ᓄᓇᓕᒻᒥ ᓂᕿᓂᒃ ᐃᒐᖅᑲᑦᑕᑐᓂᒃ ᐊᒻᒪᓗ ᓂᕿᓂᒃ ᐊᓯᒥᓄᑦ ᐅᑦᑐᑏᑎᖅᑲᖅᑲᑦᑕᑐᓂᒃ ᐃᒥᖅᑯᔾᔪᑎᐅᑦᓱᑎᒃ ᐅᓐᓂᑑᑏᑦ - ᖃᓂᒪᓇᖅᑐᑖᖅᑎᓯᑦᒐᓕᒐᓱᐊᒧᑦ COVID-19-ᒍᓂᕋᖅᑕᐅᔪᒥᒃ ᐅᒃᑯᐃᑕᐅᕙᓪᓕᐊᓕᖅᑎᓗᒍ ᓄᓇᕕᒃ

ᑖᒃᑯᐊ ᑐᑭᒧᐊᒋᐊᕈᑎᓕᐊᒍᓯᒪᔪᐃᑦ ᓄᐃᑕᐅᓚᖅᑭᓯᒪᔪᑦ ᓴᐳᒻᒥᒋᐊᕈᑎᐅᑦᓱᑎᑦ ᓄᓇᓕᒻᒥ ᓂᕿᓂᒃ ᐃᒐᖅᑲᑦᑕᑐᓂᒃ ᐊᒻᒪᓗ ᓂᕿᓂᒃ ᐅᑦᑐᑏᑎᖅᑲᖅᑲᑦᑕᑐᓂᒃ (ᐅᑦᑐᑏᑎᒋᓗᒋᑦ, ᐊᖑᑏᑦ ᐅᑦᓛᕈᒥᑦᑕᖅᑲᑎᒌᓱᒍᒻᒪᑕ, ᐃᓄᒻᒪᓇᓪᓗ ᑲᑎᑎᑦᓱᑎᒃ ᓂᓇᒃᑲᑕᐅᓲᒍᒻᒪᑕ) ᐱᒋᐊᖅᑎᑕᐅᕙᓪᓕᐊᒍᒪᓕᖅᒥᒪᑕ ᑕᒪᒃᑯᐊ ᖃᓄᐃᖕᖕᒋᓯᐊᖅᓇᑐᒍᓐᓇᕕᓕᒫᖕᒐᑎᒍᑦ. ᑖᒃᑯᐊ ᑐᑭᒧᐊᒋᐊᕈᑏᑦ ᒪᓕᒃᑦ ᐊᓯᑦᔨᑕᐅᒍᓐᓇᓚᖕᒐᔪᑦ ᖃᓄᐃᓕᖕᒐᓂᐅᔪᖅ ᓄᓇᓕᓕᒫᓂ ᐊᓯᑦᔨᑐᐊᖅᐸᑦ ᖃᓄᑐᐃᓐᓇᖅ.

ᓄᓇᕕᒃ ᓄᓇᓕᓕᒫᓂ ᐅᒃᑯᐃᑕᐅᕙᓪᓕᐊᓯᐸᐸᑦ, ᓱᒃᑯᓇᒃᑯᑎᓕᐊᒍᓯᒪᑦᓱᑎᒃ ᓯᕗᓕᐅᖅᓯᓯᒪᒐᓱᐊᕈᑏᑦ ᐱᒻᒪᓇᐅᓂᖅᐸᐅᖕᒋᓐᓇᑐᑦ ᖃᓂᒪᓇᖅᑑᑉ ᖁᐱᖅᑯᓗᖕᒋᑦ ᐅᑦᑐᑏᑎᐅᖅᑲᑦᑕᓂᖕᒋᓐᓂᒃ ᓱᒃᑭᐃᓕᐅᒥᑎᑦᓯᓯᒪᒍᓐᓇᒪᑕ ᐊᑐᖅᑕᐅᑎᑕᐅᒋᐊᒃᑲᓂᓚᖕᒐᔪᑦ ᓯᕗᓕᐅᖅᓯᓯᒪᒐᓱᐊᕈᑏᑦ.

ᖃᓂᒪᓇᖅᑐᖅ COVID-19 ᐅᑦᑐᑏᑎᐅᕙᓪᓗᓲᖅ ᐃᓄᑦᑎᒍᑦ:

- ᖃᓂᒪᓇᖅᑐᒧᑦ ᖃᓂᒪᔪᒥᒃ ᖃᓂᑦᑕᖅᑲᖅᑲᑦᑕᑐᐊᖅᒥᒃ, ᐅᑦᑐᑏᑎᐅᕙᓪᓗᓲᖅ ᖁᐃᖅᑐᖅᑲᑦᑕᓂᒃᑯᑦ ᑕᒋᐅᑦᓴᖅᑲᑦᑕᓂᒃᑯᓘᓐᓃᑦ ᐊᒻᒪᓗ 2 ᒥᑖᒃ ᒥᑦᓯᑎᒍᑦ ᖃᓂᑦᑕᖅᑲᖅᑲᑦᑕᑐᐊᖅᒥᒃ ᐅᑦᑐᑕᐅᑐᐃᓐᓇᓇᐊᖅᑲᖅᓂᓴᑦ;
- ᖃᓂᒪᓇᖅᑐᓕᒻᒥᒃ ᐊᑦᑐᐃᓚᓇᖅᑲᑦᑕᑐᐊᖅᒥᒃ, ᐊᑦᑐᖅᑲᑦᑕᐅᑎᓂᒃᑯᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᒃᒐᒥᒍᑦ ᑎᒍᑎᓂᒃᑯᑦ ᓴᒧᖅᑐᕕᓂᐅᑦᓱᑎᒃ, ᑭᖑᓂᖕᒐᒍᑦ ᖃᓂᖅᒥᓂᒃ, ᕿᖕᒐᖅᒥᓂᒃ ᐃᓗᒻᒥᓂᓗᓐᓃᑦ ᐊᑦᑐᐃᖅᑲᑦᑕᑐᐊᖅᒥᒃ ᐊᒃᒐᒥᓂᒃ ᐃᕿᑐᓚᐅᖅᑕᖕᖕᒋᓈᖅᓱᑎᒃ;
- ᓱᓇᑐᐃᓐᓇᒥᒃ ᖁᐱᖅᑖᖅᑕᐅᓯᒪᔪᒥᒃ ᖃᓂᒪᓇᖅᑐᒧᑦ ᖃᓂᒪᔪᒧᑦ ᐊᑦᑐᑕᐅᔪᕕᓂᖅᓂᒃ ᐊᑦᑐᐃᔪᕕᓂᐅᑐᐊᖅᒥᒃ, ᑭᖑᓂᖕᒐᒍᑦ ᖃᓂᖅᒥᓂᒃ, ᕿᖕᒐᖅᒥᓂᒃ ᐃᓗᒻᒥᓂᓗᓐᓃᑦ ᐊᑦᑐᐃᖅᑲᑦᑕᑐᐊᖅᒥᒃ ᐊᒃᒐᒥᓂᒃ ᐃᖅᑐᖅᑕᖕᖕᒋᓈᖅᓱᑎᒃ;

ᖃᓂᒪᓇᖅᑐᖅ COVID-19 ᐅᑦᑐᑏᑎᐅᓪᓗᐊᕈᓐᓇᔭᖕᒋᑦᑐᖅ ᓂᕿᑎᒍᑦ. ᑭᓯᐊᓂ, ᓂᕿᓂᒃ ᓴᓗᒪᑎᑦᓯᓯᐊᒐᓱᐊᕈᑏᑦ ᐊᑑᑎᔭᐅᒋᐊᖅᑲᖅᓂᖕᒋᑦ ᐱᒻᒪᓇᐅᖕᒋᓐᓈᑐᑦ ᖃᓂᒪᓇᖅᑐᖅ ᓂᕿᑎᒍᑦ ᐅᑦᑐᑏᑎᐅᓚᖅᑭᖅᑯᓇᒍᑦ.

ᓄᓇᕕᒻᒥ ᐃᓗᓯᓕᓇᓂᖅᒍᑦ ᑲᑎᒪᔨᑦ
RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX DU NUNAVIK
NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES

ᖃᓄᖅ ᐃᑲᔪᕐᓯᒪᒍᓐᓇᒪᖔᑦᐱᑦ ᖃᓂᒪᓇᕐᑑᑉ ᖁᐱᕿᑯᓗᖕᒋᑦ ᓯᐊᒻᒪᑎᑦᑐᓕᒐᓱᐊᕐᓗᒋᑦ

ᓄᓇᓕᒻᒥ ᓂᕿᓂᒃ ᐃᒐᔪᓄᑦ ᐊᒻᒪᓗ ᓄᓇᓕᒻᒥᐅᓄᑦ ᓂᕆᔭᐅᓚᖔᔪᓂᒃ ᓂᕿᓕᕆᔪᓄᑦ ᑭᓇᒃᑯᑦ ᐃᓚᐅᕐᖃᔭᖕᖕᒋᑑᒻᒪᖔᑕ (ᐱᓇᓱᑦᑏᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓚᐅᔪᐃᑦ ᓂᕿᓕᕆᔪᓄᑦ)

- ᐃᓚᐅᕐᖃᔭᖕᖕᒋᑐᐃᑦ ᐃᓄᐃᑦ ᓇᐅᑐᐃᓐᓂᑦ ᓄᓇᕕᐅᑉ ᓯᓚᑖᓂᑦᑐᕕᓂᐅᑦᓱᑎᒃ ᐅᑎᕐᖃᒥᑦ. ᐅᑦᓗᓂ ᖁᓕᑦᓗ/ᑕᑦᓕᒪᔪᕐᑐᓗ ᓯᑕᒪᑦᓘᓃᑦ (14-ᓂ) ᐃᓄᑑᕿᓐᓇᓗᑎᒃ ᓇᔪᕐᑕᐅᖕᒋᑦᑑᕿᓐᓇᕐᖃᓇᐊᓖᑦ ᐊᓯᒥᓄᑦ.
- ᐃᓚᐅᕐᖃᔭᖕᖕᒋᑐᐃᑦ ᐃᓄᐃᑦ ᓇᐅᑐᐃᓐᓂᑦ ᖃᓂᒪᓇᕐᑐᒥᒃ COVID-19-ᒥᒃ ᖃᓄᐃᒍᑎᕐᖃᒍᓇᐅᑐᐊᕈᑎᒃ (ᐆᓇᕐᖃᑦᑕᑐᐊᕈᑎᒃ, ᖁᐃᕐᑐᕐᖃᑦᑕᑐᐊᕈᑎᒃ, ᐊᓂᑎᓇᕐᓯᐊᕐᖃᔭᕐᖃᑦᑕᖕᒋᑦᑐᐊᕈᑎᒃ).
- ᐃᓚᐅᕐᖃᔭᖕᖕᒋᑐᐃᑦ ᖃᓂᒪᓂᐊᖕᖕᒎᓇᔭᐅᔪᓂᒃ COVID-19-ᒧᑦ ᑲᑎᒪᕐᓯᕐᖃᑦᑕᑐᕕᓃᑦ ᐅᕝᕙᓘᓐᓃᑦ ᖃᓂᒪᓇᕐᑐᒧᑦ ᖃᓂᒪᑦᓚᓇᓕᕐᑐᓂᒃ ᑲᑎᒪᕐᓯᕐᖃᑦᑕᑐᕕᓃᑦ ᐅᕝᕙᓘᓐᓃᑦ ᖃᐅᔨᔭᐅᓯᒪᔪᐃᑦ ᖃᓂᒪᑦᓚᓇᒋᐊᖕᒋᑦ COVID-19-ᒧᑦ.

ᓇᒻᒥᓂᖅ ᓴᐳᒻᒥᓯᐊᕋᓱᐊᕐᓗᑕ ᑲᔪᓯᒋᐊᖃᕐᐳᒍᑦ ᓴᓗᒪᒐᓱᐊᕐᑎᓯᒍᑎᐅᔪᓂᒃ ᐊᑑᑎᕐᓯᐊᖃᑦᑕᓗᑕ

- ᐊᒃᒐᓱᓐᓂᒃ ᐃᕿᑐᐃᓗᑭᖃᑦᑕᓗᓯ ᐅᕝᕙᐅᑎᒧᑦ ᐃᒪᕐᒧᓗ ᓯᕿᓂᖁᑎᒃ/ᓯᖁᖕᖑᔭᖅ 20-ᕕᓪᓗᓂ ᑲᕐᔪᑕᕐᓂᖓ (20 seconds) ᐊᓂᒍᖕᖕᒋᓂᖓᓂ ᐅᕝᕙᖃᑦᑕᓗᓯ (ᐅᐸᑦᑕᓯᓐᓄᑦ ᑎᑭᑐᐊᕈᑎᕐᓯ ᐊᓂᓯᑐᐊᕈᑦᓯᓗ, ᓂᕿᓂᒃ ᐊᐅᓚᕐᓯᒋᐊᓯᓚᐅᖕᖕᒋᓂᕐᓯᓂ, ᖃᓚᒻᒥᑐᓂᒃ ᓂᕿᓂᒃ ᑲᒪᒋᔭᖃᓈᑐᐊᕈᑦᓯ ᐅᕝᕙᓘᓐᓃᑦ ᐃᒋᑕᕐᓴᓂᒃ, ᓴᓗᒻᒪᓴᒋᑐᐊᕈᑦᓯ/ᖁᐱᕿᐃᔭᓇᒃᑯᑎᓄᑦ ᓴᓗᒻᒪᓴᒍᑎᓄᑦ ᓴᓗᒻᒪᓴᒋᑐᐊᕈᑦᓯ, ᖁᕐᕕᑯᕕᒻᒥᒋᑐᐊᕈᑦᓯ, ᑕᒋᐅᕐᓴᓇᑐᐊᕈᑦᓯ, ᖁᐃᕐᑐᓇᑐᐊᕈᑦᓯ ᐅᕝᕙᓘᓐᓃᑦ ᑲᑭᑦᑐᐊᕈᑦᓯ, ᓂᓇᑦᑐᐊᕈᑦᓯ, ᐃᒥᓇᑐᐊᕈᑦᓯᓗ ᐅᕝᕙᓘᓐᓃᑦ ᓱᐳᕈᓯᔭᓇᑐᐊᕈᑦᓯ/ᓯᑲᔨᐊᓇᑐᐊᕈᑦᓯ).
    - ᐊᒃᒐᔾᔭᑦ ᐊᑐᕐᑕᐅᕐᖁᔭᐅᖕᖕᒋᑐᑦ. ᓴᓗᒥᓪᓕᓯᕐᑕᐅᑐᐃᓐᓇᓱᒍᒻᒥᒪᑕ ᒐᒫᑦᓴᓇᖅ ᐊᒃᒐᑎᑐᑦ ᐊᒻᒪᓗ ᐃᓄᐃᑦ ᒐᒥᑦᑐᓂᒃ ᐊᒃᒐᔾᔭᕐᓯᒪᒐᒥᐅᓐᓃᑦ ᐳᐃᒍᓱᒍᒻᒪᑕ ᓴᓗᒪᒐᓱᐊᕈᓯᕐᓂᒃ ᒪᓕᒋᐊᖃᕐᓂᒥᓂᒃ.
    - ᐊᒃᒐᓄᑦ ᓴᓗᒻᒪᓴᐅᑏᑦ ᐊᑐᖃᑦᑕᓗᒋᑦ ᐃᒪᕐᒥᒃ ᐊᑐᐃᓐᓇᖃᕈᓐᓂᑐᐊᕐᐸᑦ (ᐅᑦᑑᑎᒋᓗᒍ: ᓄᓇᒥ ᖃᓄᑐᐃᓐᓇᖅ ᐱᓇᓱᐊᕐᓂᖃᓕᕈᑦᓯ).
- ᑮᓇᓯ ᐊᑐᒐᓕᒐᓱᐊᖃᑦᑕᓗᒍ (ᕿᖕᒐᓯ, ᖃᓂᓯ ᐃᔨᓯᓪᓗ). ᐃᐸᐱᒍᓱᒋᐊᕐᓯᐊᑲᓂᒋᐊᖃᕐᒥᔪᓯ ᓱᐳᕈᑎᔭᓲᒍᑐᐊᕈᑦᓯ/ᓯᑲᔨᐊᓲᒍᑐᐊᕈᑦᓯ.
- ᖁᐃᑦᑐᖃᑦᑕᓗᓂ ᑕᒋᐅᑦᓴᖃᑦᑕᓗᓯᓗ ᐃᑯᓯᑦᓯ ᐃᕿᔭᕐᓂᖓᓄᑦ.
- ᐃᓅᖃᑎᓐᓂᒃ ᐅᖕᒐᓯᑦᑕᖃᑦᑕᓗᑎᑦ 2 ᒥᑖᓐᓄᑦ (ᐃᑎᕐᑦ ᐱᖕᒐᓲᔪᕐᑐᓗᐊᑦ) ᐅᖕᒐᓯᓐᓂᓴᐅᓗᓯᓘᓐᓃᑦ.
    - ᓂᕿᓕᕆᒋᐊᕐᑐᓯᒪᔪᐃᑦ ᐊᒥᓲᓗᐊᕐᑎᒐᓕᖃᑦᑕᓗᒋᑦ 2 ᒥᑖᓄᑦ ᐅᖕᒐᓯᑦᑕᕆᖃᑦᑕᕆᐊᖃᕐᓂᖕᒋᑦ ᐃᓱᒪᒋᓗᒋᑦ ᓂᕐᓯᐅᕙᒻᒥ (ᐃᒐᕙᒻᒥ) ᐊᒻᒪᓘᓐᓃᑦ ᓂᕆᕙᐅᑉ ᖁᕆᐊᖕᒐᓂ/ᐃᓪᓗᐊᕈᓯᖕᒐᓂ.
    - ᓂᕐᓯᐅᕙᒻᒥ ᑲᑎᒪᑲᓪᓚᓗᐊᕐᒐᓕᒋᐊᖃᕐᒪᑕ ᓂᕿᓕᕆᕙᐅᑉ ᐊᓯᐊᓂ ᐃᓂᓕᐅᕐᓯᒪᖃᑦᑕᓗᒋᑦ ᓂᕿᓕᐅᖃᑎᓯ (ᐃᓄᒃ ᐊᑕᐅᓯᖅ ᑎᓕᐅᕆᓯᒪᖃᑦᑕᑎᓪᓗᒍ ᓇᔪᕐᓇᕆᐊᓕᖕᒋᓐᓃᑎᕐᓯᒐᓱᐊᖃᑦᑕᑎᓪᓗᒍ ᐱᒍᓐᓇᕕᓕᒫᖕᒐᒍᑦ)

ᓄᓇᕕᒻᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ
RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX DU NUNAVIK
NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES

- ᐱᐅᒃᑯᑎᒥᒃ ᐃᒐᒍᑎᒥᒃ ᑖᑦᓱᒥᖕᒐᑦᓴᓇᖅ ᐊᑐᕐᑕᐅᔪᕕᓂᕐᒥᒃ ᐊᑐᕐᒐᓕᖅᑲᑦᑕᓗᓯ ᐊᒻᒪᓗ ᓯᑯᑦᓴᔭᒥᒃ ᐃᒐᒍᓯᕐᒥᒃ ᐊᓪᓚᓯᒪᔪᓂᒃ ᐃᒐᖅᑲᑎᑏᑦᑐᐃᑦ ᓂᕆᓕᑐᐊᕈᑎᓪᓗ ᑖᒃᑯᓂᖕᒐᑦᓴᓇᖅ ᐊᑐᕐᒐᓕᖅᑲᑦᑕᕆᐊᓖᑦ.
- ᐃᒣᕐᑯᔨᒍᑎᐅᑦᓱᓂ ᐅᓐᓂᑑᑎᐅᒻᒥᔪᖅ ᐃᓄᒃ ᐊᑕᐅᓯᖅ ᐊᒡᒐᒥᓂᒃ ᐃᕐᕈᑐᖅᑲᒥᐅᓗᓂ ᓂᕿᓂᒃ ᐅᑦᑐᑑᑎᖅᑐᑑᕆᐊᓕᒃ ᐃᓚᐅᔪᓕᒫᓄᑦ ᓂᕆᒍᑎᓂᒃ ᑖᒃᑯᓂᖕᒐᑦᓴᓇᖅ ᐊᑐᕐᑐᖅᑲᑦᑕᕐᑯᓇᒍᑦ.
- ᑮᓇᕐᒧᑦ ᒪᑦᑐᓯᔭᕈᑎᒥᒃ ᐊᑐᖅᑲᑦᑕᓗᑎᑦ (ᐃᓅᖅᑲᑎᓐᓂᒃ 2 ᒥᑖᓐᓄᑦ ᐅᖕᒐᓯᑦᑕᖅᖅᑲᔭᖅᖕᒋᑦᑐᒦᑐᐊᕈᕕᑦ)
  - ᐱᓇᓱᑦᑏᑦ ᓂᕿᓕᕆᖅᑕᐅᔪᐃᓪᓗ ᐃᓅᖅᑲᑎᒥᓂᒃ ᐅᖕᒐᓯᑦᑕᖅᖅᑲᒐᖅᖕᒋᑦᑐᐃᑦ (2 ᒥᑖᒃ ᒥᑦᓯᑎᒍᑦ ᖅᑲᓂᑦᑕᖅᑲᖅᑲᑦᑕᑐᐃᑦ) ᑭᓇᐸᓯᒪᒋᐊᓖᑦ ᕿᒪᕐᒥᒃ ᖅᑲᓂᕐᒥᓗ ᒪᑦᑐᓯᔭᕈᑎᒥᒃ.

ᓴᓗᒻᒪᓴᓗᑭᓂᕐᓴᐅᖅᑲᑦᑕᓃᑦ ᓴᓗᒪᒐᓱᐊᖅᑲᑦᑕᓃᑦᓗ

- ᐊᑦᑐᑕᐅᓗᑭᓐᓂᐹᑦ ᖁᐱᕐᕈᐃᔭᕈᑎᓄᑦ ᓴᓗᒻᒪᓴᖅᑲᑦᑕᓗᒋᒃ ᐊᑐᕐᑕᐅᒋᒋᐊᑕᒫᑦ (ᐅᑦᑑᑎᒋᓗᒋᑦ ᐅᒃᑯᐊᑦ ᓂᕿᓄᑦ ᓂᑦᓕᒪᔪᖅᑲᐅᑏᑦ ᐅᒃᑯᐃᕈᑎᖕᒋᑦ, ᓂᕿᓕᕆᔨᑦ ᖃᖕᒋᑦ, ᖁᕐᕕᑯᔨᑦ, ᓵᑦ/ᒪᖕᒋᑦᒐᑦ, ᐃᑦᓯᕙᐅᑦ, ᐃᑯᒪᓄᑦ ᐃᑭᑦᑕᐅᑏᑦ/ᖃᒥᑦᑕᐅᑏᑦ) ᐊᒥᓱᕕᒐᓛᑦᓗᒋᑦ ᓴᓗᒻᒪᓴᑦᑕᐅᓴᖅᑲᑦᑕᖁᓇᕐᑐᑦ ᐅᑦᓗᑕᒫᑦ.

*ᖁᐱᕐᕈᐃᔭᐅᑎᐅᑦᓱᑎᒃ ᓴᓗᒻᒪᓴᒍᑏᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᑦᓚᕈᑏᑦ ᐊᑐᕆᑐᐊᕐᒪᑕ ᐃᒋᑕᐅᒋᐊᖅᑲᓲᑦ ᐊᑐᕐᓂᖅᑲᕈᓐᓇᓱᐊᕐᑐᑦ ᖅᑲᓂᒪᓇᕐᑐᒥᒃ COVID-19-ᒥᒃ ᐃᕐᐸᑎᑦᓯᒍᑦᓚᒍᑎᒋᑦᓱᒋᑦ. ᖅᑲᓄᖅ ᐊᑐᕐᑕᐅᒋᐊᖅᑲᕐᒪᖕᒐᑕ ᐊᓪᓚᓂᐊᕐᓗᒋᑦ/ᐊᑐᐊᕐᓗᒋᑦ ᖅᑲᓄᖅ ᐊᑐᕐᑕᐅᓯᐊᓲᒍᒻᒪᖕᒐᑕ ᓇᓗᓐᕐᓯᒍᑎᑕᖕᒋᑦ ᓴᓗᒻᒪᓴᒍᑏᑦ ᑐᑭᓯᒪᔭᐅᑦᓯᐊᕐᑯᓇᕐᒪᑕ. ᐃᒪᖅ ᖅᑲᑯᕐᓯᓕᐅᑎᒥᒃ ᐃᓚᖅᑲᕐᑎᓗᒍᑦ ᐊᑐᕐᑕᐅᒍᓐᓇᒥᔪᖅ (ᐊᖕᒋᓂᖅᑲᕐᑎᓗᒍ ᑏᒥᒃ/ᑳᐱᒥᒃ ᐃᖑᓚᒍᑎᒃ ᖅᑲᓗᕐᐅᑎᐊᐱᒃ ᓯᑕᒪᕕᓪᓗᒍ 4 teaspoons-ᓂᒃ (20ml) ᖅᑲᑯᕐᓯᓕᐅᑎᒥᒃ ᐃᓗᒍᑎᒋᓗᒍ ᐃᒪᕐᒧᑦ, ᐃᒪᕐᒧᑦ ᐊᖕᒋᓂᖕᒐ 1 litre (ᓯᑕᒥᑦ ᖃᓪᓗᑏᑦ). ᐃᒪᖅ ᐊᑐᕐᑕᐅᒣᑦᑐᖅ ᖅᑲᑯᕐᓯᓕᐅᑎᓪᓗ ᐅᓪᓗᑕᒫᑦ ᐊᑐᖅᑲᑦᑕᓗᒍ.

ᓂᕿᓂᒃ ᐊᒥᐊᒃᑯᕕᓂᕐᓂᒃ ᒥᓇᕐᓃᑦ

- ᒥᓇᕐᑐᐃᑦ ᑐᓲᓄᕐᓱᖅᑲᑦᑕᒋᐊᓖᑦ (ᐃᓪᓗᒧᑦ ᐃᑎᓪᓗᑐᑦᔭᒍᓐᓂᓗᑎᒃ).
- ᐊᒡᒐᓂᒃ ᓴᓗᒻᒪᓴᒍᑎᒥᒃ ᓄᓇᒃᑯᔫᕐᒥᐅᑕᖅᑲᖅᑲᑦᑕᓗᓯ ᒥᓇᕋᓕᑐᐊᕈᑦᓯ ᐊᑐᐃᓐᓇᕆᖅᑲᑦᑕᓚᖕᒐᔭᑦᓯᓂᒃ, ᒥᓇᕋᕐᑐᐃᑦ ᐊᒡᒐᓂᐊᕈᓐᓇᐅᑎᑦᓴᖅᑲᖅᑲᑦᑕᓚᖕᒐᒻᒪᑕ.

ᐃᓗᓐᓈᒍᑦ ᖅᑲᓂᒪᓇᕐᑐᒧᑦ COVID-19-ᒧᑦ ᐃᓕᖕᒐᔪᓂᒃ ᖅᑲᐅᔨᒐᓱᐊᕈᒪᔪᐃᑦ, ᐅᖅᑳᕕᖅᑲᕈᓐᓇᑐᑦ 1-833-301-0296, ᖅᑲᓇᑕᐅᔭᑎᒍᑦ ᐊᓪᓚᑲᑦᑕᐅᑎᑎᒍᑦ ᖅᑲᐅᔨᒋᐊᕐᕕᐅᒍᓐᓇᔪᑦ ᓄᓇᕕᓕᒫᒥ ᐃᓗᓯᓕᓇᓂᕐᒧᑦ ᐃᓄᓕᓇᓂᕐᒧᓗ ᑲᑎᒪᔨᑦ ᐱᒍᑦᔨᔨᒃᑯᑦ Facebook-ᖕᒐᑎᒍᑦ (ᐊᓪᓚᖅᑲᑦᑕᕈᓐᓇᐅᑎᖕᒐᑎᒍᑦ) *Messenger-d*ᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑕᑯᒋᐊᕐᕕᐅᒍᓐᓇᒥᔪᑦ ᖅᑲᓇᑕᐅᔭᑎᒍᑦ ᐅᕙᓂᑦᑐᓂᑦᑐᐃᑦ https://nrbhss.ca/en/coronavirus.

ᐊᑐᕐᓂᖅᑲᕈᓐᓇᒥᔪᐃᑦ ᖅᑲᓇᑕᐅᔭᑎᒍᑦ ᑕᑯᒐᓱᐊᕐᕕᐅᒍᓐᓇᑐᐃᑦ ᐅᑯᐊ:

ᑯᐯᒃᑯᑦ ᑲᕙᒪᖕᒐᑦ
ᐱᓇᓱᕝᕕᐅᔪᓄᑦ ᐱᓇᓱᑦᑎᓄᓪᓗ ᐃᓕᖕᒐᔪᓂᒃ ᐊᐱᕐᓲᑎᓂᒃ ᑭᐅᒍᑎᐅᔪᓂᓪᓗ ᖅᑲᐅᔨᒐᓱᐊᕐᕕᔭᑦ ᖅᑲᓂᒪᓇᕐᑐᖅ COVID-19 ᓄᓇᕐᔪᐊᒥ ᐃᕐᐸᓯᒪᓂᖕᒐᖕᒐᑕ ᒥᑦᓴᓄᑦ ᑕᑯᒐᓱᐊᕐᕕᐅᒍᓐᓇᑐᖅ ᐅᓇ:
https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/answers-questions-coronavirus-covid19/employers-workers-covid-19/#c52726

ᐊᑐᕐᓂᕐᑲᕈᓐᓇᑐᑦ ᓄᓇᕗᓕᒫᒥ ᐃᓗᓯᓕᕆᓂᕐᒧᑦ ᐃᓄᓕᕆᓂᕐᒧᓗ ᑲᑎᒪᔨᑦ ᐱᒍᑦᔨᓂᕐᒥᒍᑦ ᐊᑐᕐᑐᓴᒫᓕᐊᕆᓯᒪᕙᖏᑦ

ᐃᒻᒥᓂᒃ ᐊᓯᒥᓂᑦᓗ ᓴᐳᒻᒥᒐᓱᐊᕐᓂᒨᓕᖓᔪᐃᑦ ᑐᑭᓯᒪᑎᑦᓯᒐᓱᐊᕈᑎᐅᑦᓱᑎᒃ ᐊᑦᓚᓂᐊᒫᐱᑦ/ᐊᑐᐊᒫᐱᑦ ᖃᑦᓗᓈᕐᑎᑑᕐᑐᑦ https://nrbhss.ca/sites/default/files/covid19/flyer_EN.pdf

ᐃᒻᒥᓂᒃ ᐊᓯᒥᓂᑦᓗ ᓴᐳᒻᒥᒐᓱᐊᕐᓂᒨᓕᖓᔪᐃᑦ ᑐᑭᓯᒪᑎᑦᓯᒐᓱᐊᕈᑎᐅᑦᓱᑎᒃ ᐊᑭᓐᓇᒥᐅᑕᓕᐊᒍᓯᒪᔪᐃᑦ ᖃᑦᓗᓈᕐᑎᑑᕐᑐᑦ https://nrbhss.ca/sites/default/files/covid19/poster11x17_EN.pdf

ᑐᑭᓯᒪᑎᑦᓯᒐᓱᐊᕈᑎᐅᑦᓱᑎᒃ ᐊᑦᓚᓂᐊᒫᐱᑦ/ᐊᑐᐊᒫᐱᑦ: ᐃᓗᓐᓈᒍᑦ ᐃᓄᓕᒫᓂᒃ ᑎᒥᐅᔪᕐᑯᑎᓂᑦᓗ ᐃᒥᕐᑯᔨᒍᑎᐅᑦᓱᑎᒃ ᐅᓐᓂᑑᑏᑦ ᖃᑦᓗᓈᕐᑎᑑᕐᑐᑦ https://nrbhss.ca/sites/default/files/covid19/Coronavirus_recommendations_EN.pdf