ᓄᓇᓕᒻᒥ ᓂᕿᓂᒃ ᐃᒐᖅᑲᑦᑕᑐᓂᒃ ᐊᒻᒪᓗ ᓂᕿᑎᒍᑦ ᐃᑲᔪᖅᓯᒐᓱᐊᖅᓂᒧᑦ ᒥᓇᖅᑲᑦᑕᑐᓂᒃ ᐃᒣᖅᑯᔨᒍᑎᐅᑦᓱᑎᒃ ᐅᓐᓂᑑᑏᑦ - ᖃᓂᒪᓇᖅᑐᑖᖅᑎᓯᑦᒐᓕᒐᓱᐊᒧᑦ COVID-19ᒍᓂᕋᖅᑕᐅᔪᒥᒃ ᓄᓇᕕᒃ ᐅᒃᑯᐃᑕᐅᒋᐊᓪᓚᓯᒻᒥᒪᑦ

ᑖᒃᑯᐊ ᑐᑭᒧᐊᒋᐊᕈᑎᓕᐊᒍᓯᒪᔪᐃᑦ ᓄᐃᑕᐅᓚᖅᑭᓯᒪᔪᑦ ᓴᐳᒻᒥᒋᐊᕈᑎᐅᑦᓱᑎᑦ ᓄᓇᓕᒻᒥ ᓂᕿᓂᒃ ᐃᒐᖅᑲᑦᑕᑐᓂᒃ ᐊᒻᒪᓗ ᓂᕿᓂᒃ ᒥᓇᕋᖅᑲᑦᑕᑐᓂᒃ (ᐅᑦᑑᑎᒋᓗᒋᑦ, ᐊᖑᑏᑦ ᐅᓪᓛᕈᒥᑦᑕᖅᑲᑎᑮᓱᒍᒻᒪᑕ, ᐃᓄᒻᒪᕆᓪᓗ ᑲᑎᑎᑦᓱᒋᑦ ᓂᕆᒃᑲᑕᐅᓲᒍᒻᒪᑕ) ᐱᒋᐊᖅᑎᑕᐅᕙᓪᓕᐊᒍᒪᓕᖅᒥᒪᑕ ᑕᒪᒃᑯᐊ ᖃᓄᐃᙱᓯᐊᖅᓇᑑᒍᓐᓇᕕᓕᒫᖓᑎᒍᑦ. ᑖᒃᑯᐊ ᑐᑭᒧᐊᒋᐊᕈᑏᑦ ᒪᓕᑦᑕᐅᒋᐊᖃᖅᒥᔪᑦ ᓂᕿᓕᕆᔪᐃᑦ ᐃᑲᔪᖅᑎᖏᓐᓄᑦ (ᐅᑦᑑᑎᒋᓗᒍ, ᓂᕿᓂᒃ ᒥᓇᕆᔭᐅᓚᖓᔪᓂᒃ ᐆᕆᓚᖓᔭᖏᓐᓅᖅᑭᐊᔨᓄᑦ ᐊᒻᒪᓗ ᒥᓇᓚᖓᔪᓄᑦ, ᐊᓯᖏᑦᓗ). ᐊᓯᑦᔨᑕᐅᒍᓐᓇᓚᖓᔪᑦ ᖃᓄᐃᓕᖓᓂᐅᔪᖅ ᓄᓇᓕᓕᒫᓂ ᐊᓯᑦᔨᑐᐊᖅᐸᑦ ᖃᓄᑐᐃᓐᓇᖅ.

ᑖᒃᑯᐊ ᑐᑭᒧᐊᒋᐊᕈᑎᓕᐊᒍᓯᒪᔪᐃᑦ ᐊᓯᑦᔨᑕᐅᒍᓐᓇᓚᖓᔪᑦ ᖃᓄᐃᓕᖓᓂᐅᔪᖅ ᓄᓇᓕᓕᒫᓂ ᐊᓯᑦᔨᑐᐊᖅᐸᑦ ᖃᓄᑐᐃᓐᓇᖅ.

ᓄᓇᕕᒃ ᓄᓇᓕᓕᒫᓂ ᐅᒃᑯᐃᑕᐅᕙᓪᓕᐊᓕᖅᐸᑦ, ᖃᓄᐃᙱᓯᐊᖅᑯᔨᒧᑦ ᓯᕗᓕᐅᖅᓯᓯᒪᒐᓱᐊᕈᑏᑦ ᐱᒻᒪᕆᐅᓂᖅᐸᐅᖏᓐᓇᑐᑦ ᖃᓂᒪᓇᖅᑑᑉ ᖁᐱᖅᕈᐊᕈᖏᑦ ᐅᑦᑑᑎᐅᖃᑦᑕᓂᖏᓐᓂᒃ ᓱᒃᑭᐃᓕᐅᒥᑎᑦᓯᓯᒪᒍᓐᓇᒪᑕ ᐊᑐᖅᑕᐅᑎᑕᐅᒋᐊᒃᑲᓂᓚᖓᔪᑦ ᒪᓕᑦᑕᐅᖅᑯᔭᐅᔪᐃᑦ.

ᖃᓂᒪᓇᖅᑐᖅ COVID-19 ᐅᑦᑑᑎᐅᕙᓪᓗᓲᖅ ᐃᓄᑦᑎᒍᑦ:

- ᖃᓂᒪᓇᖅᑐᒧᑦ ᖃᓂᒪᔪᒥᒃ ᖃᓂᑦᑕᖅᑲᖅᑲᑦᑕᑐᐊᕋᒥᒃ, ᐅᑦᑑᑎᐅᕙᓪᓗᓲᖅ ᖁᐃᖅᑐᖅᑲᑦᑕᓂᒃᑯᑦ ᑕᒋᐅᑦᓴᖅᑲᑦᑕᓂᒃᑯᓘᓐᓃᑦ ᐊᒻᒪᓗ 2 ᒥᑖᒃ ᒥᑦᓯᑎᒍᑦ ᖃᓂᑦᑕᖅᑲᖅᑲᑦᑕᑐᐊᕋᒥᒃ ᐅᑦᑕᐅᑐᐃᓐᓇᕆᐊᖅᑲᖅᒥᓯᑎᒃ;
- ᖃᓂᒪᓇᖅᑐᓕᒻᒥᒃ ᑲᑎᒪᑦᓯᓚᕆᖅᑲᑦᑕᑐᐊᕋᒥᒃ, ᐊᑦᑐᖅᑲᑦᑕᐅᑎᓂᒃᑯᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᒃᒐᒥᒍᑦ ᑎᒍᑎᓂᒃᑯᑦ ᓴᒧᖅᑐᕙᓂᐅᑦᓱᑎᒃ, ᑭᖑᓂᖓᒍᑦ ᖃᓂᖅᒥᓂᒃ, ᕿᖓᖅᒥᓂᒃ ᐃᔨᒻᒥᓂᓘᓐᓃᑦ ᐊᑦᑐᐃᖅᑲᑦᑕᑐᐊᕋᒥᒃ ᐊᒃᒐᒥᓂᒃ ᐃᖅᑭᑐᓚᐅᖅᑕᖓᓈᖅᓱᑎᒃ;
- ᓱᓇᑐᐃᓐᓇᒥᒃ ᖁᐱᖅᑭᑖᖅᑕᐅᓯᒪᔪᒥᒃ ᖃᓂᒪᓇᖅᑐᒧᑦ ᖃᓂᒪᔪᒧᑦ ᐊᑦᑐᑕᐅᔪᕕᓂᖅᓂᒃ ᐊᑦᑐᐃᔪᕕᓂᐅᑐᐊᕋᒥᒃ, ᑭᖑᓂᖓᒍᑦ ᖃᓂᖅᒥᓂᒃ, ᕿᖓᖅᒥᓂᒃ ᐃᔨᒻᒥᓂᓘᓐᓃᑦ ᐊᑦᑐᐃᖅᑲᑦᑕᑐᐊᕋᒥᒃ ᐊᒃᒐᒥᓂᒃ ᐃᖅᑭᑐᑕᖅᖓᓈᖅᓱᑎᒃ;

ᖃᓂᒪᓇᖅᑐᖅ COVID-19 ᐅᑦᑑᑎᐅᓪᓗᐊᕈᓐᓇᔭᖏᑦᑐᖅ ᓂᕿᑎᒍᑦ. ᑭᓯᐊᓂ, ᓂᕿᓂᒃ ᓴᓗᒪᑎᑦᓯᓯᐊᕋᓱᐊᕈᑏᑦ ᐊᑑᑎᔭᐅᒋᐊᖃᖅᓂᖏᑦ ᐱᒻᒪᕆᐅᖏᓐᓈᑐᑦ ᖃᓂᒪᓇᖅᑐᖅ ᓂᕿᑎᒍᑦ ᐅᑦᑑᑎᐅᓚᖅᑭᖅᑯᓇᒍᑦ.

ᖃᓄᖅ ᐃᑲᔪᖅᓯᒪᒍᓐᓇᒪᖕᒑᑉᐱᑦ ᖃᓂᒪᓇᖅᑑᑉ ᖁᐱᖅᕈᐊᕈᖏᑦ ᓯᐊᒻᒪᑎᑦᑐᓕᒐᓱᐊᖅᓗᒋᑦ

ᓄᓇᓕᒻᒥ ᓂᕿᓂᒃ ᐃᒐᔪᓄᑦ ᑭᓇᒃᑯᑦ ᐃᓚᐅᖅᑲᔭᖕᖏᑑᒻᒪᖕᒑᑕ (ᐱᓇᓱᑦᑎ, ᐊᑭᓕᖅᑐᑕᐅᒐᓂ ᐃᑲᔪᖅᑎ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓚᐅᔪᖅ ᓂᕿᓕᕆᔪᓄᑦ)

- ᐃᓄᐃᑦ ᐃᓄᓐᓃᑐᓕᒐᓂᒥᒋᐊᓖᑦ ᓄᓇᕕᐅᑉ ᓯᓚᑖᓂ ᐱᑦᓱᑎᒃ ᓄᓇᕕᒻᒧᑐᕕᓂᐅᑐᐊᕈᑎᒃ.
- ᐃᓚᐅᖅᑲᔭᖕᖏᑐᐃᑦ ᐃᓄᐃᑦ ᓇᐅᑐᐃᓐᓄᑦ ᓄᓇᕕᐅᑉ ᓯᓚᑖᓂᑦᑐᕕᓂᐅᑦᓱᑎᒃ ᐅᑎᖅᑲᒥᑦ. ᐅᓪᓗᓂ ᖁᓕᓪᓗ/ᑕᓪᓕᒪᔪᑦᑐᓗ ᓯᑕᒪᓪᓗᓂ (14-ᓂ) ᐃᓄᑑᕿᓐᓇᓗᑎᒃ ᓇᔪᑦᑕᐅᖏᑦᑑᕿᓐᓇᖃᓇᐊᓖᑦ ᐊᓯᒥᓄᑦ.

- ᐃᓚᐅᕐᖃᔭᖕᖕᒋᑐᐃᑦ ᖃᓂᒪᓂᐊᖕᖕᒎᓇᔭᐅᔪᓂᒃ COVID-19-ᒧᑦ ᑲᑎᒪᔾᔪᖃᑦᑕᑐᕕᓃᑦ ᐅᕝᕙᓘᓐᓃᑦ ᖃᓂᒪᓇᕐᑐᒧᑦ ᖃᓂᒪᓪᓚᓇᓕᕐᑐᓂᒃ ᑲᑎᒪᔾᔪᖃᑦᑕᑐᕕᓃᑦ ᐅᕝᕙᓘᓐᓃᑦ ᖃᐅᔨᔭᐅᓯᒪᔪᓂᒃ ᖃᓂᒪᓪᓚᓇᒋᐊᖕᒋᑦ COVID-19-ᒧᑦ.

ᓇᒻᒥᓂᖅ ᓴᐳᒻᒥᓯᐊᕋᓱᐊᕐᓗᑕ ᑲᔪᓯᒋᐊᖃᕐᐳᒍᑦ ᓴᓗᒪᒐᓱᐊᕐᑎᓯᒍᑎᐅᔪᓂᒃ ᐊᑑᑎᕐᓯᐊᖃᑦᑕᓗᑕ

- ᐊᒃᒐᓯᓐᓂᒃ ᐃᕿᑐᐃᓗᑭᖃᑦᑕᓗᓯ ᐅᕝᕙᐅᑎᒧᑦ ᐃᒪᕐᒧᓗ ᓱᕿᓂᕐᑯᑎᒃ/ᓱᕐᑯᖕᖑᔭᖅ 20-ᕕᓪᓗᓂ (20 seconds-ᓂ) ᑲᑦᔪᑕᕐᓂᖓ ᐊᓂᒍᖕᒋᓂᖓᓂ ᐅᕝᕙᖃᑦᑕᓗᓯ (ᐅᐸᑦᑕᓯᓐᓄᑦ ᑎᑭᑐᐊᕈᑎᕐᓯ ᐊᓂᓯᑐᐊᕈᑦᓯᓗ, ᓂᕿᓂᒃ ᐊᐅᓚᕐᓯᒋᐊᓯᓚᐅᖕᒋᓂᕐᓯᓂ, ᖃᓚᒻᒥᑐᓂᒃ ᓂᕿᓂᒃ ᑲᒪᒋᔭᖃᓈᑐᐊᕈᑦᓯ ᐅᕝᕙᓘᓐᓃᑦ ᐃᒋᑕᕐᓴᓂᒃ, ᓴᓗᒻᒪᓴᒋᑐᐊᕈᑦᓯ/ᖁᐱᕿᐃᔭᓇᒃᑯᑎᓄᑦ ᓴᓗᒻᒪᓴᒍᑎᓄᑦ ᓴᓗᒻᒪᓴᒋᑐᐊᕈᑦᓯ, ᖁᕕᑯᕕᒻᒦᒋᑐᐊᕈᑦᓯ, ᑕᒋᐅᕐᓴᑏᑐᐊᕈᑦᓯ, ᖁᐃᕐᑐᓇᑐᐊᕈᑦᓯ ᐅᕝᕙᓘᓐᓃᑦ ᑲᒃᑭᓇᑐᐊᕈᑦᓯ, ᓂᓇᑏᑐᐊᕈᑦᓯ, ᐃᒥᓇᑐᐊᕈᑦᓯᓗ ᐅᕝᕙᓘᓐᓃᑦ ᓱᐳᕈᓯᔭᓇᑐᐊᕈᑦᓯ/ᓯᑲᔨᐊᓇᑐᐊᕈᑦᓯ).

  - ᐊᒃᒐᔮᑦ ᐊᑐᕐᑕᐅᖁᔭᐅᖕᖕᒋᑐᑦ. ᓴᓗᒥᓪᓕᑎᕐᑕᐅᑐᐃᓐᓇᓲᒍᒻᒥᒪᑕ ᐃᒫᑦᓴᓇᖅ ᐊᒃᒐᑎᑐᑦ ᐊᒻᒪᓗ ᐃᓄᐃᑦ ᐊᒃᒐᔮᕐᓯᒪᒐᒥᐅᓐᓃᑦ ᐳᐃᒍᓲᒍᒻᒪᑕ ᓴᓗᒪᒐᓱᐊᕈᓯᕐᓂᒃ ᒪᓕᒋᐊᖃᕐᓂᒥᓂᒃ.
  - ᐊᒃᒐᓂᒃ ᓴᓗᒻᒪᓴᐅᑏᑦ ᐊᑐᖃᑦᑕᓗᒋᑦ ᐃᒪᕐᒥᒃ ᐊᑐᐃᓐᓇᖃᕈᓐᓄᑐᐊᕐᐸᑦ (ᐅᑦᑑᑎᒋᓗᒍ: ᓄᓇᒥ ᖃᓄᑐᐃᓐᓇᖅ ᐱᓇᓱᐊᕐᓂᖃᓕᕈᑦᓯ).
- ᑮᓇᓯ ᐊᑐᒐᓕᒐᓱᐊᖃᑦᑕᓗᒍ (ᕿᖕᒐᓯ, ᖃᓂᓯ ᐃᓗᓯᓪᓗ). ᐃᐸᐱᒍᓱᒋᐊᑦᓯᐊᑲᓂᒋᐊᖃᕐᒥᔪᓯ ᓱᐳᕈᑎᔭᓲᒍᑐᐊᕈᑦᓯ/ᓯᑲᔨᐊᓲᒍᑐᐊᕈᑦᓯ.
- ᖁᐃᑦᑐᖃᑦᑕᓗᓂ ᑕᒋᐅᕐᓴᖃᑦᑕᓗᓯᓗ ᐃᑯᓯᑦᓯ ᐃᕿᔭᕐᓂᖓᓄᑦ.
- ᐃᓅᖃᑎᓐᓂᒃ ᐅᖕᒐᓯᑦᑕᖃᖃᑦᑕᓗᑎᑦ 2 ᒥᑖᓐᓄᑦ (ᐃᑎᑐᑦ ᐱᖕᒐᓲᔪᕐᑐᓗᐊᑦ) ᐅᖕᒐᓯᓐᓂᓴᐅᓗᓯᓘᓐᓃᑦ.
  - ᓂᕿᓕᓇᒋᐊᕐᑐᓯᒪᔪᐃᑦ ᐊᒥᓲᓗᐊᕐᑎᒐᓕᖃᑦᑕᓗᒋᑦ 2 ᒥᑖᓄᑦ ᐅᖕᒐᓯᑦᑕᓇᖃᑦᑕᓇᐊᖃᕐᓂᖕᒋᑦ ᐃᓱᒪᒋᓗᒋᑦ ᓂᕿᓯᐅᕕᒻᒥ (ᐃᒐᕕᒻᒥ) ᐊᒻᒪᓘᓐᓃᑦ ᓂᓇᓇᓱᕝᕕᐅᑉ ᖁᓇᐊᖕᒐᓂ/ᐃᓪᓗᐊᕈᓯᖕᒐᓂ.
  - ᓂᕿᓯᐅᕕᒻᒥ ᑲᑎᒪᑲᓪᓚᓗᐊᕐᒐᓕᒋᐊᖃᕐᒪᑕ ᓂᕿᓕᓇᕕᐅᑉ ᐊᓯᐊᓂ ᐃᓂᓕᐅᕐᓯᒪᖃᑦᑕᓗᒋᑦ ᓂᕿᓕᐅᖃᑎᓯ (ᐃᓄᒃ ᐊᑕᐅᓯᖅ ᑎᓕᐅᓇᓯᒪᖃᑦᑕᑎᓪᓗᒍ ᓇᔪᓇᐊᓕᖕᒋᓐᓃᑎᕐᓯᕋᒐᓱᐊᖕᒋᓐᓇᓗᓂ ᐱᒍᓐᓇᕕᓕᒫᖕᒐᒍᑦ)
  - ᐊᒥᓱᓄᑦ ᓇᔪᖅᑕᐅᖃᑦᑕᑐᐃᑦ ᐃᓂᓪᓚᖕᒐᓂᖕᒋᑦ ᓲᓱᒋᕐᓯᐊᓗᒋᑦ (ᐅᑦᑑᑎᒋᓗᒍ: ᐃᓕᓴᖅᕕᑦ ᐃᓪᓗᐊᕈᓯᖕᒋᑦ/ᑲᓇᐊᖕᒋᑦ ᐱᓇᓱᐊᖅᕕᐅᑐᐊᕐᐸᑕ ᐃᓕᓴᖅᕕᒥ)
- ᑖᒃᑯᓂᖕᒐᑦᓴᓇᖅ ᐱᐅᒃᑯᑎᓂᒃ ᐊᒻᒪᓗ ᓯᑯᑦᓴᔭᓂᒃ ᐃᒐᒍᓯᖅᓂᒃ ᐊᓪᓚᓯᒪᔪᓂᒃ ᐁᑦᑑᑎᖃᖃᑦᑕᕈᓐᓂᓗᓯ ᐊᓯᓐᓄᑦ. ᐃᓄᐃᑦ ᐊᑐᓂ ᐊᑐᖅᑕᐊᓇᓚᖕᒐᔭᒥᓂᒃ ᐱᐅᒃᑯᑎᖃᖅᑐᐃᓇᐅᕈᐊᓖᑦ (ᐅᑦᑑᑎᒋᓗᒋᑦ, ᐊᓪᓚᕕᖅᔭᐅᑦᓱᑎᒃ ᓯᑯᑦᓴᔭᓂᒃ, ᓂᓇᒍᑎᓂᒃ, ᓂᕿᓂᒃ ᓇᑲᑎᓇᕕᓐᓂᒃ, ᐊᓯᖕᒋᓐᓂᓗ).
- ᓂᕿᓕᐊᕕᓯᓐᓂᒃ ᓂᓇᖃᑎᖃᖃᑦᑕᓚᖕᒐᑐᐊᕈᑦᓯ. ᐃᓄᒃ ᐊᑕᐅᓯᖅ ᓂᓇᓚᖕᒐᔪᓕᒫᓄᑦ ᐁᑦᑐᑐᐃᖃᑦᑕᑎᓪᓗᒍ ᐊᒃᒐᒥᓂᒃ ᐃᕿᑐᕐᖅᑳᓯᒪᓗᓂ ᑖᒃᑯᓂᖕᒐᑦᓴᓇᖅ ᓂᓇᒍᑎᓂᒃ ᐊᑐᖅᑕᐅᔪᕕᓂᕐᓂᒃ ᐊᑐᖅᑎᓯᑦᒐᓕᒐᓱᐊᒧᑦ ᒐᒥᖅᑯᔭᐅᔪᑦ ᓂᓇᖃᑎᒌᓚᖕᒐᔪᐃᑦ.
- ᑭᓇᑉᐸᒥᒃ ᓂᕐᖃᓇᒃᑯᑎᒥᒃ ᐊᑐᖃᑦᑕᓗᓯ
  - ᖁᓇᑉᐸᓯᒪᖃᑦᑕᓗᓯ ᐅᕝᕙᓘᓐᓃᑦ ᑮᓇᓯ ᒪᑐᓯᒪᖃᑦᑕᓗᒋᑦ ᒐᒥᑦᕕᐅᒋᐊᓕᓐᓂ ᓇᔫᑎᓕᑐᐊᕈᑦᓯ ᐃᓄᓕᒫᓄᑦ ᓇᔪᖅᑕᐅᓲᓂᓕᑐᐊᕈᑦᓯ, ᐅᑭᐅᓖᑦ ᖁᓕᓐᓂᒃ/ᑕᓪᓕᒪᐅᔪᖅᑐᓂᒃ (10-ᓂᒃ) ᐅᖕᒐᑖᓄᓪᓗ ᐅᑭᐅᓖᑦ ᑭᓇᑉᐸᓯᒪᒋᐊᓖᑦ, ᓄᓇᓕᓐᓂ ᑎᒥᐅᔪᐃᑦ ᐁᓯᒪᕕᐅᓕᑐᐊᕈᑎᒃ ᑮᓇᑉᐸᓯᒪᕕᐅᒋᐊᖃᕐᒥᔪᑦ.

o ᑭᓇᐸᐯᑦ ᐊᕐᑕᐅᓯᒪᒍᓐᓇᑐᑦ ᓂᕆᓇᓱᐊᓕᑐᐊᕈᑦᓯ (ᐃᓅᖅᑲᑎᔭᕐᓯᓂᒃ ᐅᖓᓯᑦᑕᕆᖅᑲᑎᒋᑦᓴᓚᐅᕐᕈᑦᓯᐅᒃ 2 ᒥᑖᓐᓄᑦ).

ᓴᓗᒻᒪᓴᓗᑭᓂᕐᓴᐅᖅᑲᑦᑕᓃᑦ ᓴᓗᒪᒐᓱᐊᖅᑲᑦᑕᓃᑦᓗ

- ᐊᑦᑐᑕᐅᓗᑭᓐᓂᐹᑦ ᖁᐱᕐᕈᐃᔭᕈᑎᓄᑦ ᐊᑐᕐᑕᐅᒋᒋᐊᑕᒫᑦ ᓴᓗᒻᒪᓴᖅᑲᑦᑕᓗᒋᑦ (ᐅᑦᑑᑎᒋᓗᒋᑦ; ᐅᒃᑯᐊᑦ ᓂᕿᓄᑦ ᓂᑦᓕᒪᔪᖅᑲᐅᑏᑦ ᐅᒃᑯᐃᕈᑎᖕᒋᑦ, ᓂᕿᓕᕆᕖᑦ ᖃᖕᒋᑦ, ᖁᕐᕕᑯᕖᑦ, ᓵᑦ/ᒪᖕᒋᑦᒐᑦ, ᐃᑦᓯᕙᐅᒐᑦ, ᐃᑯᒪᓄᑦ ᐃᑭᑦᑕᐅᑏᑦ/ᖃᒥᑦᑕᐅᑏᑦ) ᐊᒥᓱᕕᒐᓛᑦᓗᒋᑦ ᓴᓗᒻᒪᓴᖅᑕᐅᖅᑲᑦᑕᕆᓛᑦ ᐅᑦᓗᑕᒫᑦ.

*ᖁᐱᕐᕈᐃᔭᐅᑎᐅᑦᓱᑎᒃ ᓴᓗᒻᒪᓴᒍᑏᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᑦᓚᕈᑏᑦ ᐊᑐᕆᓚᐊᖅᒪᑕ ᐃᒋᑕᐅᓱᑦ ᐊᑐᕐᓂᖅᑭᓐᓇᓱᐊᕐᑐᑦ ᖃᓂᒪᓇᕐᑐᒥᒃ COVID-19-ᒥᒃ ᐃᕐᐸᑎᑦᓯᒐᓕᒍᑎᒋᑦᓱᒋᑦ. ᖃᓄᖅ ᐊᑐᕐᑕᐅᒋᐊᖅᑲᖕᒪᖕᒐᑕ ᐊᑦᓚᓂᐊᕐᓗᒋᑦ/ᐊᑐᐊᕐᓗᒋᑦ ᖃᓄᖅ ᐊᑐᕐᑕᐅᓯᐊᓲᒍᒻᒪᖕᒐᑕ ᓇᓗᓐᕐᓯᒍᑎᑕᖕᒋᑦ ᓴᓗᒻᒪᓴᒍᑏᑦ ᑐᑭᓯᒪᔭᐅᕐᓯᐊᕐᑯᓇᕐᒪᑕ. ᐃᒪᖅ ᖃᑯᕐᓯᓕᐅᑎᒥᒃ ᐃᓚᖃᕐᑎᓗᒍᑦ ᐊᑐᕐᑕᐅᒍᓐᓇᒥᔪᖅ ᑏᒥᒃ/ᑲᐱᒥᒃ ᐃᖑᓚᒍᑎᒃ ᖃᓗᕐᕈᑎᐊᐱᒃ ᓯᑕᒪᕙᓪᓗᒍ (4 teaspoons-ᓂᒃ) (20ml) ᖃᑯᕐᓯᓕᐅᑎᒥᒃ ᐃᓚᓗᒍ ᐃᒪᖅ ᓴᓗᒻᒪᓴᒍᑎᐅᓚᖕᒐᔪᖅ, ᐃᒪᖅ 1 litre (ᖃᓪᓗᑏᑦ ᓯᑕᒪᓪᓗᐊᑦ) ᐊᖏᓂᖃᑦᓴᐸᑦ. ᐃᒪᖅ ᐊᑐᕐᑕᐅᒣᑦᑐᖅ ᖃᑯᕐᓯᓕᐅᑎᓪᓗ ᐅᓪᓗᑕᒫᑦ ᐊᑐᖃᑦᑕᓗᒍ.

ᓂᕿᓂᒃ ᒥᓇᕋᓕᑐᖃᕈᑦᓯ ᐅᕝᕙᓘᓐᓃᑦ ᓂᕿᖃᐅᑎᓂᒃ ᐃᕐᓱᕕᓐᓂᒃ/ᐃᑦᓯᕕᓐᓂᒃ

- ᒥᓇᕐᑐᐃᑦ ᑐᓲᓄᕐᓯᖃᑦᑕᒋᐊᓖᑦ ᐱᒍᓐᓇᕕᓕᒫᖕᒐᒍᑦ ᐊᒻᒪᓗ 2 ᒥᑖᓐᓄᑦ ᐅᖓᓯᑦᑕᖃᖃᑦᑕᓗᑎᒃ ᐊᓯᒥᓂᒃ. ᐃᓪᓗᒍᑦ ᐃᑎᓪᓚᓇᒋᐊᖃᑐᐊᕈᑦᓯ (ᐅᑦᑑᑎᒋᓗᒍ: ᒥᓇᕐᑕᓯ ᓇᒻᒥᓂᖅ ᐊᐅᓚᕐᖃᔭᖕᖕᒋᑐᐊᕐᐸᑦ), ᐋᓐᓂᐊᓯᐅᑎᒃᑯᓂᑕᓂᒃ ᑭᓇᐸᐸᓯᒪᖃᑦᑕᓗᓯ ᐱᑕᖃᑐᐊᕈᑦᓯ ᐅᕝᕙᓘᓐᓃᑦ ᖃᓪᓗᓈᕐᑕᔭᓂᒃ ᒥᕐᓱᑕᐅᓯᒪᔪᓂᒃ ᑮᓇᓯ ᒪᑐᓯᒪᖃᑦᑕᓗᒋᑦ.

- ᒥᓇᕐᑐᐃᑦ ᑐᓲᓄᕐᓯᖃᑦᑕᒋᐊᓖᑦ ᐱᒍᓐᓇᕕᓕᒫᖕᒐᑎᒍᑦ ᐊᒻᒪᓗ ᐅᖓᑎᑦᓯᖃᖃᑦᑕᓗᑎᒃ ᐃᓄᓐᓂᒃ 2 ᒥᓴᓄᑦ. ᐃᓪᓗᒍᑦ ᐃᑎᓇᐊᖃᑐᐊᕈᑎᒃ (ᐅᑦᑑᑎᒋᓗᒍ, ᑎᒥᒥᒍᑦ ᐊᐅᓚᒍᓐᓇᓱᐊᖕᖕᒋᑐᕐᐸᑦ), ᓂᕿᓂᒃ ᒥᓇᕐᑐᖅ ᑭᓇᐸᐸᓯᒪᒋᐊᓕᒃ ᑭᓇᐸᐸᓯᒪᒍᓐᓇᑐᐊᕈᓂ ᐅᕝᕙᓘᓐᓃᑦ ᖃᓪᓗᓈᕐᑕᔭᒥᒃ ᑮᓇᐸᐸᖃᑐᐊᕈᓂ.

- ᐊᒡᒐᓂᒃ ᓴᓗᒻᒪᓴᒍᑎᒥᒃ ᓄᓇᒃᑯᔫᕐᒥᐅᑕᖃᖃᑦᑕᓗᓯ ᒥᓇᕋᓕᑐᐊᕈᑦᓯ ᐊᑐᐃᓐᓇᕆᖃᑦᑕᓚᖕᒐᔭᑦᓯᓂᒃ, ᒥᓇᕋᕐᑐᐃᑦ ᐊᒡᒐᓂᐊᕈᓐᓇᐅᑎᑦᓴᖃᖃᑦᑕᓚᖕᒐᒻᒪᑕ (ᓂᕿᓂᒃ ᐃᑎᕐᓱᑏᐊᑕᒫᑦ ᓴᓗᒻᒪᓴᒍᑎᒋᖃᑦᑕᓗᒍ ᐊᒡᒐᓱᓐᓂᒃ).
- ᓂᕿᓂᒃ ᒥᓇᕐᑕᐅᔪᐃᑦ ᐊᒡᒐᒥᓂᒃ ᐃᕐᕈᑐᐃᒋᐊᖃᕐᒥᔪᑦ ᓂᕿᓂᒃ ᒥᓇᐅᓯᐊᒥᓂᒃ ᑲᒪᒋᔭᖃᓚᖕᒐᓯᑐᐊᕈᑎᒃ ᐊᒻᒪᓗ ᓂᕆᓚᖕᒐᓯᑐᐊᕈᑎᒃ.

ᐃᓗᓐᓈᒍᑦ ᖃᓂᒪᓇᕐᑐᒧᑦ COVID-19-ᒧᑦ ᐃᓕᖕᒐᔪᓂᒃ ᖃᐅᔨᒐᓱᐊᕈᒪᔪᐃᑦ, ᐅᕐᑳᕕᖃᕈᓐᓇᑐᑦ 1-833-301-0296, ᖃᓇᑕᐅᔭᑎᒍᑦ ᐊᑦᓚᑲᑦᑕᐅᑎᑎᒍᑦ ᖃᐅᔨᒋᐊᕐᕕᐅᒍᓐᓇᒥᔪᑦ ᓄᓇᕕᒻᒥ ᐃᓗᓯᓕᓇᓂᕐᒧᑦ ᑲᑎᒪᔨᑦ Facebook-ᖕᒐᑎᒍᑦ (ᐊᑦᓚᖃᑦᑕᕈᓐᓇᐅᑎᖕᒐᑎᒍᑦ) Messenger-ᑯᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑕᑯᒋᐊᕐᕕᐅᒍᓐᓇᒥᔪᑦ ᖃᓇᑕᐅᔭᑎᒍᑦ ᐅᕙᓂᑦᑐᐃᑦ https://nrbhss.ca/en/coronavirus.

ᐊᑐᕐᓂᖃᕈᓐᓇᒥᔪᐃᑦ ᖃᓇᑕᐅᔭᑎᒍᑦ ᑕᑯᒐᓱᐊᕐᕕᐅᒍᓐᓇᑐᐃᑦ ᐅᑯᐊ:

ᑯᐯᒃᑯᑦ ᑲᕙᒪᒃᑯᖕᒋᑦ
ᐱᓇᓱᕝᕕᐅᔪᓄᑦ ᐱᓇᓱᑦᑎᓄᓪᓗ ᐃᓕᖕᒐᔪᓂᒃ ᐊᐱᕐᓱᑎᓂᒃ ᑭᐅᒍᑎᐅᖃᑦᑕᑐᕕᓂᕐᓂᓗ ᖃᐅᔨᒐᓱᐊᕐᕕᒐᑦ ᖃᓇᑕᐅᔭᑎᒍᑦ ᖃᓂᒪᓇᕐᑐᖅ COVID-19 ᓯᓚᕐᔪᐊᒥ ᐃᕐᐸᓯᒪᓂᖕᒐᑕ ᒥᑦᓴᓄᑦ ᑕᑯᒐᓱᐊᕐᕕᐅᒍᓐᓇᑐᖅ ᐅᓇ: https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/answers- questions-coronavirus-covid19/employers-workers-covid-19/#c52726