·ᐃᑕᒪᑊ·ᐃᐣ ᑲ ᐊᐸᑎᓯᑲᑕᑭᑦ ᒥᓄᐱᒪᑎᓯ·ᐃ ᐊᑐᑦᑊ·ᐃᓂᓂᑊ ᑲ ᐃᓱ ᐊᐸᑎᓯᒋᑦ

ᐊ·ᐁᓂᑲᐣ ᑲ ·ᐃᑕᒪᑊ′ ᐅᐅᑕ?

ᑲᐣᑐᑯᓄᓂ·ᐃ ᐊᐸᑎᓯᒋᑦ ᓇᑦᑕ ᑲ ᑲᒡᑭᐅᒋᑦ ᐣᑐᑯᓄᓂᑲᒥᑯᑦ ᑲ ᐃᑕᒋᑦ ᑕᓱᓇ ᑲᓇᓇᑲᑕ·ᐁᓂᒪᒋᑦ ᑲ ᐊᑯᓯᓂᒋ ᑭ·ᐸᐊᑲᓇ ᓇᑦᑕ ᓇᑦᑕ ᑯᑕᑭᔭ ᐊ·ᐁᓂᑲᓇ

- ᑕᐱᒡᑯᒻ ᐅᑯ ᑲ ᑭᒋ ᑭᑦᑕᐸᑎᓯᒋᑦ ᐣᑐᑯᓄᓂᑦ·ᑊ·ᐊᑦ ᐣᑐᑯᓄᐣ, ᑲᐸᑦᐸᓂᒋᑦ ᐣᑐᑯᓄᓂ·ᐃ ᐅᒐᐸᓂᓱᑦ, ᒥᓴ·ᐁ ᐱᑯ ᑲ ᐃᓱ ᐣᑐᑯᐅ·ᐁᒋᑦ ᒥᓯ·ᐁ ᑲ ᐃᑕᑦᐱᓇᓂ·ᐊᓂᓂᑦ ᓇᓇᑲᑦ
- ᑕᐱᒡᑯᒻ ᓇᑦᑕ ᒥᓄᐱᒪᑎᓯ·ᐃ ᐊᑐᑦᑊ·ᐃᓂᓂᑦ ᑲ ᐊᑐᑦᑲᑕᑭᑦ ᑲᓇᓇᑲᒋᑕᒋᑦ ᑌᓕᐳᓇᓴ ᑲᑲᓯᓂᑊᒋᑦ, ᐊᐸᑎᓯ·ᐃᓇ ᑲ ᓇᓇᑲᒋᑕᒋᑦ, ᓇᓇᑲᑦ ᐊᐸᒋᑕ·ᐃᓇ, ᐅᑭᐸᐅ·ᐁᓯᑲᓇᑦ, ᑭᐸᐅᑐᑲᒥᑯᑦ ᑲ ᐊᐸᑎᓯᒋᑦ, ᐅᑭᐸᐅ·ᐁᓯ·ᐊᑦ, ᐃᒡᑯᑌ·ᐃᓂᓂ·ᐊᑦ
- ᑕᐱᒡᑯᒻ ᑲ ᐱᒥᐃ·ᐁᒋᑦ ᒥᓄᐱᒪᑎᓯ·ᐃᓂᑦ ᒥᓯ·ᐁ ᓇᓇᑲᑦ ᐣᑐᑯᓄᓂ·ᐃ ᐊᑐᑦᑊ·ᐃᓂᑦ ᐃᑌᑊᓵ ᓇᑦᑕ ᒪᑲ ᑲ ᐱᒥᐊᒋᑦ ᑭᖓᔭᐊ·ᐃᑲᒥᑯᑦ ᑲ ᐃᑕᓂᒋ ᓇᑦᑕ ᓇᓇᑲᑦ ᑲᑲᓇ·ᐁᓂᒥᒥᒋ ᑲᒪᒪᓂᓂᒋ ᐊ·ᐁᓂᑲᓇ ᐁᑲ ᑭᐸᐅᑐ·ᐃᑲᒥᑯᑦ ᑲ ᐃᑕᓂᒋ ᓇᑦᑕ ᒪᑲ ᐱᒋ ᑭᐸᐅᑐ·ᐃᑲᒥᑯᑦ ᑲ ᐃᑕᓂᒋ ᓇᑦᑕ ᐁᑲ ᑲ·ᐃᑭᓂᒋ ᐊ·ᐁᓂᑲᓇ ᓇᑦᑕ ᑲ ᐃᓱ ᓇᒋᐣᑐᑯᓄᓇᓂ·ᐊᑭ ᓇᓇᑲᑦ ᑲ ᐃᓱᓇ·ᑲᑭ

ᑎᐱᓇ·ᐁ ᑲ ᐃᓱ ᓇᓇᑲᑕ·ᐁᓂᒥᑎᓯᓇᓂ·ᐊᑦ ᐅᒪ ᐅᒋ ᐊᑯᓯ·ᐃᐣ ᐊᑭᑯ·ᐃ ᒪᐣᒍᒡ

- ᒥᓯ·ᐁ ᑕᑐ ᐊ·ᐁᓂᑲᐣ ᑲ ᐊᐸᑎᓯ′ ᑲᑕ ᓇᓇᑲᒋᐃᑎᓯᑦ ᐅᒪ ᐅᒋ ᐊᑯᓯ·ᐃᓂᓂᑦ ᑭ ᐊᑎ ᐃᑕᒪᒋᐅ′

ᐅᓴᑦ ᑲ ᐃᑕᒪᒋᑕᓂ·ᐊᑦ ᐊᑯᓯ·ᐃᐣ	38° ᐁ ᐃᑦᐸᓂᑦ ᑭᐱ·ᐊᐱᑦᑯᑲ ᐅᒋ ᑭᑦᑭᓂᑕᒪᐣ ᑭᓯᓯ·ᐊᓇ ᓇᑦᑕ ᐱᑯ ᐊᒋᑭᐣ ᐁ ᐃᑦᐸᓂᑦ ᐁ ᐅᑐᑦᑐᑕᒪᐣ, ᐁᓇᓄᑌᑕᒧᔭᐣ ᓇᑦᑕ ᐁᑲ ᑊᑲᔭᑦ ᐁᑭᓇᓇᔭᐣ ᐁ·ᐃᓴᑭᑯᑕᑦ·ᑭᔭᐣ ᐁ ᐅᒋ ᑲ·ᐃᒐᕋᔭᐣ ᐁᒐᒐᒧᔭᐣ ᓇᑦᑕ ᐁᑭᐳᒐᒐᔭᐣ ᓇᑦᑕ ᐁᒥᓂᑦ·ᑭᔭᐣ ᐁᑲ ᑊᑲᔭᑦ ᐁ ᑭᑯᒋᓯ·ᑭᓂᔭᐣ ᐁᑲ ᐁᒥᓇᑕᒋᑭᔭᐣ ᓇᑦᑕ ᐁᑲ ᐁᓂᓯᐣᑐᑦᐱᒋᑭᔭᐣ ᐁ<<ᑯᒧᔭᐣ ᐁᒪᒥᓯᔭᐣ ᓇᑦᑕ ᐱᑯ ᐁᑌ·ᐊᑕᔭᔭᐣᓵ
ᐁᑲ ᓱᑭ ᑲ ᐃᑕᒪᒋᐅᓇᓂ·ᐊᑦ	ᑭᑕᑕ·ᐃᐣ ᑲ ᐊᔭᑦ·ᑭᓂᒧᓇᓂ·ᐊᑦ ᑲ·ᐃᑭᑘ·ᑭᔭᓂᒧᓇᓂ·ᐊᑦ ᐁᑲ ᑊᑲᔭᑦ ᑲ ᑭ ᒪᒥᐣᓄᓂᒋᑲᑌᑦ ᐸ·ᑲᐣᑕᑦ ᑲ ᐃᑌᓂᒧ′ ᐊ·ᐁᓇᓵ ᐊ·ᐁᓂᑲᐣ ᑲ·ᐃᐸᑯᒪᒋᐅ′ ᐁᐸᐸᑯᒧ′ ᐁᑭᓕ·ᐊᑘᑌᑦ ᑲ·ᐃᑲ·ᐊᑌᓂᒧ′ ᑲᑌ·ᐃᑦᑎ·ᑲᓇᓂ·ᐊ ᐯᑘᑭᑘ ᐅᑯᑕᑘ·ᑲᑦ ᑲ ᐃᓱ ·ᐃᑐᑲᓇᒋᐅᓇᓂ·ᐊᑦ ᐁᑲ ᑲᓂᓯᐣᑐᑦᐱᒋᑲᑌᑦ ᑭ·ᑲᐣ ᐁᑲ ᓇᑦᑕ ᑲᒥᓇᒋᑲᓂ·ᐊᑦ ᐁᑭᓱᐸᓂᑦ ᒥᑌᐃ ᐁᓇᓱᐸᓂᑦ ᒥᑯ ᒥᐣᓂ ᐁ ᐊᔭᑦᑯᓯᓇᓂ·ᐊᑦ ᐁᓂᓇᒥᒪᒋᐅᓇᓂ·ᐊᑦ ᐁᑲ ·ᐊ·ᐊᒻ ᐁ ᑭ ᐊᓵᒪ·ᐊᓱ′ ᐊ·ᐁᓇ

- ᐅᒪ ᐊᑯᓯ·ᐃᐣ ᑲ ᑭ ᐊᑎ ᒧᓱᑕᐣ ᑭᑘ·ᑲ 14 ᑭᓱᑲ·ᐊ ᑭᑘ·ᑲ ᐯᓵ·ᐊᐸᒪᑌ ᐊ·ᐁᓇ ᐁ ᐊᔭ′ ᐅᒣᓂ° ᐊᑯᓯ·ᐃᓂᓂ°
- ᐊᑎ′ ᐊ·ᐁᓂᑲᓇᑦ ·ᐃᑭ·ᐊᑦ ᐱᑯ ᐃᓱ ᐣᑐᑯᐅ·ᐊᑦ

ᐁᓇᓇᑕᐧᐊᐸᑕᒪᐣ ᕿ ᑭ ᐅᒋ ᐧᐃᒋᐃᑲᐧᐃᔭᐣ

- ᑭᔕᑦᐱᐣ ᐊᔭᔭᓄ ᐅᒪ ᐊᑯᓯᐧᐃᐣ ᐁᑯᔑ ᐃᔑ ᐊᔭᒥ ᑭᒋ ᐅᑭᒪᐧᐃ ᐊᐧᐣᕿᓇᑲᓇᐧ ᑲ ᐃᔑ ᐊᐸᑎᓯᒋᐧ ᑭᒋ ᐣᐧᑕᒪᔭᐣ ᐊᓂᐃ ᑲ ᐊᐸᑕᑭ ᑭᓇ ᑎᐱᓇᐧᐁ ᑭᒋ ᓇᓇᑲᒋᑕᔭᐣ ᐁᑎᑎᔭᐣ ᐅᒪ ᐃᑕᓯᓇᐡᐧ (covid-19.ontario.ca/self-assessment) ᑭᒋ ᓇᓇᑕᐧᐃ ᑭᑦᕿᓂᑕᒪᐣ ᕿ ᑭ ᐅᒋ ᐧᐃᒋᐃᑲᐧᐃᔭᐣ

- ᑭᔕᑦᐱᐣ ᑲᐡᑭᑕᔭᓄ ᑭᒋ ᓇᓇᑲᑕᐧᐁᓂᒥᑎᓯᔭᐣ ᑭᑭᐧ ᐁ ᐊᑯᓯᔭᐣ ᑕᐧᐁᓂᒪᐡ ᒪᑲ ᐣᑐᑯᓄᓂᑦᔕᐧ ᑭᒋ ᐯᒋ ᓇᓇᑐᒥᑦᐧ ᐅᒣᓂᐧ ᐅᒋ ᐊᑯᓯᐧᐃᓂᓂᐧ ᐅᑕ ᐃᔑ ᐃᑕᐱ COVID-19 Assessment Centre (OttawaPublicHealth.ca/COVIDCentre)

- ᑭᔕᑦᐱᐣ ᒥᑦᑕᐃ ᐁᑎᑕᒪᒋᐅᔭᐣ ᑭᓄᓄᐧᐃᓂᐧ ᓄᑦᑕ ᐁᑭᓯᓯᔭᐣ ᐁᐅᑐᑦᑐᑕᒪᐣ ᐁ ᐊᑯᓯᐧᐃ ᒪᒋᐅᔭᐣ ᐁᓇᑕᐧᐁᓂᑕᒪᐣ ᑭᒋ ᐣᑐᑯᐃᑲᐧᐃᔭᐣ ᐅᑕ ᐃᔑ ᐃᑕᐱ ᑲ ᐃᔑ ᓇᒋ ᐣᑐᑯᓄᓇᓂᐧᐊᐧ COVID-19 Care Clinics (OttawaPublicHealth.ca/COVIDClinic)
- ᑭᔕᑦᐱᐣ ᐁᒪᒥᑕᐧᐁᓂᒧᔭᐣ ᑕᐅᐱᐡᑯᐨ ᐁᑲ ᐁ ᑭᓄᓄᔭᐣ ᐁᑌᐧᐊᑦᑭᑲᓄᔭᐣ ᓄᑦᑕ ᐱᑯ ᐁᐧᐃᑭᐡᐧᕿᔭᐣ ᒥᑐᓂ ᐁ ᐅᓴᒥᒪᒋᐅᔭᐣ ᐃᑐᑌ ᐊᑯᓯᐧᐃᑲᒥᑯᐧ ᓄᑦᑕ ᐅᑕ ᐃᔑ ᐊᔭᒥ 9-1-1

ᑲ ᐃᑕᑦᑌᐧ ᐁᓇᓇᑐᒥᐧ ᐊᐧᐁᓇ

- ᑭᔕᑦᐱᐣ ᐊᐧᐁᓂᑲᐣ ᑭᑭᐧ ᑲ ᐃᑕᐟ ᐊᑯᓯᑌ ᑕᓇᓇᑕᐧᐃ ᑭᐧᕿᓂᒪᑲᓂᐧᐊᐣ ᐁᔭᐧᕿ ᐅᒣᓂᐧ ᐊᑯᓯᐧᐃᓂᓂᐧ

- ᐊᓇ ᒪᑲ ᑲᓇᓇᑐᒥᐟ ᐅᒣᓂᐧ ᐅᒋ ᐊᑯᓯᐧᐃᓂᓂᐧ ᐁᐊᔭᐧᕿ ᑭᒋ ᐅᑭᒪᐧᐃ ᐊᐧᐣᕿᓇᑲᓇᐧ ᑲ ᐃᔑ ᐊᐸᑎᓯᒋᐧ ᐃᔑ ᓇᓇᑕᐧᐃ ᑭᑦᕿᓂᑕ ᑭᔕᑦᐱᐣ ᐁᔭᐧᕿ ᐅᒣᓂᐧ ᐊᑯᓯᐧᐃᓂᓂᐧ ᑭᒋ ᑭᐧᐃᑕᒪᑲᐧᐃᔮᐧ ᒪᑲ ᐅᒪ ᐃᑕᓯᓇᑌᐧ covid-19.ontario.ca
- ᐊᓂᑭ ᐊᑕᐧᐊ ᑲ ᐊᐸᑎᓯᑲᑕᑭᐧ ᑭ ᑲᐧᐃᑕᒪᐧᑲᐧ ᑭᔕᑦᐱᐣ ᐁ ᐊᔭᐧᐊᓄ ᐅᒪ ᐊᑯᓯᐧᐃᐣ
- ᐃᑭᕿ ᐅᒪ ᐅᒋ ᑲᓇᓇᑐᐧᐃᒥᑲᐧᐃᔭᐣ ᕿᑕᑕᐧᐃᐣ ᕿᐧᑲᐣ ᑲ ᐃᑭᐧ ᐅᑕ ᐃᔑ ᓇᓇᑕᐧᐃ ᑭᑦᕿᓂᑕ ottawapublichealth.ca/en/professionals-and-partners/hcp-ncov.aspx ᑲᐧᐃᑕᒪᑲᐧᐃᐣ ᒪᑲ ᕿᑐᑕᒪᐣ ᕿ ᓄᓯᓄᐊᒪᐣ ᐅᒪ ᐃᑎᔭᓄ

OttawaPublicHealth.ca
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613-580-6744
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/OttawaHealth
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ᑭᖅᑎᓇᒻ ᑭᑭᑦ ᐱᑯ ᐃᑕ ᐁᑲ ᑭᑉ ᑉᐊᓇᑉᐃᔭᑦ ᑭᒋ ᑭᐸᐅᑎᓯᔭᑦ

- ᑲᑉᑫ ᑐᑕ ᐁᑲ ᑭᒋ ᒥᑯᒡᑲᒋᒋᑦᔭᑦ ᑲ ᐃᑦ ᐃᑕᒋᑦ ᐊᑉᐁᓂᑲᓇᑦ ᑲᑉᐊᑫᑉᐃᓗᒋᑦ ᐊᓂᑭ ᓗᖅᑕ ᑲᔭᑯᓯᑉᐊᑎᓯᒋᑦ ᑲ ᑦᑐᑯᐅᒋᑦ ᐁᑲ ᑲᑎᐱ ᒪᒡᑲᑉᐃᓯᒪᑲᓂᓂᑦ ᑉᐃᔭᑉᐃᑉᐊᑉᐊ ᓗᖅᑕ ᒪᑲ ᑲ ᑭᖓᔭᐊᑉᐃᒋᑦ
- ᑲᑉᐃᓇ ᑭᑐᒐ ᑲ ᐃᑦ ᐃᑕᔭᑦ ᑭᒋ ᐸᐸᒧᒐᔭᑦ ᒧᓇ ᐅᒪ ᑲ ᓂ ᑐᒐᑦᓯ ᑉᒥᒋ ᐱᑯ ᑲ ᐃᑦ ᑕᑦᑫᔭᑦ ᑭᓇᑕᑉᐁᓂᑕᑯᓯᑦ ᑭᒋ ᐃᑦ ᐃᑕᔭᑦ ᑲ ᑭᑉᐊᓇᑉᐃᑲᐸᑉᐃᑦ ᑭᑭ ᒪᑲ ᐱᑯ ᑉᒥᒋ ᑲ ᐃᑦ ᒋᒪᒐᑦ ᐅᒪ ᑲᑭᑐᒐᑦ ᖅᑎᑕ ᒪᑲ ᑲ ᐃᑦ ᒐᑎᑕᑲᑦ ᑭᑭᑦ ᑉᐊᓇᑉᐃᑎᒥᑦ ᑲ ᑭ ᐃᑦ ᑉᐊᓇᑉᐃᑲᐸᑉᐃᑦ ᑭᒋ ᑕᑲᑉᑎᒧᔭᑦᓯ
- ᑲᑉᐃᓇ ᒪᑲ ᖅᑎᑕ ᒪᒥᑎᑎᑦ ᑲ ᐃᑦ ᐃᑕᔭᑦ ᒪᑉᐊᒻ ᐊᑉᐊᑫᔅᑦ ᒧᓇ ᓇᑕᑉᐁᓂᑕᑯᓯᑉᐊᑦ ᑭᒋ ᒪᒥᑎᑎᒋᑦ ᑲ ᐃᑦ ᐊᑕᔭᑦ
- ᑭᑭᑦ ᐁ ᐃᑕᔭᑦ ᑲ ᐃᑦ ᐅᓂᐯᐅᑲᒥᑯᔭᑦ ᐱᑯ ᐃᑕ ᖅᑎᑕ ᒪᑲ ᐯᔭᑯᑕ ᐱᑯ ᑉᐊᓇᑉᐃᑉᐃᑲᒥᑦ ᑫ ᐊᐸᒋᑕᔭᑦ ᑲᒡᑭᑕᔭᖅ
- ᑉᐊᓇᑉᐃᔭᖅ ᑲ ᑭᓂᐯᑉᐃᑲᒥᑯᑦ ᐅᒋ ᑲᑉᐃᓇ ᐯᓕᑉᐊᐸᒥᑦ ᐊᑉᐁᓂᑲᓇᑦ ᑯᑉᑕᓯ ᒥᓯᑉ ᑲᓇᑫ ᑭᒋ ᐃᑉᐱᓯᑉᐊᐸᒪᒋᑦ ᖅᑎᑕ ᒪᑲ ᐊᑉᑎᓴᑦ ᑭᒡᑲᑉᐃᑦ ᖅᑎᑕ ᐊᑯᑐᖅᐱᓯ ᑭᒋ ᒪᓇᒋᐊᒋᑦ ᑲᑉᐃᒋᑕᑦᑫᒪᒋᑦ ᐁᑲ ᑭᒋ ᐊᑯᓯᒋᑦ
- ᑲᑉᐃᓇ ᒧᑉᐊᐱᑉᑕᑐᑦ
- ᑲᑉᐃᓇ ᑭᑐᒐ ᑭᑭᑦ ᑭᒋ ᑭᒋ ᐸᐸᒧᒐᔭᑦ ᐸᑎᒪ ᐱᑯ ᓇᒋᑦᑐᑯᓄᖅᔭᖅ
- ᑲᑉᐃᓇ ᐸᓯᑦ ᐳᓯ ᖅᑎᑕ ᐱᑯ ᑕᑭᓯ
- ᑲᑉᐃᓇ ᐃᑐᒐ ᑭᑉᑭᓄᐊᒪᑐᑉᐃᑲᒥᑯᑦ (ᓴᑯᒻ ᑲ ᑭ ᐃᑦ ᐊᔭᒥᑦ)
- ᑲᑉᐃᓇ ᐃᑐᒐ ᒥᒋᒥ ᑉᓴᐱᑦ ᖅᑎᑕ ᑦᑐᑯᓄᓂᑉᓴᐱᑦ
- ᑭᓴᑉᐱᑦ ᐁᓇᑕᑉᐁᓂᑕᒪᑦ ᑫᑉᑲᓇ ᑲ ᑉᐃ ᐊᐸᒋᑕᔭᑦ ᑲᑉᓴᐱᑫᑉᑕᒪᑦ ᑭᐯᔭᑯᒐᑉᐃᓯᑦ ᖅᑎᑕ ᐱᑯ ᑭᑐᒐᑦ ᐊᑉᐁᓂᑲᑦ ᐱᑯ ᑭ ᑲ ᐊᐸᒋᐊᑉ ᐁᑲ ᑲ ᐅᒋᐃᑉ ᑭᒋ ᐸᐸᒧᒐᑉᓯᑦ

- ᑭᑎᒡᒃᑲᒐᒥᑦ ᐧᐊᓇᐧᐃᑎᒥᑦ ᒪᑲ ᐱᑯ ᑲᑕᓇᑲᑕᑦ ᑭᑕᔭᓇ ᑲ ᑭᐧᓂᐱᑫᑦᑕᒪᑦ ᐅᑲ ᑭᒋ ᐅᔾᒥ ᐯᓇᐧᐊᐸᒥᑐᓇᓂᐧᐊᑦx
  ᑭᓂᑦᐱᑉ ᒪᑲ ᐅᑲ ᑭᑭᑫ ᐅᒪ ᐅᑕ ᐃᓱ ᐊᔭᒥ 2-1-1 ᒪᓯᓇᒐᑊ ᐅᒪ ᐃᑕᐧᐃᓂᑦ ᑲ ᐃᓱ ᐃᑕᔭᑉx ᑭᒋ ᐅᑭᒪᑊ ᐅᐧᐃᒋᐃᐧᐅᐧᐃᓇ ᒪᓯᓇᒐᓂᐧᐊ ᓄᑦᑕ ᑲ ᑉᑐᑯᓄᓂᐧᐃ ᐊᐸᑎᓯᒋᑦ ᐊᑕᐧᐊᑦ ᐃᑕᐧᑲᐧᓇ ᑭᒋ ᑭ ᑲᒋᑎᓇᒪᑉx

- ᑭᓂᑦᐱᑉ ᐊᐧᐅᓂᑲᑉ ᐧᐃᐧᐃᑉᐧᐊᒐ ᓄᑦᑕ ᐊᔭᒥᐊᒐ ᑯᒋᑕ ᐅᑲ ᑲᓇᑫ ᑭᒋ ᐅᔾᒥ ᐯᓇᐧᐊᐸᒪ′ ᐊᐧᐅᓂᑲᑉ ᑲᓇᑫ ᑯᐧᑕᓯ ᒥᓯ′ ᑭᒋ ᐃᑦᐱᓯ ᐧᐊᐸᒪ′ ᑯᑕ ᐊᐧᐅᓇ

ᐅᑕ ᐃᓱ ᐃᑕᐱ ᐅᐧᐃᓇᓇᑕᐧᐃ ᑭᑦᑭᓂᑕᒪᑉ ᕿᐧᑲᑉ **OttawaPublicHealth.ca/Self-Isolate**

ᑲ ᐃᑕᑦᑐᑦ ᑭᒋ ᑭᐳᓂ ᑭᐸᐅᑎᓯᔭᑉ

- ᐅᐧᐃ ᐳᓂᑭᐸᐅᑎᓯᔭᑉ ᕿ ᐃᓱᓇᐧᑲᑦ ᐱᑯ ᓄᑦᑕ ᐱᑯ ᑲ ᑭᑦᕿᓂᑕᒪᑉ ᐊᐧᐅᓂᑲᑉ ᑲ ᑭ ᐱᒋ ᐯᓇᐧᐊᐸᒪᐧᐊᑐ ᑲᔭᑯᓯ′ ᐅᐊᔭᐧᐊ′ ᐊᑯᓯᐧᐃ ᐊᑭᐧᑲ ᒪᑉᒍᓂ ᕿ ᐃᐧᑐᒪᑲᑦ ᒪᑲ ᐱᑯ ᑲ ᑭᓇᓇᑕᐧᐃ ᑭᑦᕿᓂᒥᑲᐧᐃᔭᑉ ᐱᑯ ᑕᐃᑭᑉ

- ᐧᐃᑕ ᒥᓯᐧᐅ ᕿᐧᑲᑉ ᐅᑕ ᑲ ᐊᑎ ᐃᓱ ᓂᐱᑐᓯᓇᑐᑦ

ᑲᑎᐱᔅᑫᓂᒥᒋᑦ	ᐅᑕᑦᑐᑦ
ᓇᓇᑕᐧᐃ ᑭᑦᕿᓂᒥᐧᐅᐧᐃᑉ ᐅᓱᓇᐧᑲᑦ	ᐊᐸᒋᐊᑲᑉ ᐅ ᐊᔭ′ ᐊᑯᓯᐧᐃᓂᓂᐧ ᐅᑭᑦᕿᓂᒥ′ ᑭᒡᐧᑲ ᐅᓇᑐᒥ′ ᑲᑕ ᐃᑕᑲᓂᐧᐊᑉ ᒋᑦ ᐃᑲᑐᓂ′ ᐱᑕᒪ ᑲᓇᕿ 24 ᐅᑭᓂᐧᑲᓂᒡᑲᓂᒋ ᐱᓯᒧᑲᓇ ᑭᓂᑦᐱᑉ ᓄᐧᑲᓂᓂᕿ ᑲ ᐃᓱ ᓇᓇᑐᒥ′x ᒥᓇ ᒪᑲ ᑕᐱ ᐅᑎᓂᑲᑐᓂᕿ ᕋᐧᑲᓂᓂᕿ ᒪᑲ ᑕᐧᐯ ᐅ ᐅᔭ′ ᐊᑯᓯᐧᐃᓂᓂᐧ ᑲᓇᓂ 7 ᑭᓱᑲᐧᐊ ᑲᑕ ᐯᐅᐧ
ᐅᑲ ᑲ ᐱᓯᑦᕿᓂᒥ′ ᑭᒋ ᓇᓇᑐᒥ′	ᑲᑕ ᑲᒡᑭᑕᐧ ᑭᒋ ᑭ ᑭᐧᐅ ᐊᐸᑎᓯ′ ᑭᒡᐧᑲ 14 ᑭᓱᑲᐧᐊ ᐅᑲ ᒥᓇ ᑭᐧᐅ ᐊᑯᓯᐧᐃᒪᒋᐅᑐ ᕿ ᐃᑕᓇᐧᐊᑎᑯ′ ᐱᑯ ᑲ ᐊᐸᒋᐃᑯ′ ᐅᒪᓇᒋᐃᒋᑦ ᐱᑯ ᐊᐧᐅᓂᑲᓇᑦ ᐅᒪ ᕿ ᐅᒋ ᑐᒋᑲᑐᑦ

- ᑭᓂᑦᐱᑉ ᐅ ᐊᐸᑎᓯᔭᑉ ᑲ ᐃᓱ ᐱᒥᑕᓂᐧᐊᑦ ᒥᓄᐱᒪᑎᓯᐧᐃᑉ ᑲ ᐧᐊᐸᑐᑉ ᐅᐧᑕᓂᐧᐊᑦ ᐅᒪ ᐅᒋ ᐅᑕ ᒐᐸᓱᒡᑐ ᒪᓯᓇᒐᑊ

ᐊᐸᑎᓯᑦᐃᓂᑊ ᑎᐱᓇᑦᐅ ᑭᒋ ᓇᓇᑲᒋᐃᑎᓯᓇᓂᑦᐊᑊ

- ᐸᔭᐅᓯᓇᐅᑉ ᐸᑎᒪ ᐱᑯ ᑲ ᐃᓱ ᓄᒋᑕᓂᑦᐊᑊ ᒥᓄᐱᒪᑎᓯᑦᐃᑦ ᐃᓱ ᐊᐸᑎᓯᐅ ᐊᑦᐅᓇ ᑕᐱᒡᑯᒻ ᐊᑯᓯᑦᐃᑲᒥᑯᑊ ᓐᑦᑕ ᐱᑯ ᑭᖑᔭᐊᑦᐊᑊ ᑲ ᐃᓱ ᑲᓇᑦᐅᓂᒥᒋᑊ

- ᐊᐸᒋᐊᑲᑦ ᓇᑊᐱᒻ ᑲ ᐃᓱ ᓇᑕᑦᐅᓂᑕᑦᑲᓂᓂᑊ ᐅᑕᑐᑦᑫᑦᐃᑦ ᑦᐃᐸᒻ ᑲᑕ ᑭᑦᐅ ᐊᐸᑎᓯᑉ ᔕᑯᒻ ᑲᑕ ᓇᓇᑲᑕᑦᐅᓂᒪᑲᓂᑦᐊᑦ ᐅᑲ ᑭᒋ ᒥᓯᐅᐸᓂᐅᑊ

ᐅᒪ ᒪᑲ ᐃᑕᑦᐅᑉ ᐊᐸᒋᐊᑲᑦ ᐅᒪ ᑲ ᐃᓱ ᑭᐸᐊᒪᑊ

- ᒣᑦᑲᒻ ᐅ ᐊᐸᑎᓯᑊ ᑕᓱᓇ ᑭᒋ ᐊᑯᑐᓇᐱᓯᑊ ᓐᑦᑕ ᐅᑲ ᑦᐅᔅ ᐯᔅᒻ ᑭᒋ ᑕᓱᓇᑦᐃᑊ ᐊᑦᐅᓇᑲᓇ ᑲ ᐃᓱ ᑲᓇᑦᐅᓂᒥᒥᒋ ᓐᑦᑕ ᑯᑦᑕᓯ ᒥᓯᑊ ᑭᒋ ᐃᑦᐱᓯᑦᐊᐸᒪᑊ ᓐᑦᑕ ᑕᓱᓇ ᑭᒋ ᐸᔪᑭᐃᑎᓯᑊ

- ᓐᑦᑕ ᐃᑦᐱ ᐅᑭᑦᐅᑊ ᐅᒪ ᑭᒋ ᐃᓱ ᓇᓇᑲᒋᐃᑎᓯᑊ ᐅᑲ ᑭᒋ ᐸᐸᒣᓂᒪᑊ ᐅᑦᐃᑐᑦᑫᒪᑲᓇ

- ᐅᑲ ᑭᒋ ᐃᑐᐅᑊ ᒣᑦᑫ ᐃᑕᑦᐃᓂᑊ ᑭᒋ ᑲᑦᑫ ᑐᑕᑊ ᐅᑲ ᑭᒋ ᐱᓯᒋᐊᑊ ᐊᑦᐅᓂᑦᐊ ᐸᑎᒪ ᐱᑯ ᐅᓇᒋ ᐣᑐᑯᓄᓐᑊ

- ᐅᑦᑲᓂ ᐅᑕᔅᑦᐅᒋᑊ ᐊᑕᑦᐊᑊ ᑲ ᐊᐸᑎᓯᒋᑊ ᑭᒋ ᐅᑭᒪᑦ ᐅᑕᑐᑦᑫᓇᑲᓇ

ᐊᓄᒋᑫ ᑲ ᐊᐸᑎᓯᒋᑊ ᐅᒋ ᒥᓄᐱᒪᑎᓯᑦᐃᓂᑊ ᓐᑦᑕ ᐊᑯᓯᑦᐃᑲᒥᑯᑊ ᐅᓇᑕᑦᐅᓂᑕᑯᓯᒋᑊ ᑭᒋ ᑭᐸᐅᑎᓯᒋᑊᑊ ᑦᐃᑭᑦᐊᑊ ᑦᐸᒪᑦ ᑭᑦᐅ ᐊᐸᑎᓯᒋᑊ ᐃᑕᐱᑊ ᒪᑲ ᑲ ᐃᓱ ᒪᓯᓇᐅᑭ ᐅᐅ

- ᐅᑕ ᐃᓱᒪᓯᓇᐅᑦᐊ https://www.ottawapublichealth.ca/en/professionals-and-partners/hcp-ncov.aspx

- ᑭᒋᐅᑭᒪᑦᐃ ᐊᑐᑦᑫᓇᑲᓇᑊ ᓐᑦᑕ ᑲᑦᐃᒋᐃᑦᐅᒋᑊ ᒥᓄᐱᒪᑎᓯᑦᐃᓂᑊ ᐅᑭᑦᑭᓄᑕᐅᑦᐃᓂᑦᐊᑦ ᐅᒪ ᐃᑕᓯᓇᓯᑦᐊᑊ http://www.health.gov.on.ca/en/pro/programs/publicheath/coronavirus/2019_guidance.aspx

ᐊᑲᒥᑦ ᑭᒋᑲᒥᑦ ᐸᑦᐱᓯᑉᐃᑦ

- ᑭᔅᑦᐱᑦ ᐁᐯᒋᑭᑉᐁᐸᓂᔭᑦ ᑲᓇᑕᑦᑭᑦ ᐊᐸᑕᑦ 14 ᑭᓱᑲᑉᐊ ᑭᒋ ᑭᐸᐅᑎᓯᔭᑦ ᐊᑕ ᒥᓴᑉᐊᒻ ᐁᑲ ᐁ ᐊᔭᔭᑦ ᐊᑯᓯᑉᐃᑦ

- ᒥᑭᓯᑉᐃᐱᓯᑦ 25 2020 ᑭᒋᐅᑭᒪᑉ ᑭᐸᑭᑎᓇᑦ ᐅᑐᓇᔅᑉᐁᑉᐃᑦ ᐅᒪ ᑭᒋ ᑐᑕᒧᑊ ᑕᑦᑐ ᐱᑯ ᐊᑕ ᒥᓱᒋᒪᓂᑦ ᐅᒋᐸᓂᑐ ᐊᑉᐁᓇ ᓄᑦᑕ ᐱᑯ ᑲᒥᓇᒪᑲᓄᑦ 14 ᑭᓱᑲᑉᐊ ᑭᒋ ᑭᐸᐅᑎᓯᑊᓯ ᐊᓂᑭ ᐱᑯ ᑲ ᑭᒋ ᓇᑕᑉᐁᓂᑕᑉᑲᓂᓂᑭ ᑲ ᐃᓇᐸᑎᓯᒋᑦ ᐊᑉᐁᓂᑲᑦ ᑭᒋ ᑭ ᐊᔅᑉᐃᐸᓂᑊ ᐊᔭᒐᑦᑭᑦ

- ᐅᑕ ᐃᓱ ᒪᓯᓇᑐᑉ ᑉᐃᓇᓇᑕᑉᐃ ᑭᑦᑫᓂᑕᒪᓐ (canada.ca/COVID19)

ᑐᑕᒧᑦ ᐱᑯ ᐅᒪ ᐁᑲ ᑭᒋ ᐸᐯᔅᑉᐊᐸᒥᑐᔪᑦ ᐁ ᑭᑘᑉᑲ ᑭᐸᐅᑎᓯᔪᑦ ᐁᑉᑲᓂ ᐁᓱᓇᑕᑉᐁᓂᑕᑉᑲᑦ ᒥᓯᑉᐁ ᐊᑉᐁᓂᑲᑦ ᐅᒋ

- ᑲᓇᑫ ᑯᑉᑕᓱᒥᓯᑊ ᑭᒋ ᐃᑦᐱᔅᐸᒥᑐᓇᓂᑉᐊᑦ

- ᐁᑲ ᑭᒋ ᒪᒪᑉᐃᐃᑐᓇᓂᑉᐊᑦ

- ᑌᓕᐳᓂᑦ ᐱᑯ ᐅᒋ ᐊᔭᒥᐃᑐᑦ ᐃᑦᐱᑉ ᑉᐃᓇ ᑭᒋ ᓇᑕᑉᐊᐸᒥᑐᔪᑦ

- ᑌᓕᐳᓂᑦ ᐱᑯ ᐅᒋ ᐊᔭᒥᐃ ᑭᑐᑭᒪᑦ

- ᑯᒋᑕ ᐁᑲ ᑭᒋ ᐱᓯᑦᑫᓂᒪᒋᑦ ᑲ ᑭᖓᔭᐊᑉᐃᒋᑦ

- ᑲᑉᐃᓇ ᐊᐸᐊ ᐸᑦᐸᐳᑉᐃᓇ ᑕᑭᓯᑦ ᐁᐳᓯᔭᑦ

- ᑲ ᑭ ᐸᐸᒧᑕᑦ ᐁᓇᑭᒡᑲᑉᐊᑊ ᐊᑉᐁᓂᑲᑦ ᑕᐸᓯᐃ ᐃᑲᓚᐸᓂᐅ ᑫᑦᑭᑦᑲᑉ ᐱᒧᒡᒐ ᐁᒧᒋ ᓇᑭᒡᑲᑉᐊᑊ ᐊᑉᐁᓇ ᒧᓇ ᐊᓂ ᑭᐯᔅᑉᐊᐸᒪᑉ ᒧᓇ ᑲ ᑲᒋᑎᓇᑉ ᐊᑭᑦ

ᐅᑕ ᐅᑎᓇ ᓇᓇᑕᑉᐃ ᑭᑦᑫᓂᑕᒧᑉᐃᑦ (OttawaPublicHealth.ca/Coronavirus)