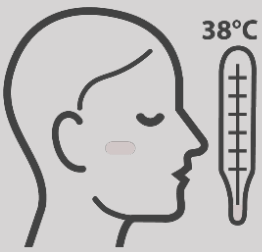
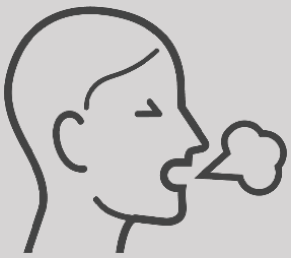
How to self-monitor ᐊᓂᑐ ᑫᓱ ᓇᓇᑲᒋᖕᐃᑎᓯᔭᑐ

ᒋᐱᒥᓂᔪᖕᐊᒪᑉ ᑲᑭ ᐃᓱ ᐃᓐᑕᒪᑫᒻ ᐊᐅᑉ ᒪᒡᑭᑭᐃᑉ ᐊᓄᑭᓇᑲᑐ.
ᑭᒡᐱᑐ ᑲᑫᑉᐃᐃᑉᓇᑐ ᐊᔭᔭᑐ, ᓇᑐᑕ ᒥᓇ ᑭᒡᐱᑐ ᐊᐊᑉᓱᒥ ᐅᖕᐊᓂᓱᔭᔭᑐ, ᑲᓄᒡ ᐊᐅᑉ ᒪᒡᑭᑭᐃᑉ ᐊᓄᑭᓇᑲᑐ, ᐃᐧᐊᖕᐅᐧ (1-866-797-000) ᓇᑐᑕ ᒥᓇ ᑲᔪ ᒪᒡᑭᑭᐃᑉ ᐊᓄᑭᓇᑲᑐ ᐃᒪ ᑲᓱ ᐅᑕᐃᑉᓂᔭᑐ.

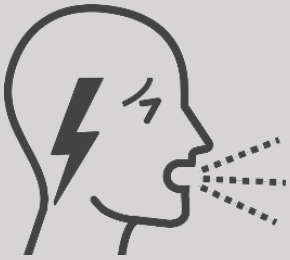
14 ᑭᓱᑲ ᐱᒥ ᓇᓇᑲᒋᖕᐃᑎᓯᑐ ᐊᐱ ᑲᐃᒡᑲᑉ ᐊᓴᐃᑉᖕᐃᑯᔭᑐ



ᑭᓯᓱᐃᑉᔭᔭᑐ



ᐊᑉᓯᓱᑕᒪᑐ



ᒥᓴᒪᓇᒧᔭᑐ

ᑲᐃᑉᑐ ᐃᓴᑐ ᑲᓱ ᒥᓱᓇᓂᐊᑉᐧ

- ᑲᐃᑉᑐ ᐃᓴᑐ ᑲᓱ ᒥᓱᓂᓇᓂᐊᑉᐧ ᒥᓇ ᑲᔪ ᐃᒪ ᑲᐃᓱᓇᑲᑉᐧ ᑫᐅᑐᒋ ᐊᓴᐃᑉᖕᐃᐅᑉᔭᑐ ᑭᒡᐱᑐ ᐊᑯᓯᔭᑐ.

ᐊᓂᑐ ᑕᒡ ᑫᑐᑕᒪᑐ ᑭᒡᐱᑐ ᐅᐅᑉ ᐅᒋ ᐃᓱᔭᔭᑐ ᓇᑐᑕ ᐱᑯ ᒥᓇ ᑯᑕᑭᔭᑐ ᑫᑯᓇᑐ ᐅᑐᒋ ᐃᓇᐱᑲᔭᑐ?

- ᖃᒪᐧ ᓴᑲᒪᑕᐱᑐ ᑭᑲᐯᓱᐃᑉᓂᐧ ᒥᓇ ᑲᓄᓂᐧ ᒪᒡᑭᑭᐃᑉ ᐊᓄᑭᓇᑲᓇᐧ.
- ᑫᑐᑕᒪᑐ ᓴᑲᑲᐱᔭᑐ ᑭᑲᐯᓱᐃᑉᓂᑐᐧ:
  - ᑲᐃᑉᑐᑕᒪᑯ ᐊᓂᑐ ᑫᑐᑕᒪᑐ ᐃᒪ ᑭᑲᐯᓱᐃᑉᓂᐧ ᓴᑲᑲᐱᔭᑐ
  - ᒋᐊᔭᔭᑐ ᑲᒡᑲᓇᒪᐱᓯᓇᑐ (ᒋᑌᐱᓴᔭᑐ 14 ᑭᓱᑲ ᒥᓂᑯᐧ)
  - ᓵᐧ, ᓂᐱ ᒥᓇ /ᓇᑐᑕ ᑲᔪ ᑲᐊᐸᑕᐧ ᒪᒡᑭᑭᐃᑉ ᑭᒨᓂᑐᑏᖕᐅᓇᑐ ᑫᐊᐸᒋᑐᔭᑐ ᐃᑉᑲᒨᓂᑐᑏᔭᑐ
- ᐊᐱᑕᒡ ᓇᓯᑲᐊᑉᖕ ᒪᒡᑭᑭᐃᑉ ᐊᓄᑭᓇᑲᓇᑐ, ᑲᐃᑉᑐ ᐊᐱᒋᑐᑐ ᐱᒥᔭᐃᑉᓇᑐ ᒥᑏᑐ ᐊᐃᑉᔭ ᑲᔭᐸᒋᑐᖕᑐᑲᑐ ᐃᒡᑯᑌᐃᑉᑕᐸᑐ ᑲᑭᑏᔭᐱᑫᔭᖕ, ᑕᐧᓯ ᒥᓇ ᐊᐃᑉᔭ ᑲᐃᑏᑕᐸᓂᐅᑉᖕ. ᑭᒡᐱᑐ ᑕᒡ ᐅᑲ ᑭᐃᓯᔭᐧ, ᑲᒡᑲᓇᒪᑉᐱᓯᑐ ᑭᑭᒡᑲᑐ ᒥᓇ ᐅᑕᓇᑐᐧ ᐃᓇᓇᐱᑐ.

ᐃᑉᑐᑕᒪᐃᑉᐧ ᒪᒡᑭᑭᐃᑉ ᐊᓄᑭᓇᑲᓇᐧ:

- ᑭᐅᑉᑎᓄᐧ ᑐᑐᑲᐱᖕᐊᓄᑐᐧ ᒪᒡᑭᑭᐃᑉ ᐊᓄᑭᓇᑲᓇᐧ ᑲᓱ ᐊᓄᑭᐊᑉᖕ
- www.nwhu.on.ca ᒪᒪᑐᑕᐃᑉᐱᐊᑉᐱᑯᐧ
- ᑭᒡᐱᑐ ᐃᐅᑉ ᑲᐃᓇᒪᑐᒋᖕᐅᔭᑐ ᑲᐃᑉᑐᒋᑲᒡᐧ ᑲᐃᓇᐱᓇᓂᐊᑉᐧ ᓇᑐᑕ ᒥᓇ ᐅᐃᑐᑐᑕᒧᐊᑉᑐᑐ ᐅᐊᔭᔭᑐ ᑭᒋ ᐊᑭᑯᒪᐱᑐᐃᑉᑐ (COVID-19), ᐃᓱᑭᑐᑐ ᐃᖕᖕᐅᖕᐧ ᐅᑐᐃᖕᐃᔪ 1-866-797-0000

ᓇᓇᑐᑕᐃᑉ ᑭᑫᑐᑕᑐ ᑫᑯᑐᓂᐊᑉᐧ ᐃᐅᑉ ᑭᒋ ᐊᑭᑯᒪᐱᑐᐃᑉᑐ

COVID-19 ᑲᐃᒋᑲᐃᐧ ᐅᒡᑭ ᐊᑯᓯᐃᑉᓂᐊᑉᑐ. ᐅᑲᑉ ᑕᒡ ᐃᒪ ᐅᑐᒋ ᐊᓴᐃᑉᖕᐃᐅᑉᒪᑲᐧ ᐸᑭᑕᓇᒧᐃᑉᓂᐧ ᑐᑲᑐ ᓯᖕᑯᐃᑉᓂᐧ ᐊᐅᑉ ᐊᓴ ᑲᐅᑕᑭᑯᒪᐱᑐᖕ ᑲᐯᓴᐊᑉᐸᒪᖕ ᑐᑲᑐ ᐃᑫᑉᓂᐊᑉᑐ ᑲᐃᑉᑏᑕᒪᖕ ᓇᑐᑕ ᑲᐅᑐᒋ ᐸᒥᓇᖕ. ᒪᒪᑐᑕᐃᑉᐱᐊᑉᐱᑯᐧ ᑲᑭ ᐅᑐᑎᓇᑐ ᐃᑉᑐᒪᑫᐃᑉᑐ ᐃᐅᑉ ᐅᑐᒋ ᑭᒋ ᐊᑭᑯᒪᐱᑐᐃᑉᑐ COVID-19 ᐃᒪ ᑭᒋᒪᒡᑭᑭᐃᑉᑭᒪᐃᑉ ᐱᒧᒋᑫᐃᑉᑐ ᑲᓱ ᐸᑭᑎᓇᑐᐧ ᐅᐃᑉᑐᒪᑫᐃᑉᓇᑐ:
Ontario.ca/coronavirus