

Tshe ishinakatuenimitishuin katshi tshistaukuin kie ne ka ishpish tshistaukuin

Tshitashinukashun:

Ka ispish inniun: (Pishum/Tshishuk/Pupun)

Tshi takushiukanum/ Innu Kanu

Ka ishipish tshistaukuin ne tshisteikan COVID-19 Ntukun

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

Tshitshistaukuin ume tsheitin:

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

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

- Tshika iakushin kie put tshika patshipanu nete miam katshistaukuin. (etakat tshekuan tshe istain miam maskami kie put etatshikamaputakant kashikueniss)
- Tshika tshi put eikushin, sthistan tshika tshi akushin, tshika tshikatshitushin, tshika shikateuenmatshiu, tshika tsheshteupan, tshika ustamatshiu, 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 tshistauakantshi auen eukun tshipa ishimatentam.

Ekumenua etu tshipa ianametakuna eshimatentak auen katshi tshistauakantshi:

- Ne kamamashau epepeskushepint uiat auen kie e tshinatshetat.
- 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.

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

Ume tshekuan natem tshe uitshissitameuk:

- **Nass tshika uitakushin tshe tshi tshistaukuin 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 tshisteikan umue tshe ishitshistakuin. Neu minastakana tshika ishiuapatan patush tshe tshistaukuin minuat.**
- **Nass tshenakatuataman tsheka utuassimin umenu tshe isheitshistakuin.**
- **Tshepeitain ne minshineukan kaminikuin ueskat katshistakuin mak tshika ui uiten tshek eka minuskuakuin nete tshisteikan.**
- **Tshe minukanatuentikman ume mishineikan ne uiatakan eshi tshistaukuin.**