PREVENT THE SPREAD OF INFECTIONS

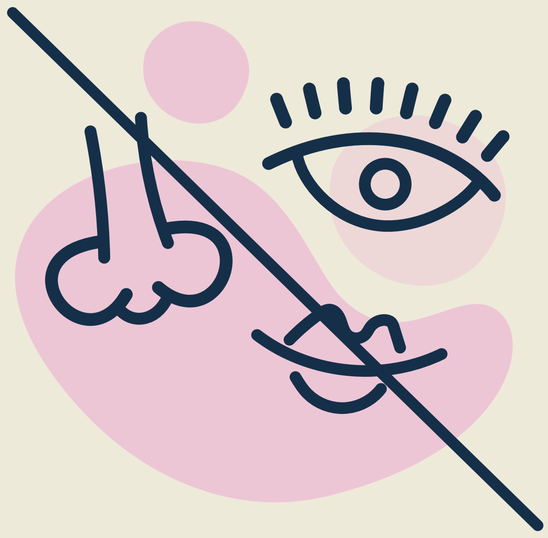
ᖃᓂᒪᓐᓇᓂᒃ ᐁᑦᑐᑰᑎᐅᑐᓐᓇᑐᑎᒃ ᐃᑯᓪᓚᑎᕐᓯᒐᓱᐊᓇᑦ

COUGH OR SNEEZE IN YOUR ELBOW OR IN A DISPOSABLE TISSUE

ᖁᐃᕐᑐᓗᑎᑦ
ᑕᒋᐅᑦᓴᓗᑎᓪᓘᓃᑦ
ᐃᑯᓯᓐᓄᑦ
ᑲᒃᑭᒍᑎᑦᓴᔭᒧᓪᓘᓃᑦ
ᐃᒋᓲᒧᑦ

AVOID TOUCHING YOUR FACE

ᑮᓇᑦ ᐊᑦᑑᔭᕐᑌᓕᓗᒍ



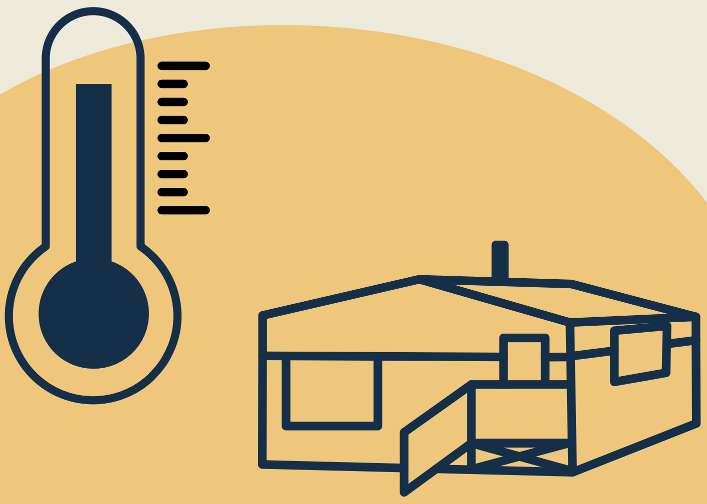
WASH YOUR HANDS FREQUENTLY

ESPECIALLY IN PUBLIC PLACES

ᐊᒡᖕᒑᑎᑦ
ᐃᕐᕈᑐᖕᒋᓐᓇᓯᐊᖃᑦᑕᓗᒋᑦ

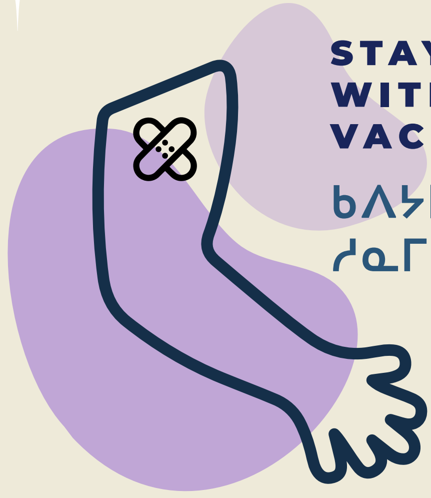
CLEAN AND DISINFECT FREQUENTLY TOUCHED SURFACES

ᐊᑦᑑᔭᕐᑕᐅᓂᕐᐹᑦ
ᓴᓗᒻᒪᓴᕐᓗᒋᑦ
ᖁᐱᕐᕈᐃᔪᑎᒧᑦ



STAY HOME IF YOU HAVE A FEVER

ᐊᓂᕐᕋᓯᒪᒋᑦ ᐆᓇᕐᑭᒍᓀᑦ

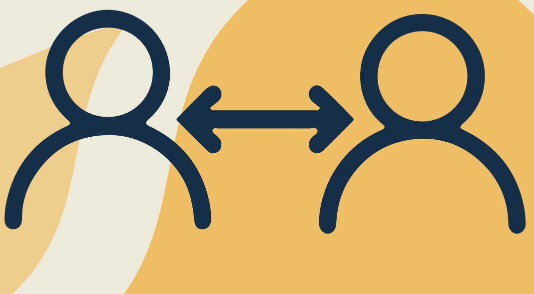


STAY UP TO DATE WITH YOUR VACCINATION

ᑲᐱᔭᐅᓯᒪᒍᑎᒋᒋᐊᓕᑎᑦ
ᓱᓇᒥᓯᒪᑎᑦᓯᐊᓗᒋᑦ

WEAR A MASK IN PUBLIC IF YOU HAVE SYMPTOMS OF A RESPIRATORY INFECTIOUS DISEASE

ᑮᓇᐁᑦ ᒥᓕᑦᓯᒪᖃᑦᑕᓗᒍ
ᓇᐅᓕᒫᑦ ᓇᔪᒐᖕᒋᓐᓃᓚᖕᒐᒍᓀᑦ
ᒪᑐᓐᓇᐅᑎᖃᑐᐊᕈᓀᑦ ᐳᕙᒃᑯᑦ
ᐁᑦᑐᑰᑎᐅᑐᓐᓇᑐᒥᒃ



KEEP YOUR DISTANCE FROM OTHERS (AS MUCH AS POSSIBLE)

ᐊᓯᑎᓐᓂᒃ
ᖃᓂᑕᖃᕐᑌᓕᓗᑎᑦ
(ᐱᒍᓐᓇᓀᓕᒫᕐᓄᑦ)

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