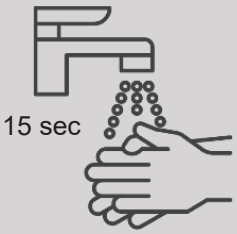

ᑭᒋ ᐅᑕᑭᑯᒪ̇ᐱᓀᐃᐧᐣ 2019 (COVID-19)

ᑲᑎᐸᓂ ᓴᑲᑲᐱᐦᐃᑎᓱᐨ ᐊᐃᐧᔭ: ᑫᑐᑕᐣᐠ ᐅᐸᒥᓂᑫᐠ,

ᐃᐧᒋ̇ᑕᒪ̇ᑲᓇᐠ ᒥᓇ ᑯᑕᑭᔭᐠ ᑲᐯᔕᐧᐸᒪᑲᓄᐊᐧᐨ

ᑭᐡᐱᐣ ᐊᐃᐧᔭ ᐁᐅᐣᒋ ᐸᒥᓇᐨ ᓇᐣᑕ ᒥᓇ ᐁᐃᐧᒋᑕᒪᐨ ᐊᐃᐧᔭ ᑲᑭᒋ ᐊᑭᑲᐧᐱᓀᐨ,
ᐊᒥ ᐁᐃᓇᐣᑭᓱᔭᐣ 'ᑲᑭ ᐯᔕᐧᐸᒪᐨ ᑲᑭᒋ ᐊᑭᑲᐧᐱᓀᓂᐨ'.
ᐃᑫᐧᓂᐊᐧᐠ ᑭᒪᐡᑭᑭᐃᐧ ᐊᓄᑭᓇᑲᓇᐠ ᑲᐃᐧᐣᑕᒪᑯᐠ ᐊᓂᐣ ᑫᑐᑕᒪᐣ ᒋᐱᒥ ᓇᓇᑲᒋᐦᐃᑎᓱᔭᐣ,
ᐊᓂᐣ ᑲᔦ ᑫᑐᑕᒪᐣ ᑭᐡᐱᐣ ᐊᓄᐣᒋ ᐊᑯᓯᐃᐧᒪᐣᒋᐦᐅᔭᐣ ᒥᓇ ᐊᐣᑎ ᑫᔑ ᐃᐧᐣᑕᒪᐣ. ᑫᒋᓇᐨ ᐃᐧᐣᑕᒪᐃᐧᐠ ᐃᑫᐧᓂᐊᐧᐠ ᒪᐡᑭᑭᐃᐧ ᐊᓄᑭᓇᑲᓇᐠ ᐁᑭ ᐯᔕᐧᐸᒪᐨ ᐊᐁᐧ ᑲᑭᒋ ᐊᑭᑲᐧᐱᓀᐨ COVID-19.

ᓇᔑᓀ ᑲᓯ̇ᓂᒋ̇ᐣ

• ᑲᓯ̇ᓂᒋ̇ᐣ ᔓᑊ ᒥᓇ ᓂᐱ ᑕᓴᐧ ᑭᐃᐡᑲᐧ ᐯᔕᐊᐧᐸᒪᐨ ᐊᐁᐧ ᑲᑭᒋ ᐊᑭᑲᐧᐱᓀᐨ.
• ᒪᐡᑭᑭᐃᐧ ᑭᓯᓂᒋᐦᐅᓇᐣ ᐊᐸᒋᑐᐣ ᑭᐡᐱᐣ ᐁᑲ ᓱᑊ ᒥᓇ ᓂᐱ ᑕᑲᐧᐠ.

ᐊᑲᐧᓇᒪ̇ᐱᓱᐣ ᒥᓇ ᑭᑭᒥᐣᒋᑲᐊᐧᓀᐣ

• ᐊᑲᐧᓇᒪ̇ᐱᓱᐣ ᒥᓇ ᑭᑭᒥᐣᒋᑲᐊᐧᓀᐣ ᑭᐡᐱᐣ ᐊᐃᐧᔭ ᐅᓯᑯᐃᐧᐣ ᐱᒋᓴᒥᓇᒪᐧᐨ ᓇᐣᑕ
ᒥᓇ ᑯᑕᑭᔭᐣ ᑫᑯᓇᐣ (ᑐᑲᐣ ᐅᒥᐡᑯ, ᐅᑕᐯᐧᓱᐃᐧᐣ, ᐅᐸᑯᒧᐃᐧᐣ, ᐅᔑᑭᐃᐧᐣ ᒥᓇ ᐅᒧ).

ᐁᐧᐱᓇᓂᐣ ᒥᐣᒋᑲᐊᐧᓇᐠ ᒥᓇ ᐊᑲᐧᓇᒪᐱᓱᓇᐣ ᑲᐃᐡᑲᐧ ᐊᐸᒋᑐᔭᐣ

• ᔐᒪᐠ ᑭᒋᑯᐡᑲᓂᐣ ᒥᐣᒋᑲᐊᐧᓇᐠ ᒥᓇ ᐊᑲᐧᓇᒪᐱᓱᓇᐣ ᑭᐡᑲᐧ ᐸᒥᓂᑫᔭᐣ ᒥᓇ
ᐁᐧᐱᓇᓂᐣ ᐃᒪ ᐁᐧᐱᓂᑫᐊᐧᔑᐣᐠ.
• ᒥᐣᒋᑲᐊᐧᓇᐠ ᓂᑲ̇ᐣ ᑭᒋᑯᐡᑲᐃᐧᐠ ᒥᓇ ᑲᓯ̇ᓂᒋ̇ᐣ ᔓᑊ ᒥᓇ ᓂᐱ ᒋᐊᐸᒋᑐᔭᐣ
ᒥᓂᑯᐠ ᑭᒋᑯᐡᑲᒪᐣ ᐊᑲᐧᓇᒪᐱᓱᐣ.
• ᒥᓇᐊᐧ ᑲᓯ̇ᓂᒋ̇ᐣ ᔓᑊ ᒥᓇ ᓂᐱ ᒋᐊᐸᒋᑐᔭᐣ ᐁᒪᐧᔦ ᓴᒥᓇᒪᐣ ᑭᐃᐧᐣᑲᐧᐣ ᓇᐣᑕ
ᒥᓇ ᐁᒪᐧᔦ ᑯᑕᐠ ᑫᑯᐣ ᑐᑕᒪᐣ.

ᑲᐃᐧᐣ ᒥᔑ̇ᐣ ᐊᐃᐧᔭᐠ ᑕᐱ̇ᐣᑎᑫᐊᐧᐨ ᑭᑲᐯᔑᐃᐧᓂᐣᐠ

• ᐃᑫᐧᓂᐊᐧᐠ ᐁᐦᑕ ᐱᐣᑎᑲᓂᐠ ᑲᐃᓯᓭᓂᐠ ᒋᑭ ᐱᐣᑎᑫᐊᐧᐨ ᒥᓇ ᑲᔦ ᐊᒋᓇ ᐁᐦᑕ

ᐃᒪ ᑕᐱ̇ᐣᑎᑫᐊᐧᐠ.
• ᑲᐃᐧᐣ ᐊᐃᐧᔭ ᐅᑲᓇᓯᑲᐊᐧ̇ᐣ ᑲᑭᒋᔭᐦᐊᐧᑎᓱᐊᐧᐨ ᒥᓇ ᑲᐊᑯᓯ̇ᐊᐧᑎᓱᐊᐧᐨ (ᑐᑲᐣ
ᑲᔓᑲᐊᐧᐱᓀᐊᐧᐨ, ᑲᐸᑭᑕᓇᒧᐊᐧᐱᓀᐊᐧᐨ, ᑲᐊᐧᑫᔭᑯᓯᐊᐧᐨ) ᐃᑫᐧᓂᐊᐧᐠ ᑲᑭᒋ ᐅᑕᑭᑯᒪᐧᐱᓀᐊᐧᐨ.

15 sec

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
Self-isolation: Guide for Caregivers - Oji-Cree Translation

ᑲᐃᐧᐣ ᒪᒪᐃᐧ ᐊᐸᒋᑕ̇ᔪᐠ ᑫᑯᓇᐣ ᐃᒪ ᐱᐣᑎᑲᒥᐣᐠ

• ᑲᐃᐧᐣ ᒪᒪᐃᐧ ᐊᐸᒋᑕ̇ᔪᐠ ᐅᓇ̇ᑲᓇᐣ, ᒥᓂᑲᐧᑲᓇᐣ, ᐃᐧᓯᓂᐃᐧ ᐊᐸᒋᑕᑲᓇᐣ,
ᑲᓯ̇ᐣᑲᐧᓂ̇ᑭᓄᐠ, ᓂᐯᐃᐧᓀᑭᓄᐣ ᓇᐣᑕ ᒥᓇ ᑯᑕᑭᔭᐣ ᑫᑯᓇᐣ ᒣᑲᐧᐨ ᐊᐃᐧᔭ ᑲᐱᒥ
ᓇᓇᑲᒋᐦᐊᑲᓄᐨ.
• ᐊᐱ ᐃᐡᑲᐧ ᐊᐸᒋᑐᔭᓂᐣ, ᐅᑫᐧᓂᐊᐧᐣ ᐃᓯᓭ ᒋᑭᓯᐱᑭᓂᑲᑌᑭᐣ ᔓᑊ ᓇᐣᑕ ᒥᓇ
ᑭᓯᐱᑭᓂᑲᓂᔓᑊ ᒋᐊᐸᒋᑐᔭᐣ ᓱᐱᐊᐧᐳᑲᐣᐠ. ᐱᑯ ᐊᐧᐃᔭ ᔓᑊ ᑲᑭ ᐊᐸᒋᐦᐊ̇.
• ᑲᐱᒥᐱᑌᐠ ᑲᑲ̇ᓯᓇᑲᓀᓭᐠ ᒥᓇ ᑭᓯᐱᑭᓂᑲᓇᐣ ᑲᐱᒥᐱᑌᑭᐣ ᑲᑭ ᐊᐸᒋᑐᐣ.
• ᑲᐃᐧᐣ ᒪᒪᐃᐧ ᐊᐸᒋᐦᐃᐠ ᓇᐦᓭᒪ̇ᐠ.

ᐯᔭᑭᓂᑫᐃᐧᐣ

• ᐯᔭᑭᓇᐣ ᑭᑲᐯᔑᐃᐧᐣ ᑭᓯᓂᑫᐃᐧ ᐊᐸᒋᑕᑲᓇᐣ ᒋᐊᐸᒋᑐᔭᓂᐣ.

• ᓴᑯᓇᐠ ᑭᓯ̇ᓇᓂᐣ ᓇᔑᓀ ᑲᓴᒥᓂᑲᑌᑭᐣ ᑐᑲᐣ ᒥᓯᐃᐧᓇᑲᓇᐣ, ᑲᐅᐣᒋ
ᑕᐊᐧᑯᓂᑲᑌᐠ ᓂᐱ, ᐃᐡᑲᐧᐣᑌᒪᐱᑯᐣ ᒥᓇ ᐊᒋᑲᓇᑎᑯᓴᐣ ᓂᐯᐃᐧᑲᒥᑯᐣᐠ ᑲᔑ ᐊᐸᑕᑭᐣ.

ᓴᑯᓇᐠ ᒋᑭᓯ̇ᐱᑭᓂᑫᔭᐣ

• ᑲᐃᐧᐣ ᓇᐣᑕ ᑕᐃᓯᓭᓯᓄᐣ ᐃᐧᒪ̇ᒪᐊᐧᐸᐊᐧᒋᑫᔭᐣ ᑭᓯᐱᑭᓂᑫᔭᐣ, ᔕᑯᐨ
ᒋᑭᑭᒥᐣᒋᑲᐊᐧᓀᔭᐣ.
• ᔐᒪᐠ ᑲᓯ̇ᓂᒋᐣ ᔓᑊ ᒥᓇ ᓂᐱ ᒋᐊᐸᒋᑐᔭᐣ ᑭᐃᐡᑲᐧ ᑭᒋᑯᐡᑲᐊᐧᐨ ᒥᐣᒋᑲᐊᐧᐣ.

ᓇᓂᐦᒋ̇ᑲᐣᑕᐣ ᐊᐱ ᐃᐧᓴᒥᓇᒪᐣ ᐁᐧᐱᓂᑫᐃᐧᐣ

• ᑲᑭᓇ ᐁᐧᐱᓂᑫᐃᐧᓇᐣ ᐃᒪ ᐃᔑ ᐊᑐᓇᐣ ᐁᐧᐱᓂᑫᐊᐧᔑᐣᐠ.

• ᐊᐱ ᐃᐧᐁᐧᐱᓇᒪᐣ ᐁᐧᐱᓂᑫᐊᐧᔕᐣ, ᒥᓇ̇ᓴᒥᓇᓂᐣ ᓯ̇ᓂᐡᑭ̇ᑯᒣᐦᐅᓇᐣ ᑲᑭ ᐊᐸᑕᑭᐣ.
ᐁᐧᐱᓂᑫᐊᐧᐡ ᑲᐊᐸᑕᐠ ᓇᐊᐧᐨ ᐁᐧᐣᑕᐣ ᐁᐁᐧᐱᓂᑲᑌᑭᐣ ᒥᓇ ᐁᑲ ᒋᐅᒋ ᐊᑯᓯᔭᐣ.
• ᑲᓯ̇ᓂᒋ̇ᐣ ᔓᑊ ᒥᓇ ᓂᐱ ᒋᐊᐸᒋᑐᔭᐣ ᑭᐃᐡᑲᐧ ᐁᐧᐱᓂᑫᔭᐣ.