ᖃᓂᒪᓐᓈᓗᒃ (COVID-19)
ᐃᓱᒪᐃᑦ ᐱᓱᒪᑦᑎᐊᕆᐊᖃᕐᒥᔭᐃᑦ

ᐊᔾᓱᕈᓐᓇᖅᑐᒃᑯᖅᑐᓂ ᑲᐸᐱᐊᓱᓐᓂᖅ, ᐊᔾᓱᕈᓇᕐᓂᖅ ᐃᓱᒫᓗᓐᓇᓂᕐᓗ ᐃᐸᐱᓇᖃᑦᑕᓱᖕᒍᕗᑦ

ᑕᒪᓐᓇ ᖃᓂᒪᓐᓈᓗᒃ (COVID-19) ᓄᑖᖕᒍᒻᒪᑦ ᓂᕆᐅᓇᓐᓇᓂᓗ ᖃᓄᐃᑦᑑᓂᐊᕆᐊᖓ. ᑕᒪᓐᓇ ᐃᓚᖏᓐᓄᑦ ᐃᓱᒫᓗᑕᓪᓚᕆᐅᒻᒪᑦ ᐊᒻᒪᓗ ᐊᐅᓚᑦᑎᒐᓱᐊᕐᕕᔅᓴᐅᔾᕈᓐᓃᖅᑐᓂᓗ. ᐃᓄᐃᑦ ᓄᓇᖅᑲᑎᑖᓪᓗ ᖁᕕᐊᓱᑦᑎᐊᕈᓐᓃᖅᑐᑎᑦ, ᐊᔾᓱᕈᓕᖅᑐᑎᑦ, ᓇᓗᓕᖅᑐᑎᑦ, ᑲᐸᐱᐊᓱᓕᖅᑐᑎᑦ ᐃᓱᒫᓗᓕᖅᑐᓕᓪᓗᓐᓃᑦ. ᐊᔾᔨᒌᓐᖏᑦᑐᓂᑦ ᐊᑐᕋᑦᑕ. ᐃᓚᖏᑦ ᐃᒪᐃᒍᓐᓇᕐᒥᔪᑦ ᐃᐸᐱᒋᔭᖏᑦ:

- ᑲᐸᐱᐊᓱᑦᑐᑦ ᖃᓂᒻᒪᓐᓂᐊᓇᖕᒐ ᐅᕝᕙᓘᓐᓃᑦ ᐊᐃᑦᑐᖅᑕᐅᓗᑎᑦ ᖃᓂᒪᓐᓈᓗᒻᒥᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐊᓱᒥᓂᒃ ᐊᑦᑐᐃᓗᑎᑦ
- ᓇᔫᑎᓐᓇᓂᑦ ᐃᓄᖃᑎᒥᓪᓗ ᐊᓱᒥᓄᓪᓗ ᐃᖅᑲᖅᑐᖅᑕᐅᔫᖅᑐᓂ
- ᑲᐸᐱᐊᓱᑦᑐᑦ ᑲᑎᒪᑦᑎᓐᖏᒋᐊᖏᑕ ᓇᓪᓕᒋᔭᒻᒥᓂᒃ ᐊᓃᑦᑕᐃᓕᒋᐊᖃᕐᓂᖕᒐᓐᓄᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑎᒥᒃᑯᑦ ᐅᖕᒐᓱᒌᒋᐊᖃᕐᓂᖏᓐᓄᑦ
- ᐃᑲᔪᕈᓐᓇᕐᓇᓂᓗ, ᐃᕿᐊᓐᖑᖅᑐᑎᓪᓗ, ᐃᓄᑑᓐᖑᖅᑐᑎᓪᓗ ᕿᔅᓴᓕᖅᑐᑎᓪᓗ ᐃᓄᑑᒋᐊᖃᕐᓂᓐᖏᓄ ᐅᕝᕙᓘᓐᓃᑦ ᑎᒥᒃᑯᑦ ᐅᖕᒐᓱᒌᒋᐊᖃᖏᓐᓄᑦ
- ᑲᐸᖕᒐᓱᓐᓂ ᐃᖅᑲᓇᐃᔫᒥᓂᒃ ᔭᒐᐃᑐᐃᓐᓇᕆᐊᓕᒃ ᐅᕝᕙᓘᓐᓃᑦ ᐃᖅᑲᓇᐃᔭᕈᓐᓇᖏᓐᓂ ᑮᓇᐅᔭᖅᑎᒍᓪᓗ ᐊᔾᓱᕈᕐᓗᓂ
- ᐃᓱᒫᓗᑦᑐᖅ ᕿᑐᕐᖓᖏᑕ ᐃᓕᓐᓂᐊᕐᓂᖏᓐᓂ ᐃᓅᓇᓱᐊᑦᑎᐊᕆᐊᖃᕐᓂᖏᓐᓂᓪᓗ

ᐃᓱᒪᐃᑦ ᑎᒦᓪᓗ ᐱᓱᒪᑦᑎᐊᕋᓱᐊᖃᑦᑕᒃᑭᒃ

- ᑐᔅᐅᒪᖃᑦᑎᐊᕋᓱᐊᖃᑦᑕᕐᓗᑎᑦ ᑭᓯᐊᓂᓕ ᑕᖃᐃᖅᓯᑲᓐᓇᖃᑦᑕᕐᒥᓗᑎᑦ ᐱᕙᓪᓕᐊᔪᓂᒃ, ᑏᕕᒃᑯᖅᑐᓂᑦ, ᐅᖃᓕᒫᕆᐊᓕᓂᒃ ᓈᓚᑦᑕᓂᓪᓗᓐᓂᑦ
- ᐊᑐᖃᑦᑕᕐᓗᑎᑦ ᑎᒥᒃᑯᑦ ᐅᖕᒐᓱᒌᓐᓂᕐᒥᑦ (physical distancing), ᑭᓯᐊᓂᓕ ᖃᐅᔨᒪᐃᓐᓇᕋᓱᖃᑦᑕᕐᓂᐊᖅᑯᑎᑦ. ᐅᖃᖃᑎᖃᖃᑦᑕᕐᓗᑎᑦ ᐱᖃᑎᓐᓂᑦ ᐃᓚᓂᓪᓗᓐᓂᑦ ᐃᐸᐱᒋᔭᐸᐱᑦ ᒥᔅᓴᓄᑦ ᐃᓱᒫᓗᑎᓐᓂᓪᓗᓐᓂᑦ ᖃᕋᓴᐅᔭᒃᑯᑦ ᑎᑎᕋᕐᕕᒋᖃᑦᑕᕐᓗᒋᑦ, ᐅᖃᓚᕕᒋᖃᑦᑕᕐᓗᒋᑦ, ᑕᕐᓇᔭᐅᑎᒃᑯᓪᓗᓐᓃᑦ ᐅᖃᕐᕕᒋᖃᑦᑕᕐᓗᒋᑦ ᐊᒻᒪᓗ ᐊᓱᐊᒍᑦ ᑐᓴᐅᑎᕈᔪᒃᑯᑦ
- ᐃᓱᒫᓗᖃᑦᑕᕐᓗᑎᓪᓗ ᐊᓱᓐᓂᑦ. ᐊᓂᖅᓴᖅᑐᖅᑎᐊᕐᓗᑎᑦ ᐃᓗᒻᒧᑦ, ᓴᓯᓯᖃᑦᑕᕐᓗᑎᓪᓗ ᐃᓱᒪᓇᓱᑦᑎᐊᖃᑦᑕᕐᓗᑎᓪᓗᓐᓃᑦ
- ᓂᕿᑦᑎᐊᕙᓐᓂᒃ ᓂᓇᓱᐊᖃᑦᑕᕐᓗᑎᑦ, ᐃᖃᐃᓕᓴᕐᔫᒥᖃᑦᑕᕐᓗᑎᑦ, ᓯᓂᑦᑎᐊᓱᐊᖃᑦᑕᕐᓗᑎᓪᓗ
- ᖃᓄᕐᓗ ᓂᓇᐅᓇᖏᑦᑐᓂᑦ ᐃᓕᑦᑐᕋᓱᐊᖃᑦᑕᕐᓗᑎᑎ ᖃᐅᑕᒫᑦ ᐊᑐᖃᑦᑕᖅᑕᕐᓂᑦ
- ᐱᐅᔪᓂᓪᓗ ᐃᓱᒪᓇᓱᖃᑦᑕᓇᑦ ᐃᓅᕐᓂᑦ ᑭᓱᑐᐃᓐᓇᓂᑦ ᓱᓕ ᐊᐅᓚᒍᓐᓇᖅᑕᕐᓂᑦ
- ᑐᓐᖓᓇᖃᑦᑕᓇᑦ ᐃᓅᖃᑎᓐᓄᑦ ᓇᓪᓕᒋᖃᑦᑕᕐᓗᑎᓪᓗ ᐃᒻᒥᓂᒃ ᐃᓅᖃᑎᑦᑎᓪᓗ
- ᐊᔪᕐᓇᖏᑉᐸᑦ, ᓱᕋᓇᖅᑐᖅᑐᓗᐊᖅᑕᐃᓕᒪᖃᑦᑕᕐᓗᑎᑦ. ᑕᐃᒪᐃᑦᑐᑐᖃᑦᑕᕈᕕᑦ, ᐱᐅᓂᖅᓴᖅ ᐊᑦᑕᓇᓐᖏᓂᖅᓴᐅᓪᓗᓂᓗ ᓴᓗᒪᓇᕐᓂᖅᓴᐅᓪᓗᓂᓗ

ᐃᓄᑑᓐᖏᓚᑎᑦ - ᐃᑲᔪᖅᑕᐅᔪᒪᔪᓐᓇᖅᑐᑎᑦ ᐊᔾᓱᕈᓗᐊᖅᑑᔭᓕᕈᕕᑦ

ᐃᑲᔪᖅᑕᐅᑲᓐᓂᕈᒪᓐᓂᕈᕕᑦ, ᐅᖃᓚᒍᓐᓇᖅᑐᑎᑦ ᐋᓐᓂᐊᕕᔾᓱᓐᓄᑦ, ᐃᔭᒐᖅᑖᖅᑎᑦᑎᒍᓐᓇᖅᑐᒧᑦ ᐃᓱᒪᓕᕆᔨᒧᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓄᓇᔾᓱᓐᓂ ᐃᓱᒪᓕᕆᓂᖕᒐᓐᓄᑦ.

ᑐᐊᕕᕐᓇᖅᑐᒃᑯᑦ ᐊᔾᓱᕈᓗᐊᓕᕈᕕᑦ, ᐅᑯᓄᖕᒐ ᐅᖃᓚᒍᓐᓇᕐᒥᔪᑎᑦ:

Kids Help Phone 1-800-668-6868 ᑎᑎᕋᕐᓗᑎᓪᓗᓐᓃᑦ ᐆᒥᖓ ᓇᕿᑦᑕᕐᓗᑎᑦ 686868	**Hope for Wellness Help Line** ᐊᑭᖃᓐᖏᑦᑐᒧᑦ ᐅᖃᓚᒍᓐᓇᖅᑐᑎᑦ 1-855-242-3310 ᐅᕝᕙᓘᓐᓃᑦ ᐆᒧᖓ the online chat.	**Crisis Services Canada** 1-833-456-4566
ᐊᑐᐃᓐᓇᐅᔪᑦ **ᐃᓅᓯᑦᑐᓄᑦ ᑲᓇᑕᒥᐅᑕᕐᓂᑦ ᐅᑭᐅᓕᓐᓄᑦ 5-29** ᐃᑲᔪᖅᑕᐅᔪᒪᔪᓄᑦ ᖃᖓᓕᒫᑦᑎᐊᖅ ᑲᓐᖑᓇᖅᑑᓪᓗᑎᑦ ᑭᒃᑯᓂᖏᓐᓂᓪᓗ ᓇᓗᓇᐃᖅᓯᕙᓐᖏᑦᑐᑦ ᐅᖃᖃᑎᒻᒥᓂᒃ. ᐱᔪᓐᓇᕐᒥᔭᐃᑦ ᐊᔾᔨᖓ Always There app ᐃᑲᔪᖅᑕᐅᑲᓐᓂᕈᒪᓐᓂᕈᕕᑦ.	ᐊᑐᐃᓐᓇᖅ **ᓄᓇᖃᖅᑳᖅᑐᓕᒫᓄᑦ ᑲᓇᑕᒥ** ᐃᑲᔪᖅᑕᐅᖅᑕᐅᑎᒋᔪᒪᔪᓂᒃ. ᐊᑐᓕᒻᒪᔾᔪᒪᔪᑦ ᐱᖅᑯᓯᒥᓂᓪᓗ ᖃᐅᔨᒪᑦᑎᐊᖅᑐᑦ ᐃᑲᔪᕈᓐᓇᖅᑐᖅ ᐃᓅᓯᓕᕆᔨᑦ ᐅᖃᓚᐅᑎᒃᑯᑦ ᐅᖃᖃᑎᖃᕈᒪᓐᓂᕈᕕᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᔾᔨᕈᓗᐊᓕᕈᕕᑦ. ᐅᖃᓚᐅᑎᒃᑯᑦ online ᖃᕋᓴᐅᔭᒃᑯᓪᓗ ᐅᖃᖃᑎᖃᕈᓐᓇᕐᒥᔪᓯ ᖃᓪᓗᓈᑎᑐᑦ ᐊᐃᑎᑐᓪᓗ. ᑐᔾᔪᕋᕐᓂᕈᕕᑦ, ᐅᖃᓚᐅᑎᒃᑯᑦ ᐅᖃᖃᑎᖃᕈᓐᓇᕐᒥᔪᑎᑦ ᐊᓪᓚᖓᔪᑎᑐᑦ, ᐅᔨᐸᐳᐃᐸ ᐃᓄᑦᑎᑐᓪᓗ.	ᐊᑐᐃᓐᓇᑦ **ᑲᓇᑕᒥᐅᑕᓕᒫᓄᑦ** ᐃᑲᔪᖅᑕᐅᔪᒪᔪᓄᑦ. ᖃᐅᔨᒋᐊᕐᒥᓗᒋᑦ Crisis Services Canada ᐊᔾᔨᕈᓇᖅᑐᒃᑯᓕᕐᓂᕈᕕᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓄᓇᓯᓐᓂ ᖃᓂᑦᑐᒥᑦ ᓇᓂᓯᔪᓐᓇᕈᕕᑦ.

ᖃᓂᒪᔪᖅᕈᕕᑦ, ᒪᓕᓪᓗᒍ COVID-19 symptom self-assessment tool

ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᓐᓂᕈᕕᑦ ᖃᓂᒪᓐᓈᓗᑉ ᒥᔾᓵᓄᑦ:

1-833-784-4397 canada.ca/coronavirus