ᓄᓇᕕᒃ ᐅᒃᑯᐃᐸᓪᓕᐊᓯᔪᖅ

ᐆᒪᔪᕐᓂᐊᓃᑦ ᐃᖃᓪᓕᐊᓃᓪᓗ

ᐃᓗᓕᖏᑦ:

• ᐆᒪᔪᕐᓂᐊᓂᖅ ᐃᓅᓯᕆᔭᐅᓪᓚᕆᓲᖑᕗᖅ ᓄᓇᕕᒻᒥᐅᓄᑦ ᓂᕿᖃᕐᑎᓯᒍᑎᐅᑦᓱᓂᓗ ᓄᓇᕕᒻᒥ
ᓄᓇᕷᖏᓐᓂᑦ.

• ᐆᒪᔪᕐᓂᐊᓂᕐᓂᑦ ᓄᕐᖃᖓᑎᑕᐅᖕᖏᓚᑦ ᐅᓄᕐᑐᑦ ᖃᓂᒻᒪᖃᑦᑕᕋᓗᐊᕐᑎᓗᒋᑦ. ᑭᓯᐊᓂ,
ᐃᓄᐃᑦ ᐃᓪᓗᒥᐅᖃᑎᒌᑦ ᑭᓯᐊᓂ ᑲᓲᒪᒍᓐᓇᓚᐅᔪᕗᑦ ᓱᓇᑐᐃᓐᓀᑦ ᐅᒃᑯᐃᑕᐅᐸᓪᓕᐊᓚᐅᕐᑎᓇᒋᑦ. ᑕᒪᓐᓇ ᐆᒪᔪᕐᓂᐊᓂᐅᒍᓐᓇᑐᓂᒃ ᓱᕐᕃᓂᕐᖁᖅ ᐃᓚᖓᓂ ᐃᓪᓗᒥᐅᖃᑎᒌᑦ ᐊᑕᐅᓯᕐᒥᒃ ᐆᒪᔪᕐᓂᐊᑎᖃᓲᖑᒻᒪᑕ. ᐅᒃᑯᐃᑕᐅᓚᐅᕐᑎᓇᒋᑦ, ᐃᓄᐃᑦ ᐊᐅᓪᓚᕈᓐᓇᓚᐅᔪᖕᖏᓚᑦ ᓄᓇᓕᓐᓄᑦ ᐊᓯᖏᓐᓄᑦ

ᐆᒪᔪᕐᓂᐊᕕᖏᓐᓄᑦ/ᐃᖃᓪᓕᐊᕕᖏᓐᓄᓗᑎᓗ.

• ᐃᓄᐃᑦ ᐃᓪᓗᒥᐅᖃᑎᒌᖕᖏᑐᑦ ᐃᖃᓪᓕᐊᖃᑎᒌᒍᒪᑦᓱᑎᑦ ᐆᒪᔪᕐᓂᐊᖃᑎᒌᓪᓗᑎᓗᓐᓃᑦ.
ᐃᓚᖏᑦ ᐅᖓᓯᑦᑐᓕᐊᕈᒪᔪᑦ ᓵᑕᕐᓗᑎᑦ ᖃᖓᑦᑕᔫᓂᑦ/ᑎᒻᒥᔪᓂᑦ, ᖁᓕᒥᒎᓕᓐᓂᑦ
ᐅᒥᐊᕐᒥᓗᓐᓃᑦ

• ᐆᒪᔪᕐᓂᐊᑏᑦ ᕿᓚᓗᒐᕐᓂᐊᓵᕈᒪᕗᑦ ᐁᕝᕕᐊᓗᑎᓗ ᔫᓂᒥ.

• ᐃᑉᐱᒋᑦᓱᒋᑦ ᐃᑭᑦᑐᓂᖏᓐᓂᑦ COVID-19ᒧᑦ ᖃᓂᒻᒪᖃᑦᑕᑐᕕᓃᑦ ᓄᓇᕕᒻᒥ,
ᓄᕐᖃᖓᑎᑕᐅᓚᐅᔪᑦ ᐱᒋᐊᕈᓐᓇᓕᕐᖁᑦ ᑲᓲᒪᓂᕐᓂ ᐊᐅᓪᓚᓂᕐᓂᓗ ᐊᓯᖏᓐᓄᑦ ᓄᓇᓕᓐᓄᑦ. ᐃᓄᐃᑦ ᐆᒪᔪᕐᓂᐊᖁᓐᓇᓯᓂᐊᓕᕐᒪᑕ ᕿᓚᓗᒐᕐᓂᐊᖃᑕᐅᓗᑎᓗ ᐁᕝᕕᐊᖃᑕᐅᓗᑎᓗ ᐆᒪᔪᕐᓂᐊᑕᐅᒍᓐᓇᓂᖏᓐᓂ

• ᐱᒻᒪᕆᐅᓂᖏᑦ ᐆᒪᔪᕐᓂᐊᓃᑦ ᐃᓄᐃᑦ ᐃᓗᕐᕈᓯᖓᓄᑦ, ᖃᓄᐃᓗᕈᑎᑦᓴᓕᐅᕐᑕᐅᒋᐊᖃᕐᖁᑦ
ᐆᒪᔪᕐᓂᐊᖃᑦᑕᖏᓐᓇᓂᐊᕐᒪᑕ ᐃᖃᓪᓕᐊᖏᓐᓇᖃᑦᑕᓂᐊᕐᒪᑕᓗ ᓄᑖᓂᑦ COVID-19ᒧᑦ ᖃᓂᒻᒪᑐᖃᕋᔭᕐᐸᑦ ᓄᓇᕕᒻᒥ.

ᓄᓇᕕᒃ ᐅᒃᑯᐃᐸᓪᓕᐊᔪᖅ - ᐆᒪᔪᕐᓂᐊᓃᑦ ᐃᖃᓪᓕᐊᓃᓪᓗ ᒪᓕᑦᑕᐅᒋᐊᓖᑦ ᐆᒪᔪᕐᓂᐊᑎᓄᑦ

ᒪᓕᑦᑕᐅᒋᐊᓖᑦ ᐆᒪᔪᕐᓂᐊᓂᐊᕐᑐᓄᑦ

• ᐆᒪᔪᕐᓂᐊᕆᐊᓯᒍᑎᑦ ᐃᖃᓪᓕᐊᓯᒍᑎᓗᓐᓃᑦ, ᐅᓄᕐᑑᓗᐊᕐᑌᓕᓗᑎᑦ ᐃᓄᐃᑦ ᑲᓲᒪᔪᑦ ᐊᒻᒪᓗ
ᐅᓄᕐᓂᖏᑦ ᐃᓪᓗᒥᐅᖃᑎᒌᖕᖏᑐᑦ ᐅᓄᕐᑑᓗᐊᕐᑌᓕᑎᓗᒋᑦ. ᐆᒪᔪᕐᓂᐊᖃᑎᖃᕋᓱᓪᓗᓯ ᑖᒃᑯᓂᖓᑦᓭᓇᒃ ᐃᓄᓐᓂᑦ ᐃᑭᑦᑑᑎᒐᓱᓪᓗᒋᑦ ᐃᓄᐃᑦ ᖃᓂᑕᕇᖃᑦᑕᑕᑎᑦ.

• ᐃᓄᓐᓂᑦ ᐆᒪᔪᕐᓂᐊᖁᔨᑦᓯᐊᖁᒍᑦ ᐃᖃᓪᓕᐊᖁᔨᑦᓯᐊᓱᑕᓗ ᓄᓇᕐᖃᑎᒥᓂᓪᓗᑎᑦ.

• ᐃᓄᐃᑦ ᐊᐅᓪᓚᖃᑦᑕᑐᕕᓃᑦ ᖃᓪᓗᓈᑦ ᓄᓇᖓᓄᑦ ᐃᒻᒥᓂᕿᓗᑎᑦ
ᐊᓂᑦᑌᓕᒪᓂᕐᒥᒋᐊᖃᕐᖁᑦ ᐅᓪᓗᓂᑦ 14ᓂᑦ ᓯᕗᓂᐊᒍᑦ ᑎᑭᑦᑐᕕᓂᐅᓕᕐᓗᑎᓗᓐᓃᑦ ᓄᓇᕕᒻᒧᑦ ᐆᒪᔪᕐᓂᐊᕆᐊᖃᑎᖃᓚᐅᕋᑎᑦ ᐊᓯᒥᓂᑦ.

• ᐆᓇᕿᒍᕕᑦ, ᖁᐃᕐᑐᕈᕕᑦ, ᐃᐱᓂᐊᕈᕕᑦ, ᐃᑎᑦᑕᕈᕕᑦ, ᓂᐊᕐᕿᕆᒍᕕᑦ ᑎᒥᒃᑯᑦ ᐋᓐᓂᐊᒍᕕᑦ
ᑕᖃᒪᒍᕕᓪᓗᓃᑦ, ᓀᕐᖃᔦᕈᕕᑦ ᐅᖁᒻᒥᑕᑎᓐᓂᑦ ᑎᐸᖏᓐᓂᑦ ᐃᑉᐱᒍᓱᒍᓐᓀᕈᕕᑦ, ᐃᖃᓪᓕᐊᕆᐊᕐᑐᑦᓴᐅᖏᓪᒪᑎᑦ ᐆᒪᔪᕐᓂᐊᕆᐊᖕᖏᓗᑎᓗᓐᓃᑦ; ᐅᖄᓚᒋᑦ ᓄᓇᓕᑉᐱᑦ ᐋᓐᓂᐊᕕᖓᓄᑦ ᓇᐅᑦᓯᑐᕐᑕᐅᓂᐊᕋᕕᑦ.

• ᐅᓄᕐᑐᓕᐊᕐᑌᓕᑎᓗᒋᑦ ᐃᓄᐃᑦ ᐃᓪᓗᒥᐅᖃᑎᒌᖕᖏᑐᑦ ᐃᓪᓗᐊᐱᒻᒥᖃᑎᒋᓪᓗᑎᑦ/
ᑐᐱᕐᒥᖃᑎᒌᓪᓗᑎᑦ.

• ᐊᑦᔭᓯᓗᑎᑦ ᐊᒡᒐᓂᑦ ᐃᕐᕈᑐᕈᑎᒥᒃ ᐃᒪᐅᔭᕐᒥᒃ ᐅᕝᕙᓗᓐᓂᑦ ᐅᕝᕙᐅᑎᒧᑦ ᐃᒪᕐᒧᓗ ᒪᙯᕝᕕᒥ

ᐃᕐᕈᑐᓕᐅᒥᔮᕐᑕᓗᑎᑦ ᕈᓐᓇᕈᑎᑦ. ᐊᒡᒐᕚᑦ ᐃᐱᒥᑎᕈᓐᓇᒪᑕ ᐊᒡᒐᑎᑐᑦ, ᐊᑦᑐᐃᒍᑎᒃ ᓱᓇᑐᐃᓐᓇᓂᑦ ᓱᓕᖕᖏᑐᒥᒃ ᐊᑦᑕᓀᑦᑐᒥᑦᑐᕆᑦᓯᒍᓐᓇᓱᑎᓗ. ᐊᒡᒐᕚᑦ ᐊᓯᑦᔨᓕᐅᒥᔮᕐᑕᓗᒋᑦ ᐃᕐᕈᑐᓕᐅᒥᔮᕐᑕᓗᓯᓗ ᐊᒡᒐᕚᒃᑲᖃᑦᑕᕈᑦᓯ.

• ᐁᑦᑐᑑᑎᖃᑦᑕᕈᓐᓀᓗᓯ ᐃᓄᓐᓄᑦ ᐊᓯᑎᓐᓄᑦ ᐊᑦᑐᑕᐅᒍᓐᓇᑐᓂᑦ ᐊᒡᒐᖏᓐᓄᑦ
ᖃᓂᖓᓂᓗᓐᓃᑦ ᖁᕐᓕᐊᖓᓄᑦ, ᖁᒻᒧᔪᓂᑦ, ᓱᐴᕈᑎᓂᑦ, ᐅᔭᕋᕐᓂᑦ ᐃᒧᒪᔪᓂᑦ ᑲᐳᕐᖃᐅᑎᓂᓗ ᐅᕐᕕᐅᔭᓂᓗᓐᓃᑦ.

• ᐊᑐᓂ ᐃᓄᐃᑦ ᖃᔫᑦᑕᖃᖁᕙᕗᑦ ᐃᒥᕈᑎᒋᖃᑦᑕᓂᐊᕐᑕᒥᓂᑦ ᐊᓯᖏᓐᓂᓗ
ᓂᕆᒍᑎᐅᒍᓐᓇᑐᓂᑦ ᐊᓯᒥᓄᓗ ᐊᑐᕐᑕᐅᑎᑦᓯᑌᓕᓗᑎᑦ ᑖᒃᑯᓂᖓ, ᐃᓚᒋᓪᓗᑐᕋᓗᐊᕈᓂᒋᑦ.

• ᑎᒥᖓᓂ ᐊᑦᑐᐃᑌᓕᓗᑎᑦ ᐅᑯᓂᖓ ᓭᒨᕐᓃᑦ, ᑯᓂᓐᓃᑦ ᐃᕿᑦᓯᓃᓗ.

• ᖁᐱᕐᕈᐊᕈᓯᔦᒍᑎᓂᑦ ᐊᑦᔭᓯᓗᓯ ᖁᐱᕐᕈᐊᕈᐃᔦᓕᐅᒥᔮᕐᑕᓗᓯᓗ ᒪᙯᕝᕕᓯᓐᓂᑦ.

• ᐊᓂᕐᕋᒥ ᐊᒡᒐᓂᑦ ᓴᓗᒻᒪᓭᒍᑎᓕᐊᕕᓃᑦ:

• ᐃᒪᕐᒧᑦ ᐃᓕᓗᒋᑦ 4 ᐅᕐᕕᐅᔮᐲᑦ (20 ml) ᔮᕕᒃᓯ 1 litre (4 ᖃᔪᑦᑌᑦ) ᐃᒪᕐᒥᒃ. ᐃᒪᕐᒥᒃ
ᓄᑖᒥᒃ ᔮᕕᒃᓯᒥᓗ ᐊᑐᖃᑦᑕᓗᓯ ᖃᐅᑕᒫᑦ.

• ᐊᓯᑎᓐᓄᑦ ᐃᓪᓗᒥᐅᖃᑎᒋᖕᖏᑕᓯᓐᓄᑦ ᐅᖓᓯᑦᑐᒋᐅᕐᓴᖃᑦᑕᓗᓯ (ᐱᒍᓐᓇᕕᖃᕐᐸᑦ)
ᐊᓯᖏᓐᓄᓗ ᐆᒪᔪᕐᓂᐊᖃᑎᐅᒻᒥᔪᓄᑦ.

• ᖃᐅᔨᒪᑎᑦᓯᓗᑎᑦ ᐃᓄᒻᒥᒃ ᒪᙯᖃᑎᒋᑦᑐᔪᓯ ᖃᓄᐃᓗᓕᕐᒪᖔᕐᓯ ᓈᓚᐅᑎᒥᒃ ᐊᑦᔭᓯᓗᓯ
ᐅᖄᓚᒍᓐᓇᓂᐊᕋᑦᓯ ᐅᐃᒪᓇᕐᓯᔪᖃᕐᐊᑦ. ᐃᓄᒃ ᒪᙯᖃᑎᓯ ᐃᓕᑕᕐᓇᐅᑎᑖᕐᓂᐸᑦ COVID-
19ᒥᒃ ᒪᓗᓐᓇᐅᑎᖏᓐᓂᑦ, ᐅᖃᓚᕕᖃᕐᓗᓯ ᓄᓇᓕᒻᒧᑦ ᖃᓂᓐᓂᐹᒧᑦ ᐅᖄᓚᐅᑎᓐᓂᑦ
ᐊᑐᕐᓗᑎᑦ ᐊᐱᕆᓗᑎᓗ ᐅᖄᕕᒋᔦᑦ ᐅᖄᓚᖁᓗᒍ COVID-19ᒧᓕᖓᔪᓂᑦ ᐅᖄᒪᐅᑎᖓᓄᑦ ᐅᖄᓚᒍᑦᔨᓗᓂ ᐃᓕᓐᓂᑦ ᖃᓄᐃᓗᖁᔨᒍᓯᖏᓐᓂᓗ ᒪᓕᓪᓗᓯ.

ᓵᑕᒃᑯᑦ ᖁᓕᒥᒍᓕᒃᑯᓗᓐᓃᑦ ᐆᒪᔪᕐᓯᐅᕆᐊᕐᓂᖅ/ᐃᖃᓪᓕᐊᓂᖅ
• ᐃᓄᐃᑦ ᐅᓄᕐᓂᐹᕆᒍᓐᓇᑕᖏᓐᓂᑦ ᐋᕐᕿᑕᐅᓯᒪᖁᔭᐅᕗᑦ ᓵᑕᒃᑯᓚᖓᔪᑦ ᓯᑕᒪᐅᔪᕐᑐᓂᑦ
ᐃᓄᓐᓂᑦ ᐅᓄᕐᓂᐹᖃᕐᓗᑎᑦ ᖃᖓᑦᑕᔪᕐᒥ/ᑎᒻᒥᔪᒥ ᐊᑕᐅᓯᕐᒥ ᐊᒻᒪᓗ ᐅᓄᕐᓂᐹᕆᔭᐅᓗᑎᑦ ᓯᑕᒣᑦ ᐃᓄᐃᑦ ᖁᓕᒥᒍᓕᑎᒍᑦ ᐊᐅᓪᓚᓂᑕᒫᖏᓐᓂ.

• ᖃᖓᑦᑕᔫᒃᑰᑐᑦ/ᑎᒻᒥᔫᒃᑰᑐᑦ ᖁᓕᒥᒍᓕᒃᑯᑐᐃᓗ ᑮᓇᑉᐸᖃᕆᐊᖃᕐᖁᑦ ᖃᖓᑕᓂᓕᒫᒥᓂ
(ᐋᓐᓂᐊᓯᕆᔨᓄᑦ ᐊᑐᕐᑕᐅᓲᓂᐅᖕᖏᑐᖅ ᐅᕝᕙᓗᓐᓃᑦ ᑮᓇᓕᒫᒥᒃ ᑮᓇᑉᐸᕈᑎᒥᒃ,
ᐊᑐᕐᑕᐅᖁᔭᐅᔪᑦ ᑲᓇᑕᒥ ᐊᐅᓚᐅᑎᓕᕆᔨᖏᓐᓄᑦ) (ᖃᐅᔨᒋᐊᕈᒃ ᐊᑭᓐᓇᒥᐅᑕᖅ "ᑮᓇᕐᒥᒃ ᐅᓕᑦᓯᒪᑎᑦᓯᓂᕐᒧᑦ ᒪᓕᑦᑕᐅᒋᐊᓕᓐᓂᑦ ᖃᖓᑦᑕᔪᒃᑯᑦ/ᑎᒻᒥᔪᒃᑯᑦ ᐊᐅᓪᓚᖃᑦᑕᑐᓄᑦ").

• ᖃᖓᑦᑕᔫᒃᑰᑐᑦ/ᑎᒻᒥᔫᒃᑰᑐᑦ ᖁᓕᒥᒍᓕᒃᑯᑐᐃᓗ ᐊᐱᕐᓲᑎᓂᑦ ᐊᒥᓱᓪᓗᐊᖏᑦᑐᓂᑦ
ᑭᐅᒋᐊᖃᖃᑦᑕᓚᕐᖁᑦ, ᐊᐱᕐᓱᑕᐅᓪᓚᕆᓚᐅᒐᑎᑦ ᐊᐱᕐᓲᑎᓂᑦ ᖃᐅᔨᒪᒍᑎᓂᑦ ᖃᓂᒪᖕᖏᑲᓗᐊᕐᒪᖔᑕ ᐅᓪᓗᖓᓂ ᐊᐅᓪᓚᕕᑦᓴᖏᓐᓂ. ᐃᑭᑎᑕᐅᒍᓐᓇᓛᖕᖏᓚᑦ ᐃᒻᒥᓂᕿᑦᓱᑎᑦ ᐊᓂᑦᑌᓕᒪᓂᕐᒥᒍᑎᑦ ᓄᓇᕕᐅᑉ ᓯᓚᑖᓂ ᐱᔪᕕᓂᐅᒍᑎᑦ, ᖃᓂᑕᖃᕐᓂᕈᑎᑦ ᐃᓄᒻᒥᒃ COVID-19 ᖃᕐᓂᕋᕐᑕᐅᔪᕕᓂᕐᒥᑦ ᐅᕝᕙᓗᓐᓃᑦ ᒪᓕᓐᓇᐅᑎᖏᓐᓂᑦ ᖃᓂᒪᓐᓇᐅᑉ COVID-19 ᐱᖃᑕᕈᑎᑦ.

ᐅᒥᐊᕐᑐᓃᑦ ᐅᖓᓯᑦᑐᓄᑦ ᓄᓇᓄᑦ ᐆᒪᔪᕐᓂᐊᓱᑎᑦ/ᐃᖃᓪᓕᐊᓱᑎᑦ
• ᐅᒥᐊᑦ ᐃᓂᑭᑦᑑᒪᑕ ᐅᖓᓯᑦᑕᕆᒍᓐᓇᓂᐊᕋᑎᓗ ᐃᓅᖃᑎᒥᓄᑦ. ᑌᒣᒻᒪᑦ
ᓯᕗᕐᖏᒐᓱᐊᒍᑎᑦᓴᓕᐊᕕᓃᑦ ᐱᒻᒪᕆᐅᒋᐊᓪᓚᖁᑦ. ᐅᒥᐊᕐᑐᑐᑦ ᖃᓂᑕᖃᕐᓂᐊᒪᑕ ᐊᓯᒥᓂᑦ ᐊᒥᓱᒐᓚᓐᓂᑦ ᑫᕙᓪᓚᒍᓯᕐᓂᑦ ᐊᒥᓱᒐᓚᓐᓄᑦ ᐅᓪᓗᓄᑦ ᐊᑯᓂᕐᓂᓕᓐᓂᑦ ᐱᓇᓱᐊᕈᓯᓂᑦ

ᐊᒥᓱᒐᓚᓐᓄᐊᓪᓛᑦ ᑐᐃᓐᓇᕆᐊᖃᕐᓱᑎᑦ, ᐱᒻᒪᕆᐅᓂᕐᐹᑦ ᐅᑯᐊ ᒪᓕᑦᑕᐅᖁᔭᐅᔪᑦ:

o ᐃᓄᐃᑦ ᐅᒥᐊᕐᒥᑐᑦ ᖃᓂᒪᓐᓇᐅᑉ COVID-19 ᒪᓗᓐᓇᐅᑎᖏᓐᓂᑦ ᐱᑕᖃᖕᖏᓴᓚᐅᕐᐸᑕ, ᓱᕐᖁᐃᑕᐅᒪᔪᖕᖏᓗᑎᑦ COVID-19ᖃᕐᓂᒥᓄᑦ,

ᐅᑕᕐᕿᖏᓪᓗᑎᓗ ᓇᐅᑦᓯᑐᕐᑕᐅᒍᑎᕕᓂᕐᒥᓂ COVID-19ᖃᕐᒪᖔᑕ ᖃᓂᑕᖃᕐᑐᕕᓂᐅᖕᖏᓗᑎᓗ ᓱᕐᖁᐃᑕᐅᒪᔪᒥᒃ COVID-19-ᓕᒻᒧᑦ;
o ᐃᓄᐃᑦ ᐊᐅᓪᓚᓯᒪᔪᕕᓂᑦ ᖃᓪᓗᓈᑦ ᓄᓇᖓᓂ ᐅᓪᓗᓂ 14ᓂᑦ ᐃᒻᒥᓂᕿᓗᑎᑦ
ᐊᓂᑦᑌᓕᒪᓂᕐᒥᑐᕕᓂᐅᑦᓯᐊᓗᑎᑦ ᐅᒥᐊᕐᑐᓚᐅᕋᑎᑦ;
o ᐅᓄᕐᑐᓗᐊᕐᑎᒍᓐᓀᓗᒋᑦ ᐃᓪᓗᒥᐅᖃᑎᒌᖕᖏᑐᑦ ᑖᑦᓱᒥᖓᑦᓭᓇᖅ ᐅᒥᐊᕐᒥ.
ᐅᓄᕐᓂᐹᕆᔭᐅᒋᐊᓕᓐᓂ ᐃᓄᓐᓂᑦ ᓇᓗᓀᕐᑕᐅᓯᒪᔪᖃᖕᖏᑐᖅ ᐅᒥᐊᖅ ᐊᖏᓂᖓᓂ ᐃᑉᐱᒋᔭᖃᕐᓂᑯᖔᕐᓱᑎᑦ

• ᐊᒡᒐᓂᑦ ᓴᓗᒻᒪᓭᒍᑎᒃᑲᓗᓯ ᐃᒪᐅᔭᕐᓂᑦ ᐅᕝᕙᐅᑎᒥᓗᓐᓃᑦ ᐃᒪᕐᒥᓗ. ᐅᒥᐊᕐᒦᑐᓕᒫᑦ ᐅᑯᓂᐊ
ᐊᑑᑎᔪᑦᓴᐅᕗᑦ:

o ᐊᒡᒐᑎᓐᓂᑦ ᐃᕐᕈᑐᓕᐅᒥᔮᕐᑕᖏᓐᓇᓕᒫᕐᓗᓯ;
o ᖁᐃᕐᑐᖃᑦᑕᓗᓯ ᑕᒋᐅᓪᓗᓯᓗᓐᓃᑦ ᐃᑯᓯᐅᑉ ᓇᓛᓄᑦ.

• ᖁᐱᕐᕈᐊᕈᓯᔦᓗᑎᑦ ᖃᐅᑕᒫᑦ ᐊᑦᑐᑕᐅᒍᓪᓕᓂᑦ ᓱᓇᑐᐃᓐᓇᓂᑦ ᐅᒥᐊᕐᒥ, ᒪᕐᕈᕕᒍᓂ
ᐅᓪᓗᑕᒫᑦ ᐱᐅᔪᒐᔭᕐᑐᖅ.

ᓄᓇᓕᒻᒧᑦ ᓄᕐᖃᓚᐅᕐᑐᓂᕐᓂ

• ᓄᓇᓕᓐᓄᑲᑦᑕᓃᑦ COVID-19-ᖃᖕᖏᑐᓄᑦ ᐊᖏᕐᑕᐅᒪᕗᑦ. ᐆᒪᔪᕐᓂᐊᑎᖏᑦ COVID-
19-ᖃᖕᖏᑐᓂ ᓄᓇᓕᓐᓂ ᓇᓪᓕᑐᐃᓐᓇᖏᓐᓄᑦ ᓄᕐᖃᓚᐅᕐᑐᕈᓐᓇᖁᑦ COVID-19-
ᖃᖕᖏᑐᓄᑦ ᓄᓇᓕᓐᓄᑦ ᐅᕐᓱᐊᓗᑦᓯᒋᐊᕐᑐᓗᑎᑦ, ᓂᕿᓯᒋᐊᕐᑐᓗᑎᓗ, ᐊᓯᖏᓐᓂᓗ.

• ᐃᓪᓗᒥ ᐳᓛᖃᑎᒋᓪᓗᐊᑐᑦᓴᐅᖏᓪᓚᑦ ᓯᓂᑦᑕᕋᕐᑐᓴᐅᒐᑎᓗ ᐊᓯᖏᓐᓂ ᓄᓇᓕᓐᓂ. ᓯᓚᒥ
ᓱᖃᑦᓯᖃᑎᒌᖁᔭᐅᕗᑦ ᓯᓚᒥᓗ ᑲᓲᒪᖃᑎᖃᕐᓗᑎᑦ ᐊᓯᒥᓂᑦ.

• ᐃᓪᓗᒧᑦ ᐳᓛᕆᐊᓚᐅᕋᓯ ᐃᓄᑐᖃᕐᑕᓕᒻᒧᑦ ᐃᓄᒻᒥᓗᓐᓃᑦ ᐊᑌᓐᓇᑐᒥᒃ ᑎᒥᒥᒍᑦ

ᐋᓐᓂᐊᓕᓐᓄᑦ, ᐃᑎᕈᓐᓇᒪᖔᕐᓯ ᐊᐱᕆᕐᖄᓗᓯ ᐅᖓᓯᓐᓂᖃᕐᓗᓯᓗ ᒪᕐᕉᓂᒃ ᓱᕐᖄᑎᕈᑎᓂᑦ. ᑌᒣᑉᐸᑦ, ᑮᓇᑉᐸᑲᖁᔭᐅᕗᑦ.

COVID-19-ᖃᖕᖏᑐᖅ ᓄᓇᓕᒃ:
1. ᓄᓇᓕᒃ ᐃᓄᑦᑕᖃᖕᖏᑐᖅ ᖃᓂᒪᔪᒥᒃ COVID-19-ᒥᒃ.
2. ᓄᓇᓕᒃ COVID-19-ᖃᖕᖏᑐᓂᕋᕐᑕᐅᒍᓐᓇᖁᖅ 28 ᐅᓪᓗᐃᑦ ᑭᖑᓂᐊᒍᑦ ᖃᓂᒪᔪᕕᓂᖅ ᒪᒥᑦᓯᒪᓕᕐᐸᑦ.*
3. ᓄᓇᓕᒃ COVID-19-ᖃᖕᖏᑐᓂᕋᕐᑕᐅᕗᖅ ᑐᑭᒧᐊᑦᓯᔨᖓ ᓇᐅᓕᒫᓂᒃ ᐃᓗᓯᓕᕆᓂᕐᒥ ᐅᖃᕐᑐᕕᓂᐅᕐᐸᑦ COVID-19-ᖃᖕᖏᓂᕃᑦᓱᓂ.

*ᑐᑭᖏᑦ ᑌᒣᓕᕗᑦ ᑐᖕᖓᕕᖃᕐᓱᑎᑦ ᐱᒍᑦᔨᕕᖓᓂ ᓇᐅᓕᒫᓂᒃ ᐃᓗᓯᓕᕆᓂᕐᒥ ᑐᑭᓕᐊᕕᓂᖏᓐᓂᑦ ᐅᓄᕐᑐᒪᕇᑦ ᖃᓂᒻᒪᑐᑦ ᐊᒻᒪᓗ ᖃᖓᐅᓂᖓᓂᓗ ᖃᓂᒻᒪᑐᕕᓃᑦ ᐅᓄᕐᑐᒪᕇᑦ ᖃᓂᒪᒍᓐᓀᓂᖏᓐᓂᑦ.

Guiᒪᓕᑦᑕᐅᒋᐊᓖᑦ ᐆᒪᔪᕐᓂᐊᑐᓄᑦ/ᐃᖃᓪᓕᐊᑐᓄᑦ ᐊᐅᓪᓚᖃᑦᑕᑐᓄᑦ ᓄᑖᓂᑦ ᖃᓂᒻᒪᑐᖃᕋᔭᕐᐸᑦ COVID-19ᒧᑦ ᓄᓇᕕᒻᒥ

• ᑐᓴᕐᑎᓯᒍᑎᐅᔪᖃᕐᓂᐸᑦ ᓱᕐᖁᐃᑐᒥᒃ COVID-19-ᓕᒻᒥᒃ ᓄᓇᓕᒻᒥ, ᓄᐃᑕᐅᒐᔭᕐᖁᑦ ᓄᕐᖃᑎᑦᓯᒋᐊᓪᓚᕈᑏᑦ ᒪᓕᑦᑕᐅᒋᐊᓕᓐᓂᓗ. ᐃᓄᖁᑎᖏᑦ ᖃᐅᔨᑎᑕᐅᓕᕋᔭᕐᖁᑦ ᖃᓄᐃᓗᖁᔨᒍᑎᓂᑦ ᑖᒃᑯᓄᖓᓄᓕᖓᔪᓂᑦ ᐆᒪᔪᕐᓂᐊᑏᓗ ᓈᓚᒋᐊᖃᕐᖁᑦ ᓄᓇᓕᒻᒥ ᑐᓴᕋᑦᓴᖏᓐᓂᑦ ᐊᐅᓪᓚᓚᐅᕋᑎᒃ.

• ᐆᒪᔪᕐᓂᐊᑏᑦ ᓄᓇᓕᒻᒧᕐᑎᑕᐅᒍᓐᓇᕋᔭᖕᖏᓚᑦ ᓱᕐᖁᐃᑕᐅᔪᒥᒃ ᖃᓂᒪᔪᓕᒻᒧᑦ, ᐅᐃᒪᓇᕐᑐᖃᕐᐸᑭᓯᐊᓂ. ᐆᒪᔪᕐᓂᐊᑏᑦ ᓄᓇᓕᒻᒥ ᖃᓂᒪᔪᓕᒻᒥ ᐁᑦᑐᑑᑎᐅᒍᓐᓇᑐᒥᒃ ᐊᓯᖏᓐᓄᑦ ᓄᓇᓕᓐᓄᕆᐊᖃᕋᔭᖕᖏᑐᑦ, ᐅᐃᒪᓇᕐᑐᖃᕐᐸᑭᓯᐊᓂ. ᑕᒪᒋᐅᑉᐸᑕ, ᓄᓇᓕᒻᒧᑦ ᓄᕐᖃᓗᑐᕆᐊᖃᕐᐸᑕ ᐅᕐᓱᐊᓗᑦᑖᕆᐊᕐᑐᓗᑎᑦ ᓂᕿᓯᒋᐊᕐᑐᓗᑎᓗᓐᓃᑦ, ᐆᒪᔪᕐᓂᐊᑏᑦ ᓄᓇᓕᒻᒧᑐᑦᓴᐅᖏᓪᓚᑦ. ᐆᒪᔪᕐᓂᐊᑏᑦ ᐋᕐᕿᓱᐃᓯᖃᑎᖃᕐᓯᒪᒋᐊᖃᕐᖁᑦ ᓄᓇᓕᒻᒥᒃ ᐅᕐᓱᐊᓗᑦᑖᕐᑎᑕᐅᒍᑎᑦᓴᒥᓂᑦ ᓄᓇᓕᒻᒥᐅᓂᑦ ᖃᓂᑕᖃᕐᑌᓕᒍᑎᐅᓗᓂ.

o ᐅᕐᓱᐊᓗᐃᑦ ᓂᖀᓪᓗ ᐸᔪᒍᑎᐅᒍᓐᓇᖁᑦ ᐃᓂᒥ ᓇᓗᓀᕐᑕᐅᒪᔪᒥ ᓄᓇᓕᐅᑉ ᓯᓚᑖᓂᑦᑐᒥ ᐅᕝᕙᓗᓐᓂᑦ

o ᐅᕐᓱᐊᓗᑦᑖᕈᓐᓇᖁᑦ ᖃᓂᑕᖃᓪᓗᐊᑌᓕᓗᑎᑦ (ᒪᕐᕉᓂᒃ ᓱᕐᖄᑎᕈᑎᓂᑦ
ᐅᖓᓯᓐᓂᖃᕐᓗᑎᑦ ᐃᓅᖃᑎᒥᓄᑦ, ᐁᑦᑐᑑᑎᒍᓐᓀᓗᑎᑦ ᓱᓇᑐᐃᓐᓇᓂᑦ).

ᐅᐃᒪᓇᕐᑐᖃᕐᐸᑦ, ᐆᒪᔪᕐᓂᐊᑏᑦ ᓄᓇᓕᒻᒥᒋᐊᖃᕐᐸᑕ ᓱᕐᖁᐃᑕᐅᒪᔪᒥᒃ ᖃᓂᒪᔪᓕᒻᒥᒃ COVID-19-ᒧᑦ ᖃᓂᑕᓕᕕᓂᐅᒍᑎᒃ ᓄᓇᓕᒻᒥᐅᓂᑦ, ᐊᓂᑦᑌᓕᒪᓂᕐᒥᒋᐊᖃᕋᔭᕐᖁᑦ ᐅᓪᓗᓂᑦ 14ᓂᑦ ᓄᓇᒻᒥᓄᑦ ᐅᑎᕈᑎᑦ (ᑕᑯᒋᐊᕐᓗᒍ ᐃᒻᒥᓂᕿᑦᓱᓂ ᐊᓂᑦᑌᓕᒪᓂᕐᒥᓂᕐᒧᑦ ᒪᓕᑦᑕᐅᒋᐊᓖᑦ).