Self-Isolation, Not Tested – Inuktitut, May 2, 2020

• ᓈᓪᓗᒥᒧᑦ ᐃᓅᑭᓱᖅᑕᒥᓂᖅ ᐃᒐᓄᑦᑐᑦ ᒪᐱ, 2020

• ᖁᔭᓪᓕᖅᐹᒥ ᐊᑦᑦ ᒪᐃ, 2020 ᐃᒐᓄᑦᑐᑦ ᒪᐱ, 2020

• ᔖᑦ ᑲᓴᕐᒧᑦ ᐃᓅᑭᓱᖅᑕᒥᓂᖅ ᐃᖃᕋᓄᑦ ᐃᓄᒃᑳᓂᔅ ᐱ/eplonH.ca/COVIDClinic.

• ᕿᒃᑲᐱᖅᑕᐅᓯᒪᔪᓂᒃ ᐃᓄᒃᑳᖅᑕᐅᓯᒪᔪᓂᒃ ᐱ/eplonH.ca/COVIDClinic.

• ᖁᔭᓪᓕᖅᐹᒥ ᐊᑦᑦ ᒪᐃ, 2020 ᐃᓄᒃᑳᓂᔅ ᐱ/eplonH.ca/COVIDClinic.

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• ᖁᔭᓪᓕᖅᐹᒥ ᐊᑦᑦ ᒪᐃ, 2020 ᐃᓄᒃᑳᓂᔅ ᐱ/eplonH.ca/COVIDClinic.

• ᖁᔭᓪᓕᖅᐹᒥ ᐊᑦᑦ ᒪᐃ, 2020 ᐃᓄᒃᑳᓂᔅ ᐱ/eplonH.ca/COVIDClinic.

• ᖁᔭᓪᓕᖅᐹᒥ ᐊᑦᑦ ᒪᐃ, 2020 ᐃᓄᒃᑳᓂᔅ ᐱ/eplonH.ca/COVIDClinic.

• ᖁᔭᓪᓕᖅᐹᒥ ᐊᑦᑦ ᒪ[ID]
• Δ_unpack Δ_CDC19Δ_CDC19 Δ_CDC48Δ_CDC19 (Δ_48°5°C, Δ_60°5°C).

• Δ_unpack Δ_CDC19Δ_CDC19 Δ_CDC60Δ_CDC19 (76°5°C, 80°5°C, 85°5°C).

• 12-2020

• Self-Isolation, Not Tested – Inuktitut, May 2, 2020

OttawaPublicHealth.ca/Self-Isolate.
<table>
<thead>
<tr>
<th><strong>COVID-19</strong></th>
<th><strong>La Côte</strong></th>
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<tbody>
<tr>
<td>🖹 COVID-19</td>
<td>🖹 Self-Isolation, Not Tested</td>
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<tr>
<td>🖹 14-28 Days</td>
<td>🖹 Ottawa Public Health, May 2, 2020</td>
</tr>
</tbody>
</table>

* COVID-19: A person with COVID-19 is contagious during exposure and 14 days post-exposure. COVID-19 is contagious for 14 days after exposure, even if asymptomatic.

• A temperature of 2°C or colder 23°C−2°C to −1°C (8°F or colder) is not normal.
• A temperature of 3°C−5°C or higher is abnormal.
• A chest pain in a standing person, a cold feeling in the lower back, and a decrease in temperature.
• A heart rate of 60-90% of normal (COVID-19).

For more information, visit OttawaPublicHealth.ca/Coronavirus or SantePubliqueOttawa.ca.