ᒪᓕᒐᐃᑦ ᐋᓐᓂᐊᓲᖅᑎᓄᑦ ᐊᒻᒪᓗ ᐋᓐᓂᐊᕕᓐᓂᑦ

ᑭᒃᑯᓐᓅᖓᒻᒪᑕ ᑖᒃᑯᐊ ᒪᓕᒐᐃᑦ?

ᐋᓐᓂᐊᓲᖅᑏᑦ ᐋᓐᓂᐊᓲᖅᑎᐅᓐᖏᑦᑐᓪᓗ ᐋᓐᓂᐊᕕᒻᒥ, ᐃᑲᔪᖅᑕᐅᕕᓐᓂᑦ, ᐊᒻᒪᓗ ᐊᓯᖏᓐᓂ, ᓄᕙᔾᔪᐊᖅᑐᒥᑦ ᓇᔫᑎᓐᓂᖅᑲᑦ ᖃᓂᒪᔪᒥᑦ, ᐃᑲᔪᖅᑎᓂᑦ, ᑎᒍᔭᐅᓯᒪᔪᓂᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐃᖅᑲᓇᐃᔭᖃᑎᖏᓐᓂ.

- ᒪᑯᐊ ᐋᓐᓂᐊᓲᖅᑎᕈᔪᐃᑦ: ᐋᓐᓂᐊᓲᖅᑏᑦ, ᓗᑦᑖᑦ, ᑐᐊᕕᕐᓇᖅᑐᓕᕆᔨᑦ, ᐃᑲᔪᖅᑏᑦ, ᑭᒍᓐᓂᐊᖅᑏᑦ, ᐅᕐᑯᒪᐃᓐᓂᓂᐊᕐᕕᒻᒥ ᐃᖅᑲᓇᐃᔭᖅᑐᑦ, ᑎᒥᒃᑯᑦ ᐃᖃᐃᓕᓴᐃᔨᑦ, ᑎᒥᒃᑯᑦ ᐃᑲᔪᖅᑏᑦ, ᐊᓂᖅᑎᓇᓂᕐᒧᑦ ᐃᑲᔪᖅᑏᑦ, ᐊᒻᒪᓗ ᐃᒻᒥᒃᑯᑦ ᐃᑲᔪᖃᑦᑕᑦᑐᑦ.
- ᒪᑯᐊ ᐋᓐᓂᐊᓲᖅᑎᐅᓐᖏᑦᑐᑦ ᐃᒪᐃᑦᑐᑦ: ᑭᐅᔨᑦ, ᓴᓗᒻᒪᖅᓴᐃᔨᑦ, ᐊᓪᓚᑦᑏᑦ, ᐃᓪᓗᐊᓗᐃᑦ, ᐅᐊᑦᑎᔨᑦ, ᐊᓄᓪᓚᔅᓲᕕᒻᒥ ᐅᐊᑦᑎᔨᑦ, ᐸᓛᓲᑦ, ᖃᑦᑎᓇᔨᓪᓗ.
- ᒪᑯᐊ ᐋᓐᓂᐊᑦ ᐃᑲᔪᖅᑕᐅᕕᓪᓗ: ᐃᑲᔪᕐᕕᐅᑲᐃᓐᓇᖅᑐᑦ, ᐋᓐᓂᐊᕕᑦ, ᑭᒍᓐᓂᐊᕐᕕᑦ, ᐊᑯᓂ ᐱᓯᒪᔭᐅᕕᑦ, ᐃᓄᑐᖃᕐᓄᑦ ᐊᖏᕐᕋᐃᑦ, ᐱᓯᒪᔭᐅᒋᐊᓕᓐᓄᑦ ᐊᔪᖅᑐᓄᑦ ᐊᖏᕐᕋᐃᑦ, ᐊᓄᓪᓚᔅᓲᑦ, ᐊᖏᕐᕋᖃᓐᖏᑦᑐᒃᑯᕕᑦ, ᐅᕐᑯᒪᐃᓐᓂᓂᐊᕐᕕᑦ, ᑐᐊᕕᕐᓇᖅᑐᓕᕆᔨᒃᑯᓪᓗ.

ᓇᒻᒥᓂᖅ ᖃᐅᔨᓴᖅᑐᖅ ᓄᕙᔾᔪᐊᓕᕐᒪᖔᖅ

- ᐃᖅᑲᓇᐃᔭᖅᑎᓕᒫᑦ ᐃᓪᓗᖃᑎᒌᓪᓗ ᖃᐅᔨᓴᕋᔪᖃᑦᑕᕆᐊᓖᑦ ᓇᒻᒥᓂᖅ ᓄᑖᕐᒥᑦ ᖃᓂᒻᒪᑦᑐᖃᕐᒪᖔᖅ ᐱᐅᓐᖏᓕᕙᓪᓕᐊᒻᒪᖔᑕᓗᓐᓃᑦ

ᖃᓂᒪᔪᑦ ᐃᒪᐃᓲᑦ	ᐆᓇᕐᓗᑎᑦ (37.8°C ᐅᖓᑖᓄᓪᓗᓐᓂᑦ), ᕐᑯᐃᖅᓱᖃᑦᑕᕐᓗᑎᑦ, ᐃᐱᓂᐊᕐᓗᑎᑦ ᐊᓂᖅᑎᓇᓗᑎᓪᓗᓐᓃᑦ, ᑐᖅᑰᓪᓗᓪᓗᑎᑦ, ᑲᑭᓕᖃᑦᑕᕐᓗᑎᑦ ᑕᒋᐅᔅᓴᓪᓗᑎᓪᓗᓐᓃᑦ, ᓱᕐᓗᒃᑯᑦ ᓄᕙᑦᑐᑦ, ᓂᐱᓗᑦᑐᑦ, ᐃᓯᖓᖅᑐᑦ, ᓂᓇᔭᖏᓐᓂ ᖃᓄᐃᑦᑑᒻᒪᖔᑕ ᐃᐸᐱᒍᓱᓗᐊᓐᖏᑦᑐᑦ ᓇᐃᒪᑦᑎᐊᕋᑎᓪᓗ, ᒥᓇᐊᓐᖑᔪᑦ, ᒥᓇᕿᑦᑐᑦ, ᖃᑕᑦᑐᑦ, ᓈᕐᓗᑦᑐᓪᓗᓐᓃᑦ
ᐊᔅᓱᐊᓗᓐᖏᓂᖅᓴᐃᑦ	ᑭᓱᒥᑦ ᐱᔾᔪᑎᖃᓗᐊᖅᑑᔾᔭᕋᑎᑦ ᑕᖃᔪᐊᓗᑐᐃᓐᓇᐅᕙᑦᑐᑦ, ᓇᓗᓕᖅᐸᑦᑐᑦ, ᐃᖅᑲᐅᒪᑦᑎᑦᑎᐊᕈᓐᓃᖅᑐᑦ, ᐊᔾᔨᐅᖏᑦᑑᔾᔭᓕᖅᑐᑎᓪᓗ) ᐃᔪᒃᑲᖃᑦᑕᖅᑐᑦ, ᑎᒥᖓ ᐃᒻᒥᓂᒃ ᐱᔪᓐᓇᑦᑎᐊᕈᓐᓃᖅᑐᑦ, ᖃᓂᒪᒍᑎᒋᕙᑦᑕᖏᑦ ᐱᐅᓐᖏᓂᖅᓴᐅᓕᖅᑐᑎᑦ, ᒥᓇᐊᓐᖑᔪᖅ, ᒥᓇᕿᑦᑐᖅ, ᖃᑕᑦᑐᑦ, ᓈᖑᖃᑦᑕᖅᑐᖅ, ᖃᓕᓇᔪᖅ, ᓂᐊᕐᑯᓐᖑᔪᖅ, ᑐᖅᑰᖏᑦ ᐳᓪᓕᓗᐊᒧᑦ ᐊᓂᖅᓵᖅᑐᒐᖅᑐᑦ, ᓂᓇᔭᒥᓂᒃ ᑭᓱᒐᓗᐊᕐᒪᖔᖅ ᐃᐸᐱᓂᐊᓐᖏᑦᑐᑦ ᓇᐃᒪᑦᑎᐊᖏᑦᑐᓪᓗᓐᓃᑦ, ᐆᒪᑎᖓᑕ ᑎᓪᓕᕐᓂᖓ ᓱᒃᑲᓕᔪᐊᓗᒃ, ᐊᐅᖓᑕ ᓱᖑᕐᓂᖓ ᓱᒃᑲᐃᓪᓕᔪᖅ, ᓴᓐᖏᑦᑐᖅᐸᓗᓕᖅᑐᖅ, ᐊᒫᒪᑦᑎᑦᑎᒍᓐᓇᐃᓕᔪᑦ ᓄᑕᕋᕐᒥᓂᒃ ᐃᕕᐊᖏᕐᒥᓂᒃ

- ᓄᕙᔾᔪᐊᖅᑖᕈᓐᓇᖅᑐᖅ ᐅᓪᓗᐃᑦ 14 ᐅᖓᑖᓂ ᖃᓂᒋᔭᖃᓚᐅᖅᑎᓪᓗᑎᑦ ᓄᕙᔾᔪᐊᖅᑐᒥᑦ (COVID-19).
- ᐊᔅᓱᐊᓗᓗᐊᓐᖏᑦᑐᑦ ᐊᖏᕐᕋᒥᓂᑦ ᖃᓄᐃᒍᓐᓃᕋᔪᑦ.

ᐱᓯᒪᑦᑎᔪᓐᓇᖅᑐᓂᑦ ᕿᓂᕐᓂᖅ

- ᓄᕙᔾᔪᐊᓕᕐᓂᕈᕕᑦ, ᐊᑐᕐᓗᒍ ᐊᓐᓂᑎᐅᕆᔫᑉ ᒐᕙᒪᒃᑯᖏᑦᑕ ᓄᕙᕐᔪᐊᕐᓂᕐᒧᑦ ᓇᒻᒥᓂᖅ ᖃᐅᔨᓴᐅᑎ (**covid-19.ontario.ca/self-assessment**) ᖃᓄᖅ ᐃᑲᔪᖅᑕᐅᑲᓐᓂᕈᓐᓇᕐᒪᖔᖅᐱᑦ ᑐᑭᓯᒋᐊᕈᑎ.
- ᓇᒻᒥᓂᖅ ᐊᖏᕐᕋᓐᓂ ᐃᑲᔪᕈᓐᓇᖅᑑᔭᕈᓐᓃᕈᕕᑦ ᑭᓯᐊᓂᓕ ᖃᐅᔨᓴᖅᑕᐅᒋᐊᖃᕈᕕᑦ ᐋᓐᓂᐊᓲᖅᑎᒧᑦ ᓄᕙᔾᔪᐊᕐᒪᖔᖅᐱᑦ, ᖃᐅᔨᒋᐊᕐᓗᑎᑦ ᐅᕗᖓ ᖃᕋᓴᐅᔭᒃᑯᑦ **COVID-19 Assessment Centre** (**OttawaPublicHealth.ca/COVIDCentre**).
- ᐊᓂᖅᓵᖅᑐᒡᒐᓕᖅᐸᓪᓕᐊᑐᐃᓐᓇᕈᕕᑦ, ᐆᓇᕐᓗᑎᑦ ᖁᐃᖅᓱᑲᑕᓐᓂᖅᓴᐅᓕᕐᓗᑎᑦ ᖃᓂᒪᔫᖅᑐᑎᑐᑦ, ᐋᓐᓂᐊᕕᓕᐊᕆᐊᖃᓕᖅᑐᑎᑦ, ᐅᐸᒍᓐᓇᖅᑐᑎᑦ ᐃᓚᖓᓐᓄᑦ **ᖃᓂᒪᔪᓄᑦ ᓄᕙᕐᔪᐊᖅᑐᓄᑦ (COVID-19) ᐅᐸᑦᑕᐅᕕᒻᒧᑦ** (**OttawaPublicHealth.ca/COVIDClinic**).
- ᐊᔅᓱᕈᓗᐊᓕᕈᕕᑦ (ᓲᕐᓗ ᐊᓂᖅᓵᖅᑐᒡᒐᓕᕈᕕᑦ, ᓴᕝᕕᑦ ᐋᓐᓂᐊᓕᖅᑲᑦ, ᖃᐅᔨᒪᓐᖏᓕᕈᕕᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐱᐅᓐᖏᓕᕙᓪᓕᐊᑐᐃᓐᓇᕈᕕᑦ ᐊᑲᐅᓐᖏᑦᑕᐅᑎᒋᖃᑦᑕᑎᓪᓗᑎᑦ ᖃᓂᒪᒍᓯᖃᕈᕕᑦ) ᖃᓂᓛᒧᑦ ᑐᐊᕕᕐᓇᖅᑐᓕᐊᕆᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐅᖄᓚᓗᑎᑦ 9-1-1–ᒧᑦ.

ᓇᒻᒥᓂᖅ ᖃᐅᔨᓴᕐᓂᕐᒧᑦ ᒪᓕᒐᐃᑦ

- ᐃᕝᕕᑦ ᐃᓪᓗᖃᑎᓐᓂᓪᓘᓐᓃᑦ ᖃᓂᒪᔪᖃᖅᐸᓪᓕᐊᓕᖅᑲᑦ ᓄᕙᔾᔪᐊᕐᓂᒥᓪᓘᓐᓃᑦ, ᖃᐅᔨᓴᖅᑕᐅᒋᐊᖃᖅᑲᓪᓘᓐᓃᑦ ᓄᕙᔾᔪᐊᕐᒪᖔᖅ.
- ᖃᐅᔨᓴᖅᑕᐅᒍᕕᑦ ᓇᒻᒥᓂᖅ ᖃᐅᔨᒋᐊᕈᓐᓇᖅᑐᑎᑦ ᒐᕙᒪᒃᑯᖏᓐᓂ ᐊᓐᑎᐅᕆᔪ ᖃᕋᓴᐅᔭᒃᑯᑦ ᑐᑭᓯᒋᐊᕈᑎᖏᓐᓂ ᖃᐅᔨᓴᐅᑎᒥᓂᕐᓂᑦ ᐅᕗᖓ: **covid-19.ontario.ca**
- ᐋᑐᕙᒃ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᑦ ᖃᐅᔨᒃᑲᐃᒐᔭᖅᑐᑦ **ᑭᓯᐊᓂ** ᓄᕙᔾᔪᐊᕐᓇᖃᕐᓂᖅᑲᑦ ᐊᒻᒪᓗ ᖃᐅᔨᒃᑲᖅᑕᐅᓗᑎᑦ ᐊᐅᓚᑦᑎᔨᑦ

- ᐃᓛᓐᓂᒃᑯᑦ ᖃᐅᔨᓴᖅᑕᐅᔪᑦ ᓇᓗᓇᖃᑦᑕᓲᖕᒐᒻᒪᑕ ᓄᕙᔾᔪᐊᕐᒪᖔᑕ ᐃᓛᓐᓂᒃᑯᑦ. ᖃᐅᔨᒋᐊᕈᓐᓇᖅᑐᑎᑦ ᖃᕋᓴᐅᔭᒃᑯᑦ ᐅᕗᖓ ottawapublichealth.ca/en/professionals-and-partners/hcp-ncov.aspx ᐅᓪᓗᒧᑦ ᑐᑭᓯᒋᐊᕈᑏᑦ ᐋᖅᑭᓯᖅᓯᒪᔪᑦ ᐊᑐᐊᒐᐃᓪᓗ ᖃᐅᔨᓴᖅᑕᐅᕙᑦᑐᑦ ᑕᐃᒪᐃᑦᑐᖃᓇᐊᖏᑕ ᓇᓗᓇᖃᑦᑕᖅᑐᑦ ᐃᓚᖏᑦ.

ᓇᒻᒥᓂᖅ ᐊᓃᑦᑕᐃᓕᒪᔪᑦ ᐃᕝᕕᑦ ᐃᓪᓗᖃᑏᓪᓗᓐᓃᑦ ᓄᕙᔾᔪᐊᓕᕐᓂᖅᑲᑦ (COVID-19)

- ᐋᓂᖅᑕᐃᓕᒪᓂᐊᖏᓇᑎᑦ ᐋᓐᓂᐊᒐᔪᖃᑦᑕᖅᑐᑕᖃᕐᓂᖅᑲᑦ, ᐊᓐᓇᐅᒪᔾᔪᑎᖏᓐᓂ ᐱᐅᓐᖏᑦᑐᑕᖃᖅᑲᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐃᓐᓇᐃᓂᖅᓴᓂᑦ.
- ᐱᓯᕋᔭᕆᐊᖃᓐᖏᑦᑐᑎᑦ ᐅᖓᓯᑦᑐᒧᑦ. ᖃᓂᒋᔭᓐᓃᖏᓐᓇᕆᐊᖃᖅᑐᑎᑦ ᐊᖏᕐᕋᕐᓄᑦ ᓱᕐᓗ ᐊᓃᕐᕕᓐᓂ ᓄᓇᒥ ᒪᔪᕋᐅᑎᓕᒻᒥᓪᓗᓐᓃᑦ ᓯᓚᑖᓂ ᐊᓂᔅᑲᐃᓐᓇᖃᑦᑕᕈᓐᓇᖅᑐᑎᑦ.
- ᐊᓯᖏᓐᓂ ᐅᖃᖃᑎᖃᓗᐊᖃᑦᑕᖏᓪᓗᑎᑦ ᐊᓃᑦᑕᐃᓕᒪᑎᓪᓗᑎᑦ, ᓱᕈᓯᕐᓂᓪᓗ.
- ᐃᓛᒃᑯᑦ ᐃᓪᓗᕈᓯᖃᕐᓗᑎᑦ ᐃᓛᒃᑯᓪᓗ ᐊᓇᕐᕕᖃᕐᓗᑎᑦ ᐊᖏᕐᕋᓐᓂ, ᐊᔪᕐᓇᖏᑉᐸᑦ.
- ᐃᓪᓗᕈᓯᕐᓂᑦ ᐊᓂᒋᐊᖃᕐᓂᕈᕕᑦ, 2–ᒦᑕᒥ ᐅᖓᓯᓐᓂᖃᕐᓗᑎᑦ (ᐱᖓᓱᔪᖅᑐᓂᑦ ᐃᓯᒐᕐᓂᑦ) ᐊᓯᓐᓂᑦ ᐊᖏᕐᕋᓐᓂᑦ, ᐱᐅᓂᖅᓴᐅᒐᔭᖅᑐᖅ ᒪᑐᐊᖅᓯᒪᒍᕕᑦ, ᖃᓪᓗᓈᖅᑕᒥᑦ ᐋᓐᓂᐊᕕᒻᒦᓐᖓᖅᓯᒪᔪᒥᓪᓗᓐᓃᑦ, ᐊᓯᖏᑦ ᐸᖅᑭᑎᐊᕐᓂᐊᕋᕕᒋᑦ ᑕᐃᒫᒃ.
- ᐳᓛᖅᑎᖃᑦᑕᐃᓕᓗᑎᑦ.
- ᐊᓂᒋᐊᖃᓐᖏᑦᑐᑎᑦ ᐊᓃᑦᑕᐃᓕᒐᕕᑦ ᑭᓯᐊᓂ ᐋᓐᓂᐊᕕᓕᐊᕆᐊᖃᕈᕕᑦ ᐊᓂᒍᓐᓇᖅᑐᑎᑦ.
- ᐃᓄᓐᓄᑦ ᐊᑐᖅᑕᐅᒐᔪᑦᑐᓄᑦ ᐃᖏᕐᕋᓱᒃᑰᖅᑕᐃᓕᒋᑦ (ᓱᕐᓗ ᐸᓯᒃᑯᑦ, ᑖᒃᓯᑯᓪᓗᓐᓃᑦ).
- ᐃᓕᓐᓂᐊᕐᕕᓕᐊᓐᖏᓪᓗᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᖅᑲᓇᐃᔭᕆᐊᓐᖏᓪᓗᑎᑦ (ᑏᕕᒃᑯᑦ ᑕᑯᔅᓴᐅᑦᑕᐅᑎᒋᓗᑎᑦ ᐱᔪᓐᓇᕋᓗᐊᖅᑐᑎᑦ).
- ᓄᓇᓕᓐᓅᖏᓪᓗᑎᑦ, ᓂᐅᕕᕐᕕᒻᒧᑦ ᐃᔭᒐᖅᑖᕕᒻᒧᓪᓗᓐᓃᑦ.
- ᓂᕿᑖᕆᐊᖃᕈᕕᑦ, ᐃᔭᒐᕐᓂᓪᓗᓐᓃᑦ ᐊᓯᖏᓐᓂᓪᓗᓐᓃᑦ ᐱᔭᕆᐊᖃᓪᓚᕆᒃᑯᕕᑦ, ᐃᓚᓐᓂᑦ, ᐱᖃᑎᓐᓂ, ᓴᓂᓪᓕᓐᓂᑦ, ᐊᓃᑦᑕᐃᓕᒪᓐᖏᑦᑐᒥᑦ ᑎᓕᓯᒍᓇᖅᑐᑎᑦ. ᐸᒧᑦ ᕿᒪᑦᑕᐅᓗᑎᑦ ᑕᑯᖃᑦᑕᐅᑎᓂᐊᖏᓇᔅᓯ.
  *ᐊᔪᕐᓇᖅᑲᑦ, ᐅᖃᓚᓗᑎᑦ 2-1-1–ᑯᑦ ᑐᕈᓯᕆᐊᕐᓗᑎᑦ ᓄᓇᓕᓐᓂ ᖃᓄᐃᓕᖓᓴᒪᑕ, ᐃᓄᓕᕆᓂᕐᒥᑦ, ᒐᕙᒪᒃᑯᓐᓂ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᓂᓪᓗ ᐃᑲᔫᑎᔅᓴᓂᓪᓗ ᐋᑐᕙᒥ, ᖃᓄᕐᓗ ᐱᔪᓐᓇᕋᔭᕐᒪᖔᖅᐱᑦ.
- ᐊᓯᖏᓐᓂ ᐅᖃᖃᑎᖃᕆᐊᖃᕐᓂᕈᕕᕐᒪ ᐅᖓᓯᒋᔾᔪᒥᓗᒍ 2–ᒦᑕᒥᑦ ᐅᖓᓯᓐᓂᖃᕐᓗᑎᑦ (ᐱᖓᓱᔪᖅᑐᓂᑦ ᐃᓯᒐᕐᓂᑦ) ᐊᑯᓐᓂᖃᕐᓗᓯ ᐊᓯᓐᓂᓪᓗ.

ᖃᐅᔨᒋᐊᕐᓗᑎᑦ ᐅᕗᖓ **OttawaPublicHealth.ca/Self-Isolate** ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ.

ᒪᓕᒋᐊᓖᑦ ᐃᓱᓕᑉᐸᑦ ᐊᓃᑦᑕᐃᓕᒪᑎᑕᐅᓂᖅ

- ᐊᓃᑦᑕᐃᓕᒪᓂᕐᓂᑦ ᖃᐅᔨᓴᖅᑕᐅᓚᐅᖅᑎᓪᓗᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ ᖃᐅᔨᓴᖅᑕᐅᓚᐅᖅᓯᒪᓐᖏᒃᑲᓗᐊᕈᕕᑦ ᓄᕙᔾᔪᐊᕐᓂᕐᒧᑦ (COVID-19).
- ᖃᐅᔨᒋᐊᕐᓗᒋᑦ ᑎᑎᕋᖅᓯᒪᔪᑦ ᐃᓕᓐᓄᑦ ᖃᓄᐃᓕᖓᓂᕐᓄᑦ ᖃᐅᔨᒋᐊᕐᓗᒋᑦ.

ᖃᓄᖅ ᑲᒪᓂᐊᕐᒪᖔᖅᐱᑦ	ᒪᓕᒐᐃᑦ
ᓇᒻᒥᓂᖅ ᖃᐅᔨᓴᕐᓂᖅ	ᐋᓐᓂᐊᕕᒻᒥ ᐃᖅᑲᓇᐃᔭᖅᑐᑦ ᐋᓐᓂᐊᓲᖅᑏᑦ (HCW) ᖃᐅᔨᓴᖅᑕᐅᓯᒪᔪᑦ ᓄᕙᔾᔪᐊᕐᓇᖃᖅᑐᑦ ᐃᖅᑲᓇᐃᔭᕆᐊᖃᓐᖏᑦᑐᑦ ᑭᓯᐊᓂ ᒪᕐᕈᐊᖅᑎ ᖃᐅᔨᓴᐅᑎᖕᒐ ᐱᑕᖃᕈᓐᓃᕐᓂᕋᖅᑲᑦ ᐃᑲᕐᕋᓂ 24-ᓄᑦ ᐅᖕᒐᓯᒋᓐᓂᓕᓐᓄᑦ (OPH ᐊᑐᓕᕐᑯᔨᒻᒪᑕ ᓄᕙᔾᔪᐊᖃᓚᐅᖅᑎᓪᓗᒍ ᖃᐅᔨᓴᐅᑎᖕᒐ, ᐊᐃᑉᐸᖕᒐᓂ ᐅᑕᖅᑭᒋᐊᖃᖅᑐᑦ ᐅᓗᓄᑦ 7-ᓄᑦ ᐅᑕᖅᑭᒋᐊᓖᑦ).
ᖃᐅᔨᓴᕈᑎᖃᓐᖏᓪᓗᓂ	HCW-ᑯᑦ ᐅᑎᕈᓐᓇᖅᑐᑦ ᐅᓪᓗᐃᑦ 14 ᐊᓂᒍᖅᓯᒪᓕᖅᑲᑕ (ᐅᕝᕙᓘᓐᓃᑦ ᐃᖅᑲᓇᐃᔭᕆᐊᕐᑯᔭᐅᓕᖅᑲᑕ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᖏᓐᓄᑦ)

- ᐋᓐᓂᐊᕕᒻᒥ ᐃᖅᑲᓇᐃᔭᕐᓂᕈᕕᑦ, ᖃᐅᔨᒋᐊᕈᓐᓇᕐᒥᔪᑎᑦ "ᓇᒻᒥᓂᖅ ᐊᓃᑦᑕᐃᓕᒪᓂᕐᒧᑦ" ᐊᑖᓃᑦᑐᓂᑦ ᑐᑭᓯᒋᐊᕐᓗᑎᑦ

ᓇᒻᒥᓂᖅ ᐊᓃᑦᑕᐃᓕᒍᓐᓇᖅᑐᖅ ᐃᓱᒪᖅᓱᕐᓂᖔᒐ

ᖃᐅᔨᒪᔭᐅᒋᐊᓕᒃ ᑕᒪᓇ ᑭᓯᐊᓂ ᐊᑐᕐᖔᑦ ᐅᑎᖅᑲᑕ ᐃᖅᑲᓇᐃᔭᕐᕕᒻᒧᑦ ᐱᓯᒪᕐᑎᕕᐅᕙᑦᑐᓄᑦ, ᐋᓐᓂᐊᕕᓐᓄᑦ, ᐊᑯᓂ ᐱᓯᒪᕐᑎᕕᓐᓂᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐃᓐᓇᑐᖃᒃᑯᕕᒻᒧᑦ

- ᐋᓐᓂᐊᓲᖅᑎᑦ (HCW) ᐃᖅᑲᓇᐃᔭᕆᐊᖃᓪᓚᕆᑉᐸᑕ, ᐅᑎᖅᓴᕋᐃᒍᓐᓇᖅᑐᑦ ᐃᖅᑲᓇᐃᔭᕐᕕᒻᒦᖏᓐᓇᓕᕐᓗᓂ
- ᐃᖅᑲᓇᐃᔭᕐᕕᒻᒦᖏᓐᓇᓕᕐᓗᓂ ᐃᒪᐃᑦᑑᒋᐊᓕᒃ:
  - ᐃᖅᑲᓇᐃᔭᕐᓂᖔᓐᓂ ᐋᓐᓂᐊᕕᒻᒥ, ᒪᑐᐊᖅᓯᒪᐃᓐᓇᕆᐊᖃᖅᑐᑎᑦ, ᐅᖔᓯᒋᓐᓇᕐᓗᒋᓪᓗ (2-ᒦᑕᓂᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐱᖔᓲᔪᖅᑐᓂᑦ ᐃᓱᒪᕐᓂᑦ) ᑭᓯᐊᓂ ᑲᒪᒋᔭᕆᐊᖃᓪᓚᕆᒃᑯᕕᐅᒃ, ᐊᒻᒪᓗ ᐊᒻᒐᑎ ᓴᓗᒪᑏᓐᓇᕐᓗᒋᑦ.
  - ᐊᓯᐊᓃᕆᐊᖃᓐᖏᓪᓚᕆᑦᑐᑎᑦ ᐃᖅᑲᓇᐃᔭᕇᕋᐃᒍᕕᑦ (ᓱᕐᓗ ᐊᖏᕐᕋᒥ ᐊᒻᒪᓗ ᓄᓇᓕᓐᓂᑦ) ᐃᓪᓗᖃᑎᓐᓄᑦ ᐊᐃᑦᑐᐃᓂᐊᖏᓐᓇᕕᑦ ᓄᓇᖅᑲᑎᓐᓄᓪᓘᓐᓂᑦ.
  - ᓄᓇᓕᓐᓅᕆᐊᖃᓐᖏᑦᑐᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓇᔪᖅᑕᐃ ᕿᒪᒋᐊᖃᓐᖏᑕᐃᑦ ᑭᓯᐊᓂ ᐋᓐᓂᐊᕕᓕᐊᕆᐊᖃᕈᕕᑦ.
  - ᐋᑐᓅ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᑦ ᐊᑐᓕᕐᑯᔨᕗᑦ ᐊᑕᐅᓯᐅᓐᖏᑦᑐᒥᑦ ᐃᖅᑲᓇᐃᔭᕆᐊᖃᓐᖏᑦᑐᑎᑦ ᓇᒥᑐᐃᓐᓇᖅ.

ᐅᓪᓗᒥᒧᑦ ᖃᐅᔨᒋᐊᕈᒪᓐᓂᕈᕕᑦ ᐋᖅᑭᓯᖅᓯᒪᔪᓂᑦ ᐃᖅᑲᓇᐃᔭᖅᑎᓄᑦ ᐊᓐᓂᐊᖅᑐᓕᕆᔨᒥ ᐋᓐᓂᐊᕕᒻᒥᓪᓗ ᐅᑎᕈᓐᓇᕐᒪᖔᖅᐱᑦ ᐊᓃᑦᑕᐃᓕᓚᐅᖅᑎᓪᓗᑐ ᖃᐅᔨᒋᐊᕈᓐᓇᖅᑐᑎᑦ ᐅᑯᓄᖔᒐ ᖃᕋᓴᐅᔭᒃᑯᑦ:

- ᐊᑐᖅᑑ ᐊᓐᐊᓂᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᑦ ᖃᕋᓴᐅᔭᒃᑯᑦ ᑐᑭᓯᒋᐊᕈᑎᖏᑦ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᓐᓂ: **https://www.ottawapublichealth.ca/en/professionals-and-partners/hcp-ncov.aspx**
- ᐊᓐᑎᐅᕆᔪᒥ ᒥᓂᔅᑕᐅᑉ ᐅᑐᐊᒐᖏᑦ ᐋᓐᓂᐊᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᓐᓄᑦ: **http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/2019_guidance.aspx**

ᓄᓇᓕᕐᔪᐊᑉ (ᑲᓇᑕᐅᑉ) ᓯᓚᑖᓃᓐᖓᖅᑐᑦ

- ᖃᐅᔨᒪᓂᐊᖅᑯᓯ ᑲᓇᑕᒧ ᐅᑎᑭᔅᓯ ᓯᓚᑖᓃᓐᖓᕐᓂᕈᔅᓯ, ᐊᓃᑦᑕᐃᓕᒋᐊᖃᖅᑐᓯ ᐅᓪᓗᓄᑦ 14-ᓄᑦ ᖃᓂᒪᔫᖅᓐᖏᒃᑲᓗᐊᕈᔅᓯ ᓄᕙᑦᑐᖅᐸᓘᓐᖏᒃᑲᓗᐊᕈᔅᓯᓘᓐᓃᑦ.
- ᒫᔾᔨ 25-ᒥ, 2020 ᑲᓇᑕᐅᑉ ᒐᕙᒪᒃᑯᖏᑦ ᓴᖅᑮᓚᐅᕐᖓᑕ ᑐᐊᕕᕐᓇᖅᑐᒥᑦ ᒪᓕᑦᑐᒋᑦ ***ᐊᓃᑦᑕᐃᓕᒪᒋᐊᖃᕐᓂᕐᒧᑦ ᐱᕐᑯᔭᕐᒥᑦ*** ᑭᓇᑐᐃᓐᓇᖅ ᐃᓯᖅᑐᖅ ᑲᓇᑕᒧᑦ ᖃᖓᑕᓲᒃᑯᑦ, ᐃᒪᒃᑯᑦ ᓄᓇᒃᑯᓪᓗᓐᓃᑦ ᐊᓃᑦᑕᐃᓕᒋᐊᓕᒃ ᐅᓪᓗᓄᑦ 14-ᓄᑦ, ᑭᓯᐊᓂᓕ ᐃᖅᑲᓇᐃᔭᕆᐊᖃᓪᓚᕆᐸᑦ ᐃᑳᖅᑎᑕᐅᓐᓂᖅᑲᑦ ᑭᓪᓕᖓᒍᑦ.
- ᑕᑯᒋᐊᕐᓗᒍ **canada.ca/COVID19** ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ.

ᐅᖓᓯᒋᑐᐃᓐᓇᖃᑦᑕᖅᑭᑦ ᐊᓃᑦᑕᐃᓕᓚᐅᕋᓗᐊᖅᑎᓪᓗᑎᑦ ᑕᒪᓐᓇ ᐃᓱᓕᓐᓂᖅᑲᑦ - ᑕᒪᒃᑯᐊ ᐊᑐᓕᕐᑯᔭᐅᔪᑦ ᐃᓄᓐᓄᑦ ᐊᑐᕆᐊᓕᓐᓄᑦ:

- ᐅᖓᓯᒋᖃᑦᑕᕐᓗᒋᑦ 2-ᒦᑕᓂ (ᐱᖓᓱᔪᖅᑐᓂᑦ ᐃᓱᒐᕐᓂᑦ) ᐊᓯᑎᑦ
- ᕐᑯᔭᓇᖃᑦᑕᕐᓗᒋᑦ ᑲᑎᕈᓘᔭᕐᓂᐊᖅᑐᒥᓃᑦ.
- ᐅᖃᓚᖃᑎᖃᖓᖃᑦᑕᕐᓗᑎᑦ, ᑕᕐᕆᔭᐅᑎᒃᑯᓪᓗᓐᓃᑦ, ᑐᓴᕋᓴᑯᓪᓗᓐᓃᑦ ᑕᑯᓐᓇᖃᑦᑕᐅᑎᓐᖏᖓᕐᓗᓯ.
- ᐅᖃᖃᑎᖃᕐᓗᑎᑦ ᐊᖏᔪᖅᑳᕐᓂᑦ ᐃᖅᑲᓇᐃᔭᕐᓂᕐᒥᑦ ᐊᖏᕐᕋᒥᑦ (ᐊᔪᕐᓇᖏᑉᐸᑦ).
- ᐃᓐᓇᕐᓄᑦ ᐳᓛᕆᐊᑦᑕᐃᓕᖃᑦᑕᕐᓗᑎᑦ ᐱᖃᑎᒋᔭᕐᓄᑦ ᐃᓚᓄᓪᓗᓐᓃᑦ ᑭᓯᐊᓂ ᐅᐸᒋᐊᖃᓪᓚᕆᒃᑯᕕᐅᒃ,
- ᐃᖏᕐᕋᓂᓐᓂᑦ ᑕᒃᓯᑯᓪᓗᓐᓃᑦ ᐃᑭᒪᒍᕕᓪᓗᓐᓃᑦ ᓄᓇᓯᐅᑎᒥᑦ ᐃᒐᓛᓯ ᒪᑐᓯᒪᖃᑦᑕᕐᓗᒋᑦ.
- ᐊᓂᒍᓐᓇᖅᑐᑎᑦ ᐱᓱᕋᔭᒋᐊᖅᑐᓪᓗᑎᑦ. ᑭᓯᐊᓂ ᐊᕝᕙᐃᓇᐊᖃᑦᑕᕐᓗᑎᑦ ᐸᖅᓯᒋᐊᖅᑐᓕᕈᕕᓪᓗᓐᓃᑦ. ᐸᖅᓯᑐᐃᓐᓇᕐᓗᓂ ᐱᓱᓪᓗᓂ ᓄᖅᑲᓐᖏᑐᐊᕈᕕᑦ ᖃᓂᒌᓐᖏᒻᒪᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᐃᑦᑐᓗᖅᑕᐅᔪᓐᓇᖏᑦᑐᑎᑦ ᓄᕙᓐᓈᓗᒻᒥᑦ (COVID-19).

ᖃᐅᔨᒋᐊᕐᓗᑎᑦ ᐅᕗᖓ **OttawaPublicHealth.ca/Coronavirus** ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ.