



# NE AKUSHUN (COVID-19) NETE UT KA UTSHIPINIT MANITUSHISS CORONAVIRUS

## TSHEKUAN NE

**Ne la COVID-19 nite utshipinu ne akushun nite manitushissat coronavirus.**

Ne coronavirus innu e kashtauket akuatenitakuen kie miam ka utshitshikumunanut e itenitakuat.

## TAN E ISHI-MISHITUEPAN

Ne manitushiss coronavirus ishi-ashushkamatsheu shash ne uen e kunuenimat:

- ▶ Nete ut shishtukunapuiat e ushtastakan mak e animunanut
- ▶ Nass meshekut e tatshishkueik<sup>u</sup>, mak e pushukatsheiek<sup>u</sup>;
- ▶ E tshi tatanimak uiesh e tat ne manitushiss kie mak e tshi kutak auen e tshi tatatinak<sup>u</sup>, ekue ussun, utun kie mak ussishikuat ekue tatinak<sup>u</sup> eshkuka tshitaputshitshet.

Apu tshissenitakuat tshetshi ut katshitinikanakue nete ut ka putatshepinit kie mak nipit.

## NITU ITIMISHTAIEK<sup>u</sup>

E ishi mitenitakuat ne akushun COVID-19, miam ate ka tshishishunanut, ushtastamek<sup>u</sup> kie mak nute- neneiek<sup>u</sup> kie mak nutetatimek<sup>u</sup>:

- ▶ Tak nete tshitshuat (**tshipautshishuk<sup>u</sup>**) tshetshi eka ashushkamatsheiek<sup>u</sup>:
  - Eka peikupishiek<sup>u</sup>, tepan nite katshipaikanishit tak kie mak nishutipashkunikan ishpesh nanipuuk<sup>u</sup> nite uenitshen e tat;
- ▶ Eshk<sup>u</sup> eka ituteiek<sup>u</sup> akushiutshuapit kie mak, nituapameiek<sup>u</sup> nitakunishishkuesht **tshitakunishiutshuapuat kie ma nitakulishiutshuat**:
  - Uauitamek<sup>u</sup> ne tshe imieiek<sup>u</sup> tan e itamatshuiek<sup>u</sup>, tshet nashimuek<sup>u</sup> nenu e ietukuiek<sup>u</sup>;
- ▶ Takunukue tshetshi tshiet nitakuieiek<sup>u</sup>, nite mitueitak<sup>u</sup> 911 tshet uauitumueik<sup>u</sup> miam tan e itamatshuiek<sup>u</sup> ne uen e imieiek<sup>u</sup>.
- ▶ Natem **takak<sup>u</sup> uitshikapushtutshishunanut** tutamek<sup>u</sup>;

**ANU UI MINU-NANITUSSENITAMEK<sup>u</sup>**

@ [canada.ca/le-coronavirus](https://canada.ca/le-coronavirus)

**KIE MAK MATUETAK<sup>u</sup> NETE** 1-833-784-4397

## TAN E ISHI MITENITAK<sup>u</sup> NENU AUEN

Tshipa tshi apishish mitenitenau kie mak mishta-eitukunau

Nuash kutunnue-tshishik<sup>u</sup> apitan tshetshi mussipinitat nenu akushunu katshi pessish taiek<sup>u</sup> nite manitushiss.



KATSHISHISHUNANUT



USHTASHTAM<sup>u</sup> AUEN



TSHINIANIMUN E NENEIN

## Tan tshe tutakan tshetshi eka mishituepan ne akushun

Uemuet tshitshi eka ashushkamatunanut:

- ▶ natem **takak<sup>u</sup> uitshikapushtutshishunanut** tutamek<sup>u</sup>;
- ▶ itenitamek<sup>u</sup> tshakushinau, tak<sup>u</sup> nete tshitshuat tshetshi eka nashushkamatshein;
- ▶ shukushuk<sup>u</sup> tshitaputshitshek uapaikakan mak nipi nishunnu ka tshishipainishit ishpesh;
- ▶ eka tatatinamek<sup>u</sup> tshissishukuau, tshissunauat mak tshitunau eka ut tshitaputshitsheiek<sup>u</sup>;
- ▶ eka pessish uitshikapushtueik<sup>u</sup> auen ka kunuenitak<sup>u</sup> nenu akushunu;
- ▶ e ushtastakan kie mak e animunanut:
  - o Tshishpitudunau ushtastamek<sup>u</sup> mak animuak<sup>u</sup> e minu-kunimek<sup>u</sup> tshitunua mak tshissunau tshetshi eka papamipan ne akushun;
  - o Katshi shanikuin, uepanimek<sup>u</sup> nete ka uepinashunanut, tshe tshitaputshitsheiek<sup>u</sup>;
- ▶ nikamek<sup>u</sup> mak natukunapukat ne mitshetuu tshekuan e tatatinamek<sup>u</sup>, metuakana, ne ka atusseau-katshitapakan, ka imitunanut mak ne titinakan, shit nete ut e shepitanat ka mashinashtepinakau;
- ▶ akushiek<sup>u</sup> ta nete tshitshuat
- ▶ shikamatak<sup>u</sup> **utashtumukan kie mak kunimek<sup>u</sup> tshitashtumukua** miam mate (ka **tutakanikau** tshetshi nutam kuanimek<sup>u</sup> tshissunau mak tshitunau e minu-mitaiek<sup>u</sup> tshitashtumukuat, nete ut utat tshitukauaut kie tshikuiauat e utapikatekau ashit pishaniapinu ka kautishut) tshetshi akua tutuekuat auenitshen kie mak nete uashka a taiek<sup>u</sup>.