Oji-Cree

ᑭᒋ ᐅᑕᑭᑯᒫᐱᖃᐃᔅᑦ 2019 (COVID-19)

Self-isolation guide for caregivers

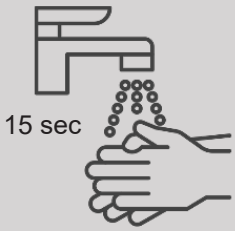
ᑲᑎᐸᓂ ᓴᑲᑲᐱᐦᐃᑎᓱᒻ ᐊᐃᔅᔭ: ᑫᑐᑕᑦᑦ ᐅᐸᒥᓂᑫᑦ, ᐃᔅᑏᑕᒫᑲᓇᑦ ᒥᓇ ᑯᑕᑭᔭᑦ ᑲᐯᓵᔅᐸᒪᑲᓄᐊᔅᒻ

ᑭᐩᐱᑦ ᐊᐃᔅᔭ ᐅᐅᑦᒋ ᐸᒥᓇᒻ ᓇᑦᑕ ᒥᓇ ᐅᐃᔅᒋᑕᒪᒻ ᐊᐃᔅᔭ ᑲᑭᒋ ᐊᑭᑲᔅᐱᖃᒻ, ᐊᒥ ᐅᐃᓇᑦᑭᓱᔭᑦ 'ᑲᑭ ᐯᓵᔅᐸᒪᒻ ᑲᑭᒋ ᐊᑭᑲᔅᐱᖃᓂᒻ'.

ᐃᑫᔅᓂᐊᔅᑊ ᑭᒪᐩᑭᑭᐃᔅ ᐊᓄᑭᓇᑲᓇᑊ ᑲᐃᔅᑦᑕᒪᑯᑊ ᐊᓂᑦ ᑫᑐᑕᒪᑦ ᒋᐱᒥ ᓇᓇᑲᒋᐦᐃᑎᓱᔭᑦ, ᐊᓂᑦ ᑲᔪ ᑫᑐᑕᒪᑦ ᑭᐩᐱᑦ ᐊᓄᑦᒋ ᐊᑯᓱᐃᔅᒪᑦᒋᐦᐅᔭᑦ ᒥᓇ ᐊᑦᑎ ᑫᓂ ᐃᔅᑦᑕᒪᑦ. ᑫᒋᓇᒻ ᐃᔅᑦᑕᒪᐃᔅᑊ ᐃᑫᔅᓂᐊᔅᑊ ᒪᐩᑭᑭᐃᔅ ᐊᓄᑭᓇᑲᓇᑊ ᐅᑭ ᐯᓵᔅᐸᒪᒻ ᐊᐅᔅ ᑲᑭᒋ ᐊᑭᑲᔅᐱᖃᒻ COVID-19.

ᓇᓂᖃ ᑲᓲᓂᑏᑦ

- ᑲᓲᓂᑏᑦ ᓵᑊ ᒥᓇ ᓂᐱ ᑕᓴᔅ ᑭᐃᐩᑲᔅ ᐯᓵᐊᔅᐸᒪᒻ ᐊᐅᔅ ᑲᑭᒋ ᐊᑭᑲᔅᐱᖃᒻ.
- ᒪᐩᑭᑭᐃᔅ ᑭᓯᓂᒋᒻᐅᓇᑦ ᐊᐸᒋᑐᑦ ᑭᐩᐱᑦ ᐅᑲ ᓱᑊ ᒥᓇ ᓂᐱ ᑕᑲᔅᑊ.



ᐊᑲᔅᓇᒫᐱᓱᑦ ᒥᓇ ᑭᑭᒥᑦᒋᑲᐊᔅᖃᑦ

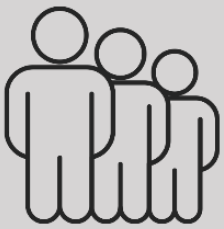
- ᐊᑲᔅᓇᒫᐱᓱᑦ ᒥᓇ ᑭᑭᒥᑦᒋᑲᐊᔅᖃᑦ ᑭᐩᐱᑦ ᐊᐃᔅᔭ ᐅᓯᑯᐃᔅᑦ ᐱᒋᓴᒥᓇᒪᔅᒻ ᓇᑦᑕ ᒥᓇ ᑯᑕᑭᔭᑦ ᑫᑯᓇᑦ (ᑐᑲᑦ ᐅᒥᐩᑯ, ᐅᑕᐯᔅᓱᐃᔅᑦ, ᐅᐸᑯᒧᐃᔅᑦ, ᐅᓱᑭᐃᔅᑦ ᒥᓇ ᐅᒧ).

ᐅᔅᐱᓇᓂᑦ ᒥᑦᒋᑲᐊᔅᓇᑊ ᒥᓇ ᐊᑲᔅᓇᒪᐱᓱᓇᑦ ᑲᐃᐩᑲᔅ ᐊᐸᒋᑐᔭᑦ

- ᖓᒪᑊ ᑭᒋᑯᐩᑲᓂᑦ ᒥᑦᒋᑲᐊᔅᓇᑊ ᒥᓇ ᐊᑲᔅᓇᒪᐱᓱᓇᑦ ᑭᐩᑲᔅ ᐸᒥᓂᑫᔭᑦ ᒥᓇ ᐅᔅᐱᓇᓂᑦ ᐃᒪ ᐅᔅᐱᓂᑫᐊᔅᓱᑦᑊ.
- ᒥᑦᒋᑲᐊᔅᓇᑊ ᓂᑲᑦ ᑭᒋᑯᐩᑲᐃᔅᑊ ᒥᓇ ᑲᓲᓂᑏᑦ ᓵᑊ ᒥᓇ ᓂᐱ ᒋᐊᐸᒋᑐᔭᑦ ᒥᓂᑯᑊ ᑭᒋᑯᐩᑲᒪᑦ ᐊᑲᔅᓇᒪᐱᓱᑦ.
- ᒥᓇᐊᔅ ᑲᓲᓂᑏᑦ ᓵᑊ ᒥᓇ ᓂᐱ ᒋᐊᐸᒋᑐᔭᑦ ᐅᒪᔅᔪ ᓴᒥᓇᒪᑦ ᑭᐃᔅᑦᑲᔅᑦ ᓇᑦᑕ ᒥᓇ ᐅᒪᔅᔪ ᑯᑕᑊ ᑫᑯᑦ ᑐᑕᒪᑦ.

ᑲᐃᔅᑦ ᒥᓱᑦ ᐊᐃᔅᔭᑊ ᑕᐲᑦᑎᑫᐊᔅᒻ ᑭᑲᐯᓱᐃᔅᓂᑦᑊ

- ᐃᑫᔅᓂᐊᔅᑊ ᐅᒻᑕ ᐱᑦᑎᑲᓂᑊ ᑲᐃᓯᓴᓂᑊ ᒋᑭ ᐱᑦᑎᑫᐊᔅᒻ ᒥᓇ ᑲᔪ ᐊᒋᓇ ᐅᒻᑕ ᐃᒪ ᑕᐲᑦᑎᑫᐊᔅᑊ.
- ᑲᐃᔅᑦ ᐊᐃᔅᔭ ᐅᑲᓇᓯᑲᐋᔅᑦ ᑲᑭᒋᔭᒻᐊᔅᑎᓱᐊᔅᒻ ᒥᓇ ᑲᐊᑯᓲᐊᔅᑎᓱᐊᔅᒻ (ᑐᑲᑦ ᑲᓇᑲᐊᔅᐱᖃᐊᔅᒻ, ᑲᐸᑭᑕᓇᒧᐊᔅᐱᖃᐊᔅᒻ, ᑲᐊᔅᑫᔭᑯᓱᐊᔅᒻ) ᐃᑫᔅᓂᐊᔅᑊ ᑲᑭᒋ ᐅᑕᑭᑯᒪᔅᐱᖃᐊᔅᒻ.



ᑲᐃᐧᑦ ᒪᒪᐃᐧ ᐊᐸᒋᑖᐦᐧ ᑫᑯᓇᑦ ᐃᒪ ᐱᑦᑎᑲᒥᑦᐧ

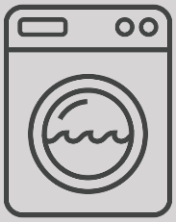
- ᑲᐃᐧᑦ ᒪᒪᐃᐧ ᐊᐸᒋᑖᐦᐧ ᐅᓈᑲᓇᑦ, ᒥᓂᑲᐧᑲᓇᑦ, ᐃᐧᓯᓂᐃᐧ ᐊᐸᒋᑕᑲᓇᑦ, ᑲᓲᑦᑲᐧᓃᑭᓄᐧ, ᓂᐯᐃᐧᓐᑭᓄᑦ ᓇᑦᑕ ᒥᓇ ᑯᑕᑭᔭᑦ ᑫᑯᓇᑦ ᒣᑲᐧᐧ ᐊᐃᐧᔭ ᑲᐱᒥ ᓇᓇᑲᒋᐦᐊᑲᓄᐧ.
- ᐊᐱ ᐃᒡᑲᐧ ᐊᐸᒋᑐᔭᓂᑦ, ᐅᑫᐧᓂᐊᐧᑦ ᐃᓯᔭ ᒋᑭᓯᐱᑭᓂᑲᑌᑭᑦ ᓴᐧ ᓇᑦᑕ ᒥᓇ ᑭᓯᐱᑭᓂᑲᓂᓴᐧ ᒋᐊᐸᒋᑐᔭᑦ ᓱᐱᐊᐧᐳᑲᑦᐧ. ᐱᑯ ᐊᐧᐃᔭ ᓴᐧ ᑲᑭ ᐊᐸᒋᐧᐋ.
- ᑲᐱᒥᐱᑌᐧ ᑲᑳᓯᓇᑲᓐᔭᐧ ᒥᓇ ᑭᓯᐱᑭᓂᑲᓇᑦ ᑲᐱᒥᐱᑌᑭᑦ ᑲᑭ ᐊᐸᒋᑦ.
- ᑲᐃᐧᑦ ᒪᒪᐃᐧ ᐊᐸᒋᐧᐃᐧ ᓇᐧᔭᒫᐧ.

ᐯᔭᑭᓂᑫᐃᐧᑦ

- ᐯᔭᑭᓇᑦ ᑭᑲᐯᓱᐃᐧᑦ ᑭᓯᓂᑫᐃᐧ ᐊᐸᒋᑕᑲᓇᑦ ᒋᐊᐸᒋᑐᔭᓂᑦ.
- ᓴᑯᓇᐧ ᑭᓲᓇᓂᑦ ᓇᓱᓐ ᑲᓴᒥᓂᑲᑌᑭᑦ ᑐᑲᑦ ᒥᓯᐃᐧᓇᑲᓇᑦ, ᑲᐅᑦᒋ ᑕᐊᐧᑯᓂᑲᑌᐧ ᓂᐱ, ᐃᒡᑲᐧᑦᑌᒪᐱᑯᑦ ᒥᓇ ᐊᒋᑲᓇᑎᑯᓴᑦ ᓂᐯᐃᐧᑲᒥᑯᑦᐧ ᑲᓱ ᐊᐸᑕᑭᑦ.

ᓴᑯᓇᐧ ᒋᑭᓲᐱᑭᓂᑫᔭᑦ

- ᑲᐃᐧᑦ ᓇᑦᑕ ᑕᐃᓯᓴᓯᓄᑦ ᐃᐧᒫᒪᐊᐧᐸᐊᐧᒋᑫᔭᑦ ᑭᓯᐱᑭᓂᑫᔭᑦ, ᓵᑯᒻ ᒋᑭᑭᒥᑦᒋᑲᐊᐧᑐᔭᑦ.
- ᖓᒪᐧ ᑲᓲᓂᒋᑦ ᓴᐧ ᒥᓇ ᓂᐱ ᒋᐊᐸᒋᑐᔭᑦ ᑭᐃᒡᑲᐧ ᑭᒋᑯᒡᑲᐊᐧᒻ ᒥᑦᒋᑲᐊᐧᑦ.



ᓇᓂᐧᒌᑲᑦᑕᑦ ᐊᐱ ᐃᐧᓴᒥᓇᒪᑦ ᐁᐧᐱᓂᑫᐃᐧᑦ

- ᑲᑭᓇ ᐁᐧᐱᓂᑫᐃᐧᓇᑦ ᐃᒪ ᐃᓂ ᐊᑐᓇᑦ ᐁᐧᐱᓂᑫᐊᐧᓂᑦᐧ.
- ᐊᐱ ᐃᐧᐁᐧᐱᓇᒪᑦ ᐁᐧᐱᓂᑫᐊᐧᓵᑦ, ᒥᓈᓴᒥᓇᓂᑦ ᓲᓂᐧᒋᑯᒥᐧᐅᓇᑦ ᑲᑭ ᐊᐸᑕᑭᑦ. ᐁᐧᐱᓂᑫᐊᐧᐧ ᑲᐊᐸᑕᐧ ᓇᐊᐧᒻ ᐁᐧᑦᑕᑦ ᐁᐁᐧᐱᓂᑲᑌᑭᑦ ᒥᓇ ᐁᑲ ᒋᐅᒋ ᐊᑯᓯᔭᑦ.
- ᑲᓲᓂᒌᑦ ᓴᐧ ᒥᓇ ᓂᐱ ᒋᐊᐸᒋᑐᔭᑦ ᑭᐃᒡᑲᐧ ᐁᐧᐱᓂᑫᔭᑦ.

ᐃᐧᑦᑕᒪᐃᐧᐧ ᒪᒡᑭᑭᐃᐧ ᐊᓄᑭᓇᑲᓇᐧ:

- ᑭᐁᐧᑎᓄᐧ ᑐᑦᑲᐱᐸᓄᑦᐧ ᒪᒡᑭᑭᐃᐧ ᐊᓄᑭᓇᑲᓇᐧ ᑲᓂ ᐊᓄᑭᐊᐧᒻ
- www.nwhu.on.ca ᒪᒪᑦᑕᐃᐧᐱᐊᐧᐱᑯᐧ
- ᑭᒡᐱᑦ ᐃᐁᐧ ᑲᐃᓇᒪᑦᑭᐧᐅᔭᑦ ᑲᐃᐧᑦᒋᑲᑌᐧ ᑲᐃᓇᐱᓇᓂᐊᐧᐧ ᓇᑦᑕ ᒥᓇ ᐁᐃᑐᑦᑕᒧᐊᐧᑐᑦ ᐁᐊᔭᔭᑦ ᑭᒋ ᐊᑭᑯᒪᐱᑐᐃᐧᑦ (COVID-19), ᐃᓂᑭᑐᑦ ᑌᐦᐧᐁᐦ ᐅᑦᑌᐦᐃᔪ 1-866-797-0000

ᓇᓇᑦᑕᐃᐧ ᑭᑫᑦᑕᑦ ᑫᑯᑐᓂᐊᐧᐧ ᐃᐁᐧ ᑭᒋ ᐊᑭᑯᒪᐱᑐᐃᐧᑦ

COVID-19 ᑲᐃᒋᑲᑌᐧ ᐅᒡᑭ ᐊᑯᓯᐃᐧᓂᐊᐧᑦ. ᐁᑲᐧ ᑕᒡ ᐃᒪ ᐅᑦᒋ ᐊᓵᐃᐧᐧᐃᐁᐧᒪᑲᑦᐧ ᐸᑭᑕᓇᒧᐃᐧᓂᑦᐧ ᑐᑲᑦ ᓯᐧᐧᑯᐃᐧᓂᑦᐧ ᐊᐁᐧ ᐊᓵ ᑲᐅᑕᑭᑯᒪᐱᑐᒻ ᑲᐯᓵᐊᐧᐸᒪᒻ ᑐᑲᑦ ᐃᑫᐧᓂᐊᐧᑦ ᑲᐃᐧᒋᑕᒫᒻ ᓇᑦᑕ ᑲᐅᑦᒋ ᐸᒥᓇᒻ. ᒪᒪᑦᑕᐃᐧᐱᐊᐧᐱᑯᐧ ᑲᑭ ᐅᑦᑎᓇᑦ ᐃᐧᑦᑕᒪᑫᐃᐧᑦ ᐁᐁᐧ ᐅᑦᒋ ᑭᒋ ᐊᑭᑯᒪᐱᑐᐃᐧᑦ COVID-19 ᐃᒪ ᑭᒋᒪᒡᑭᑭᐃᐧᑭᒪᐃᐧ ᐱᒧᒋᑫᐃᐧᑦ ᑲᓂ ᐸᑭᑎᓇᑦᐧ ᐅᐃᐧᑦᑕᒪᑫᐃᐧᓇᑦ: Ontario.ca/coronavirus