Oji-Cree

ᑭᒋ ᐅᑕᑭᑯᒫᐱᓇᐃᓐᑦ 2019 (COVID-19)

How to self-isolate

ᐊᓂᑦ ᕿᑐᑕᒪᑦ ᐊᑯᓯᔭᑦ ᐃᓐᓴᑲᑲᐱᐦᐃᑎᓯᔭᑦ ᑭᑲᐯᕐᐃᓐᓂᑉ

ᐱᒥᓂᖅᐊᒪᑦ ᑲᕐ ᐃᓐᑦᑕᒪᕿᐊᓐᒃ ᒪᒡᑭᑭᐃᓐ ᐊᓄᑭᓇᑲᓇᑉ.
ᑭᒡᐱᑦ ᑲᕿᓐᒐᐃᓐᓇᑦ ᐊᔭᐊᓐᓇᑦ ᓇᑦᑕ ᒥᓇ ᐊᐊᓐᕐᒥ ᐁᐦᐊᓃᓇᒪᑦᒋᐦᐅᔭᑦ, ᑲᓄᓂᑉ ᒪᒡᑭᑭᐃᓐ ᐊᓄᑭᓇᑲᓇᑉ,
ᑘᐧᐊᐦᐁᐧ (1-866-797-0000) ᓇᑦᑕ ᒥᓇ ᐃᒪ ᑭᑕᕐᕿᐊᓐᓂᑦᑉ ᑲᔭᐊᓐᒃ ᒪᒡᑭᑭᐃᓐ ᐊᓄᑭᓇᑲᓇᑉ.

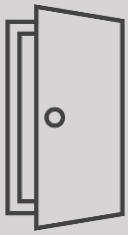
ᑭᑲᐯᕐᐃᓐᓂᑦᑉ ᐊᔭᑦ

- ᑲᐃᓐᑦ ᐊᐸᒋᑐᑦ ᑲᕐ ᒪᒪᒥ ᐱᒥᔭᑲᓂᐊᓐᑉ, ᑕᑉᓯ ᓇᑦᑕ ᒥᓇ ᐊᐃᓐᔭ ᑲᐱᒥᑕᐸᓂᐁᓐᒃ.
- ᑲᐃᓐᑦ ᐱᓇᒪ ᐃᓴᑦ ᑲᑕᓇᓄᑭᔭᑦ, ᐃᒡᑯᓄᐃᓐᑲᒥᑉ ᓇᑦᑕ ᑲᕐ ᒥᕐᓇᓂᐊᓐᑉ.
- ᐊᐁᓐ ᑭᒪᒡᑭᑭᐃᓐ ᐊᓄᑭᓇᑲᓇᑦ ᓇᑦᑕ ᒥᓇ ᐃᕿᓐᓂᐊᓐᑦ ᒪᒡᑭᑭᐃᓐ ᐱᒧᒋᕿᐃᓐᑦ ᑲᐱᒧᑐᐊᓐᒃ ᑲᐃᓐᑦᑕᒪᑯᑉ ᐊᓇᐱ ᕿᑭ ᓴᑲᐦᐊᒪᑦ ᑭᑲᐯᕐᐃᓐᓂᑦᑉ.

ᑲᐃᓐᑦ ᒥᕐᑦ ᐊᐃᓐᔭᑉ ᑕᐲᑦᑎᕿᐊᓐᑉ ᑭᑲᐯᕐᐃᓐᓂᑦᑉ

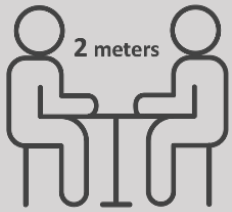
- ᐃᕿᓐᓂᐊᓐᑉ ᐁᐦᑕ ᐱᑦᑎᑲᓂᑉ ᑲᐃᓯᓴᓂᑉ ᑭᑭ ᐱᑦᑎᕿᐊᓐᒃ ᒥᓇ ᑲᔪ ᐊᒋᓇ ᐁᐦᑕ ᐃᒪ ᑕᐲᑦᑎᕿᐊᓐᑉ.
- ᑲᐃᓐᑦ ᓇᓯᑲᐃᓐᑯᑉ ᑲᑭᒋᔭᐦᐊᓐᑎᓯᐊᓐᒃ ᒥᓇ ᑲᐊᑯᓵᐊᓐᑎᓯᐊᓐᒃ (ᑐᑲᑦ ᑲᓇᑲᐊᓐᐱᓇᐊᓐᒃ, ᑲᐸᑭᑕᓇᒧᐊᓐᐱᓇᐊᓐᒃ, ᑲᐊᓐᕿᔭᑯᓯᐊᓐᒃ).

ᒪᓈ ᐊᓴᐃᓐᐦᐃᑉ ᐊᓐᐃᔭᑉ



- ᐱᐦᑭᑉ ᓂᐯᐃᓐᑲᒥᑯᑉ ᑕᓇᐱᑦ ᑭᑉᐱᑦ ᐃᓯᔭᑉ ᒥᓇ ᑭᑉᐱᑦ ᐃᓯᔭᑉ ᑎᐹᑦ ᒥᓯᐃᓐᑲᒥᑉ ᐊᐸᒋᑐᑦ.
- ᕿᒋᓇᒻ ᑲᓐᔭᑉ ᒋᐊᔭᑉ ᕿᐅᑦᒋ ᐸᑭᑕᓈᒧᓇᓂᐊᓐᑉ ᑲᑦ ᒥᕐᓄᕐᓂᓇᓂᐊᓐᑉ (ᑐᑲᑦ ᒋᐸᑭᓇᒪᑦ ᐁᑉᑲᑦ ᑭᐸᐸᐱᐃᓐᑦ).

ᐁᑳ ᒋᐯᓴᐊᓐᐱᒪᑕᓐ ᐊᐃᓐᔭᑉ



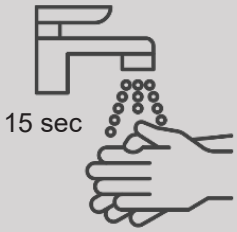
- ᑭᑉᐱᑦ ᐃᒪ ᐊᔭᔪᑉ ᑲᑕᓇᐱᓇᓂᐊᓐᑉ ᓇᑦᑕ ᒥᓇ ᓂᐯᐃᓐᑲᒥᑯᑦᑉ, ᓂᓇᒥᓯᐟ ᐃᓂᑯᑉ ᐊᐱᓴᐊᓐᐸᒥᑎᓯᑉ ᒥᓇ ᑲᔪ ᒋᑭᑭᑉᑲᒪᑦ ᐊᑲᐃᓐᑐᓇᐱᓯᑦ ᑭᑯᑖᑦᐟ ᒥᓇ ᑭᑐᑦ ᒋᐊᑲᐊᓐᐱᑐᔭᑦ.
- ᑭᑉᐱᑦ ᐁᑳ ᑭᐃᓯᔭᑉ ᒋᐱᒋᑉᑲᒪᑦ ᐊᑲᐃᓐᑐᓇᐱᓯᑦ, ᐃᕿᓐᓂᐊᓐᑉ ᑲᐃᓐᑕᐱᒪᑕᓐ ᐃᓯᔭᓂ ᐃᓐᓇᐊᓐ ᒋᐱᒋᑉᑲᒧᐊᓐᑉ ᐊᑲᐃᓐᑐᓇᐱᓯᑦ.

ᑲᖽᓇᒧᓂᑎᓱᑦ ᐊᑉᓯᓱᑕᒪᑦ ᒥᓇ ᐊᔪᓂᒧᔭᑦ

- ᑲᖽᓇᒧᓂᑎᓱᑦ ᑭᑐᓂᑦ ᒥᓇ ᑭᑯᑖᑦ ᓰᓂᖽᑭᑯᒥᐅᓂᐯᐸᑦ ᒋᐊᐸᒋᑐᔭᑦ ᐊᑉᓯᓱᑕᒪᑦ ᓇᑦᑕ ᒥᓇ ᑲᔪ ᐊᔪᓂᒧᔭᑦ.
- ᑭᐊᑉᓇᑲᑉᔭᑦ ᓇᑦᑕ ᐃᒪ ᑲᓂ ᐱᖽᓂᑫᔭᑦ ᑭᑐᖽᑲᑉᓈᑦ ᐃᓂ ᐊᑉᓯᓱᑕᑦ ᒥᓇ ᐃᓂ ᐊᔪᓂᒧᑦ, ᑲᐃᑉᑦ ᑭᓂᑦᑏᑦ.
- ᐅᑉᐱᓇᑦ ᑲᑭ ᐃᓂ ᓰᓂᖽᑭᑯᒥᐅᔭᑦ ᐅᑉᐱᓂᑫᐊᑉᓂᑦ, ᒥᓇ ᑲᓯᓂᑦᑏᑦ. ᐅᑉᐱᓂᑫᐊᑉᖽ ᐊᐸᒋᑐᑦ ᐃᒪ ᑭᐅᑉᐱᓂᑫᐊᑉᓂᑦ ᓇᐊᑉᒻ ᐅᑉᑦᑕᑦ ᑲᐅᑉᐱᓂᑲᒐᑦ ᒥᓇ ᑲᔪ ᐅᐅᑦᒋ ᐯᔭᑲᑦ.
- ᑲᓯᓂᑦᑏᑦ ᐃᖽᑲᑉ ᐅᑉᐱᓇᒪᑦ ᑭᐅᑉᐱᓂᑫᐊᑉᖽ.

ᑲᓯᓂᑦᑏᑦ

- ᓴᑯᓇᑦ ᑲᓯᓂᑦᑏᑦ ᓵᑦ ᒥᓇ ᓂᐱ ᒋᐊᐸᒋᑐᔭᑦ.
- ᐊᐸᒋᑐᑦ ᐯᐸᑦ ᒋᐹᑦᑯᓂᒋᒻᐅᔭᑦ, ᓇᑦᑕ ᒥᓇ ᐊᐅᑉ ᑎᐹᑦ ᑲᐊᐸᒋᑐᔭᑦ ᑲᓯᑦᑲᑉᓂᑭᑦ.
- ᒪᖽᑭᐃᑉ ᑭᓯᓂᒋᒻᐅᓇᑦ ᐊᐸᒋᑐᑦ ᑭᖽᐱᑦ ᐅᑲ ᓵᑦ ᒥᓇ ᓂᐱ ᑕᑲᑉᒡᒐᑦ.



ᑲᖽᓇᒪᑉᐱᓱᑦ ᑭᑯᑖᑦ ᒥᓇ ᑭᑐᓂᑦ

- ᑲᖽᑲᑉᓇᒪᑉᐱᓱᑦ ᑭᖽᐱᑦ ᐅᐃᑉᓴᑲᒻᐊᒪᑦ ᒪᖽᑭᐃᑉ ᐊᓄᑭᓇᑲᑦ ᐃᑉᐊᑦᑐᐊᑉᐸᒪᑉ.
- ᑲᖽᓇᒪᑉᐱᓱᑦ ᑭᖽᐱᑦ ᓂᓇᒥᓯᑊ ᐅᐊᐲᓴᑉᐸᒪᑕᑉ ᐊᐃᑉᔭᑦ.

ᐃᑉᑐᑕᒪᐃᑉᑦ ᒪᖽᑭᐃᑉ ᐊᓄᑭᓇᑲᓇᑦ:

- ᑭᐅᑉᑎᓄᑦ ᑐᑦᑲᐱᒻᐊᓄᑦ ᒪᖽᑭᐃᑉ ᐊᓄᑭᓇᑲᓇᑦ ᑲᓂ ᐊᓄᑭᐊᑉᒻ
- www.nwhu.on.ca ᒪᒪᑦᑕᐃᑉᐱᐊᑉᐱᑯᑦ
- ᑭᖽᐱᑦ ᐃᐅᑉ ᑲᐃᓇᒪᑦᒋᒻᐅᔭᑦ ᑲᐃᑉᑦᒋᑲᖽᑦ ᑲᐃᓇᐱᓇᓂᐊᑉᑦ ᓇᑦᑕ ᒥᓇ ᐅᐃᑲᑦᑕᒧᐊᑉᑲᑦ ᐅᐊᔭᔭᑦ ᑭᒋ ᐊᑭᑯᒪᐱᑲᐃᑉᑦ (COVID-19), ᐃᓂᑭᑐᑦ ᐅᐟᒻᐅᐟ ᐅᑦᐅᐣᐃᔪ 1-866-797-0000

ᓇᓇᑦᑕᐃᑉ ᑭᑭᑦᑕᑦ ᑭᑯᑲᓂᐊᑉᑦ ᐃᐅᑉ ᑭᒋ ᐊᑭᑯᒪᐱᑲᐃᑉᑦ

COVID-19 ᑲᐃᒋᑲᖽᑦ ᐅᖽᑭ ᐊᑯᓯᐃᑉᓂᐊᑉᑦ. ᐅᑲᑉ ᑕᖽ ᐃᒪ ᐅᑦᒋ ᐊᓵᐃᑉᒻᐃᐅᑉᒪᑲᑦ ᐸᑭᑕᓇᒧᐃᑉᓂᑦ ᑐᑲᑦ ᓯᒻᑯᐃᑉᓂᑦ ᐊᐅᑉ ᐊᓵ ᑲᐅᑕᑭᑯᒪᐱᑲᖽᑦ ᑲᐯᓵᐊᑉᐸᒪᑦ ᑐᑲᑦ ᐃᑭᑉᓂᐊᑉᑦ ᑲᐃᑉᑏᑕᒫᑦ ᓇᑦᑕ ᑲᐅᑦᒋ ᐸᒥᓇᑦ. ᒪᒪᑦᑕᐃᑉᐱᐊᑉᐱᑯᑦ ᑲᑭ ᐅᑦᑎᓇᑦ ᐃᑉᑦᑕᒪᑭᐃᑉᑦ ᐃᐅᑉ ᐅᑦᒋ ᑭᒋ ᐊᑭᑯᒪᐱᑲᐃᑉᑦ COVID-19 ᐃᒪ ᑭᒋᒪᖽᑭᐃᑉᑭᒪᐃᑉ ᐱᒧᒋᑭᐃᑉᑦ ᑲᓂ ᐸᑭᑎᓇᑦ ᐅᐃᑉᑦᑕᒪᑭᐃᑉᓇᑦ:

Ontario.ca/coronavirus