ᐃᒣᕐᑯᔨᒍᑎᐅᑦᓱᑎᒃ ᐅᓐᓂᑑᑏᑦ ᐅᒃᑯᐃᑕᐅᕙᓪᓕᐊᓕᕐᒥᐸᑕ ᓄᓇᓕᓐᓂ ᓱᓇᓱᐊᕐᑎᓯᕚᑦ/ᓱᒐᓚᑦᑎᓯᕚᑦ (ᕐᑯᐊᓴᕐᕚᑦ, ᐱᖕᖑᐊᕚᑦ ᐃᕐᕋᓕᓴᕐᕚᓗ) ᓄᓇᕗᒻᒥ

I ᑐᑭᓯᑎᑦᓯᒋᐊᕈᑏᑦ

ᑖᒃᑯᐊ ᐅᓇᓂ/ᑕᐅᓇᓂ ᐃᓘᓐᓈᒍᓕᖓᑦᓱᑎᒃ ᐊᓪᓚᓱᒪᔪᐃᑦ ᑐᑭᒧᐊᒋᐊᕈᑎᑦᓴᓂᒃ ᐱᓇᓱᐊᕐᑎᓯᕙᓪᓕᐊᒍᑎᑦᓴᓂᒃ ᖃᓄᖅ ᓄᓇᓕᓐᓂ ᓱᓇᓱᐊᕐᑎᓯᕚᑦ/ᓱᒐᓚᑦᑎᓯᕗᑦ ᓄᓇᕗᒻᒥ ᖃᓄᐃᖕᖏᓯᐊᕈᓐᓇᕗᓕᒫᑎᒍᑦ ᐅᒃᑯᐃᓯᕙᓪᓕᐊᒍᑎᑦᓴᓂᒃ ᒫᓐᓇ/ᑕᒐᑕᒐ ᖃᓂᒪᓇᕐᑐᖃᕐᑎᓗᒍ COVID-ᒍᓂᕋᕐᑕᐅᔪᒥᒃ ᓄᓇᕐᔪᐊᒥ ᓇᓂᓕᒫᖅ. ᒪᓕᕐᑦ ᐊᑑᑎᔭᐅᒋᐊᓕᓪᓗ ᐊᓯᑦᔨᒋᐊᕐᑕᐅᒋᐊᖃᑐᐊᕈᑎᒃ ᑕᒣᒍᓐᓇᕕᖃᕐᓂᐊᑐᑦ ᖃᓄᐃᓕᖓᓂᐅᔪᐃᑦ ᐊᓯᑦᔨᑐᐊᕐᐸᑕ ᖃᓄᑐᐃᓐᓇᖅ ᑐᑭᒧᐊᒋᐊᕈᑎᓪᓗ ᐊᓯᑦᔨᒋᐊᕐᑕᐅᒍᓐᓇᖃᑦᑕᓚᖓᒻᒥᔪᑦ ᑕᒣᑦᑕᐅᒋᐊᖃᓕᑐᐊᕐᐸᑕ, ᖃᓂᒪᓇᕐᑐᒥᒃ ᓄᖑᑎᑦᓯᒐᓱᐊᕈᑎᐅᓗᓂ ᑲᐳᑎᑦᓴᖅ ᓇᓂᓕᒫᖅ ᐊᑐᐃᓐᓇᕈᑦᑕᐅᖏᓐᓂᓕᒫᖓᓂ.

II ᐅᓐᓂᑑᑎᐅᑦᓱᑎᒃ ᐃᒣᕐᑯᔨᒍᑏᑦ ᑐᑭᓪᓚᓇᖏᑦ

A –ᓄᓇᓕᒻᒥ ᐃᓄᐃᑦ ᓱᓇᓱᐊᕐᑎᓯᒎᓚᐅᕋᑎᒃ/ᓱᒐᓚᑦᑎᓯᕕᒻᒎᓚᐅᕋᑎᒃ ᐃᒣᒋᐊᓖᑦ

ᓄᓇᖅᑲᑎᑏᑦ ᐱᓇᓱᑦᑏᓗ ᖃᓂᒪᓇᕐᑐᖃᕐᑎᓗᒋᑦ COVID-ᒍᓂᕋᕐᑕᐅᔪᒥᒃ ᖃᐅᔨᔭᐅᔪᕕᓐᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᑕᒣᑦᑐᒧᑦ ᖃᓂᒪᓇᕐᑐᒧᑦ ᖃᓄᐃᒍᑎᖃᕈᓇᐅᓕᕐᑐᐃᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᓇᓗᓐᑦᑕᐅᓯᒪᑐᐊᕈᑎᒃ ᖃᓂᒪᔪᒧᑦ ᑲᑎᒪᑦᓯᔪᕕᓂᐅᓂᖏᑦ ᓄᓇᓕᒻᒥ ᓱᓇᓱᐊᕐᑎᓯᕕᓐᓄᒋᐊᖃᖕᖏᑐᐃᑦ/ᓱᒐᓚᑦᑎᓯᕕᓐᓄᒋᐊᖃᖕᖏᑐᐃᑦ, ᐅᑦᑐᑑᑎᖃᑐᐃᓐᓇᓇᐊᖃᕐᒪᑕ ᐊᓯᒥᓄᑦ ᖁᐱᕈᖏᓐᓂᒃ ᖃᓂᒪᓇᕐᑑᑉ.

1. **ᐊᓯᒥᓄᑦ ᓇᔪᕐᑕᐅᒋᐊᖃᖕᖏᑑᓕᕈᑎᒃ ᐃᓄᑑᒋᐊᖃᓕᕈᑎᒃ ᓲᓱᒋᔭᖃᑦᓯᐊᓇᐊᓖᑦ ᒪᓕᑦᑕᐅᖁᔭᐅᔪᓂᒃ**
ᓇᐅᑐᐃᓐᓄᑦ ᖃᓂᒪᓇᕐᑐᒥᒃ COVID-ᒍᓂᕋᕐᑕᐅᔪᒥᒃ ᐱᑕᖃᕐᓂᕋᕐᑕᐅᔪᐃᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑕᒣᑦᑐᒧᑦ ᖃᓂᒪᓇᕐᑐᒧᑦ ᖃᓄᐃᒍᑎᖃᕈᓇᐅᓕᕐᑐᐃᑦ ᓄᓇᕗᒻᒥ ᓱᓇᓱᐊᕐᑎᓯᕕᒻᒎᒋᐊᖃᖕᖏᑐᑦ/ᓱᒐᓚᑦᑎᓯᕕᒻᒎᒋᐊᖃᖕᖏᑐᑦ ᐃᓗᓯᓕᓇᔨᓄᑦ ᖃᓄᐃᖕᖏᓯᐊᕐᓂᕋᕐᑕᐅᖏᓐᓂᓕᒫᒥᓂ. ᓄᓇᖅᑲᑎᑏᑦ ᐱᓇᓱᑦᑏᓗ ᓇᒻᒥᓂᖅ ᐃᒻᒥᓂᒃ ᐃᐸᐱᒍᓱᒐᓱᐊᕐᓯᐊᓇᐊᓖᑦ ᐃᒣᑦᑑᓕᕐᒪᖔᕐᒥᒃ: **ᐆᓇᓕᑐᐊᕈᑎᒃ, ᕐᑯᐃᕐᑐᖃᑦᑕᓕᑐᐊᕈᑎᒃ, ᐃᐱᓂᐊᕐᓗᑎᒃ ᐊᓂᕐᑎᓇᑦᓯᐊᖃᔭᕈᓐᓂᑐᐊᕈᑎᒃ, ᐃᑎᑦᑕᖃᑦᑕᑐᐊᕈᑎᒃ/ᐊᓇᑭᑦᑕᖃᑦᑕᑐᐊᕈᑎᒃ ᒥᓇᐊᑎᒋᖃᑦᑕᑐᐊᕈᑎᓪᓗᓃᑦ, ᓂᐊᕐᑯᖓᐊᑦᑕᑐᐊᕈᑎᒃ, ᐃᕐᕋᓕᓴᕐᓱᐊᓕᑐᐊᕐᒥᒃ ᑎᒥᒥᒍᑦ ᓄᑭᓕᓇᖃᑦᑕᑐᐊᕈᑎᒃ, ᑕᖃᒪᖃᑦᑕᑐᐊᕈᑎᒃ, ᓂᒪᒍᓐᓇᖏᑐᐊᕈᑎᓪᓗᓃᑦ ᕿᖃᕐᒥᒍᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓂᓇᔭᒥᓂᒃ ᑎᐸᖃᓚᑦᓯᒍᓐᓂᑐᐊᕈᑎᒃ.**

2. **ᐃᓄᑑᑎᑕᐅᓗᑎᒃ ᐊᓯᒥᓂᒃ ᓇᔪᕐᑕᐅᖃᔪᕐᑎᑕᐅᒪᓕᕈᑎᒃ ᓲᓱᒋᔭᖃᓇᐊᓖᑦ ᒪᓕᑦᑕᐅᖁᔭᐅᔪᓂᒃ**
ᓇᐅᑐᐃᓐᓄᑦ ᖃᓪᓗᓈᑦ ᓄᓇᖓᓂᑦ ᐱᑦᓱᑎᒃ ᐅᑎᕐᑐᐃᑦ ᐅᓪᓗᓂ ᖁᓕᓪᓗ/ᑕᓪᓕᒪᐅᔪᕐᑐᓗ ᓱᑕᒪᓪᓗᓐ (14-ᓂ) ᐃᓄᑑᖃᑦᑕᓇᐊᓖᑦ ᐊᒻᒪᓗ ᖃᓄᐃᖕᖏᓯᐊᓕᕈᑎᒃ ᑭᓯᐊᓂ ᓄᓇᓕᒻᒥ ᓱᓇᓱᐊᕐᑎᓯᕕᒻᒎᕈᓐᓇᑐᑦ/ᓱᒐᓚᑦᑎᓯᕕᓐᓄᕈᓐᓇᑐᑦ. ᓱᓇᓱᐊᕐᑎᓯᕕᒻᒎᑐᖃᕈᐊᖃᖕᖏᒪᓇᑦᑐᖅ ᐃᓄᑑᕈᐊᖃᕐᓂᓕᒫᒥᓂ ᐊᓂᑎᑕᐅᑐᓕᒪᖕᖏᓐᓇᓗᑎᒃ.

3. ᖃᓂᒪᓇᕐᑐᖃᓕᕐᑐᓂᒃ COVID-ᒥᒃ ᑲᑎᒪᑦᓯᔪᕕᓃᑦ

ᓇᓗᓐᕐᑕᐅᓯᒪᔪᐃᑦ ᖃᓂᒪᓇᕐᑐᖃᓕᕐᑐᒥᒃ COVID+-ᒥᒃ ᑲᑎᒪᑦᓯᔪᕕᓂᐅᒋᐊᖏᑦ ᓇᐅᓕᒫᓂᒃ/ᐃᓄᓕᒫᓂᒃ ᐃᓗᓯᓕᕆᔨᓄᑦ ᓇᐅᑦᓯᑐᕐᑕᐅᓯᐊᕆᐊᓖᑦ ᐊᒻᒪᓗ ᐃᓱᒪᕐᓯᓯᑎᑕᐅᒍᓐᓇᓯᒍᓐᓇᓱᑎᒃ ᑭᓯᐊᓂ ᐱᒍᓐᓇᓂᖃᑦᓚᕆᕐᓱᑎᒃ ᐃᓗᓯᓕᕆᔨᓄᑦ ᓄᓇᓕᒻᒥ ᓱᓇᓱᐊᕐᑎᓯᕕᓐᓄᑦ/ᓱᒐᓚᑦᑎᓯᕕᓐᓄᑦ ᐅᒍᓐᓇᓯᑎᑕᐅᕐᕐᑲᕆᐊᓖᑦ ᖃᓄᐃᖕᖏᓂᕋᕐᑕᐅᓯᒪᓕᑐᐊᕈᑎᒃ ᑭᓯᐊᓂ.

B – ᐃᓄᐃᑦ ᓄᓇᓕᒻᒥ ᓱᓇᓱᐊᕐᑎᓯᕕᒻᒦᓕᕈᑎᒃ/ᓱᒐᓚᑦᑎᓯᕕᒻᒦᓕᑐᐊᕈᑎᒃ ᐃᒥᒋᐊᓖᑦ

ᑲᒪᑦᓯᐊᒐᓱᐊᒻᒪᕆᒋᐊᓖᑦ ᐱᓇᓱᑦᑏᑦ ᐅᑦᑐᑑᑎᐅᕐᑯᓇᒍ ᑕᒪᓐᓇ ᖃᓂᒪᓇᕐᑐᖅ, ᐊᒻᒪᓗ ᓯᐊᒻᒪᓯᔪᐊᓗᓐᓂᐸᑦ ᓇᐅᓕᒫᓂᒃ/ᐃᓄᓕᒫᓂᒃ ᐃᓕᓯᓕᕆᔨᑦ ᖃᒻᒥᐅᒍᓐᓇᕕᓕᒫᖕᒐᑎᒍᑦ ᖃᓄᕐᑐᕈᓐᓇᓯᕐᑯᑦᓗᒋᑦ ᑐᓴᕐᑎᑕᐅᑦᓴᐅᑎᒋᐊᐱᒋᐊᓖᑦ. ᓄᓇᓕᒻᒥᐅᑦ ᓱᓇᓱᐊᕐᑎᓯᕕᒻᒧᑐᐊᕈᑎᒃ/ᓱᒐᓚᑦᑎᓯᕕᒻᒧᑐᐊᕈᑎᒃ ᐃᑲᔪᕐᓯᒪᒍᓐᓇᕕᓕᒫᒥᒍᑦ ᐃᑲᔪᕐᓯᒪᒐᓱᐊᑐᐊᕈᑎᒃ ᐊᓕᐊᓇᕐᓂᐸᐅᑎᑦᓯᒍᓐᓇᓚᕿᒍᓐᓇᒥᔪᑦ ᐊᑦᑕᓇᕐᓯᑐᐃᓐᓇᕆᐊᓕᓐᓂᒃ ᐊᑑᑎᔭᐅᑎᑦᓯᒐᓕᓗᑎᑦᓗ ᐃᓘᓐᓇᖏᓐᓄᑦ ᐃᓄᓐᓄᑦ.

4. ᖃᓂᒪᓕᕐᑐᖅ ᓇᐅᑐᐃᓐᓇᖅ ᓇᔪᕐᑕᐅᒐᓕᒋᐊᓕᒃ ᐃᓄᑑᑎᑕᐅᓗᓂ

ᐱᓇᓱᑦᑏᑦ ᓇᐅᑐᐃᓐᓇᒥᒃ ᖃᓂᒪᐸᓪᓕᐊᑑᔭᓕᕐᑐᒥᒃ ᓄᓇᓕᒻᒥ ᓱᓇᓱᐊᕐᑎᓯᕕᒻᒦᓱᓂ/ᓱᒐᓚᑦᑎᓯᕕᒻᒦᓱᓂ ᑲᒪᒋᔭᖃᓱᕐᓴᐅᑎᒋᒋᐊᓖᑦ ᖃᒻᒥᐅᒍᓐᓇᕕᓕᒫᖕᒐᑎᒍᑦ ᑲᒪᕕᕐᓴᓕᐊᒍᓯᒪᔪᒧᑦᓴᐅᑎᒋᓗᒍ, ᖃᓇᐊᕐᒧᑦ/ᐃᓪᓗᐊᕈᓯᕐᒧᑦ ᓇᔪᕐᑕᐅᖏᑦᑐᒧᑦ. ᐱᓇᓱᑦᑎᓕᒫᓪᓗ ᖃᐅᔨᒪᕐᓯᐊᕋᓗᐊᕐᒪᖔᑕ ᐃᓗᓯᓕᓇᓂᕐᒧᑦ ᐊᖓᔪᕐᕐᑲᐅᕕᓖᑦ ᓇᓪᓕᐊᒍᑐᐃᓐᓇᖅ ᖃᐅᔨᑎᑕᐅᓴᐅᑎᒋᒋᐊᕐᓂᖏᓐᓂᒃ ᐅᖃᓚᐅᑎᒃᑯ ᖃᓇᑕᐅᔭᑎᒍᓪᓘᓐᑦ ᓄᓇᓕᒻᒦᑐᓂᒃ ᐃᑲᔪᕐᓯᒪᒍᓐᓇᓚᖓᔪᓂᒃ ᖃᓄᐃᓘᓇᐊᖃᓕᕋᓗᐊᕐᒪᖔᕐᒥᒃ ᓇᔪᕐᑕᐅᒍᓐᓄᑐᖃᒋᐊᖃᓕᑐᐊᕐᐸᑦ ᖃᓂᒪᔪᒥᒃ ᖃᓂᒪᓇᕐᑐᒧᑦ COVID-19-ᒧᑦ ᓇᒧᖕᖓᑕᐅᒋᐊᖃᕐᒪᖔᓪᓗ ᑐᑭᓯᒪᖃᑎᒋᕐᓯᐊᕈᑕᐅᒋᐊᖃᕐᓱᑎᒃ ᐱᓇᓱᑦᑎᓄᑦ ᐋᓐᓂᐊᕕᓕᐊᕐᑎᑕᐅᒋᐊᖃᕐᑐᖃᓕᕐᐸᑦ ᖃᓂᒪᓕᕐᑐᒥᒃ.

5. ᐅᖓᓯᑦᑕᓈᓪᓗᑎᒃ ᐊᑑᑎᔭᐅᕐᑯᔭᐅᔪᐃᑦ ᐊᑑᑎᔭᐅᑎᒐᓱᐊᖃᑦᑕᓗᒋᑦ

ᐊᑑᑎᔭᐅᑎᒐᓱᐊᖃᑦᑕᓗᒋᑦ/ᐊᑐᕐᑕᐅᓂᕐᔭᐅᑎᒐᓱᐊᖃᑦᑕᓗᒋᑦ ᐃᓪᓗᔪᐊᑉ/ᐃᓪᓗᕈᐊᑉ ᐃᓗᐊᓂ ᐱᓇᓱᐊᕐᑕᐅᔪᐃᑦ ᐊᒻᒪᓗ ᑎᒥᒧᑦ ᐱᓕᐅᑦᔨᖑᐊᕈᓐᓇᐅᑏᑦ ᐊᑑᑎᔭᐅᓕᕐᐸᑕ ᐅᖓᓯᑦᑕᕆᑦᑎᒐᓱᐊᖃᑦᑕᓗᒋᑦ 2 ᒦᑕᓄᑦ, ᒐᒥᒍᓐᓇᑐᐊᕈᑎᒃ ᓄᓇᓕᒻᒥᐅᑦ ᐱᓇᓱᑦᑏᓗ ᖃᓂᒪᓇᕐᑐᒥᒃ ᐅᑦᑐᑑᑎᖃᖏᓐᓂᔭᐅᒍᓐᓇᑐᑦ ᐊᓯᒥᓄᑦ, ᐅᑦᑐᑑᑎᐅᑐᐃᓐᓇᕆᐊᖃᕐᒪᑦ ᖁᐱᕐᕈᓂᒃ ᖁᑦᓕᐊᓂᒃᑯᑦ ᖁᐃᑐᖃᑦᑕᓂᒃᑯᓗ. ᓇᓗᓐᒃᑯᑕᓂᒃ ᓄᐃᑕᑎᑦᓯᒍᑏᑦ 2 ᒦᑕᓄᑦ ᐅᖓᓯᑦᑕᕆᐊᖃᕐᓂᕋᐃᒍᑏᑦ ᓄᐃᑕᑎᑕᐅᑦᓯᐊᕆᐊᖃᑦ: ᖃᓄᓪᓗᐊᑎᒋᓪᓗ ᐃᓄᐃᑦ ᐅᖓᓯᑦᑕᕆᐊᖃᕐᒪᖔᑕ ᓇᓗᓐᓯᒍᑏᑦ ᓄᐃᑕᐅᑎᑕᐅᒋᐊᖃᕐᓱᑎᒃ ᖃᓇᐊᕈᓲᑦ/ᐃᓪᓗᐊᕈᓲᑦ ᐅᒃᑯᐊᖏᓐᓂ, ᓇᑎᕐᒥᓗ ᓇᓗᓐᒃᑯᒐᑦ, ᐊᓯᑦᔨᐅᓯᒪᓕᕐᑐᐃᓗ ᓇᓪᓕᐊᓂᑐᐃᓐᓇᖅ ᓇᔪᕐᑕᐅᓲᓂ ᖃᐅᔨᒪᑎᑦᓯᒍᑕᐅᒋᐊᖃᕐᒥᔪᑦ ᐃᓄᓕᒫᓂᒃ ᐱᓇᓱᑦᑎᓄᑦ, ᐊᒻᒪᓗ ᓇᐅᑐᐃᓐᓇᓄᑦ ᐃᑎᕐᑕᐅᖃᑦᑕᕆᐊᖃᖏᑐᐃᑦ ᐃᓂᕐᑎᕆᐅᑎᐅᓯᒪᖃᑦᑕᓗᑎᒃ ᓱᓇᓱᐊᕐᑎᓯᕕᒻᒥ/ᓱᒐᓚᑦᑎᓯᕕᒻᒥ.

ᐊᓯᖏᓐᓂ ᓇᐅᑐᐃᓐᓇᓄᑦ/ᐃᓄᓐᓄᑦ ᐃᑦᓯᕙᕕᐅᓲᑦ, ᐊᐅᓚᕕᐅᓪᓗᐊᓱᒍᖏᑑᒐᓗᐊᓪᓗ ᐃᓄᓐᓄᑦ ᐊᒻᒪᓗ ᐅᖃᖃᑎᑏᕕᐅᓗᐊᓲᒍᖏᑐᐃᑦ (ᐱᒍᓐᓇᓕᐅᑎᔪᓂᒃ ᑕᑯᓐᓇᐅᔭᕐᑎᓯᕕᓐᓂ, ᐊᐅᓚᔫᕕᓂ/ᑕᕐᕋᓕᔭᕐᕕᓂ, ᐊᓯᖏᓐᓂᓗ.) ᓂᕈᑭᓐᓂᓴᑦ 1.5 ᒦᑕᒧᑦ ᐅᖓᓯᑦᑕᕆᕐᕕᐅᒍᓐᓇᑐᐃᑦ ᐃᓄᓐᓄᑦ ᑕᑯᓐᓇᐅᔭᕆᐊᕐᑐᓯᒪᔪᓄᑦ. ᑭᓯᐊᓂ, ᓇᓪᓕᑐᐃᓐᓇᖏᑦ ᑕᑯᓐᓇᐅᔭᕐᑕᐅᒋᐊᕐᑐᓯᒪᔪᐃᑦ, ᐃᖕᖏᖑᐊᕐᑏᑦ, ᐅᕝᕙᓘᓐᓂᑦ ᐊᓕᐊᖕᖑᐊᑎᑦᓯᒐᓱᐊᕐᑏᑦ ᑕᑯᓐᓇᐅᔭᕐᑎᓯᓂᕐᒥᓂ ᐅᖓᓯᑦᑕᕆᔭᐅᒋᐊᓖᑦ 2 ᒦᑕᓄᑦ ᓇᐅᑐᐃᓐᓇᓄᑦ ᐃᓄᓐᓄᑦ ᐊᒻᒪᓗ ᐅᒫᑦᓴᓇᖅ ᓇᐅᑐᐃᓐᓇᓂᒃ ᐅᖓᓯᑦᑕᕐᑲᒐᓱᐊᖃᕐᒥᓱᑎᒃ.

ᐊᒻᒪᓗᒋᐊᓪᓚᒃ ᑕᒪᒃᑯᐊ ᕿᒐᓕᕐᑐᐃᑦ / ᖁᕐᑯᐊᕐᑐᐃᑦ ᓄᕙᓗᒃᑲᓂᒃ ᑲᑕᕆᒋᐊᓪᓚᕈᓐᓇᒥᒻᒪᑕ, ᒐᒥᒻᒪᑦ ᕿᒐᓕᔭᕐᑐᖃᒋᐊᖃᖕᒋᑐᖅ ᖁᕐᑯᐊᕐᑐᓂᓪᓗᓃᑦ ᓄᓇᓕᒻᒥ ᓱᓇᓱᐊᕐᑎᓯᕕᓐᓂ/ᓱᒐᓚᑦᑎᓯᕕᓐᓂ, ᒐᒥᒍᓐᓇᑐᐊᕐᐸᑕ ᑕᒪᓐᓇ ᖃᓂᒪᓇᕐᑐᖅ ᐅᑦᑐᑑᑎᐅᖕᖕᒋᓂᕐᓴᐅᒍᓐᓇᑐᖅ.

6. ᕿᓪᓗᑐᐃᓂᒃᑯᑦ ᐊᑐᕐᑕᐅᑎᑦᓯᒐᓱᐊᕐᓃᑦ ᑮᓇᕐᒧᑦ ᒪᑦᑐᓯᒪᒍᑎᓂᒃ

2 ᒥᑕᓐᓄᑦ ᐅᖓᓯᑦᑕᓇᕐᑯᔭᐅᓃᑦ ᐊᑑᑎᔭᐅᕐᕐᖃᔭᖕᖕᒋᑐᐊᕐᐸᑕ, ᑮᓇᕐᒧᑦ ᖃᓪᓗᓈᕐᑕᔭᔭᑦ ᒪᑐᓯᒪᒍᓲᑦ ᐃᓄᓕᒫᓄᑦ ᐊᑐᕐᑕᐅᑎᑕᐅᖃᑦᑕᒐᓱᐊᓇᐊᓖᑦ ᖃᓂᒪᓇᕐᑐᖅ ᐅᑦᑐᑑᑎᐅᓕᖁᓇᒍ. ᒐᒥᑦᑐᓂᒃ ᐃᓄᐃᑦ ᐊᑐᖃᑦᑕᑐᐊᕐᐸᑕ ᖃᓂᒪᓇᕐᑐᖅ ᐅᑦᑐᑑᑎᐅᒍᓐᓂᓂᕐᓴᐅᒍᓐᓇᒪᑦ ᐃᓄᐃᑦ ᓇᓪᓕᑐᐃᓐᓇᖕᒋᑦ ᖁᐃᕐᑐᓕᑐᐊᕐᐸᑕ, ᑕᒋᐅᕐᓴᓕᑐᐊᕐᐸᑕᓗ, ᐅᖅᑳᖃᑎᒋᓕᑐᐊᕐᐸᑕᓗ ᐅᕝᕙᓘᓐᓃᑦ ᐊᓂᕐᑎᓇᒍᓗᑐᐃᓐᓇᓗᑎᒃ ᐅᑦᑐᑑᑎᐅᒍᓐᓇᒥᒻᒪᑦ ᖃᓂᒪᓇᕐᑐᖅ. ᐃᕐᕈᑐᑦᓯᐊᖃᑦᑕᓗᑎ ᐅᕝᕙᓘᓐᓃᑦ ᖁᐱᕐᕈᑖᓇᒃᑯᑎᒍᑦ ᐊᒡᒐᓄᑦ ᓴᓗᒻᒪᓴᒍᑎᓂᒃ ᐊᑐᖃᑦᑕᓗᓯ ᓇᒻᒥᓂᖅ ᕿᖃᕐᒧᑦ ᐊᓂᕐᒧᓗ ᒪᑐᓯᒪᒍᑏᑦ ᐊᑦᑐᕋᕕᓂᐅᑐᐊᕐᐸᑦ ᐊᓯᓐᓄᑦ (ᑕᒪᓐᓇ ᒐᒥᖁᔨᐅᒍᑎᐅᓚᕿᔪᖅ ᖃᓂᒪᓇᕐᑐᒥᒃ ᐅᑦᑐᑏᑎᐅᑎᑦᓯᒐᓕᕐᓂᒧᑦ ᐊᑦᑐᖃᑦᑕᐅᑎᓂᒃᑯᑦ ᐊᑦᑐᐃᖃᑦᑕᓂᒃᑯᓗ ᓱᓇᑐᐃᓐᓇᓂᒃ ᐱᐅᓕᓂᐊᒐᓗᑳᓂᓪᓗᓃᑦ ᓱᓇᓱᐊᕐᑎᓯᕕᒻᒥ/ᓱᒐᓚᑦᓯᕕᒻᒥ ᖃᓂᒪᓇᕐᑖᕐᕕᐅᒍᓐᓇᒪᑕ).

ᕿᖓᕐᓂᒃ ᖃᓂᕐᓃᕕᓪᓗ ᒪᑐᓯᒪᐅᑏᑦ ᐊᑐᕐᑕᕕᓃᑦ ᓱᓇᓱᐊᕐᑎᓯᕕᒻᒥ/ᓱᒐᓚᑦᑎᓯᕕᒻᒥ ᐊᑐᓇᒋᐊᑕᒫᑦ: ᐃᕐᒥᐅᑎᒧᑦ ᐅᕝᕙᑕᐅᑎᒋᐊᓖᑦ ᐊᓐᓄᕐᓄᑦ ᐅᕝᕙᐅᑎᐅᓲᑦ ᐊᑐᕐᓗᒋᑦ ᐊᒻᒪᓗ ᓂᕈᒥᑦᑐᒧᑦ ᐃᒪᕐᒧᑦ ᐃᕐᒥᑕᐅᑎᖃᑦᑕᓗᒋᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐊᒡᒐᓄᑦ ᐃᕐᒥᖃᑦᑕᓗᒋᑦ ᐅᕝᕙᐅᑎᒧᑦ ᐃᒪᕐᒧᓗ. ᐸᓂᕐᓯᐅᑎᒧᑦ ᐸᓂᕐᓯᑎᑕᐅᑎᖃᑦᑕᓗᒋᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐃᓂᐊᓇᓗᒋᑦ (ᓱᕿᓐᓂᔭᕐᑕᐅᔪᒥ ᐱᐅᓂᕐᐸᐅᒐᔭᕐᑐᖅ ᐸᓂᕐᓯᐊᓇᓗᒋᑦ).

7. ᐊᒡᒐᓂᒃ ᓴᓗᒪᑎᑦᓯᓯᐊᕋᓱᐊᕐᓃᑦ

ᐊᒡᒐᒥᓂᒃ ᐃᕐᕈᑐᓕᐅᒥᔾᑦᓴᐅᑎᒋᒐᓱᐊᖃᑦᑕᓗᓯᑦ ᐅᕝᕙᓘᓐᓃᑦ ᖁᐱᕐᕈᐃᔭᕈᑎᓄᑦ ᐊᒡᒐᓂᒃ ᓴᓗᒪᓴᑎᑦᓯᒐᓱᐊᖃᑦᑕᓗᓯ ᐊᒡᒐᒥᓂᒃ. ᐊᒡᒐᓂᐊᕈᑎᑦᓴᓗᒃᑲᓂᒃ ᐊᑐᐃᓐᓇᐅᑎᑦᓯᒐᓱᐊᖃᑦᑕᓗᓯ ᐊᒻᒪᓗ ᐊᑐᐃᓐᓇᐅᑎᒐᓱᐊᓇᐊᒥᒃ ᐃᓱᐊᓇᕐᓯᒪᑎᒐᓱᐊᖃᑦᑕᓗᒋᑦ (ᐅᕝᕙᓘᑦ ᐊᒻᒪᓗ ᐅᕝᕙᐅᑏᑦ, ᐊᒡᒐᓂᐊᕈᑎᐅᓱᑎᒃ ᖁᐱᕐᕈᐃᔭᕈᑎᓪᓗ, ᐊᑦᑐᑕᐅᓪᓗᑯᒋᐊᖃᕋᑎᒃ ᓴᓂᐅᖃᐅᑏᑦ, ᐃᒡᒍᑎᑦᓴᓯᑦ). ᐊᒡᒐᓂᒃ ᐃᕐᕈᑐᐃᒍᓯᕐᓂᒃ ᐊᓪᓚᓯᒪᔪᐃᑦ / ᓴᓗᒻᒪᓴᒍᓲᑦ: ᓄᐃᑕᑦᓯᐊᓇᐊᓖᑦ ᓄᓇᓕᒻᒥ ᓱᓇᓱᐊᕐᑎᓯᕕᒻᒥ/ᓱᒐᓚᑦᑎᓯᕕᒻᒥ, ᓱᓇᓱᐊᕐᓂᓇᓚᖓᔭᒥᓂᒃ ᐱᒋᐊᓚᐅᕐᑎᓇᒋᑦ ᐱᔭᕇᑐᐊᕐᐸᑕᓗ ᐊᑐᕐᑐᓴᑦ ᑕᒪᒃᑯᐊ ᐊᑐᐃᓐᓇᐅᒋᕐᑎᖃᑦᑕᓗᒋᑦ ᐊᒻᒪᓗ ᖁᕐᕕᑯᕕᒻᒦᒋᑦᓴᑐᐊᕈᑎᒃ/ᐊᓇᕐᕕᒻᒦᒋᑦᓴᑐᐊᕈᑎᒃ, ᓂᓇᒐᓱᐊᓯᓚᐅᖕᖕᒋᓂᕐᒥᓂᒃ, ᑲᒃᑭᒋᑐᐊᕈᑎᓪᓗ ᐊᒻᒪᓗ ᐊᒡᒐᖕᒋᑦ ᓴᓗᒥᓪᓕᑎᕐᑐᕕᓂᐅᑐᐊᕐᐸᑕ ᓴᓗᒻᒪᓴᐅᑏᑦ ᐊᑐᐃᓐᓇᐅᑎᕐᓯᐊᓗᒋᑦ.

8. ᐊᓂᕐᓂᑯᑦ ᓂᐅᕐᑕᕕᓂᓇᑦᓯᖕᒋᑦ ᖁᐃᕐᑐᓂᒃᑯᑦ ᓄᕙᓕᕐᓇᓱᑎᒃ ᐃᐱᓂᐊᓕᕐᓇᑐᓂᒃ ᐅᑦᑐᑑᑎᖃᕐᒐᓕᒐᓱᐊᕐᓂᖅ

ᖁᐃᕐᑐᓕᕈᕕᑦ ᑕᒋᐅᑦᓴᓕᕈᕕᓪᓗ ᖃᓃᑦ ᒪᑐᒪᖃᑦᑕᓗᒍ (ᑲᒃᑭᐅᑎᑦᓴᔭᒧᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᑯᓯᐸᐱᑦ ᐱᕐᓂᖓᓄᑦ), ᐊᒻᒪᓗ ᐊᒡᒐᒃᑭᒃ ᐃᕐᕈᑐᖃᑦᑕᓗᒋᒃ ᖁᐃᑐᓇᑐᐊᕈᕕᑦ ᑕᒋᐅᑦᓴᒋᑐᐊᕈᕕᓪᓗ. ᐊᓂᕐᑎᓇᓂᒃᑯᑦ ᓄᕙᓕᕐᓇᓱᑎᒃ ᐃᐱᓂᐊᓕᕐᓇᑐᓂᒃ ᐅᑦᑐᑑᑎᖃᕐᒐᓕᒍᑎᑦᓴᓂᒃ ᖃᐅᔨᒪᔭᐅᑎᑦᓯᒐᓱᐊᕐᓂᖅ (ᐅᑦᑐᑑᑎᐅᓚᕿᒍᓐᓇᒪᑕ ᖃᓂᒪᓇᕐᑐᒥᒃ coronavirus-ᒥᒃ) ᐱᓇᓱᑦᑏᓗ ᐃᑲᔪᕐᓯᒪᒍᓐᓇᓱᑎᒃ ᐃᑯᓪᓕᑎᑦᓯᒍᑎᐅᒍᓐᓇᑐᓂᒃ ᐃᓪᓗᔪᐊᖅ/ᐃᓪᓗᕈᐊᖅ ᓇᔪᕐᑕᐅᔪᖅ ᕿᖓᖃᑦᓯᐊᑎᒐᓱᐊᕐᓗᒍ ᐊᓂᕐᓂᓴᖃᑦᓯᐊᖕᒋᓐᓇᓱᐊᕐᓂᐊᒪᑦ ᐊᒻᒪᓗ ᐃᒐᓛᑦ ᐅᒃᑯᐅᖓᕐᑎᖃᑦᑕᓗᒋᑦ ᐱᓇᓱᓐᓇᐅᓂᖓᓂ ᐊᓂᕐᓂᖃᑦᓯᐊᓇᕐᑯᓪᓗᒍ (ᐃᒐᓛᑦ ᐅᒃᑯᐃᖓᕈᓐᓇᑐᐊᕐᐸᑕ).

9. ᓴᓗᒻᒪᓴᓂᖅ ᓱᓇᑐᐃᓐᖷᓗ ᖃᖏᓐᓂᒃ ᖁᐱᕐᕈᐃᔭᕈᑎᓄᑦ ᓴᓗᒻᒪᓴᓂᖅ

ᓴᓗᒻᒪᓴᓗᑭᓐᓂᓴᐅᖃᑦᑕᓗᓯ ᓴᓗᒥᓕᑎᕐᓯᒪᖕᖏᓂᕐᓴᐅᖃᑦᑕᓚᖓᒻᒪᑕ ᓱᓇᓱᐊᕐᑎᓯᕕᑦ/ᓱᒐᓚᑦᑎᓯᕕᑦ. ᐱᓇᓱᑦᑏᑦ ᐅᑦᓗᑕᒫᑦ ᓴᓗᒻᒪᓴᕐᑕᐅᑎᑦᓯᖃᑦᑕᓯᐊᒋᐊᓖᑦ (ᑎᒥᒃᑯᑦ ᓴᓗᒪᒐᓱᐊᕐᕕᓂᒃ, ᓇᔪᕐᑕᐅᓗᑭᓐᓂᒃ, ᐅᒃᑯᐊᑦ ᑎᒍᓕᖏᓐᓂᒃ, ᓱᓇᑐᐃᓐᖷᓗ ᖃᖏᓐᓂᒃ). ᐱᓇᓱᑦᑏᑦ ᐅᑦᓗᑕᒫᑦ ᖁᐱᕐᕈᐃᔭᕈᑎᓄᑦ ᓴᓗᒻᒪᓴᕐᑕᐅᑎᑦᓯᖃᑦᑕᕆᐊᓖᑦ ᐊᑦᑐᑕᐅᓗᑭᖃᑦᑕᑐᓂᒃ ᐱᐅᒃᑯᑎᓂᒃ ᐅᕝᕙᓘᓐᓃᑦ ᐊᒥᓱᓄᑦ ᐊᑐᕐᑕᐅᖃᑦᑕᑐᓂᒃ (ᐃᒪᑐᐃᓐᓇᑐᕐᕕᓂᒃ, ᐃᑦᓯᕙᐅᑕᓂᒃ, ᑎᒥᒧᑦ ᐃᕐᕋᓕᓴᕈᑎᓂᒃ). ᐱᐅᒃᑯᑏᑦ ᐊᑐᓗᑭᑦᑕᐅᖃᑦᓴᓂᕐᓴᑦ ᓴᓗᒻᒪᓴᒍᑎᓄᑦ ᓴᓗᒻᒪᓴᓪᓗᑭᑦᑕᐅᖃᑦᑕᕆᐊᓖᑦ ᐊᑦᑐᕐᑕᐅᕈᑎᐊᑕᒫᑦ ᓄᓇᕐᖃᑎᒋᔭᐅᖕᖏᑐᒧᑦ ᐊᑐᕐᑕᐅᔪᕕᓖᑦ. ᐱᐅᓯᕐᓱᑎᑐᐃᓐᓇᐅᓯᑎᒃ ᓴᓗᒻᒪᓴᒍᓯᑐᐃᓐᓇᐅᓯᑦ ᐊᒻᒪᓗ ᖁᐱᕐᕈᐃᔭᕈᑏᑦ ᓴᓗᒻᒪᓴᒍᑏᑦ ᓴᓗᒻᒪᓴᒍᑎᑐᖃᐅᓯᑦ ᖃᓄᐃᖕᖏᑐᑦ ᐊᑐᕐᓗᒋᑦ.

ᓄᓇᓕᓐᓂ ᓱᓇᓱᐊᕐᑎᓯᕕᑦ/ᓱᒐᓚᑦᑎᓯᕕᑦ ᑯᕕᓱᓂᒃ ᐃᒪᕐᑑᑎᖃᖕᖏᑐᐃᑦ ᐅᒃᑯᐃᖓᕈᓐᓇᒥᔪᑦ ᖁᐱᕐᕈᐃᔪᒍᑎᓂᒃ ᓴᓗᒻᒪᓴᒍᑎᖃᑦᓴᓚᐅᕈᑎᒃ, ᐅᕝᕙᓘᓐᓃᑦ ᑲᒪᑦᓯᐊᕈᓐᓇᓴᓚᐅᕈᑎᒃ ᓴᓗᒻᒪᓴᖃᑦᑕᓗᑎᒃ ᐃᒪᕐᒧᑦ ᖃᑯᕐᓯᓕᑎᓇᐅᑎᒥᒃ ᐃᓚᖃᕐᑎᓗᒍ ᓴᓗᒻᒪᓴᒍᑎᒃ (ᐃᒪᖅ ᐊᖏᓂᓕᒃ 1 litre (980mL) ᖃᑯᕐᓯᓕᑎᓇᐅᑎᒥᒃ ᐃᒥᓪᓗᐊᑐᒥᒃ 20mL ᐊᖏᓂᓕᒻᒥᒃ ᐃᓚᓯᒪᖃᑦᑕᑎᓪᓗ.

10. ᐱᓇᓱᑦᑏᑦ ᐊᐅᓚᑦᓯᓂᓕᓇᔨᓪᓗ ᐃᓚᒋᔭᐅᑦᓯᐊᓇᐊᖃᕐᓂᖏᑦ

ᐱᓇᓱᑦᑏᑦ ᑐᖕᖓᕕᒋᔭᐅᓪᓚᓇᒃᑲᒥᒃ ᓇᐅᓕᒫᓂᒃ ᐃᓄᓐᓂᒃ ᖃᓄᐃᖕᖏᓯᐊᕐᑎᓯᒐᓱᐊᕐᓂᒧᑦ ᐸᐸᑦᓯᔨᐅᒋᐊᓖᑦ ᐊᒻᒪᓗ ᐅᓐᓂᑑᑎᐅᓯᒪᔪᓂᒃ ᐃᒫᖕᕐᑎᓯᔨᒋᔭᐅᓗᑎᒃ ᐊᑑᑎᔭᐅᑎᑦᓯᖃᑦᑕᓇᐊᓖᑦ ᐊᑐᑎᔭᐅᕐᑯᔭᐅᔪᓂᒃ. ᐱᒻᒪᓇᐅᓗᐊᖕᖑᐊᒥᔪᖅ ᐱᓇᓱᑦᑏᑦ ᖃᐅᔨᒪᓂᖃᑦᓯᐊᒋᐊᖃᕐᓂᖏᑦ ᖃᓄᖅ ᖃᓂᒪᓇᕐᑐᖅ COVID-19 ᐅᑦᑐᑎᐅᓲᒍᒻᒪᖔᑦ (ᐅᑦᑑᑎᒋᓗᒋᑦ, ᖃᓂᕐᒥᑦ ᐱᑦᓱᑎᒃ ᖁᑦᓕᐊᓗᒃᑲᑦ ᐊᒻᒪᓗ ᐊᑦᑐᖃᑦᑕᐅᑎᓂᒃᑯᑦ) ᑐᑭᒧᐊᑦᑎᓯᑦᓯᐊᕈᑕᐅᒋᖕᒐᐊᕐᓂᖕᒐ ᑕᒪᓐᓇ ᓱᒃᑯᓇᕐᑐᖃᓚᐅᖕᖏᓂᖕᒐᓂ ᓯᕗᓕᐅᕐᓯᒪᒐᓱᐊᕈᑎᑦᓯᐊᒍᒻᒪᑕ ᐃᒥᖁᔨᒍᑏᑦ ᓱᓇᓱᐊᕐᑎᓯᕕᓐᓂ/ᓱᒐᓚᑦᑎᓯᕕᓐᓂ ᐊᑑᑎᔭᐅᑦᓯᐊᖃᑦᑕᓇᐊᓖᑦ.

ᐃᑉᐱᒋᔭᐅᓗᐊᖕᖑᐊᓇᐊᓖᑦ ᐱᓇᓱᑦᑎᓄᑦ ᓄᓇᓕᒻᒥ ᓱᓇᓱᐊᕐᑎᓯᕕᓐᓂ/ᓱᒐᓚᑦᑎᓯᕕᓐᓂ ᐃᑉᐱᒋᒐᓱᐊᑦᓯᐊᓗᒋᑦ ᐊᔪᐃᓐᓈᓇᔭᐅᒋᐊᓖᑦ ᐅᑯᐊ:

- ᖃᐅᔨᒪᒐᓱᐊᑦᓯᐊᖏᓐᓇᖃᑦᑕᓗᒋᑦ **ᑲᕙᒪᒃᑯᑦ ᐊᐅᓚᑦᓯᔨᒻᒪᓇᖏᑦᑕ ᑐᑭᒧᐊᑦᑎᓯᒐᓱᐊᕈᑎᒋᔭᖏᑦ,** ᐅᓄᕐᓂᐸᐅᒍᓐᓇᕕᓕᒫᖏᑦᑎᒍᑦ ᖃᑦᓱᑦ ᐃᓄᐃᑦ ᐃᓪᓗᔪᐊᒦᒍᓐᓇᒪᖔᑕ/ᐃᓪᓗᕈᐊᒥᒍᓐᓇᒪᖔᑕ ᓇᐅᓕᒫᓄᑦ ᓇᔪᑦᑕᐅᓲᑦ ᐃᓪᓗᔪᐊᑦ/ᐃᓪᓗᕈᐊᑉ ᓂᕈᑐᓂᖏᑦᑕ ᑐᖕᖓᕕᒋᓗᖏᑦ ᖃᑦᓯᐅᒋᐊᖃᕐᒪᖔᑕ ᐃᑉᐱᒋᔭᐅᑦᓯᐊᓇᐊᖃᕐᒥᔪᑦ, (ᒫᓐᓇ/ᑕᒐᑕᒐ ᐃᓄᐃᑦ 50-ᐅᒍᓐᓇᓂᕐᑦᑕᐅᔪᑦ) ᐊᒻᒪᓗ ᓲᓱᒋᔭᐅᑦᓯᐊᒋᐊᖃᕐᓯᑎᒃ ᖃᑦᓯᐅᒋᐊᖃᕐᓂᖏᑦ. ᐊᓪᓚᑕᐅᓯᒪᖃᑦᑕᑐᐊᕐᐸᑕ ᐊᑎᖏᑦ ᐃᑎᕐᑐᕕᓖᑦ ᐃᑲᔪᕐᓯᒪᒍᓐᓇᒥᔪᑦ.

- **ᑐᑭᓯᓇᑦᓯᐊᓗᑎᒃ ᑐᑭᖃᓚᑦᓯᔭᐅᒍᓐᓇᓱᐊᕐᑐᓂᒃ ᓱᓇᓱᐊᕐᑎᓯᕕᒻᒧᑦ/ᓱᒐᓚᑦᑎᓯᕕᒻᒧᑦ ᐃᑎᕐᑐᓂᒃ ᐊᓪᓚᕕᕐᓴᓕᐅᕐᓯᒪᒋᐊᓖᑦ** (ᐊᑎᖏᓐᓂᒃ, ᐅᓪᓗᖓᓂᒃ, ᖃᑦᓯᖑᕐᑎᓗᒍ ᐃᑎᕐᓂᒪᖔᑕ ᐊᓂᓐᓂᒪᖔᑕᓗ) ᓄᓇᕐᖃᑎᒋᑦᑐᓂᒃ ᓇᓪᓕᐊᓂᑐᐃᓐᓇᖅ ᐱᓇᓱᑦᑎᓂᓪᓘᓐᓃᑦ ᐅᑦᑐᑕᐅᔪᖃᑦᓴᓂᕐᐸᑦ ᖃᓂᒪᓇᕐᑐᓕᒻᒧᑦ ᖃᐅᔨᔭᐅᒐᓱᐊᑦᓯᐊᕈᓐᓇᕋᔭᕐᒪᑕ ᖃᓂᒻᒪᑐᖃᕐᓂᐸᑦ COVID-ᒧᑦ.

- 2 ᒥᑕᓄᑦ ᐅᖓᓯᑦᑕᓇᕐᑯᔨᒍᑏᑦ ᓄᐃᑕᑎᑕᐅᑦᓯᐊᓇᐊᓖᑦ, ᕿᖓᕐᒥᒃ ᖃᓂᕐᒥᓗ ᓂᐅᕐᖃᓗᐊᓇᒃᑯᑎᐅᑦᓱᑎᒃ ᒪᑐᓯᒪᐅᑎᓂᒃ ᓈᒻᒪᑐᓂᒃ ᐊᑐᑦᓯᐊᖃᑦᑕᓗᑎᒃ, ᐊᒻᒪᓗ ᐊᒡᒐᒥᓂᒃ ᓴᓕᒻᒪᓴᓗᑭᖃᑦᑕᓗᑎᒃ, ᓄᓇᕐᖃᑎᑏᑦ ᒪᓕᑐᐃᓐᓇᓗᑎᒃ ᐊᒡᒐᓂᐊᑦᓯᐊᖃᑦᑕᓂᐊᒪᑕ ᐊᔪᓇᓐᓂᐅᖃᑕᐅᑐᐃᓐᓇᓗᑎᒃ.

- ᓱᓇᓱᐊᕐᑎᓯᕕᒻᒥᑐᐃᑦ/ᓱᒐᓚᑦᑎᓯᕕᒻᒥᑐᐃᑦ ᐱᐅᒃᑯᑎᓂᒃ ᐊᑐᕆᐊᓯᓚᐅᕋᑎᒃ ᐊᒡᒐᒥᓂᒃ ᐃᕿᑎᖃᑦᑕᕆᐊᓖᑦ ᖁᐱᕿᐃᔭᕈᑎᒧᑦ ᐊᒡᒐᓂᐊᕐᓗᑎᒃ ᓄᓇᕐᖃᑎᒥᓄᑦ ᐁᑦᑐᐃᕐᑯᓇᒋᑦ ᖃᓂᒪᓇᕐᑐᒥᒃ.
- ᐃᓂᓪᓚᑎᕆᐊᕐᓯᐊᓗᒋᑦ ᐃᓄᐃᑦ ᐅᖓᓯᑦᑕᕆᒋᐊᖃᕐᓂᖏᑦ 2 ᒦᑕᓄᑦ ᒪᓕᓪᓗᒋᑦ, ᖃᑦᓲᑦ ᐃᓄᐃᑦ ᖃᕆᐊᕐᒦᒋᐊᖃᕐᒪᖔᑕ/ᐃᓪᓗᐊᕈᓯᕐᒦᒋᐊᖃᕐᒪᖔᑕ ᒪᓕᑦᑕᐅᑎᒐᓱᐊᕐᓯᐊᓗᒋᑦ, ᖃᓂᒪᒍᓇᐅᔪᖃᓕᕐᐸᑦ ᖃᕆᐊᒥᒃ/ᐃᓪᓗᐊᕈᓯᕐᒥᒃ ᐃᓅᑑᑎᑦᓯᕕᑦᓴᒥᒃ ᓇᓗᓐᕐᓯᓯᒪᒋᐊᖃᕐᒥᔪᑦ ᓇᓪᓕᐊᓂᑐᐃᓐᓇᖅ ᓄᓇᓕᒻᒥᐅᒥᒃ ᖃᓂᒪᒍᓇᐅᔪᖃᓕᕐᐸᑦ ᓇᔪᕐᑕᐅᓯᒐᔭᕐᑐᒥᒃ.
- ᐊᒡᒐᓄᑦ ᐅᕝᕙᐅᑎᖃᑦᓯᐊᑎᑦᓯᖃᑦᑕᓗᑎᒃ, ᐃᒡᒍᑎᑦᓴᔭᓂᓪᓗ ᐊᒻᒪᓗ ᓴᓂᖃᐅᑎᑦᓴᔭᓂᒃ ᐊᑐᐃᓐᓇᖃᑦᓯᐊᑎᑦᓯᖃᑦᑕᓗᓯ ᐃᒡᒍᑎᕕᓂᕐᓄᑦ ᑐᕐᖁᐃᕕᐅᖃᑦᑕᓚᖓᔪᓂᒃ ᐱᓇᓱᑦᑎᓄᑦ ᐱᐊᕋᕐᓄᓗ/ᑲᒃᑲᓛᓄᓪᓗ.
- ᓴᓗᒻᒪᔭᕆᐊᖃᕐᓂᒧᑦ ᐅᓪᓗᑕᒦᑦ ᓴᓗᒻᒪᔭᓃᑦ ᖃᖓᐅᕆᐊᖃᕐᒪᖔᑕ ᓇᓗᓐᕐᓯᒪᕐᓯᐊᖃᑦᑕᕆᐊᓖᑦ, ᐊᒻᒪᓗ ᐊᓪᓚᑕᐅᓯᒪᕐᓯᐊᖃᑦᑕᓗᑎᒃ ᖃᖓ ᓴᓗᒻᒪᔭᕐᑕᐅᓂᕐᒪᖔᑕ ᓴᓗᒻᒪᔭᕐᑕᐅᕆᐊᓖᑦ.
- ᐊᑐᕐᑕᐅᓗᐊᕐᑎᖃᑦᑕᕈᓐᓂᓗᒋᑦ ᐱᐅᒃᑯᑏᑦ ᐅᕝᕙᑕᐅᕐᕐᑲᔭᖅᑭᑐᐃᑦ ᐅᕝᕙᓘᓐᓃᑦ ᖃᓪᓗᓈᕐᑕᔪᑦ (ᕿᑐᑦᑑᓯᑎᒃ ᐱᖅᖑᐊᑦ, ᐊᓐᓄᑖᕐᓗᖑᐊᑦ, ᐊᓯᖏᓪᓗ), ᐅᕝᕙᓘᓐᓃᑦ ᐱᐅᓗᐊᖅᖑᐊᕋᔭᕐᒥᔪᖅ, ᑖᕙᓃᒍᓐᓂᑎᑦᓯᐊᑐᐃᓐᓇᓗᒋᑦ ᓴᓗᒻᒪᔭᓇᐊᒥᒃ ᐊᔪᕐᓇᑐᐃᑦ.

11. ᑎᒥᒥᓂᒃ ᐊᑐᕐᓱᑎᒃ ᐱᓕᐅᑦᔨᖑᐊᕈᑎᐅᓲᑦ

- **ᐱᖅᖑᐊᑏᑦ ᖃᑦᓯᐅᓂᖏᑦ** ᐅᓄᕐᓂᓴᐅᒋᐊᖃᑦᔭᖏᑦᑐᑦ ᖃᑦᓯᐅᒍᓐᓇᓂᕋᕐᑕᐅᓂᖏᓐᓄᑦ ᓄᓇᓕᓐᓂ ᓱᓇᓱᐊᕐᑎᓯᕕᓐᓂ/ᓱᒐᓚᑦᑎᓯᕕᓐᓂ. ᐃᓚᒋᑦᑎᓱᑎᒃ ᐱᖅᖑᐊᑏᑦ (ᐅᑦᑑᑎᒋᓗᒋᑦ Volleyball, ᑖᓂᓯᕐᓃᑦ, Basketball, ᖀᑭᕐᓃᑦ) ᐱᖅᖑᐊᓚᖓᔪᐃᑦ ᐱᒋᐊᓚᐅᕐᑎᓇᒋᑦ, ᐃᓱᒪᒋᔭᕐᓯᐊᓇᐊᓖᑦ ᖃᑦᓯᐅᒋᐊᖃᕐᓂᖏᑦ ᐅᖓᓯᑦᑕᓇᒍᓐᓇᓱᐊᕐᓂᐊᕋᓗᐊᕐᒪᖔᑕ ᐃᓱᒪᒋᓗᒋᑦ. ᐃᓚᒌᑦᑐᐃᓪᓗ ᖃᑦᓲᑦ ᐃᓚᓐᓈᖏᑦᓗ/ᐱᖃᑎᖏᑦᓗ ᑕᑯᓐᓇᐅᔭᓇᐊᕐᑐᓯᒪᒍᓐᓇᒪᖔᑕ ᐃᐸᐱᒋᔭᐅᒋᐊᖃᕐᒥᔪᑦ ᐱᒋᐅᕐᓴᓂᖃᕐᑎᓗᒋᑦ ᐱᖅᖑᐊᓚᖓᔪᐃᑦ ᐊᒻᒪᓗ ᐱᓇᓱᑦᑏᑦ ᐃᓄᖃᓗᐊᕐᑎᓯᑦᓴᓕᒋᐊᖃᕐᓱᑎᒃ ᐱᖅᖑᐊᕕᐅᔪᒥᒃ.
- **ᐃᓚᒌᓚᖓᔪᐃᑦ ᓇᓗᕐᑕᐅᓯᒪᒋᕐᓂᖏᑦ**: ᐃᓚᒌᓚᖓᔪᐃᑦ ᑖᒃᑯᓴᓐᓇᐅᖃᑦᑕᕆᐊᓖᑦ ᐱᖅᖑᐊᓂᖃᒋᐊᑕᒦᑦ. ᒐᒥᖃᑦᑕᑐᐊᕐᐸᑕ ᐁᑦᑐᑑᑎᐅᖅᖏᓂᕐᓴᐅᓯᓇᑐᖅ ᖃᓂᒪᓇᕐᑐᖅ COVID-19-ᒍᓂᕐᕋᐅᔪᖅ ᐊᒻᒪᓗ ᓇᓗᕐᑕᐅᓯᓇᓂᕐᓴᐅᒐᔭᕐᓱᑎᒃ ᓇᓪᓕᖏᑦ ᖃᓂᒪᓇᕐᑐᖃᕐᓂᒪᖔᑕ ᐱᖅᖑᐊᖃᑎᒌᑦᑐᐃᑦ.
- **ᑮᓇᕐᒧᑦ ᒪᑐᓯᒪᒍᑏᑦ ᐊᒻᒪᓗ 2 ᒦᑕᓄᑦ ᐅᖓᓯᑦᑕᕆᒋᐊᖃᕐᓃᑦ**: ᐃᓱᒪᒋᑦᓱᒋᑦ ᐱᓕᐅᑦᔨᖑᐊᕈᑎᐅᓲᒍᑦᓱᑎᒃ ᐱᖅᖑᐊᕈᑎᐅᓲᑦ ᐊᑦᑐᑲᓪᓚᖃᑦᑕᐅᑎᒋᐊᖃᓲᒍᒻᒪᑕ ᐃᓱᒪᒋᑦᓱᒋᑦ ᐱᖅᖑᐊᖃᑎᒌᑦᑐᐃᑦ (ᖀᑭᕐᑐᐃᑦ, ᐊᔪᑦᑕᑐᐃᓪᓗ). ᐊᑦᑐᖃᑦᑕᐅᑎᓂᕐᒥᒍᑦ ᐊᑦᑐᐊᖃᑦᑕᐅᑎᓂᕐᓴᐅᒋᐊᖃᓲᒍᒻᒪᑕ ᐊᑑᑎᔭᐅᕐᑯᔭᐅᖅᖏᑐᑦ ᒫᓐᓇᐅᓂᖓᓂ/ᑕᒐᑕᒐᐅᓂᖓᓂ (ᐅᑦᑑᑎᒋᓗᒋᑦ; ᐃᑎᒐᒻᒥᓂᒃ ᐊᑐᕐᓱᑎᒃ ᐃᑎᒻᒥᐊᖃᑦᑕᐅᑎᓲᑦ, ᐊᒡᒐᒥᓂᒃ ᐃᑎᒐᒻᒥᓂᓪᓗ ᐊᑐᕐᓱᑎᒃ ᑯᔭᑎᓲᓪᓗ). ᐱᖅᖑᐊᓂᒃᑯᑦ ᑎᒥᒥᒍᑦ ᐊᑦᑐᖃᑦᑕᐅᑎᓂᕐᓴᐅᓲᑦ, ᐊᑦᑕᓇᕐᓂᓴᐅᑐᐃᓐᓇᕆᐊᖃᕐᒪᑕ ᐁᑦᑐᑑᑎᓗᑎᒃ ᖃᓂᒪᓇᕐᑐᒥᒃ ᒐᒥᓗᕐᑯᔭᐅᖅᖏᓚᐅᕐᑐᑦ. ᑭᓯᐊᓂ, ᐊᑦᑐᖃᑦᑕᐅᑎᓗᑭᒋᐊᖃᖅᖏᑐᐃᑦ ᑎᒥᒥᒍᑦ ᖃᓄᐃᖅᖏᑑᒐᓗᐊᑦ, ᐆᑦᑐᕋᐅᑎᔪᐃᑦ. ᑮᓇᕐᒥᒃ ᒪᑐᓯᒪᒋᐊᖃᖃᑦᑕᓃᑦ ᐊᔪᕐᓇᑐᒐᓛᒍᒻᒪᑕ ᑎᒥᒥᓂᒃ ᐊᑐᕐᓱᑎᒃ ᐃᕿᓕᓴᖅᖏᑐᓄᑦ, ᐱᖅᖑᐊᓗᑐᕈᓐᓂᑐᐊᕈᑎᒃ ᒪᑐᓯᒪᒍᑎᓂᒃ ᐊᑐᖃᑦᑕᕐᑯᔭᐅᔪᑦ (ᐱᖅᖑᐊᑏᑦ ᐃᑦᓯᕙᕕᖏᓐᓂᓕᑐᐊᕈᑎᒃ / ᐅᑕᕐᕿᓕᑐᐊᕈᑎᓪᓗᓂᑦ). ᐱᖅᖏᐊᑎᓂᒃ ᐃᒪᖅᕿᕐᑏᑦ ᑕᑯᓐᓇᐅᔭᕆᐊᕐᑐᓯᒪᔪᐃᓪᓗᓂᑦ ᐅᖓᓯᑦᑕᓈᒐᓯᐊᖃᑦᑕᕐᑯᔭᐅᒻᒥᔪᑦ ᐊᒻᒪᓗ ᕿᖓᕐᒥᓂᒃ ᖃᓂᕐᒥᓂᓗ ᒪᑐᓯᒪᐅᑎᓂᒃ ᐊᑐᖃᑦᑕᓗᑎᒃ.

- **ᓯᓇᑐᐃᓐᓇᓂᒃ ᐊᑦᑕᑑᑎᑦᒐᓕᒐᓯᐊᒻᒪᕆᖃᑦᑕᒋᐊᓖᑦ ᐃᓄᐃᑦ** (ᐃᒪᖃᐅᑎᓂᒃ, ᐅᖁᒻᒥᔫᒥᒐᑦᓴᓂᒃ, ᐊᑦᓚᑭᑎᓂᒃ, ᐊᓯᖏᓐᓂᓗ). ᓇᒻᒥᓂᖅ ᐱᖁᑎᒋᔭᐅᔪᐃᑦ ᐊᑐᖁᑕᐅᒐᓕᑎᒐᓯᐊᖃᑦᑕᓗᒋᑦ ᐊᓯᓐᓄᑦ (ᐊᓇᐅᑦᓚᑏᑦ, ᐳᓗᐊᓗᐃᑦ/ᐹᓗᐃᑦ, ᐅᓇᐅᒍᑏᑦ rackets, ᐊᔭᐅᕈᑏᑦ sticks, ᑲᓈᒃᑯᑦ ᐋᓐᓂᓇᒃᑯᑏᑦ shin-guards, ᐊᓯᖏᑦᓗ), ᐊᒻᒪᓗ ᖁᐱᖁᐃᔭᕈᑎᓄᑦ ᓴᓗᒻᒪᓴᖃᑦᑕᓗᒋᑦ ᐃᓄᓐᓄᑦ ᐊᑐᖁᑕᐅᖃᑦᑕᑐᐃᑦ (ᐊᑐᖁᑕᐅᓯᓚᐅᖁᑎᓇᒋᑦ ᐊᒻᒪᓗ ᐊᑐᖁᑕᐅᒋᑎᐊᖁᐸᑕ).

- **ᐱᖕᖑᐊᓯᐊᖁᓯᐅᑎᓃᑦ**: ᐱᖕᖑᐊᓂᖁᒥᓂ, ᐊᓯᐊᒍᑦ ᐅᐱᒍᓲᕙᑦᓛᒍᓯᓂᒃ ᐱᖕᖑᐊᖃᑎᒥᓂᒃ ᓄᐃᑕᑎᖁᓯᒐᓯᐊᖃᑦᑕᓗᑎᒃ, ᐃᖁᖕᖏᖕᒐᖁᓗᒋᑦ/ᐊᑦᑐᖏᖕᒐᓗᒋᑦ/ᐅᐱᒍᓲᕙᓛᒍᓯᑦ ᐊᓯᐊᒍᑦ ᓄᐃᑕᑎᖕᒐᖁᓯᐊᖃᑦᑕᓗᒋᑦ (ᐊᒃᑦ ᐊᑐᖁᓗᒋᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓇᓴᐅᑦᓱᑎᒃ ᓂᐊᖅᑯᐊᓇᒃᑯᑏᑦ ᐊᑐᓗᖁᑦ ᓄᓗᖁᐅᑎᒋᖃᑦᑕᓗᒋᑦ ᐅᖕᒐᓯᑦᑐᒥ).

- **ᓄᓇᖅᑲᑎᒌᖕᖏᑐᐃᑦ ᐱᓕᐅᖁᔾᓂᖏᑦ**: ᒫᓐᓇ/ᑕᒐᑕᒐ ᓄᓇᓕᒻᒥ ᓯᓇᓱᐊᖁᑎᓯᕕᓐᓂ/ᓱᒐᓚᖁᕕᓐᓂ ᐱᓕᐅᖁᔾᓂᖃᒋᐊᖃᖕᖏᑐᖅ ᓄᓇᓕᐅᑉ ᐊᓯᐊᓂ ᐱᓯᒪᔪᓂᒃ, ᐊᐅᓚᑲᑦᑕᒋᐊᖃᖁᒪᑕ ᐃᓚᒌᓈᖁᑎᓯᑎᒃ ᐱᓕᐅᖁᔾᓂᖃᑎᖃᓲᑦ ᓄᓇᖅᑲᑎᒋᖕᖏᑕᒥᓂᒃ.

ᑕᒪᒃᑯᐊ ᑐᑭᒧᐊᒋᐊᕈᑎᑦᓴᑦ ᓄᑕᐅᓯᓚᒋᐊᖁᑕᐅᓯᒪᔪᑦ ᓇᐅᓕᒫᓂᒃ ᐃᓄᓐᓂᒃ ᐃᓗᓯᓕᓇᓂᖁᒧᑦ ᖃᐅᔨᓴᒻᒪᓇᑦᑏᑦ ᑲᑎᒪᔨᖏᓐᓄᑦ.
ᐃᓘᓐᓈᓄᓕᖕᒐᔪᓂᒃ ᖃᐅᔨᒋᐊᖁᓯᐊᕈᒪᔪᐃᑦ ᖃᓂᒪᓇᖁᑑᑉ COVID-19 ᒥᑦᓵᓄᑦ, ᐅᖁᕕᖃᕈᓐᓇᑐᑦ ᐆᒥᖕᒐ: 1-833-301-0296, ᖃᓇᑕᐅᔭᑎᒍᑦ ᑭᐅᒪᐅᑎᓗᑎᒃ ᐊᑦᓚᕕᖃᕈᓐᓇᒥᔪᑦ ᓄᓇᕕᒻᒥ ᐃᓗᓯᓕᓇᓂᖁᒧᑦ ᑲᑎᒪᔨᑦ ᐱᒍᑦᔨᔨᖏᓐᓂᒃ Facebook-ᑯᑦ ᐊᑦᓚᕕᐅᒍᓐᓇᕕᖕᒐᑎᒍᑦ ᐅᕝᕙᓘᓐᓃᑦ ᖃᐅᔨᒋᐊᖁᐅᒍᓐᓇᒥᔪᖅ ᓄᓇᕕᒻᒥ ᐃᓗᓯᓕᓇᔨᑦ ᑲᑎᒪᔨᖏᑦᑕ ᖃᓇᑕᐅᔭᒥᑦᑎᐊᖏᑦ ᐅᕗᓇ https://nrbhss.ca/en/coronavirus .

ᖃᓇᑕᐅᔭᑎᒍᑦ ᖃᐅᔨᒋᐊᖁᐅᒋᐊᑦᓚᕈᓐᓇᒥᔪᑦ ᐅᑯᐊ:

https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/
https://nrbhss.ca/sites/default/files/covid19/Coronavirus_recommendations_EN.pdf
https://www.inspq.qc.ca/sites/default/files/covid/2946-community-organizations-covid19.pdf
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