

Tshe ishinakatuuenimitishuin katshi thistaukuin kie ne ka ishpish thistaukuin

Tshitashinukashun:

Ka ispish inniuin: (Pishum/Tshishuk/Pupun)
Tshi takushiukanum/ Innu Kanu

Ka ishipish thistaukuin ne tshireteikan COVID-19 Ntukun

Tatuau tshiastakuin	Tshishuk Katshistaukuin	Ntukun Tshitashun etistet	Tanta tshiastakuin	Eshinikashut kie etuteset ne katshistauk
1.				
2.				

Tshitshistaukuin ume tsheetin:

- Kutunu ashu petetat etashikistet tshika tan nete katshistaukuin.
- Tshe uitamut nitukuniskuess iakushiu matshiuni kie ka minuenimuini.

Ne nikukun ume tshipa ishi matenten nete tshiat muk tshika itsheuepinu kau, Ne tshitshue eshi matentakuak katshi thistauakantshi auen:

- Tshika iakushin kie put tshika patshipanu nete miam katshistaukuin. (etakat tshekuan tshe istain miam maskami kie put etatshikamaputakant kashikueniss)
- Tshika tshi put eikushin, sthistauan tshika tshi akushin, tshika tshikatshitushin, tshika shikateuenmatshiu, tshika tsheshteupan, tshika ustamatshiun, tshika tshipakamun kie tshiskana tshipa tshi akunshin. Ntukun Acetaminophen mak Ibuprofen tshika tshi kuten.
- Tshika tshi patshipan nete tshikutapan muk uenipasish en tshikeispan iat. Umenu kuuitakaneui katshi nishuau thistauakantshi auen eukun tshipa ishimatentam.

Eku umenua etu tshipa ianametakuna eshimatentak auen katshi thistauakantshi:

- Ne kamamashaui epepeskushepint uiat auen kie e tshinatshet.
- E patshipant nete utastamikut, utenit kie ukutakant auen.
- E ustutamut miam katshi neneua itu auen.

Ishimatentani muenua tshe eimin nete 9-1-1, Peikusteu, peik mak peik.

Eku nemeua etu e ianamentshi tshekuana ute tsheimieuk: 497-3933 kie ntukun tshuapit.

Ume tshekuan natem tshe uitshissitameuk:

- **Nass tshika uitakushin tshe tshi thistaukuin nishuau, minuat uishamukuini ttshe tukushini ekukun tshe minu atussemikak nete ntukun katshistaukuin.**
- **Kie nantem eshk tshika uituten ne eitashimakuiak miam tshetshi iapistain tshekuan tshe iakueimin tshe skut mak tshetun, tsheka pessish eitain nete etat auen, tshe staputain tshetitshia natem.**
- **Tsheka Kutak utinaman tshireikan umue tshe ishitshistakuin. Neu minastakana tshika ishiuapatan patush tshe thistaukuin minuat.**
- **Nass tshenakatuataman tsheka utuassimin umenu tshe isheitshistakuin.**
- **Tshepeitain ne minshineukan kaminikuin ueskat katshistakuin mak tshika ui uiten tshek eka minuskuakuin nete tshireikan.**
- **Tshe minukanatuentikman ume mishineikan ne uiatakan eshi thistaukuin.**