ᑭᖑᓪᓕᖅᐹᒥ ᐅᓪᓗᒥᒧᑦ ᐋᖅᑭᓱᖅᑕᒥᓂᖅ ᒪᐃ 2, 2020 Self-Isolation, Health Care Worker – Inuktitut, May 2, 2020

ᒪᓕᒐᐃᑦ ᐋᓐᓂᐊᓲᖅᑎᓄᑦ ᐊᒻᒪᓗ ᐋᓐᓂᐊᕕᓐᓂᑦ

ᑭᒃᑯᓐᓅᖓᒻᒪᑕ ᑖᒃᑯᐊ ᒪᓕᒐᐃᑦ?

ᐋᓐᓂᐊᓲᖅᑏᑦ ᐋᓐᓂᐊᓲᖅᑎᐅᓐᖏᑦᑐᓪᓗ ᐋᓐᓂᐊᕕᒻᒥ, ᐃᑲᔪᖅᑕᐅᕕᓐᓂᑦ, ᐊᒻᒪᓗ ᐊᓯᖏᓐᓂ, ᓄᕙᔾᔪᐊᖅᑐᒥᑦ ᓇᔫᑎᓐᓂᖅᑲᑦ ᖃᓂᒪᔪᒥᑦ, ᐃᑲᔪᖅᑎᓂᑦ, ᑎᒍᔭᐅᓯᒪᔪᓂᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐃᖅᑲᓇᐃᔭᖃᑎᖏᓐᓂ.

• ᒪᑯᐊ ᐋᓐᓂᐊᓲᖅᑎᕈᔪᐃᑦ: ᐋᓐᓂᐊᓲᖅᑏᑦ, ᓘᑦᑖᑦ, ᑐᐊᕕᕐᓇᖅᑐᓕᕆᔩᑦ, ᐃᑲᔪᖅᑏᑦ, ᑭᒍᓐᓂᐊᖅᑏᑦ, ᐅᖁᒪᐃᓐᓂᓂᐊᕐᕕᒻᒥ
ᐃᖅᑲᓇᐃᔭᖅᑐᑦ, ᑎᒥᒃᑯᑦ ᐃᖃᐃᓕᓴᐃᔩᑦ, ᑎᒥᒃᑯᑦ ᐃᑲᔪᖅᑏᑦ, ᐊᓂᖅᑎᕆᓂᕐᒧᑦ ᐃᑲᔪᖅᑏᑦ, ᐊᒻᒪᓗ ᐃᒻᒥᒃᑯᑦ ᐃᑲᔪᖃᑦᑕᑦᑐᑦ.

• ᒪᑯᐊ ᐋᓐᓂᐊᓲᖅᑎᐅᓐᖏᑦᑐᑦ ᐃᒪᐃᑦᑐᑦ: ᑭᐅᔩᑦ, ᓴᓗᒻᒪᖅᓴᐃᔩᑦ, ᐊᓪᓚᑦᑏᑦ, ᐃᓪᓗᐊᓗᐃᑦ, ᐅᐊᑦᑎᔩᑦ, ᐊᓄᓪᓚᔅᓰᕕᒻᒥ
ᐅᐊᑦᑎᔩᑦ, ᐸᓖᓰᑦ, ᖃᑦᑎᕆᔩᓪᓗ.

• ᒪᑯᐊ ᐋᓐᓂᐊᑦ ᐃᑲᔪᖅᑕᐅᕕᓪᓗ: ᐃᑲᔪᕐᕕᐅᑲᐃᓐᓇᖅᑐᑦ, ᐋᓐᓂᐊᕕᑦ, ᑭᒍᓐᓂᐊᕐᕕᑦ, ᐊᑯᓂ ᐱᓯᒪᔭᐅᕕᑦ, ᐃᓄᑐᖃᕐᓄᑦ
ᐊᖏᕐᕋᐃᑦ, ᐱᓯᒪᔭᐅᒋᐊᓕᓐᓄᑦ ᐊᔪᖅᑐᓄᑦ ᐊᖏᕐᕋᐃᑦ, ᐊᓄᓪᓚᔅᓰᑦ, ᐊᖏᕐᕋᖃᓐᖏᑦᑐᒃᑯᕕᑦ, ᐅᖁᒪᐃᓐᓂᓂᐊᕐᕕᑦ,
ᑐᐊᕕᕐᓇᖅᑐᓕᕆᔨᒃᑯᓪᓗ.

ᓇᒻᒥᓂᖅ ᖃᐅᔨᓴᖅᑐᖅ ᓄᕙᔾᔪᐊᓕᕐᒪᖔᖅ

• ᐃᖅᑲᓇᐃᔭᖅᑎᓕᒫᑦ ᐃᓪᓗᖃᑎᒌᓪᓗ ᖃᐅᔨᓴᕋᔪᖃᑦᑕᕆᐊᓖᑦ ᓇᒻᒥᓂᖅ ᓄᑖᕐᒥᑦ ᖃᓂᒻᒪᑦᑐᖃᕐᒪᖔᖅ
ᐱᐅᓐᖏᓕᕙᓪᓕᐊᒻᒪᖔᑕᓘᓐᓃᑦ

ᖃᓂᒪᔪᑦ ᐃᒪᐃᓲᑦ

ᐆᓇᕐᓗᑎᑦ (37.8°C ᐅᖓᑖᓄᓪᓘᓐᓂᑦ), ᖁᐃᖅᓱᖃᑦᑕᕐᓗᑎᑦ, ᐃᐱᓂᐊᕐᓗᑎᑦ ᐊᓂᖅᑎᕆᓗᑎᓪᓘᓐᓃᑦ, ᑐᖅᑯᔮᓪᓗᓪᓗᑎᑦ, ᑲᒃᑭᓕᖃᑦᑕᕐᓗᑎᑦ ᑕᒋᐅᔅᓴᓪᓗᑎᓪᓘᓐᓃᑦ, ᓱᕐᓗᒃᑯᑦ ᓄᕙᑦᑐᑦ, ᓂᐱᓗᑦᑐᑦ, ᐄᓯᒡᒐᖅᑐᑦ, ᓂᕆᔭᖏᓐᓂ ᖃᓄᐃᑦᑑᒻᒪᖔᑕ ᐃᑉᐱᒍᓱᓗᐊᓐᖏᑦᑐᑦ ᓇᐃᒪᑦᑎᐊᕋᑎᓪᓗ, ᒥᕆᐊᓐᖑᔪᑦ, ᒥᕆᕿᑦᑐᑦ, ᖃᑕᑦᑐᑦ, ᓈᕐᓗᑦᑐᓪᓘᓐᓃᑦ

ᐊᔅᓱᐊᓘᓐᖏᓂᖅᓴᐃᑦ

ᑭᓱᒥᑦ ᐱᔾᔪᑎᖃᓗᐊᖅᑑᔮᕋᑎᑦ ᑕᖃᔪᐊᓗᑐᐃᓐᓇᐅᕙᑦᑐᑦ, ᓇᓗᓕᖅᐸᑦᑐᑦ, ᐃᖅᑲᐅᒪᑦᑎᑦᑎᐊᕈᓐᓃᖅᑐᑦ, ᐊᔾᔨᐅᖏᑦᑑᔮᓕᖅᑐᑎᓪᓗ) ᐃᔪᒃᑲᖃᑦᑕᖅᑐᑦ, ᑎᒥᖓ ᐃᒻᒥᓂᒃ
ᐱᔪᓐᓇᑦᑎᐊᕈᓐᓃ*ᑐᖅ, ᖃᓂᒪᒍᑎᒋᕙᑦᑕᖏᑦ ᐱᐅᓐᖏᓂᖅᓴᐅᓕᖅᑐᑎᑦ, ᒥᕆᐊᓐᖑᔪᖅ, ᒥᕆᕿᑦᑐᖅ, ᖃᑕᑦᑐᑦ, ᓈᖑᖃᑦᑕᖅᑐᖅ, ᖄᓕᕆᔪᖅ, ᓂᐊᖁᓐᖑᔪᖅ, ᑐᖅᑯᔮᖏᑦ ᐳᓪᓕᓗᐊᒧᑦ ᐊᓂᖅᓵᖅᑐᒡᒐᖅᑐᑦ, ᓂᕆᔭᒥᓂᒃ ᑭᓲᒐᓗᐊᕐᒪᖔᖅ ᐃᑉᐱᓂᐊᓐᖏᑦᑐᑦ ᓇᐃᒪᑦᑎᐊᖏᑦᑐᓪᓘᓐᓃᑦ, ᐆᒪᑎᖓᑕ ᑎᓪᓕᕐᓂᖓ ᓱᒃᑲᓕᔪᐊᓗᒃ, ᐊᐅᖓᑕ ᓯᖒᕐᓂᖓ ᓱᒃᑲᐃᓪᓕᔪᖅ, ᓴᓐᖐᑦᑐᖅᐹᓘᓕᖅᑐᖅ, ᐊᒫᒪᑦᑎᑦᑎᒍᓐᓇᐃᓕᔪᑦ
ᓄᑕᕋᕐᒥᓂᒃ ᐃᕕᐊᖏᕐᒥᓂᒃ

• ᓄᕙᔾᔪᐊᖅᑖᕈᓐᓇᖅᑐᖅ ᐅᓪᓗᐃᑦ 14 ᐅᖓᑖᓂ ᖃᓂᒋᔭᖃᓚᐅᖅᑎᓪᓗᑎᑦ ᓄᕙᔾᔪᐊᖅᑐᒥᑦ (COVID-19).
• ᐊᔅᓱᐊᓘᓗᐊᓐᖏᑦᑐᑦ ᐊᖏᕐᕋᒥᓂᑦ ᖃᓄᐃᒍᓐᓃᕋᔪᓲᑦ.

ᑭᖑᓪᓕᖅᐹᒥ ᐅᓪᓗᒥᒧᑦ ᐋᖅᑭᓱᖅᑕᒥᓂᖅ ᒪᐃ 2, 2020 Self-Isolation, Health Care Worker – Inuktitut, May 2, 2020

ᐱᓯᒪᑦᑎᔪᓐᓇᖅᑐᓂᑦ ᕿᓂᕐᓂᖅ

• ᓄᕙᔾᔪᐊᓕᕐᓂᕈᕕᑦ, ᐊᑐᕐᓗᒍ ᐊᓐᓂᑎᐅᕆᔫᑉ ᒐᕙᒪᒃᑯᖏᑦᑕ ᓄᕙᕐᔪᐊᕐᓂᕐᒧᑦ ᓇᒻᒥᓂᖅ ᖃᐅᔨᓴᐅᑎ (covid-
19.ontario.ca/self-assessment) ᖃᓄᖅ ᐃᑲᔪᖅᑕᐅᑲᓐᓂᕈᓐᓇᕐᒪᖔᖅᐱᑦ ᑐᑭᓯᒋᐊᕈᑎ.
• ᓇᒻᒥᓂᖅ ᐊᖏᕐᕋᓐᓂ ᐃᑲᔪᕈᓐᓇᖅᑑᔮᕈᓐᓃᕈᕕᑦ ᑭᓯᐊᓂᓕ ᖃᐅᔨᓴᖅᑕᐅᒋᐊᖃᕈᕕᑦ ᐋᓐᓂᐊᓲᖅᑎᒧᑦ
ᓄᕙᔾᔪᐊᕐᒪᖔᖅᐱᑦ, ᖃᐅᔨᒋᐊᕐᓗᑎᑦ ᐅᕗᖓ ᖃᕋᓴᐅᔭᒃᑯᑦ COVID-19 Assessment Centre (OttawaPublicHealth.ca/COVIDCentre).
• ᐊᓂᖅᓵᖅᑐᒡᒐᓕᖅᐸᓪᓕᐊᑐᐃᓐᓇᕈᕕᑦ, ᐆᓇᕐᓗᑎᑦ ᖁᐃᖅᓱᑲᑕᓐᓂᖅᓴᐅᓕᕐᓗᑎᑦ ᖃᓂᒪᔫᔮᖅᑐᑎᑐᑦ,
ᐋᓐᓂᐊᕕᓕᐊᕆᐊᖃᓕᖅᑐᑎᑦ, ᐅᐸᒍᓐᓇᖅᑐᑎᑦ ᐃᓚᖓᓐᓄᑦ ᖃᓂᒪᔪᓄᑦ ᓄᕙᕐᔪᐊᖅᑐᓄᑦ (COVID-19)
ᐅᐸᑦᑕᐅᕕᒻᒧᑦ (OttawaPublicHealth.ca/COVIDClinic).

• ᐊᔅᓱᕈᓗᐊᓕᕈᕕᑦ (ᓲᕐᓗ ᐊᓂᖅᓵᖅᑐᒡᒐᓕᕈᕕᑦ, ᓴᕝᕕᑦ ᐋᓐᓂᐊᓕᖅᑲᑦ, ᖃᐅᔨᒪᓐᖏᓕᕈᕕᑦ, ᐅᕝᕙᓘᓐᓃᑦ
ᐱᐅᓐᖏᓕᕙᓪᓕᐊᑐᐃᓐᓇᕈᕕᑦ ᐊᑲᐅᓐᖏᑦᑕᐅᑎᒋᖃᑦᑕᑎᓪᓗᑎᑦ ᖃᓂᒪᒍᓯᖃᕈᕕᑦ) ᖃᓂᓛᒧᑦ ᑐᐊᕕᕐᓇᖅᑐᓕᐊᕆᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐅᖄᓚᓗᑎᑦ 9-1-1−ᒧᑦ.

ᓇᒻᒥᓂᖅ ᖃᐅᔨᓴᕐᓂᕐᒧᑦ ᒪᓕᒐᐃᑦ

• ᐃᕝᕕᑦ ᐃᓪᓗᖃᑎᓐᓂᓪᓘᓐᓃᑦ ᖃᓂᒪᔪᖃᖅᐸᓪᓕᐊᓕᖅᑲᑦ ᓄᕙᔾᔪᐊᕐᓂᒥᓪᓘᓐᓃᑦ, ᖃᐅᔨᓴᖅᑕᐅᒋᐊᖃᖅᑲᓪᓘᓐᓃᑦ
ᓄᕙᔾᔪᐊᕐᒪᖔᖅ.
• ᖃᐅᔨᓴᖅᑕᐅᒍᕕᑦ ᓇᒻᒥᓂᖅ ᖃᐅᔨᒋᐊᕈᓐᓇᖅᑐᑎᑦ ᒐᕙᒪᒃᑯᖏᓐᓂ ᐊᓐᑎᐅᕆᔪ ᖃᕋᓴᐅᔭᒃᑯᑦ ᑐᑭᓯᒋᐊᕈᑎᖏᓐᓂ
ᖃᐅᔨᓴᐅᑎᒥᓂᕐᓂᑦ ᐅᕗᖓ: covid-19.ontario.ca
• ᐋᑐᕚ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᑦ ᖃᐅᔨᒃᑲᐃᒐᔭᖅᑐᑦ ᑭᓯᐊᓂ ᓄᕙᔾᔪᐊᕐᓇᖃᕐᓂᖅᑲᑦ ᐊᒻᒪᓗ ᖃᐅᔨᒃᑲᖅᑕᐅᓗᑎᑦ
ᐊᐅᓚᑦᑎᔩᑦ

• ᐃᓛᓐᓂᒃᑯᑦ ᖃᐅᔨᓴᖅᑕᐅᔪᑦ ᓇᓗᓇᖃᑦᑕᓲᖑᒻᒪᑕ ᓄᕙᔾᔪᐊᕐᒪᖔᑕ ᐃᓛᓐᓂᒃᑯᑦ. ᖃᐅᔨᒋᐊᕈᓐᓇᖅᑐᑎᑦ ᖃᕋᓴᐅᔭᒃᑯᑦ
ᐅᕗᖓ ottawapublichealth.ca/en/professionals-and-partners/hcp-ncov.aspx ᐅᓪᓗᒧᑦ ᑐᑭᓯᒋᐊᕈᑏᑦ ᐋᖅᑭᓱᖅᓯᒪᔪᑦ ᐊᑐᐊᒐᐃᓪᓗ ᖃᐅᔨᓴᖅᑕᐅᕙᑦᑐᑦ ᑕᐃᒪᐃᑦᑐᖃᕆᐊᖏᑕ ᓇᓗᓇᖃᑦᑕᖅᑐᑦ ᐃᓚᖏᑦ.

ᑭᖑᓪᓕᖅᐹᒥ ᐅᓪᓗᒥᒧᑦ ᐋᖅᑭᓱᖅᑕᒥᓂᖅ ᒪᐃ 2, 2020 Self-Isolation, Health Care Worker – Inuktitut, May 2, 2020

ᓇᒻᒥᓂᖅ ᐊᓃᑦᑕᐃᓕᒪᔪᑦ ᐃᕝᕕᑦ ᐃᓪᓗᖃᑏᓪᓘᓐᓃᑦ ᓄᕙᔾᔪᐊᓕᕐᓂᖅᑲᑦ (COVID-19)

• ᐋᓂᖅᑕᐃᓕᒪᓂᐊᖏᓇᑎᑦ ᐋᓐᓂᐊᒐᔪᖃᑦᑕᖅᑐᑕᖃᕐᓂᖅᑲᑦ, ᐊᓐᓇᐅᒪᔾᔪᑎᖏᓐᓂ ᐱᐅᓐᖏᑦᑐᑕᖃᖅᑲᑦ,

ᐅᕝᕙᓘᓐᓃᑦ ᐃᓐᓇᐃᓂᖅᓴᓂᑦ.
• ᐱᓱᕋᔭᕆᐊᖃᓐᖏᑦᑐᑎᑦ ᐅᖓᓯᑦᑐᒧᑦ. ᖃᓂᒋᔭᓐᓃᖏᓐᓇᕆᐊᖃᖅᑐᑎᑦ ᐊᖏᕐᕋᕐᓄᑦ ᓲᕐᓗ ᐊᓃᕐᕕᓐᓂ ᓄᓇᒥ
ᒪᔪᕋᐅᑎᓕᒻᒥᓪᓘᓐᓃᑦ ᓯᓚᑖᓂ ᐊᓂᔮᑲᐃᓐᓇᖃᑦᑕᕈᓐᓇᖅᑐᑎᑦ.
• ᐊᓯᖏᓐᓂ ᐅᖃᖃᑎᖃᓗᐊᖃᑦᑕᖏᓪᓗᑎᑦ ᐊᓃᑦᑕᐃᓕᒪᑎᓪᓗᑎᑦ, ᓱᕈᓯᕐᓂᓪᓗ.
• ᐃᓛᒃᑯᑦ ᐃᓪᓗᕈᓯᖃᕐᓗᑎᑦ ᐃᓛᒃᑯᓪᓗ ᐊᓇᕐᕕᖃᕐᓗᑎᑦ ᐊᖏᕐᕋᓐᓂ, ᐊᔪᕐᓇᖏᑉᐸᑦ.
• ᐃᓪᓗᕈᓯᕐᓂᑦ ᐊᓂᒋᐊᖃᕐᓂᕈᕕᑦ, 2−ᒦᑕᒥ ᐅᖓᓯᓐᓂᖃᕐᓗᑎᑦ (ᐱᖓᓲᔪᖅᑐᓂᑦ ᐃᓯᒐᕐᓂᑦ) ᐊᓯᓐᓂᑦ ᐊᖏᕐᕋᓐᓂᑦ,
ᐱᐅᓂᖅᓴᐅᒐᔭᖅᑐᖅ ᒪᑐᐊᖅᓯᒪᒍᕕᑦ, ᖃᓪᓗᓈᖅᑕᒥᑦ ᐋᓐᓂᐊᕕᒻᒦᓐᖔᖅᓯᒪᔪᒥᓪᓘᓐᓃᑦ, ᐊᓯᖏᑦ ᐸᖅᑭᑎᐊᕐᓂᐊᕋᕕᒋᑦ ᑕᐃᒫᒃ.
• ᐳᓛᖅᑎᖃᑦᑕᐃᓕᓗᑎᑦ.
• ᐊᓂᒋᐊᖃᓐᖏᑦᑐᑎᑦ ᐊᓃᑦᑕᐃᓕᒐᕕᑦ ᑭᓯᐊᓂ ᐋᓐᓂᐊᕕᓕᐊᕆᐊᖃᕈᕕᑦ ᐊᓂᒍᓐᓇᖅᑐᑎᑦ.
• ᐃᓄᓐᓄᑦ ᐊᑐᖅᑕᐅᒐᔪᑦᑐᓄᑦ ᐃᖏᕐᕋᓲᒃᑰᖅᑕᐃᓕᒋᑦ (ᓲᕐᓗ ᐸᓯᒃᑯᑦ, ᑖᒃᓯᑯᓪᓘᓐᓃᑦ).
• ᐃᓕᓐᓂᐊᕐᕕᓕᐊᓐᖏᓪᓗᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᖅᑲᓇᐃᔭᕆᐊᓐᖏᓪᓗᑎᑦ (ᑏᕕᒃᑯᑦ ᑕᑯᔅᓴᐅᑦᑕᐅᑎᒋᓗᑎᑦ
ᐱᔪᓐᓇᕋᓗᐊᖅᑐᑎᑦ).
• ᓄᓇᓕᓐᓅᖏᓪᓗᑎᑦ, ᓂᐅᕕᕐᕕᒻᒧᑦ ᐄᔭᒐᖅᑖᕕᒻᒧᓪᓘᓐᓃᑦ.
• ᓂᕿᑖᕆᐊᖃᕈᕕᑦ, ᐄᔭᒐᕐᓂᓪᓘᓐᓃᑦ ᐊᓯᖏᓐᓂᓪᓘᓐᓃᑦ ᐱᔭᕆᐊᖃᓪᓚᕆᒃᑯᕕᑦ, ᐃᓚᓐᓂᑦ, ᐱᖃᑎᓐᓂ, ᓴᓂᓪᓕᓐᓂᑦ,
ᐊᓃᑦᑕᐃᓕᒪᓐᖏᑦᑐᒥᑦ ᑎᓕᓯᒍᓇᖅᑐᑎᑦ. ᐹᒧᑦ ᕿᒪᑦᑕᐅᓗᑎᑦ ᑕᑯᖃᑦᑕᐅᑎᓂᐊᖏᓇᔅᓯ.
*ᐊᔪᕐᓇᖅᑲᑦ, ᐅᖄᓚᓗᑎᑦ 2-1-1−ᑯᑦ ᑐᑭᓯᒋᐊᕐᓗᑎᑦ ᓄᓇᓕᓐᓂ ᖃᓄᐃᓕᖓᒻᒪᑕ, ᐃᓄᓕᕆᓂᕐᒥᑦ, ᒐᕙᒪᒃᑯᓐᓂ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᓂᓪᓗ ᐃᑲᔫᑎᔅᓴᓂᓪᓗ ᐋᑐᕚᒥ, ᖃᓄᕐᓗ ᐱᔪᓐᓇᕋᔭᕐᒪᖔᖅᐱᑦ.
• ᐊᓯᖏᓐᓂ ᐅᖃᖃᑎᖃᕆᐊᖃᕐᓂᕈᕕᑦᒪ ᐅᖓᓯᒋᔾᔫᒥᓗᒍ 2−ᒦᑕᒥᑦ ᐅᖓᓯᓐᓂᖃᕐᓗᑎᑦ (ᐱᖓᓲᔪᖅᑐᓂᑦ ᐃᓯᒐᕐᓂᑦ)

ᐊᑯᓐᓂᖃᕐᓗᓯ ᐊᓯᓐᓂᓪᓗ.

ᖃᐅᔨᒋᐊᕐᓗᑎᑦ ᐅᕗᖓ OttawaPublicHealth.ca/Self-Isolate ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ.

ᒪᓕᒋᐊᓖᑦ ᐃᓱᓕᑉᐸᑦ ᐊᓃᑦᑕᐃᓕᒪᑎᑕᐅᓂᖅ

• ᐊᓃᑦᑕᐃᓕᒪᓂᕐᓂᑦ ᖃᐅᔨᓴᖅᑕᐅᓚᐅᖅᑎᓪᓗᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ ᖃᐅᔨᓴᖅᑕᐅᓚᐅᖅᓯᒪᓐᖏᒃᑲᓗᐊᕈᕕᑦ ᓄᕙᔾᔪᐊᕐᓂᕐᒧᑦ (COVID-19).
• ᖃᐅᔨᒋᐊᕐᓗᒋᑦ ᑎᑎᕋᖅᓯᒪᔪᑦ ᐃᓕᓐᓄᑦ ᖃᓄᐃᓕᖓᓂᕐᓄᑦ ᖃᐅᔨᒋᐊᕐᓗᒋᑦ.

ᑭᖑᓪᓕᖅᐹᒥ ᐅᓪᓗᒥᒧᑦ ᐋᖅᑭᓱᖅᑕᒥᓂᖅ ᒪᐃ 2, 2020 Self-Isolation, Health Care Worker – Inuktitut, May 2, 2020

ᖃᓄᖅ ᑲᒪᓂᐊᕐᒪᖔᖅᐱᑦ ᒪᓕᒐᐃᑦ

ᓇᒻᒥᓂᖅ ᖃᐅᔨᓴᕐᓂᖅ ᐋᓐᓂᐊᕕᒻᒥ ᐃᖅᑲᓇᐃᔭᖅᑐᑦ ᐋᓐᓂᐊᓲᖅᑏᑦ (HCW) ᖃᐅᔨᓴᖅᑕᐅᓯᒪᔪᑦ ᓄᕙᔾᔪᐊᕐᓇᖃᖅᑐᑦ

ᐃᖅᑲᓇᐃᔭᕆᐊᖃᓐᖏᑦᑐᑦ ᑭᓯᐊᓂ ᒪᕐᕈᐊᖅᑎ ᖃᐅᔨᓴᐅᑎᖓ ᐱᑕᖃᕈᓐᓃᕐᓂᕋᖅᑲᑦ ᐃᑲᕐᕋᓂ

24−ᓄᑦ ᐅᖓᓯᒌᓐᓂᓕᓐᓄᑦ (OPH ᐊᑐᓕᖁᔨᒻᒪᑕ ᓄᕙᔾᔪᐊᖃᓚᐅᖅᑎᓪᓗᒍ ᖃᐅᔨᓴᐅᑎᖓ,
ᐊᐃᑉᐸᖓᓂ ᐅᑕᖅᑭᒋᐊᖃᖅᑐᑦ ᐅᓗᓄᑦ 7−ᓄᑦ ᐅᑕᖅᑭᒋᐊᓖᑦ).

ᖃᐅᔨᓴᕈᑎᖃᓐᖏᓪᓗᓂ HCW−ᑯᑦ ᐅᑎᕈᓐᓇᖅᑐᑦ ᐅᓪᓗᐃᑦ 14 ᐊᓂᒍᖅᓯᒪᓕᖅᑲᑕ (ᐅᕝᕙᓘᓐᓃᑦ ᐃᖅᑲᓇᐃᔭᕆᐊᖁᔭᐅᓕᖅᑲᑕ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᖏᓐᓄᑦ)

• ᐋᓐᓂᐊᕕᒻᒥ ᐃᖅᑲᓇᐃᔭᕐᓂᕈᕕᑦ, ᖃᐅᔨᒋᐊᕈᓐᓇᕐᒥᔪᑎᑦ “ᓇᒻᒥᓂᖅ ᐊᓃᑦᑕᐃᓕᒪᓂᕐᒧᑦ” ᐊᑖᓃᑦᑐᓂᑦ ᑐᑭᓯᒋᐊᕐᓗᑎᑦ

ᓇᒻᒥᓂᖅ ᐊᓃᑦᑕᐃᓕᒍᓐᓇᖅᑐᖅ ᐃᓱᒪᖅᓱᕐᓂᖓ

ᖃᐅᔨᒪᔭᐅᒋᐊᓕᒃ ᑕᒪᓇ ᑭᓯᐊᓂ ᐊᑐᕐᖓᑦ ᐅᑎᖅᑲᑕ ᐃᖅᑲᓇᐃᔭᕐᕕᒻᒧᑦ ᐱᓯᒪᑦᑎᕕᐅᕙᑦᑐᓄᑦ, ᐋᓐᓂᐊᕕᓐᓄᑦ, ᐊᑯᓂ ᐱᓯᒪᑦᑎᕕᓐᓂᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐃᓐᓇᑐᖃᒃᑯᕕᒻᒧᑦ

• ᐋᓐᓂᐊᓲᖅᑎᑦ (HCW) ᐃᖅᑲᓇᐃᔭᕆᐊᖃᓪᓚᕆᑉᐸᑕ, ᐅᑎᖅᓴᕋᐃᒍᓐᓇᖅᑐᑦ ᐃᖅᑲᓇᐃᔭᕐᕕᒻᒦᖏᓐᓇᓕᕐᓗᓂ
• ᐃᖅᑲᓇᐃᔭᕐᕕᒻᒦᖏᓐᓇᓕᕐᓗᓂ ᐃᒪᐃᑦᑑᒋᐊᓕᒃ:
o ᐃᖅᑲᓇᐃᔭᕐᓂᖓᓐᓂ ᐋᓐᓂᐊᕕᒻᒥ, ᒪᑐᐊᖅᓯᒪᐃᓐᓇᕆᐊᖃᖅᑐᑎᑦ, ᐅᖓᓯᒌᓐᓇᕐᓗᒋᓪᓗ (2−ᒦᑕᓂᑦ
ᐅᕝᕙᓘᓐᓃᑦ ᐱᖓᓲᔪᖅᑐᓂᑦ ᐃᓯᒐᕐᓂᑦ) ᑭᓯᐊᓂ ᑲᒪᒋᔭᕆᐊᖃᓪᓚᕆᒃᑯᕕᐅᒃ, ᐊᒻᒪᓗ ᐊᒡᒐᑎ ᓴᓗᒪᑏᓐᓇᕐᓗᒋᑦ.
o ᐊᓯᐊᓃᕆᐊᖃᓐᖏᓪᓚᕆᑦᑐᑎᑦ ᐃᖅᑲᓇᐃᔭᕇᕋᐃᒍᕕᑦ (ᓲᕐᓗ ᐊᖏᕐᕋᒥ ᐊᒻᒪᓗ ᓄᓇᓕᓐᓂᑦ) ᐃᓪᓗᖃᑎᓐᓄᑦ
ᐊᐃᑦᑐᐃᓂᐊᖏᓐᓇᕕᑦ ᓄᓇᖅᑲᑎᓐᓄᓪᓘᓐᓂᑦ.
o ᓄᓇᓕᓐᓅᕆᐊᖃᓐᖏᑦᑐᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓇᔪᖅᑕᐃ ᕿᒪᒋᐊᖃᓐᖏᑕᐃᑦ ᑭᓯᐊᓂ ᐋᓐᓂᐊᕕᓕᐊᕆᐊᖃᕈᕕᑦ.
o ᐋᑐᕚ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᑦ ᐊᑐᓕᖁᔨᕗᑦ ᐊᑕᐅᓯᐅᓐᖏᑦᑐᒥᑦ ᐃᖅᑲᓇᐃᔭᕆᐊᖃᓐᖏᑦᑐᑎᑦ
ᓇᒥᑐᐃᓐᓇᖅ.

ᐅᓪᓗᒥᒧᑦ ᖃᐅᔨᒋᐊᕈᒪᓐᓂᕈᕕᑦ ᐋᖅᑭᓱᖅᓯᒪᔪᓂᑦ ᐃᖅᑲᓇᐃᔭᖅᑎᓄᑦ ᐊᓐᓂᐊᖅᑐᓕᕆᔨᒻᒥ ᐋᓐᓂᐊᕕᒻᒥᓪᓗ ᐅᑎᕈᓐᓇᕐᒪᖔᖅᐱᑦ ᐊᓃᑦᑕᐃᓕᓚᐅᖅᑎᓪᓗᑐ ᖃᐅᔨᒋᐊᕈᓐᓇᖅᑐᑎᑦ ᐅᑯᓄᖓ ᖃᕋᓴᐅᔭᒃᑯᑦ:

ᑭᖑᓪᓕᖅᐹᒥ ᐅᓪᓗᒥᒧᑦ ᐋᖅᑭᓱᖅᑕᒥᓂᖅ ᒪᐃ 2, 2020 Self-Isolation, Health Care Worker – Inuktitut, May 2, 2020

• ᐋᑐᕚ ᐋᓐᐊᓂᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᑦ ᖃᕋᓴᐅᔭᒃᑯᑦ ᑐᑭᓯᒋᐊᕈᑎᖏᑦ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᓐᓂ:
https://www.ottawapublichealth.ca/en/professionals-and-partners/hcp-ncov.aspx
• ᐊᓐᑎᐅᕆᔪᒥ ᒥᓂᔅᑕᐅᑉ ᐅᑐᐊᒐᖏᑦ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᓐᓄᑦ:
http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/2019_guidanc
e.aspx

ᓄᓇᓕᕐᔪᐊᑉ (ᑲᓇᑕᐅᑉ) ᓯᓚᑖᓃᓐᖔᖅᑐᑦ
• ᖃᐅᔨᒪᓂᐊᖅᑯᓯ ᑲᓇᑕᒧ ᐅᑎᕈᔅᓯ ᓯᓚᑖᓃᓐᖔᕐᓂᕈᔅᓯ, ᐊᓃᑦᑕᐃᓕᒋᐊᖃᖅᑐᓯ ᐅᓪᓗᓄᑦ 14−ᓄᑦ
ᖃᓂᒪᔫᔮᓐᖏᒃᑲᓗᐊᕈᔅᓯ ᓄᕙᑦᑐᖅᐹᓘᔮᓐᖏᒃᑲᓗᐊᕈᔅᓯᓘᓐᓃᑦ.
• ᒫᔾᔨ 25−ᒥ, 2020 ᑲᓇᑕᐅᑉ ᒐᕙᒪᒃᑯᖏᑦ ᓴᖅᑮᓚᐅᕐᖓᑕ ᑐᐊᕕᕐᓇᖅᑐᒥᑦ ᒪᓕᑦᑐᒋᑦ ᐋᓃᑦᑕᐃᓕᒪᒋᐊᖃᕐᓂᕐᒧᑦ
ᐱᖁᔭᕐᒥᑦ ᑭᓇᑐᐃᓐᓇᖅ ᐃᓯᖅᑐᖅ ᑲᓇᑕᒧᑦ ᖃᖓᑕᓲᒃᑯᑦ, ᐃᒪᒃᑯᑦ ᓄᓇᒃᑯᓪᓘᓐᓃᑦ ᐊᓃᑦᑕᐃᓕᒋᐊᓕᒃ ᐅᓪᓗᓄᑦ 14−ᓄᑦ, ᑭᓯᐊᓂᓕ ᐃᖅᑲᓇᐃᔭᕆᐊᖃᓪᓚᕆᑉᐸᑦ ᐃᑳᖅᑎᑕᐅᓐᓂᖅᑲᑦ ᑭᓪᓕᖓᒍᑦ.
• ᑕᑯᒋᐊᕐᓗᒍ canada.ca/COVID19 ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ.

ᐅᖓᓯᒋᑐᐃᓐᓇᖃᑦᑕᖅᑭᑦ ᐊᓃᑦᑕᐃᓕᓚᐅᕋᓗᐊᖅᑎᓪᓗᑎᑦ ᑕᒪᓐᓇ ᐃᓱᓕᓐᓂᖅᑲᑦ - ᑕᒪᒃᑯᐊ ᐊᑐᓕᖁᔭᐅᔪᑦ ᐃᓄᓐᓄᑦ ᐊᑐᕆᐊᓕᓐᓄᑦ:

• ᐅᖓᓯᒋᖃᑦᑕᕐᓗᒋᑦ 2−ᒦᑕᓂ (ᐱᖓᓲᔪᖅᑐᓂᑦ ᐃᓯᒐᕐᓂᑦ) ᐊᓯᑎᑦ

• ᖁᔭᓈᖃᑦᑕᕐᓗᒋᑦ ᑲᑎᕈᓘᔭᕐᓂᐊᖅᑐᒥᓃᑦ.

• ᐅᖄᓚᖃᑎᖃᖔᖃᑦᑕᕐᓗᑎᑦ, ᑕᕐᕆᔭᐅᑎᒃᑯᓪᓘᓐᓃᑦ, ᑐᓴᕋᔅᓴᑯᓪᓘᓐᓃᑦ ᑕᑯᓐᓇᖃᑦᑕᐅᑎᓐᖏᖔᕐᓗᓯ.
• ᐅᖃᖃᑎᖃᕐᓗᑎᑦ ᐊᖏᔪᖅᑳᕐᓂᑦ ᐃᖅᑲᓇᐃᔭᕐᓂᕐᒥᑦ ᐊᖏᕐᕋᒥᑦ (ᐊᔪᕐᓇᖏᑉᐸᑦ).
• ᐃᓐᓇᕐᓄᑦ ᐳᓛᕆᐊᑦᑕᐃᓕᖃᑦᑕᕐᓗᑎᑦ ᐱᖃᑎᒋᔭᕐᓄᑦ ᐃᓚᓄᓪᓘᓐᓃᑦ ᑭᓯᐊᓂ ᐅᐸᒋᐊᖃᓪᓚᕆᒃᑯᕕᐅᒃ,
• ᐃᖏᕐᕋᓂᓐᓂᑦ ᑕᒃᓯᑯᓪᓘᓐᓃᑦ ᐃᑭᒪᒍᕕᓪᓘᓐᓃᑦ ᓄᓇᓯᐅᑎᒥᑦ ᐃᒐᓛᓯ ᒪᑐᓯᒪᖃᑦᑕᕐᓗᒋᑦ.
• ᐊᓂᒍᓐᓇᖅᑐᑎᑦ ᐱᓱᕋᔭᒋᐊᖅᑐᓪᓗᑎᑦ. ᑭᓯᐊᓂ ᐊᕝᕙᐃᕆᐊᖃᑦᑕᕐᓗᑎᑦ ᐹᖅᓯᒋᐊᖅᑐᓕᕈᕕᓪᓘᓐᓃᑦ.
ᐹᖅᓯᑐᐃᓐᓇᕐᓗᓂ ᐱᓱᓪᓗᓂ ᓄᖅᑲᓐᖏᑐᐊᕈᕕᑦ ᖃᓂᒌᓐᖏᒻᒪᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᐃᑦᑐᓗᖅᑕᐅᔪᓐᓇᖏᑦᑐᑎᑦ ᓄᕙᓐᓈᓗᒻᒥᑦ (COVID-19).

ᖃᐅᔨᒋᐊᕐᓗᑎᑦ ᐅᕗᖓ OttawaPublicHealth.ca/Coronavirus ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ.