Ottawa Public Health – Respiratory Illness FNIM | January 2024

02:15

!

ᖃᓄᐃᒍᑕᐅᓂᖏᑦ ᑎᒥᒃᑯᑦ

ᖃᐅᔨᒪᔭᕆᐊᓕᑦ ᐊᓂᖅᑎᕆᑦᑎᐊᖃᑦᑕᕈᓐᓇᖏᓐᓂ ᖃᓂᒪᓂᕐᒧᑦ

ᐆᓇᕐᓂᖅ ᖁᐃᖅᓱᕐᓂᖅ ᑐᖅᑯᔮᓪᓗᓐᓂᖅ ᑑᑦᑎᖃᑦᑕᕐᓂᖅ ᐃᐱᓂᐊᖃᑦᑕᕐᓂᖅ ᓄᑮᑦ ᐋᓐᓂᐊᔪᑦ

ᑕᖃᖅᑲᓂᖅ ᒥᕆᕿᓐᓂᖅ /
ᖃᑕᑦᑐᖅ

ᓈᕐᓗᑎᑦᑐᖅ

ᖃᖓᒃᑯᑦ ᑐᐊᕕᕐᓇᖅᑐᒃᑯᕕᒻᒨᕆᐊᖃᕐᓃᑦ

ᖃᓂᒪᓐᓂᕈᕕᑦ ᓱᕈᓰᓪᓘᓐᓃᑦ ᐊᔅᓱᕈᕐᓗᓯ (ᐊᓂᖅᓵᖅᑐᒡᒐᕈᔅᓯ,
ᓴᕝᕖᑦ ᐋᓐᓂᐊᑉᐸᑦ, ᖃᐅᔨᒪᓐᖏᓐᓂᐅᓴᔫᔮᕈᕕᑦ,
ᒪᑭᑕᑦᑎᐊᕈᓐᓇᖏᓪᓗᑎᑦ, ᓇᓗᓕᕐᓗᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ
ᐱᐅᓐᖏᓕᕙᓪᓕᐊᑐᐃᓐᓇᕈᕕᑦ ᐊᔅᓱᐊᓘᕐᓗᑎᑦ), ᖃᓂᑦᑐᒧᑦ
ᑐᐊᕕᕐᓇᖅᑐᒃᑯᕕᒻᒨᕐᓗᑎᑦ ᐅᖄᓚᓗᑎᓪᓘᓐᓃᑦ 9-1-1−ᒧᑦ.

OttawaPublicHealth.ca/RespVirus

ᐊᐱᖅᑯᑎᔅᓴᖃᕐᓂᕈᔅᓯ ᐃᕝᕕᑦ ᒥᔅᓵᓄᑦ (ᕿᑐᕐᖓᕕᓪᓘᓐᓃᑦ),
ᐅᖃᓚᒍᓐᓇᖅᑐᑎᑦ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᓐᓄᑦ
ᐊᓐᑎᐅᕆᔪᒥ ᐅᕗᖓ 8-1-1.

ᐅᕝᕙ ᐃᓚᖏᑦ ᐃᑲᔫᑎᐅᔪᓐᓇᖅᑐᑦ ᖃᓄᐃᓐᖏᖁᓪᓗᒋᑦ ᐊᓂᖅᑎᕆᓂᒃᑯᑦ
ᖃᓂᒪᓐᓂᒪᓐᓇᐅᑎᓪᓗᒍ:

ᐅᐊᐸᓄ: ᓄᓇᖃᖅᑳᖅᑐᒥᓃᑦ ᐊᑐᐃᓐᓇᓖᑦ
ᐱᐅᔪᓂᒃ, ᓈᒪᔪᓂᒃ, ᐱᖅᑯᓯᕐᒥᓪᓗ
ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᓂᕐᒥᑦ ᐱᔨᑦᑎᕋᕐᓗᑎᑦ
ᐋᑐᕚᒥ ᐊᓪᓚᓄᑦ, ᐊᓪᓚᖓᔪᓄᑦ ᐃᓄᓐᓄᓪᓗ
wabano.com/health-and-wellness

ᐊᑲᐅᓯᕕᒃ ᐃᓄᐃᑦ ᐃᓚᒋᑦ

ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᑦ (AIFHT):
ᖃᐅᔨᓴᕈᓐᓇᖅᑐᑦ, ᐃᑲᔪᕐᓗᑎᑦ, ᐄᔭᒐᖅᑖᑎᑦᑎᓗᑎᑦ
ᐋᑐᕚᒥ ᐃᓄᓐᓂᒃ
aifht.ca | 613-740-0999

ᑐᓐᖓᓱᕝᕕᖓ ᐃᓄᐃᑦ: ᐃᓄᓐᓅᖓᔪᑦ
ᐊᑎᓕᐅᖅᓯᒪᓪᓗᑎᑦ ᑮᓇᐅᔭᓕᐅᕋᓱᐊᖅᑎᐅᓐᖏᑦᑐᑦ
ᐋᓐᑎᐅᕆᔪᒥᑦ ᐱᔨᑦᑎᕋᖅᑏᑦ ᐃᓄᓕᕆᓂᑦᑎᒍᑦ,
ᐱᖅᑯᓯᖅᑎᒍᑦ, ᐃᖅᑲᓇᐃᔭᕐᓂᑎᒍᑦ
ᐃᓕᓐᓂᐊᑎᑦᑎᓂᑦᑎᒍᑦ, ᐃᓅᓱᑦᑐᓄᑦ ᐃᑲᔫᑏᑦ,
ᐃᓅᓕᕆᔨᑦᑎᒍᑦ, ᐊᔅᓱᕈᓐᓇᖅᑐᒃᑰᖅᑐᓂᒃ
ᐊᓯᖏᓐᓂᓪᓗ. tiontario.ca

ᑎᒦᑦ ᐱᓯᒪᑦᑎᐊᕆᐊᖃᕋᕕᐅᒃ ᐃᓱᒪᐃᑦ, ᑕᕐᓃᑦ
ᐃᑉᐱᓐᓂᐊᓃᓪᓗ.

ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᑏᑦ

ᐃᐱᓂᐊᖅᑑᔮᖃᑦᑕᕈᕕᑦ
ᐳᓚᕋᓐᖏᓪᓗᑎᑦ
ᐅᓗᕆᐊᓇᖅᑐᒦᑦᑐᑦ
ᖃᓂᒻᒪᔅᓴᕋᐃᒍᓐᓇᕐᖓᑕ

− ᐋᓐᓂᐊᕕᒻᒦᑦᑐᑦ,
ᐊᑯᓂ ᐱᓯᒪᔭᐅᕕᒻᒦᑦᑐᑦ
ᐊᖏᕐᕋᖃᖅᑎᑕᐃᓪᓘᓐᓃᑦ
ᐃᓐᓇᑐᖃᐃᑦ

ᐅᖃᖃᑎᖃᕐᓗᑎᑦ
ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒥᒃ
ᐅᕝᕙᓘᓐᓃᑦ ᑐᐊᕕᕐᓇᖅᑐᒃᑯᕕᒻᒨᕐᓗᑎᑦ
ᖃᓂᒪᔫᔮᕈᕕᑦ − ᐅᖃᖃᑎᖃᕐᓗᑎᑦ
ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒥᑦ
ᑐᐊᕕᕐᓇᖅᑐᒃᑯᕕᒻᒥᓪᓘᓐᓃᑦ ᐃᓕᓐᓄᑦ
ᖃᓂᑦᑐᒧᑦ ᖃᓂᒪᔫᔮᕈᕕᑦ –
ᑕᑯᓗᒍ ᐊᑖᓃᑦᑐᖅ ᐅᖃᓕᒫᒐᕋᓛᑉ
ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᓐᓂᕈᕕᑦ

ᐊᖏᕐᕋᖅᓯᒪᑐᐃᓐᓇᕐᓗᑎᑦ
ᐆᓇᕈᓐᓃᕈᕕᑦ ᑭᓯᐊᓂ
ᐊᑲᐅᓂᖅᓴᐅᓕᕈᕕᑦ ᐅᓪᓗᒧᑦ

ᐊᑕᐅᓯᕐᔪᐊᒧᑦ (ᐅᓪᓘᓐᓄᒃ ᒪᕐᕉᓐᓄᒃ
ᒥᕆᕿᓐᓂᕈᕕᑦ ᖃᑕᓐᓂᕈᕕᓪᓘᓐᓃᑦ)

ᐊᔪᕐᓇᖏᒐᐃᑉᐸᑦ, ᑮᓇᑉᐸᔅᓯᒪᓗᑎᑦ
ᐅᓪᓗᓄᑦ ᖁᓕᓄᑦ
ᖃᓂᒻᒪᐸᓪᓕᐊᔫᔮᓕᕈᕕᑦ ᓄᓇᓕᐅᑉ
ᐊᓗᐊᓂ ᓇᒧᓐᖓᖃᑦᑕᕈᕕᑦ

ᖃᓄᐃᒍᑎᖃᕐᓂᕈᕕᑦ

ᐃᒪᐃᒋᐊᖃᖅᑐᑎᑦ

ᑮᓇᑉᐸᔅᓯᒪᖃᑦᑕᕐᓗᑎᑦ:
● ᐸᖅᑭᓗᑎᑦ ᓇᒻᒥᓂᖅ ᖁᐱᕐᕈᐊᕐᔪᕐᓂᑦ
(ᐊᓂᖅᑎᕆᓂᕐᒧᑦᖃᓂᒪᓗᓂ).

● ᐸᖅᑭᓗᒋᑦ ᐊᓯᑎᑦ ᐅᓗᕆᐊᓇᖅᑐᒦᒐᔪᑦᑐᑦ
ᖃᓂᒪᔅᓴᕋᐃᑦᑐᑦ (ᐃᐱᓂᐊᔅᓴᕋᐃᑦᑐᑦ).

● ᖃᓂᒪᒍᓐᓃᐸᓪᓕᐊᓕᕈᕕᑦ (ᖃᓂᒪᓚᐅᖅᑎᓪᓗᑎᑦ).

ᖃᓃᑦ ᒪᑐᓯᒪᖃᑦᑕᕐᓗᒍ
ᕿᖓᐃᓪᓗ
ᖁᐃᖅᓱᓕᕋᐃᒍᕕᑦ
ᑕᒋᐅᒃᑯᕕᓪᓘᓐᓃᑦ.

ᐊᒡᒑᒃᑭᒃ ᐅᐊᓴᕋᔪᖃᑦᑕᕐᓗᑎᑦ
ᐊᑦᑐᖅᑕᐃᓕᒪᖃᑦᑕᕐᓗᒋᒃ

ᐃᔩᒃᑭᒃ, ᕿᖓᐃᑦ
ᖃᓂᓪᓘᓐᓃᑦ ᐊᒡᒐᒃᑭᒃ
ᐅᐊᓴᖅᓯᒪᓐᖏᑉᐸᑕ.

ᐊᖏᕐᕋᓐᓂ ᓴᓗᒪᑎᖃᑦᑕᕐᓗᒋᑦ
ᐃᖅᑲᓇᐃᔭᕐᕕᓂᓪᓘᓐᓃᑦ
ᐊᑦᑐᖅᑕᐅᒐᔪᑦᑐᑦ −
ᖁᐱᕐᕈᐊᕐᔪᐃᑦ ᐃᓅᔪᓐᓇᕐᖓᑕ

ᐊᔭᖅᐹᕐᕕᓐᓂᑦ, ᒪᑐᓂᑦ
ᑎᒍᓕᓐᓂᑦ, ᐃᑭᑦᑎᔾᔪᑎᓂᑦ.

ᐊᐃᑦᑐᕐᓗᐃᑦᑕᐃᓕᒪᓇᓱᐊᕐᓂᖅ

ᐃᑲᔪᖅᑕᐅᓂᖅ

ᑲᐱᔭᐅᒋᐊᖃᓕᕋᐃᒍᕕᑦ
ᑭᖑᕙᑦᑕᐃᓕᒪᖃᑦᑕᕐᓗᑎᑦ
ᐊᕐᕌᖑᑕᒫᕐᓗ
ᓄᕙᓐᓇᖏᑦᑐᒧᑦ
ᑲᐱᔭᐅᖃᑦᑕᕐᓗᑎᑦ ᐊᒻᒪᓗ
ᐳᕝᕕᕆᓐᓇᖏᑦᑐᒧᑦ

ᐳᕝᕕᕆᓐᓇᐃᑦ ᓄᕙᓐᓇᑐᕐᔫᔮᖅᑐᑎᑦ
ᖃᒪᓇᕐᓂᐅᔮᖅᑐᑎᓪᓘᓐᓃᑦ ᑭᓯᐊᓂᓕ ᐃᓚᖏᑦ
ᐊᔅᓱᐊᓘᓕᓲᑦ. ᐃᓚᖏᑦ ᐅᓗᕆᐊᓇᖅᑐᒦᑦᑐᑦ
ᐳᕝᕕᕆᓐᓇᖅᑐᖃᕐᓂᖏᓐᓂ ᓇᓗᓇᓲᓐᖏᑦᑐᑦ
ᐅᖃᖃᑎᖃᕆᐊᓕᑦ ᓘᑦᑖᒥᓂᒃ
ᐄᔭᒐᓕᕆᔨᖓᓄᓪᓘᓐᓃᑦ ᐃᑲᔪᖅᑕᐅᓂᐊᕐᖓᑕ.

ᓄᕙᓐᓈᓗᒃ (flu) ᒪᑯᐊ ᐆᓇᕋᔪᑦᑐᑦ,
ᑕᖃᓴᕋᐃᑦᑐᑎᑦ, ᖄᓕᕆᓪᓗᑎᑦ ᓄᑭᖏᓪᓗ
ᐋᓐᓂᐊᓪᓗᑎᑦ ᓄᕙᓐᓇᕐᓂᑐᐃᓐᓇᐅᖏᑦᑐᖅ.
ᓱᕈᓯᓛᑦ ᐃᓐᓇᑐᖃᐃᓪᓗ
ᐅᓗᕆᐊᓇᖅᑐᒦᒍᓐᓇᖅᑐᑦ ᖃᓂᒻᒪᑦᑐᐊᓘᑉᐸᑕ.
ᐊᕐᕌᖑᑕᒫᑦ ᑲᐱᔭᐅᖃᑦᑕᕐᓗᑎᑦ
ᓄᕙᓐᓇᖏᑦᑐᓄᑦ.

ᓄᕙᕐᓇᕐᔪᐊᕌᓗᒃ (Respiratory syncytial
virus) (RSV) ᐊᔾᔨᐸᓗᖓ ᐊᓂᖅᑎᕆᓂᒃᑯᑦ
ᖃᓂᒪᔪᑦ, ᐳᕙᖏᓐᓃᓲᑦ. ᐃᓚᖏᑦ
ᐊᔅᓱᐊᓘᕈᓐᓇᖅᑐᑦ − ᓱᕈᓯᓛᑦ ᐃᓐᓇᑐᖃᐃᓪᓗ

ᖁᐃᖅᓱᖃᑦᑕᕐᓂᖅ ᓄᕙᓐᓇᓪᓗ
(ᓄᕙᓐᓇᖅ) ᐅᑭᐊᔅᓵᖅ ᐅᑭᐅᒃᑯᓪᓗ
ᓄᕙᓕᕋᔪᓲᑦ ᐊᔾᔨᒌᓐᖏᑦᑐᓂᒃ ᓱᕐᓗᖏᑎᒍᑦ
ᑐᖅᑯᔮᖏᑎᒍᓪᓗ ᖃᓂᒪᓪᓗᑎᑦ. ᑕᐃᒪᐃᑦᑐᑦ
ᐊᔅᓱᐊᓘᓐᖏᑦᑑᒐᓗᐊᑦ ᓇᒻᒥᓂᖅ ᒪᒥᒃᑲᔭᖅᑐᑦ.

ᐃᓄᐃᑦ ᐅᓗᕆᐊᓇᖅᑐᒦᒍᓐᓇᖅᑐᑦ ᖃᓂᒪᔪᐊᓘᓕᕐᓗᑎᑦ ᐊᑲᐃᓪᓕᐅᕈᑎᖃᓕᕐᓗᑎᑦ ᐳᕝᕕᕆᓐᓈᓗᓐᓂᑦ ᐊᒻᒪᓗ ᖃᓂᒪᓐᓇᓂᑦ ᐃᒪᐃᑐᖃᖅᑲᑕ:

● ᐅᑭᐅᓖᑦ 60 ᐅᖓᑖᓄᓪᓗ, ᓇᔾᔨᔪᑦ, ᖃᓂᒪᐅᓯᓖᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᓐᓇᐅᒪᔾᔪᑎᕐᓗᑎᑦᑐᑦ.

● ᑲᐱᔭᐅᓯᒪᓐᖏᑦᑐᑦ, ᑭᖑᕙᖅᓯᒪᔪᑦ ᑲᐱᔭᐅᖃᑦᑕᕆᐊᖃᕋᓗᐊᖅᑐᑎᑦ ᒫᓐᓇᕈᓗᓪᓗ ᐳᕝᕕᕆᓇᖏᑦᑐᒧᑦ ᑲᐱᔭᐅᓯᒪᓐᖏᑦᑐᑦ
● ᓱᕈᓰᑦ (ᐅᑭᐅᓕᑦ 5 ᐊᑖᓂ) ᐅᓗᕆᐊᓇᖅᑐᒦᒍᓐᓇᖅᑐᑦ ᓄᕙᓐᓇᒧᑦ.

● ᐊᓪᓚᐃᑦ, ᐃᓄᐃᑦ, ᐊᓪᓚᖓᔪᓪᓗ

ᖃᓄᐃᑦᑐᓂᖏᑦ

ᖃᓂᒪᓐᓇᐃᑦ ᐳᕝᕕᕆᓗᓂ
ᐊᖏᕐᕋᒥ ᒪᒥᕝᕕᔅᓴᐅᒻᒥᔪᑦ.
ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᓐᓇᖅᑐᑎᑦ
OttawaPublicHealth.ca/
RespVirus

ᐳᕝᕕᕆᓐᓈᓗᒻᒧᑦ ᐃᑲᔪᖅᑕᐅᔪᓐᓇᕐᒥᔪᑦ
ᐅᓪᓗᒐᓚᓐᓅᕈᓐᓇᖅᑐᖅ
ᖃᓂᒪᒋᐊᓯᑎᓪᓗᑎᑦ.
ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᓐᓇᖅᑐᑎᑦ ᐅᕗᖓ:
OttawaPublicHealth.ca/
COVIDTreatment
ᐊᒻᒪᓗ: Ontario.ca/Antivirals.

Artwork by Rob Chief, Public Health Project Officer