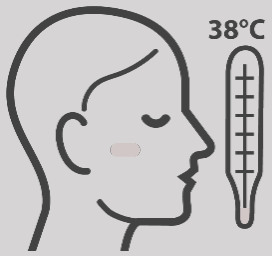

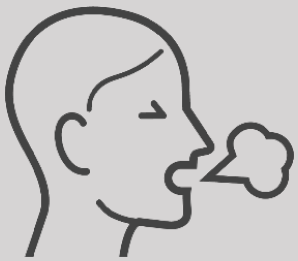

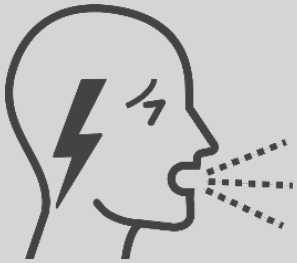

ᑭᒋ ᐅᑕᑭᑯᒪ̇ᐱᓀᐃᐧᐣ 2019 (COVID-19)

ᐊᓂᐣ ᑫᔑ ᓇᓇᑲᒋᐦᐃᑎᓯᔭᐣ

ᒋᐱᒥᓂᔕᐦᐊᒪᐧᐨ ᑲᑭ ᐃᔑ ᐃᐧᐣᑕᒪᑫᐨ ᐊᐁᐧ ᒪᐡᑭᑭᐃᐧ ᐊᓄᑭᓇᑲᐣ.
ᑭᐡᐱᐣ ᑲᑫᐧᑌᐃᐧᓇᐣ ᐊᔭᔭᐣ, ᓇᐣᑕ ᒥᓇ ᑭᐡᐱᐣ ᐊᐊᐧᔑᒣ ᐁᐦᐊᓂᔑᔭᔭᐣ, ᑲᓄᐡ ᐊᐁᐧ ᒪᐡᑭᑭᐃᐧ ᐊᓄᑭᓇᑲᐣ, ᑌᓫᐊᐦᐁᓫᐟ (1-866-797-000) ᓇᐣᑕ ᒥᓇ ᑲᔦ ᒪᐡᑭᑭᐃᐧ ᐊᓄᑭᓇᑲᐣ ᐃᒪ ᑲᔑ ᐅᑕᐃᐧᓂᔭᐣ.

14 ᑭᔑᑲ ᐱᒥ ᓇᓇᑲᒋᐦᐃᑎᓱᐣ ᐊᐱ ᑲᐃᐡᑲᐧ ᐊᔕᐃᐧᐦᐃᑯᔭᐣ

ᑲᐃᐧᐣ ᐃᔕᐣ ᑲᔑ ᒥᔑᓇᓂᐊᐧᐠ

• ᑲᐃᐧᐣ ᐃᔕᐣ ᑲᔑ ᒥᔑᓂᓇᓂᐊᐧᐠ ᒥᓇ ᑲᔦ ᐃᒪ ᑲᐃᔑᓇᑲᐧᐠ ᑫᐅᐣᒋ ᐊᔕᐃᐧᐦᐃᐁᐧᔭᐣ ᑭᐡᐱᐣ ᐊᑯᓯᔭᐣ.

ᐊᓂᐣ ᑕᐡ ᑫᑐᑕᒪᐣ ᑭᐡᐱᐣ ᐅᐁᐧ ᐅᒋ ᐃᔑᔭᔭᐣ ᓇᐣᑕ ᐱᑯ ᒥᓇ ᑯᑕᑭᔭᐣ ᑫᑯᓇᐣ ᐅᐣᒋ ᐃᓇᐱᓀᔭᐣ?

• ᔐᒪᐠ ᓴᑲᒪᑕᐱᐣ ᑭᑲᐯᔑᐃᐧᓂᐠ ᒥᓇ ᑲᓄᓂᐠ ᒪᐡᑭᑭᐃᐧ ᐊᓄᑭᓇᑲᓇᐠ.
• ᑫᑐᑕᒪᐣ ᓴᑲᑲᐱᔭᐣ ᑭᑲᐯᔑᐃᐧᓂᐣᐠ:
o ᑲᐃᐧᐣᑕᒪᑯ ᐊᓂᐣ ᑫᑐᑕᒪᐣ ᐃᒪ ᑭᑲᐯᔑᐃᐧᓂᐠ ᓴᑲᑲᐱᔭᐣ
o ᒋᐊᔭᔭᐣ ᑲᐡᑲᓇᒪᐱᓱᓇᐣ (ᒋᑌᐱᓭᔭᐣ 14 ᑭᔑᑲ ᒥᓂᑯᐠ)
o ᔓᑊ, ᓂᐱ ᒥᓇ /ᓇᐣᑕ ᑲᔦ ᑲᐊᐸᑕᐠ ᒪᐡᑭᑭᐃᐧ ᑭᓯ̇ᓂᐣᒋ̇ᐦᐅᓇᐣ ᑫᐊᐸᒋᑐᔭᐣ ᐃᐧᑲᓯ̇ᓂᐣᒋ̇ᔭᐣ
• ᐊᐱᑕᐡ ᓇᓯᑲᐊᐧᐨ ᒪᐡᑭᑭᐃᐧ ᐊᓄᑭᓇᑲᓇᐣ, ᑲᐃᐧᐣ ᐊᐱᒋᑐᐣ ᐱᒥᔭᐃᐧᓇᐣ ᒥᔑ̇ᐣ ᐊᐃᐧᔭ ᑲᔭᐸᒋᑐᐨ
ᑐᑲᐣ ᐃᐡᑯᑌᐃᐧᑕᐸᐣ ᑲᑭᔑᔭᐱᑫᓭᐨ, ᑕᐠᓯ ᒥᓇ ᐊᐃᐧᔭ ᑲᐃᔑᑕᐸᓂᐁᐧᐨ. ᑭᐡᐱᐣ ᑕᐡ ᐁᑲ ᑭᐃᓯᓭᐠ, ᑲᐡᑲᓇᒪᐧᐱᓱᐣ ᑭᑭᐡᑲᐣ ᒥᓇ ᐅᑕᓇᐣᐠ ᐃᔓᓇᐱᐣ.

ᐃᐧᐣᑕᒪᐃᐧᐠ ᒪᐡᑭᑭᐃᐧ ᐊᓄᑭᓇᑲᓇᐠ:

• ᑭᐁᐧᑎᓄᐠ ᓀᐣᑲᐱᐦᐊᓄᐣᐠ ᒪᐡᑭᑭᐃᐧ
ᐊᓄᑭᓇᑲᓇᐠ ᑲᔑ ᐊᓄᑭᐊᐧᐨ
• www.nwhu.on.ca
ᒪᒪᐣᑕᐃᐧᐱᐊᐧᐱᑯᐠ
• ᑭᐡᐱᐣ ᐃᐁᐧ ᑲᐃᓇᒪᐣᒋᐦᐅᔭᐣ
ᑲᐃᐧᐣᒋᑲᑌᐠ ᑲᐃᓇᐱᓇᓂᐊᐧᐠ ᓇᐣᑕ ᒥᓇ ᐁᐃᓀᐣᑕᒧᐊᐧᓀᐣ ᐁᐊᔭᔭᐣ ᑭᒋ

ᐊᑭᑯᒪᐱᓀᐃᐧᐣ (COVID-19), ᐃᔑᑭᑐᐣ ᑌᓫᐦᐁᓫᐟ ᐅᐣᑌᕑᐃᔪ 1-866-797-0000

ᓇᓇᐣᑕᐃᐧ ᑭᑫᐣᑕᐣ ᑫᑯᓀᓂᐊᐧᐠ ᐃᐁᐧ ᑭᒋ ᐊᑭᑯᒪᐱᓀᐃᐧᐣ

COVID-19 ᑲᐃᒋᑲᑌᐠ ᐅᐡᑭ ᐊᑯᓯᐃᐧᓂᐊᐧᐣ. ᐁᑲᐧ ᑕᐡ ᐃᒪ ᐅᐣᒋ ᐊᔕᐃᐧᐦᐃᐁᐧᒪᑲᐣᐠ ᐸᑭᑕᓇᒧᐃᐧᓂᐣᐠ ᑐᑲᐣ ᓯᐦᑯᐃᐧᓂᐣᐠ ᐊᐁᐧ ᐊᔕ ᑲᐅᑕᑭᑯᒪᐱᓀᐨ ᑲᐯᔕᐊᐧᐸᒪᐨ

ᑐᑲᐣ ᐃᑫᐧᓂᐊᐧᐣ ᑲᐃᐧᒋ̇ᑕᒪ̇ᐨ ᓇᐣᑕ ᑲᐅᐣᒋ ᐸᒥᓇᐨ. ᒪᒪᐣᑕᐃᐧᐱᐊᐧᐱᑯᐠ ᑲᑭ ᐅᐣᑎᓇᐣ ᐃᐧᐣᑕᒪᑫᐃᐧᐣ
ᐃᐁᐧ ᐅᐣᒋ ᑭᒋ ᐊᑭᑯᒪᐱᓀᐃᐧᐣ COVID-19 ᐃᒪ
ᑭᒋᒪᐡᑭᑭᐃᐧᑭᒪᐃᐧ ᐱᒧᒋᑫᐃᐧᐣ ᑲᔑ ᐸᑭᑎᓇᐣᐠ
ᐅᐃᐧᐣᑕᒪᑫᐃᐧᓇᐣ:
Ontario.ca/coronavirus
How to self-monitor - Oji-Cree Translation

ᑭᓯᓱᐃᐧᓭᔭᐣ ᐊᐧᓯᓱᑕᒪᐣ ᒥᔕᒪᓇᒧᔭᐣ