ᐃᑲᔪᖅᑏᑦ ᑐᑭᓯᒋᐊᖅᑎᑦᑎᕙᑦᑐᑦ ᓄᓇᖃᖅᑳᖅᓯᒪᔪᑦ ᓯᕗᓕᖅᑎᓄᑦ
ᓄᕙᒡᔪᐊᕐᓇᖅ-19−ᒧᑦ ᐸᕐᓇᐅᑎᓕᐅᕐᓂᕐᒧᑦ ᐊᒻᒪᓗ ᑐᑭᓯᒋᐊᕈᑎᖏᑦ

ᖃᓄᖅ ᑲᓇᑕᒥ ᐃᓅᕐᓯᒧᑦ ᐊᓐᓇᐅᒪᔾᔪᑎᓕᕆᕙᑦᑐᑦ ᐃᑲᔪᖅᑎᖏᑦ

ᐃᑲᔪᓲᖑᖕᒪᖔᑕ

ᑲᓇᑕᒥ ᐃᓅᓯᕐᒧᑦ ᐊᓐᓇᐅᒪᔾᔪᑎᓕᕆᕙᑦᑐᑦ ᐃᑲᔪᖅᑎᖏᑦ, ᑮᓇᐅᔭᖃᖅᑎᑕᐅᓪᓗᑎᑦ ᓄᓇᖃᖅᑳᖅᓯᒪᔪᓂᒃ ᐱᔨᑦᑎᕋᖅᑏᑦ ᑲᓇᑕᒥ / ᐊᓪᓚᐃᑦ ᐊᒻᒪᓗ ᐃᓄᐃᑦ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔭᐅᓂᖏᑕ ᐊᕕᑦᑐᖅᓯᒪᓂᖓᑦ, ᓴᖅᑮᓯᒪᕗᖅ ᐃᑲᔪᖅᑏᑦ ᑐᑭᓯᑎᑦᑎᒋᐊᖅᑐᑎᑦ ᐊᑐᖅᑕᐅᓲᑦ ᐃᑲᔫᑎᖃᐅᕈᓘᔭᖅᑐᑎᑦ ᓄᓇᖃᖅᑳᖅᓯᒪᔪᑦ ᓄᓇᓕᖕᓂ ᓯᕗᓕᖅᑎᐅᔪᓄᑦ. ᐃᑲᔪᖅᑏᑦ ᑐᑭᓯᒋᐊᖅᑎᑦᑎᕙᑦᑐᑦ ᓴᖅᑭᖅᑎᑕᐅᓯᒪᕗᖅ ᐋᖅᑭᒃᓱᐃᖃᑎᖃᖅᓯᒪᓪᓗᑎᑦ ᐊᓯᖏᑦ ᓄᓇᖃᖅᑳᖅᓯᒪᔪᑦ ᐃᑲᔪᖅᑏᑦ ᑐᑭᓯᑎᑦᑎᒋᐊᖅᐸᑦᑐᑦ, ᓲᕐᓗᒃ ᐊᓪᓚᐃᑦ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᓂᕐᒧᑦ ᐊᐅᓚᑦᑎᔩᑦ ᑲᑐᔾᔨᖃᑎᒌᖏᑕ ᑐᑭᓯᖏᐊᕐᕕᖓᑦ. ᐃᑲᔪᖅᑏᑦ ᑐᑭᓯᑎᑦᑎᒋᐊᖅᑐᑎᑦ ᑐᑭᓯᒋᐊᖅᑎᑦᑎᔪᓐᓇᖅᑐᖅ ᐊᒻᒪᓗ ᓇᒧᑦ ᐃᑲᔪᖅᑕᐅᔪᓐᓇᕐᓂᔅᓯᖕᓂᒃ ᐅᖃᐅᔾᔨᔪᓐᓇᖅᑐᑎᑦ ᐅᑯᐊ ᐱᓪᓗᒋᑦ:

` ᐸᕐᓇᑎᑦᑎᓗᑎᑦ ᐋᓐᓂᐊᖅᑐᓕᕆᓂᕐᒧᑦ ᑐᐊᕕᕐᓇᖅᑐᖃᖅᑐᐊᓘᑎᓪᓗᒍ ᓲᕐᓗᒃ ᑐᑭᒧᐊᑦᑎᑦᑎᒍᑎᖃᐅᖅᑐᑎᑦ ᐊᒻᒪᓗ ᐱᓕᒻᒪᒃᓴᐃᓲᑦ ᖃᓄᖅ ᓴᐳᔾᔨᔪᓐᓇᕐᒪᖔᑦ ᓄᓇᓕᒋᔭᐃᑦ.

` ᐋᓐᓂᐊᖅᑕᐃᓕᒪᓂᕐᒧᑦ ᑐᑭᒧᐊᕈᑏᑦ ᓲᕐᓗᒃ ᐊᒡᒐᓂᒃ ᐅᐊᓴᖃᑦᑕᓂᕐᒧᑦ, ᐃᓅᖃᑎᒥᓂᒃ ᐅᖓᓯᒃᓴᖃᑦᑕᕐᓗᑎᑦ ᐊᒻᒪᓗ ᐊᐃᑦᑐᐃᑦᑕᐃᓕᒪᓂᕐᒧᑦ ᐊᐅᓚᑦᑎᓂᕐᒧᓪᓗ ᑐᑭᒧᐊᑦᑎᑦᑎᓲᑦ.

` ᓄᓇᓖᑦ ᖃᓄᐃᑦᑕᐃᓕᒪᑎᑕᐅᓪᓗᑎᑦ ᓴᐳᔾᔭᐅᓪᓗᑎᓪᓗ ᓲᕐᓗᒃ ᖃᕋᓴᐅᔭᒃᑯᑦ ᑐᑭᓯᒋᐊᕈᑎᖃᐅᖅᑐᑦ ᓄᑕᖅᑲᓄᑦ ᒪᒃᑯᒃᑐᓄᓪᓗ, ᐊᑐᖅᑕᐅᖁᔭᐅᓯᒪᔪᓪᓗ ᐃᓚᒌᑦ ᖃᓄᐃᓕᐅᕈᓐᓇᕐᓂᖏᑦ ᖃᓂᒌᓗᐊᖅᑕᐃᓕᓯᓐᓈᕐᓗᓯ, ᐊᒻᒪᓗ ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᑦᑕᐃᓕᒪᖁᓪᓗᒋᑦ ᐃᓄᐃᑦ ᐃᑲᔫᑎᒃᓴᐅᔪᓐᓇᖅᑐᑦ.

ᖃᐅᔨᒪᔭᐅᔪᑦ, ᐃᑲᔫᑎᒃᓴᑦ ᐊᑐᖅᑕᐅᓗᑎᑦ ᐊᒻᒪᓗ ᑭᒃᑯᓐᓄᑦ ᐃᑲᔪᖅᑕᐅᔪᓐᓇᕐᒪᖔᑦ ᑐᑭᓯᒋᐊᕈᑎᖏᑦ ᑲᑐᔾᔭᐅᔪᑦ ᐃᑲᔪᖅᑏᑦ ᑐᑭᓯᒋᐊᖅᑎᑦᑎᔨᖏᑎᒍᑦ ᐃᑲᔪᕋᔭᖅᑐᑦ ᓯᕗᓕᖅᑎᓂᒃ ᓄᓇᖃᖅᑳᖅᓯᒪᔪᑦ ᓄᓇᓕᖏᖕᓂᒃ ᓇᖕᒥᓂᖅ ᐸᕐᓇᐅᓯᐅᕐᓗᑎᑦ ᓄᕙᒡᔪᐊᕐᓇᖅ−19 ᐱᔾᔪᑎᒋᓪᓗᒍ.

ᑭᓱᓂᑦ ᓂᕆᐅᒍᓐᓇᖅᐳᖔ ᐅᖄᓚᓐᓂᕈᒪ?

ᓯᕗᓪᓕᖅᐹᕐᒥ ᐅᖄᓚᒋᐊᓯᑎᓪᓗᑎᑦ ᐃᑲᔪᖅᑏᑦ ᑐᑭᓯᒋᐊᖅᑎᑦᑎᔨᒃᑯᑦ ᐅᖃᖃᑎᖃᖅᑳᕋᔭᖅᑐᑦ ᑐᑭᓯᖁᓪᓗᒋᑦ ᑭᙴᒪᒋᔭᑎᑦ ᓄᓇᓕᖕᓂᒃ ᐊᒻᒪᓗ ᖃᓄᐃᑦᑐᓂᒃ ᑐᑭᓯᒋᐊᕈᑎᓂᒃ ᕿᓂᕐᒪᖔᔅᓯ ᐊᒻᒪᓗ ᑭᒃᑯᓐᓄᑦ ᐃᑲᔪᖅᑕᐅᔪᓐᓇᕐᒪᒑᔅᓯ ᑐᑭᓯᒋᐊᖅᑎᑦᑎᓗᑎᑦ. ᓇᓗᓇᐃᔭᖅᑕᑎᑦ ᑐᓂᔭᐅᓕᕋᔭᕐᒥᔪᑦ ᐱᓕᕆᔨᓄᑦ ᑲᓇᑕᒥ ᐃᓅᓯᕐᒧᑦ ᐊᓐᓇᐅᒪᔾᔪᑎᓕᕆᕙᑦᑐᑦ ᐃᑲᔪᖅᑎᖏᑕ ᐃᖅᑲᓴᐃᔭᖅᑎᖓᓄᑦ ᑐᑭᓯᒋᐊᒃᑲᓐᓂᖅᑎᑦᑎᒐᔭᖅᑐᑎᑦ ᐊᒻᒪᓗ

ᐃᑲᔫᑎᒃᓴᓂᒃ ᐊᑐᕋᔭᖅᑕᓯᖕᓂᒃ ᐱᓕᕆᔾᔪᑎᓂᒃ ᑐᑭᓯᒋᐊᖅᑎᑦᑎᓗᑎᑦ ᐃᑲᔫᑕᐅᖁᓪᓗᒍ ᐃᓱᒫᓘᑎᒋᓗᐊᖅᑕᓯ, ᓲᕐᓗᒃ ᓄᓇᓕᐅᔪᖅ ᖃᓄᐃᑦᑕᐃᓕᒪᑎᑕᐅᓂᖓ ᐊᒻᒪᓗ ᓴᐳᔾᔭᐅᓂᖓ, ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᓂᕐᒧᑦ ᑐᑭᓯᒋᐊᕈᑎᖏᖕᓂᒃ ᐅᖃᐅᔾᔨᓗᑎᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐸᕐᓇᐅᑎᓕᐅᕐᓂᐊᑎᓪᓗᓯ ᐋᓐᓂᐊᖅᑐᖃᖅᑐᐊᓘᓕᖅᑎᓪᓗᒍ ᑐᐊᕕᕐᓇᖅᑐᓕᕆᓂᕐᒥᒃ
ᑐᑭᓯᒋᐊᖅᑎᑦᑎᓗᑎᑦ.

ᑐᑭᓯᒋᐊᒃᑲᓐᓂᖁᓪᓗᑎᑦ ᐊᒻᒪᓗ ᐅᖄᓚᓗᑎᑦ

ᐃᑲᔪᖅᑏᑦ ᑐᑭᓯᒋᐊᖅᑎᑦᑎᔨᒃᑯᑦ ᐊᑐᐃᓐᓇᐅᒪᓲᖅ 8 ᐅᓪᓛᒃᑯᑦ ᑎᑭᑦᑐᒍ 8 ᐅᓐᓄᒃᑯᑦ (ᑲᓇᑕᑉ ᕿᑎᐊᓂ ᓯᕿᙳᔭᖓᑦ ᒪᓕᑦᑐᒍ), 7 ᐅᓪᓗᐃᑦ ᐱᓇᓱᐊᕈᓯᕐᒥ ᐊᒻᒪᓗ ᐅᖄᓚᕕᒃᓴᐅᓪᓗᑎᑦ ᐅᕗᖓ 1-833-937-1597