᓗᒋᓗ.
• ᐊᓐᓄᕌᑦ ᐱᓇᓱᒍᑏᑦ ᐊᒡᒐᕚᓗ ᑖᑦᓱᒧᖓᑦᓭᓇᖅ ᐱᓇᓱᑦᑎᒧᑦ ᐊᑐᕐᑕᐅᑎᖏᓐᓇᓕᒫᕐᑎᓗᒋᑦ ᐅᕝᕙᑕᐅᖕᖏᓂᓕᒫᖏᓐᓂ.
ᐃᑉᐱᒋᑦᓯᐊᓗᒋᑦ ᓂᕆᓐᓇᓃᑦ

• ᐃᕐᕈᑐᑦᓯᐊᖃᑦᑕᓗᑎᑦ ᓂᕆᓚᐅᕋᑎᑦ ᓂᕆᒋᕈᑎᓗ.
• ᐱᓇᓱᑦᑏᑦ ᖃᕆᐊᕐᓚᒥ ᓂᕆᕕᖃᕐᑎᓗᒋᑦ ᐅᖓᓯᑦᑕᕆᓐᓂᖃᖃᑦᑕᓂᐊᕐᒪᑕ ᒪᕐᕉᓂᒃ ᓱᕐᖄᑎᕈᑏᓐᓂᒃ ᐅᖓᑖᓄᓗᓐᓃᑦ.
• ᐊᓯᐊᓂᒃ ᖃᕆᐊᒥᒃ ᐊᑐᐃᓐᓇᖃᖕᖏᐸᑦ, ᐋᕐᕿᒋᐊᕐᓗᒋᑦ ᕿᑎᕋᓕᒥ ᓂᕆᕕᐅᖃᑦᑕᓂᐊᕐᑐᑦ ᐅᓄᕐᑐᓗᐊᓂᐊᖕᖏᒪᑕ ᐱᓇᓱᑦᑏᑦ ᐃᒐᓕᕐᒥ ᓂᕆᖃᑎᒌᓐᓂᖏᑦ.
• ᐱᓇᓱᑦᑏᑦ ᓯᓚᒥ ᓂᕆᑉᐸᑕ, ᐅᖓᓯᑦᑕᕆᓐᓂᐅᒋᐊᓖᑦ ᐊᓯᒥᓄᑦ ᒪᕐᕉᓂᒃ ᓱᕐᖄᑎᕈᑏᓐᓂᒃ ᒪᓕᑦᑕᐅᑎᑦᓯᐊᓗᒋᑦ ᐱᓇᓱᑦᑎᓄᑦ.
• ᓂᕆᔭᑎᓐᓂᑦ ᐊᓯᑎᓐᓄᑦ ᐁᑦᑐᐃᒍᓐᓀᓗᑎᑦ.
• ᓴᓗᒻᒪᓴᕐᓗᒋᑦ ᓂᕆᒍᑏᑦ ᐆᓇᕐᑐᒧᑦ ᐃᒪᕐᒧᑦ ᐅᕝᕙᐅᑎᐊᕐᓗᒋᑦ.

ᐃᓂᕐᕋᐅᑏᑦ ᐊᑐᕐᑕᐅᖃᑦᑕᐸᑕ ᐱᓇᓱᕝᕕᐅᔪᒥ (ᐅᑦᑑᑎᒋᓗᒋᑦ., ᓄᓇᒃᑰᔫᒃ ᐅᓯᕕᓕᒃ, ᓯᑕᒪᓕᒃ, ᐃᓂᕐᕋᐅᑎᒻᒪᕆᒃ)

• ᕈᓐᓇᐸᑦ, ᑖᑦᓱᒧᖓᑦᓭᓇᖅ ᐃᓄᒻᒧᑦ ᐃᓂᕐᕋᐅᑏᑦ ᐊᑐᕐᑕᐅᑎᖃᑦᑕᓗᒋᑦ.
• ᑖᒃᑯᓭᓐᓇᐅᑎᖃᑦᑕᓗᒋᑦ ᐃᓄᐃᑦ ᐃᓂᕐᕋᐅᑎᒦᑦᑐᑦ.
• ᐃᓂᒋᑫᓐᓇᑕᒥᓂᖏᓐᓇᑎᖃᑦᑕᓗᒋᑦ, ᐊᖁᑦᑎᒃ ᐅᓯᔭᐅᔪᕐᓗᓃᑦ, ᐱᓇᓱᓐᓂᓕᒫᒥᓂ ᐱᕕᓕᒫᖓᒍᑦ.

Updated July 9, 2020

6

• ᐁᑦᑐᑑᑎᖃᑦᑕᕈᓐᓀᓗᑎᑦ ᓱᓇᑐᐃᓐᓇᓂᑦ ᐱᐅᒡᒍᑎᓂᓗ (ᐅᑦᑑᑎᒋᓗᒋᑦ ᖃᕆᑕᐅᔭᒧᑦ ᐱᑐᒍᑏᑦ, ᐊᓪᓚᐅᑏᑦ, ᑐᑭᓯᒪᖃᑎᒌᒍᑏᑦ).

• ᐃᒣᓕᖓᑉᐸᑕ ᒪᕐᕉᒃ ᐊᒥᓲᓂᕐᓭᓗᓐᓃᑦ ᐱᓇᓱᑦᑏᑦ ᐃᑦᓯᕙᖃᑎᒌᒍᑎᒃ ᒪᕐᕉᓂᒃ ᓱᕐᖄᑎᕈᑎᓐᓂᒃ ᖃᓂᓐᓂᓴᒥ, ᐱᓇᓱᑦᑏᑦ ᓇᒻᒥᓂᕐᒥᓄᑦ ᓴᐳᒻᒥᒍᑎᓂᑦ ᐊᑐᕆᐊᖃᕐᖁᑦ. ᑮᓇᑉᐸᑲᕐᓂᖅ ᐋᓐᓂᐊᓯᐅᕐᑎᓄ ᐊᑐᕐᑕᐅᓲᓂᑦ ᐃᒡᒐᓂᓗᓐᓃᑦ (ᐃᔩᓐᓂᒃ ᓴᐳᒻᒥᒍᑏᑦ) ᐅᕝᕙᓗᓐᓃᑦ ᐃᒐᓛᖑᑦᓱᓂ ᕿᑐᑦᑐᒥᒃ ᑮᓇᕐᒥᒃ ᐅᓕᑦᓯᒍᑎᒃ ᐱᐅᓂᕐᓴᐅᒥᔪᖅ ᐊᒡᒐᕚᒃᑯᓗᓂᓗ ᐊᑐᕐᑕᐅᒌᓱᓂᑦ.
• ᐱᓇᓱᓐᓇᐅᓂᓕᒫᖓᓂ, ᓴᓗᒻᒪᓴᓕᐅᒥᔮᕐᑕᓗᒋᑦ ᓄᓇᒃᑯᔫᒥ ᐊᑭᓐᓇᖓ ᓯᕗᓂᕐᓂᑐᖅ, ᓴᖑᐊᑦᓯᒍᑎᒃ, ᐊᓯᑦᔩᒋᐊᕈᑎᒃ ᖃᑦᓯᒥᓐᓂᒥᒃ, ᐅᒃᑯᐃᕈᑏᑦ ᐊᑦᑐᑕᐅᒍᓪᓕᐅᓲᓗ ᐊᖁᑦᑐᒧᑦ ᐃᓂᕐᕋᐅᑎᒥᒃ ᓂᐅᒐᕐᓗᒋᑦ ᓲᖑᔪᔭᓕᒻᒧᑦ ᓂᐅᒐᐅᑎᓄᑦ ᓲᖑᔪᔭᕐᑕᓕᒃ ᓴᓗᒻᒪᓭᒍᑎᒃ ᓴᓗᒻᒪᓭᒍᑎᒧᓗᓐᓃᑦ ᐊᑐᕐᑕᐅᒍᓪᓕᐅᓲᓄᑦ.

• ᓴᓗᒻᒪᓭᒍᑏᑦ ᐊᑐᐃᓐᓇᐅᑎᑕᐅᒋᐊᖃᕐᖁᑦ ᓄᓇᒃᑯᔫᓕᒫᓂ.

ᐊᓪᓚᕕᑦᓴᓕᕆᓃᑦ ᐁᑦᑐᑑᑎᖃᕐᓂᓗᓐᓃᑦ ᐊᓪᓚᕕᑦᓴᓂᑦ

ᐱᒍᓐᓇᐸᑦ, ᐊᓪᓚᕕᑦᓴᓕᕆᓪᓗᐊᑌᓕᓗᑎᑦ ᐁᑦᑐᑑᑎᖃᓪᓗᐊᑌᓕᓗᑎᓗ ᐊᓪᓚᓯᒪᔪᓂᑦ (ᐅᑦᑑᑎᒋᓗᒋᑦ, ᐃᓪᓗᓕᐅᕐᓂᒧᑦ ᐸᕐᓀᕈᑎᓕᐊᕕᓂᕐᓂᑦ ᐃᓗᓕᑕᖏᓐᓂᓗ). ᐊᓪᓚᕕᑦᓴᓕᕆᒋᐊᖃᕐᐸᑕ:

• ᐊᓪᓚᓯᒪᔪᑦ ᓴᓗᒪᔪᒧᕐᓗᒋᑦ ᐊᑐᐊᕐᑕᐅᓂᐊᕐᒪᑕ ᕿᒥᕐᕈᔭᐅᓗᑎᓗ, ᒪᓕᑦᓯᐊᓗᑎᑦ ᒪᕐᕉᓂᒃ ᓱᕐᖄᑎᕈᑏᓐᓂᒃ ᐅᖓᓯᑦᑕᕆᓐᓂᐅᒋᐊᓕᓐᓂᑦ ᐊᓯᒥᓄᑦ.

• ᐊᓪᓚᐅᑎᓐᓂᑦ ᐊᑐᕐᑕᐅᑎᑦᓯᓇᒃ ᐊᓯᓐᓄᑦ: ᐃᓘᓐᓇᑎᑦ ᓇᒻᒥᓂᖅ ᐊᓪᓚᐅᑎᖃᕐᑐᓴᐅᕗᑦ.

ᓴᓗᒻᒪᓭᓂᖅ ᖁᐱᕐᕈᐊᕈᓰᔦᓂᕐᓗ

ᓴᓗᒻᒪᓴᕐᓗᒋᑦ ᖁᐱᕐᕈᐊᕈᓰᔭᕐᓗᒋᓗ ᐊᑦᑐᑕᐅᒍᓪᓕᓕᒫᑦ ᓱᓇᑐᐃᓐᓀᑦ ᐊᑕᐅᓯᕕᑦᓴᓚᐅᕈᑎᑦ ᖃᐅᑕᒫᑦ, ᓴᓗᒻᒪᓭᒍᓯᐅᒌᓱᓂᑦ ᐃᓚᒋᐊᕈᑎᐅᑦᓱᓂ, ᓴᓗᒻᒪᓭᒍᓯᐅᓲᑦ ᖁᐱᕐᕈᐊᕈᓰᔦᒍᓯᐅᓲᓗ ᓴᓗᒻᒪᓭᒍᑏᑦ (ᖁᐱᕐᕈᐊᕈᓰᔦᒍᑎᓖᑦ ᐅᑦᑑᑎᒋᓗᒋᑦ Lysol, Clorox, Oxivir ᐅᕝᕙᓗᓐᓃᑦ ᓇᒻᒥᓂᖅ ᓴᓗᒻᒪᓭᒍᑎᓕᐊᕕᓂᖅ5

).
• ᐃᓂᓂ ᐊᑐᕐᑕᐅᒍᓪᓗᓂ ᐃᒐᓛᒥ ᐅᒃᑯᐃᓯᒍᑏᑦ, ᓵᑦ, ᐃᑯᒪᒥᒃ ᐃᑭᑦᓯᒍᑏᑦ, ᐅᒃᑯᐃᕈᑏᑦ, ᐃᑦᓯᕙᐅᑌᑦ ᑕᓕᖃᐅᑎᖏᑦ, ᑎᒍᒻᒥᕖᑦ, ᑖᓗᑌᑦ ᐊᓯᖏᓪᓗ.

• ᖃᕆᐊᑦ: ᐃᒐᓛᒥ ᐅᒃᑯᐃᓯᒍᑏᑦ, ᓵᑦ, ᐃᑯᒪᒥᒃ ᐃᑭᑦᓯᒍᑏᑦ, ᐅᒃᑯᐃᕈᑏᑦ, ᒪᔫᑏᑦ, ᑎᒍᒻᒥᕖᑦ, ᑖᓗᑌᑦ,
ᐊᑭᑎᐅᑉ ᐴᖏᑦ, ᖄᓕᕐᖀᑦ ᐊᓯᖏᓪᓗ.

• ᐊᓇᕐᕖᑦ: ᐃᒐᓛᒥ ᐅᒃᑯᐃᓯᒍᑏᑦ, ᐃᑯᒪᒥᒃ ᐃᑭᑦᓯᒍᑏᑦ, ᐅᒃᑯᐊᑦ/ᑯᕕᒍᑏᑦ ᑎᒍᒻᒥᕕᖏᑦ, ᐃᕐᕈᑐᕐᕖᑦ,
ᐊᓇᕐᕕᒃ, ᐃᓘᓐᓇᓂᐊᕐᕕᒃ, ᐃᓘᓐᓇᓂᐊᕐᕕᐅᑉ ᑖᓗᑕᖓ, ᐊᓯᖏᓪᓗ. ᐊᒥᓱᓄᑦ ᐊᑐᕐᑕᐅᓲᑦ ᐊᓇᕐᕖᑦ ᐃᓘᓐᓇᓂᐊᕐᕖᓗ ᓴᓗᒻᒪᓴᕐᑕᐅᖃᑦᑕᑐᑦᓴᐅᕗᑦ ᖁᐱᕐᕈᐊᕈᓰᔭᕐᑕᐅᓗᑎᓗ ᐊᑐᕐᑕᐅᒋᕐᓂᑕᒫᒥᓂ.

5 For homemade disinfectant: Dilute 4 teaspoons (20 ml) of domestic bleach in 1L (4 cups) of water. Use a fresh mix of water and bleach every day.

Updated July 9, 2020

7

• ᐃᒐᓕᖅ (ᓂᕆᒋᕐᓂᑕᒫᒥ): ᓂᓪᓕᓇᕐᑐᑯᕖᑦ ᐅᒃᑯᐊᖏᑦ, ᓵᑦ, ᓵᑯᑖᑦ, ᐅᒃᑯᐊᑦ ᐅᒃᑯᐃᕈᑎᖏᑦ, ᑭᐊᑦᓴᐅᑎᒃ,
ᖃᔫᑦᑕᖃᐅᑏᑦ ᑎᒍᒻᒥᕕᖏᑦ, ᐊᓯᖏᓪᓗ.

• ᓴᓇᕐᕈᑏᑦ ᐱᐅᒡᒍᑏᑦ (ᐱᓇᓱᓐᓇᐅᑉ ᓈᓂᑕᒫᖓᓂᑦ)

ᖃᓄᐃᓗᕈᓯᐅᒋᐊᓖᑦ ᐱᓇᓱᑦᑎᒃ COVID-19 ᒪᓗᓐᓇᐅᑎᖏᓐᓂᑦ ᖃᓂᒪᒍᑎᖃᕐᐸᑦ ᒪᙯᕝᕕᒥᓪᓗᓂ ᐅᐃᒪᓇᕐᑐᖃᕐᐸᓗ ᒪᙯᕝᕕᒥ

1. ᐱᓇᓱᑦᑎᒃ COVID-19 ᒪᓗᓐᓇᐅᑎᖏᓐᓂᑦ (ᐆᓇᕿᓂᖅ, ᖁᐃᕐᑐᓯᑉᐸᑦ,
ᐃᐱᓂᐊᕐᐸᑦ, ᓀᒪᕐᖃᔦᕐᐸᓗᓐᓃᑦ) ᐱᓇᓱᕝᕕᒥ, ᒪᙯᑦᑎᓯᕕᒻᒥ ᐊᐅᓚᑦᓯᔨᒃ/ᐱᓇᓱᑦᑎᓕᕆᔨᒃ ᐃᒣᓗᕆᐊᓕᒃ:
• ᖃᓄᕐᑐᕈᑎᑦᓴᓕᐅᕐᓯᒪᓗᓯ ᐱᓇᓱᑦᑎᒃ ᐊᓯᒥᓂᒃ ᖃᓂᑕᖃᖕᖏᑐᓂᐊᕐᒪᑦ ᖃᕆᐊᒥᓪᓗᓂ.

• ᐊᓪᓚᓗᒋᑦ ᓴᓗᒻᒪᓴᕐᓗᒋᓗ ᖁᐱᕐᕈᐊᕈᓯᔭᕐᓗᒋᓗ (ᖁᐱᕐᕈᐊᕈᓯᔦᑎᓄᑦ ᐅᑦᑐᑎᒋᓗᒋᑦ Lysol, Clorox, Oxivir ᖁᐱᕐᕈᐊᕈᓯᔦᒍᑎᓕᐊᕕᓂᕐᒧᓗᓐᓃᑦ4

) ᐃᓂᓂᑦ (ᐱᓇᓱᕝᕕᓂᑦ) ᐱᓇᓱᑦᑎᐅᑉ ᐅᐸᑦᓯᒪᔭᕕᓂᖏᓐᓂᑦ.

• ᐊᓪᓚᓗᒋᑦ ᓴᓗᒻᒪᓴᕐᓗᒋᓗ ᖁᐱᕐᕈᐊᕈᓯᔭᕐᓗᒋᓗ ᐃᓂᕐᕋᐅᑏᑦ, ᐱᐅᒡᒍᑏᑦ, ᓴᓇᕐᕈᑏᑦ ᓱᓇᑐᐃᓐᓀᓗ ᐊᑐᕐᑕᐅᔪᕕᓃᑦ ᐱᓇᓱᑦᑎᒧᑦ.

• ᐅᒃᑯᐊᓗᒋᑦ ᖃᕆᐊᑦ ᐅᐸᑦᑕᐅᓯᒪᔪᕕᓃᑦ ᐱᓇᓱᑦᑎᒧᑦ ᐅᑕᕐᕿᓗᑎᑦ ᑫᕙᓪᓚᒍᓯᕐᓂᑦ ᐱᖓᓱᓂᑦ,
ᐅᑕᕐᕿᒍᓐᓇᐸᑕ ᑫᕙᓪᓚᒍᓯᕐᓂᑦ 24ᓂᑦ, ᓴᓗᒻᒪᓭᒋᐊᓚᐅᕋᑎᑦ ᖁᐱᕐᕈᐊᕈᓯᔦᒋᐊᓚᐅᕋᑎᓗ.

• ᐅᒃᑯᐃᖔᕈᓐᓇᐸᑕ ᐃᒐᓛᑦ ᓯᓚᒧᓕᖓᔪᑦ ᐅᒃᑯᐃᓗᒋᑦ ᐊᓂᕐᑎᕆᔭᐅᔪᖅ ᐊᓂᐊᑦᓯᐊᓂᐊᕐᒪᑦ
ᓇᔪᕐᑕᐅᔪᕕᓂᕐᒥ ᐃᓂᒥ.

• ᑲᒡᒋᒍᑎᑦᓴᔭᖅ ᓴᓂᒃᑯᕕᒻᒧᑕᐅᓱᕐᓗ ᖃᓪᓗᓈᓕᕐᑌᑦ ᐊᑐᕐᑕᕕᓂᖏᑦ ᐃᓅᑉ ᐃᒋᑕᐅᒋᐊᖃᕐᖁᑦ ᕿᓪᓕᑐᔭᒧᑦ
ᕿᓚᑦᓱᓯᒪᑦᓯᐊᑐᒧᑦ ᓴᓂᖃᐅᑎᒧᕐᓗᒋᓗ.

• ᖃᐅᔨᑎᓗᒋᑦ ᐱᓇᓱᑦᑏᑦ ᐊᓯᖏᑦ ᐃᑉᐱᒍᓱᑦᓯᐊᖁᓗᒋᑦ ᒪᓗᓐᓇᐅᑎᖃᕋᔭᕐᐸᑕ ᒐᓛᐱᐅᒐᓗᐊᕐᐸ
ᐊᒻᒪᓗ ᐱᓇᓱᕝᕕᖏᓐᓄᑦ ᖃᐅᔨᑎᑦᓯᒍᑎᒋᑦᓴᐅᑎᒋᓗᒋᑦ.

2. ᐊᑐᐃᓐᓇᐅᓯᐊᕐᓂᖅ ᖃᓄᐃᓘᕈᓰᓪᓗ ᐅᐃᒪᓇᕐᓯᔪᖃᒐᔭᕐᐸᑦ (ᐃᓅᓯᕐᒧᑦ ᑲᑉᐱᐊᓇᕐᑐᒥᒃ ᐊᕐᖁᓇᕐᑐᖃᕐᐸᑦ) ᒪᙯᕝᕕᒥᑦᓱᑎᑦ:

• ᒪᙯᕝᕕᓕᓕᒫᑦ ᕿᒥᕐᕈᒋᐊᓪᓚᑐᑦᓴᐅᕗᑦ ᐅᐃᒪᓇᕐᓯᔪᖃᕐᐸᑦ ᐸᕐᓀᓯᒪᒍᑎᒥᓂᒃ, ᐃᓱᒪᒋᓗᒍ COVID-19
ᖃᕐᓂᐅᔪᖅ.

• ᒪᙯᕝᕕᓖᑦ ᒪᙯᕝᕕᒥᓄᕐᑐᑦ ᖃᓪᓗᓈᑦ ᓄᓇᖓᓂ ᐱᑦᓱᑎᑦ ᐸᕐᓀᓯᒪᒋᐊᖃᕐᖁᑦ ᐋᓐᓂᐊᕕᓐᓄᑦ
ᓄᓇᕕᐅᑉ ᓯᓚᑖᓂᑦᑐᓂᑦ ᐅᖄᕕᖃᓂᐊᕐᓗᑎᑦ ᐸᕐᓀᓯᒪᓗᑎᓗ ᐊᐅᓪᓚᐅᔭᐅᒋᐊᖃᕐᑐᖃᕐᓂᐸᑦ, ᐱᕕᓕᒫᖓᒍᑦ ᓄᓇᕕᒻᒥ ᓄᓇᓕᖏᑦᑕ ᐋᓐᓂᐊᕕᖓᓄᕐᑎᓯᑦᑌᓕᓗᑎᑦ ᓄᓇᕕᒻᒥᓗᓐᓃᑦ ᐋᓐᓂᐊᕕᖓᓄᕐᑎᓯᑦᑌᓕᓗᑎᑦ. ᐋᓐᓂᐊᔪᖅ ᐋᓐᓂᐊᕕᓕᐊᕈᑦᔭᐅᒋᐊᖃᕐᐸᑦ ᓄᓇᕕᒻᒥ, ᓄᓇᓕᐅᑉ

Updated July 9, 2020

8

ᐋᓐᓂᐊᕕᖓ/ᐋᓐᓂᐊᕕᒃ ᒪᓕᓐᓂᐊᖁᑦ ᖃᓄᐃᓗᕈᓯᓕᐊᕕᓂᕐᓂᑦ ᐋᓐᓂᐊᓯᐅᕐᑕᐅᔪᒥᒃ (ᐱᓇᓱᑦᑎᒃ COVID-19-ᖃᑐᐃᓐᓇᕆᐊᖃᕐᓂᖓ)
• ᓇᒻᒥᓂᓖᑦ ᓄᓇᕕᒻᒥ (ᓄᓇᕕᒻᒥ ᐱᓇᓱᑦᑏᑦ) ᐃᒣᓗᕆᐊᖃᕐᖁᑦ ᑐᕃᓐᓇᓗᑎᑦ COVID-19ᒧᓕᖓᔪᓂᑦ ᐃᓗᓯᓕᕆᓂᕐᒧᓕᖓᔪᓂᑦ ᐅᖄᓚᐅᑎᖓᓄᑦ6

ᐅᖄᓚᓗᑎᑦ ᖁᒻᒧᐊᑎᑕᐅᒪᔪᒃᑯᑦ ᐅᖄᓚᐅᑎᒃᑯᑦ
(ᐅᕝᕙᓗᓐᓃᑦ ᐅᖄᕕᖃᕐᓗᑎᑦ ᓄᓇᓕᒻᒧᑦ ᖃᓂᓐᓂᐹᒧᑦ ᓈᓚᐅᑎᒃᑯᑦ ᐃᓄᒃ ᐅᖄᓚᖁᓗᒍ COVID-19ᒧᓕᖓᔪᓂᑦ ᐅᖄᓚᐅᑎᖓᓄᑦ ᐃᓗᓯᓕᕆᔨᒃᑯᑦ ᐅᖄᓚᐅᑎᖓᓄᑦ) ᖃᓄᐃᓗᖁᔨᒍᑎᖏᓐᓂᑦ ᒪᓕᑦᓯᐊᓗᑎᑦ.

o COVID-19ᒧᓕᖓᔪᓂᑦ ᐅᖄᓚᐅᑎᒃ: 1-888-662-7482
• ᓇᒻᒥᓂᓖᑦ ᖃᖓᑕᔪᑦ ᑐᕃᓐᓇᓱᑎᑦ ᖃᓪᓗᓈᑦ ᓄᓇᖓᓂ ᐅᖄᓚᐅᑎᒃᑲᑐᑦᓴᐅᕗᑦ ᑯᐯᒃᑯᑦ ᑐᓴᐅᒪᕕᖓᓂ ᑐᓴᕐᕕᖃᕈᑎᑦᓴᒥᓄᑦ ᑯᕈᓇ ᖁᐱᕐᕈᐊᕈᓯᖓᓄᓕᖓᔪᓂᑦ (COVID-19) ᒪᓕᑦᑕᐅᖁᔭᖏᓐᓂᓗ ᒪᓕᓪᓗᑎᑦ. ᐁᔭᐅᒋᐊᖃᕐᑐᖃᕐᐸᑦ, ᓇᒻᒥᓂᓖᑦ ᖃᓪᓗᓈᑦ ᓄᓇᖓᓂ ᐱᓯᒪᔪᑦ ᐁᔭᐅᔪᑦᓴᐅᕗᑦ ᓄᓇᕕᒻᒥᓗᑎᑦ.

o ᑯᐯᒃᒥ ᑐᑭᓯᒋᐊᕐᕕᐅᒍᓐᓇᑐᖅ ᑯᕈᓇ ᖁᐱᕐᕈᐊᕈᓯᖓᓄᓕᖓᔪᓂᑦ (COVID-19): 1-877-644-4545

6

The health line is to help those who may need to be screened for COVID-19 and to answer medical
concerns related to COVID-19.