



E ashuapamaushit ishkieu, e mininiut mak e aietutuashinanut mekuat e pimipin ume akushun COVID-19

E tishtautshishunanut COVID-19

Ka ashuapamaushit ishkieu tshipatshi animu COVID-19 katshitinik. Nanitussenitanipan ne tshishtaikan ARNm eka nitu e itishkakuat kie menuanit ishkieu e ashuapamaushit. Ne ka tshitapatak mak ka aiatinak akushunnu, issishueu tsha minuanu ishkieua ka shaupamaushit tshishtauakan. Eka tshi tishtaukuik^u, usham apu minishkakuiek^u tshishtaikan, tsha ui mamitunenitenu tshetshi ait ishi tshishtaukuiek^u tshetshi eka katshitinimek^u COVID-19.

Apu nete tshekuan ishi mishkanit kie mak ishi uitakan tshetshi kushtikuat tshetshi eka kassakateuakan ishkieu.

Ishkieu e ashuapamaushit

Ume mekuat e pimipin akushun COVID-19, aieshkushinaku ishkieu e ashuapamaushit. Miam en ne aieshkuishinikuiek^u kie mamitenimikuiek^u ne manitushiss mekuat e ashuapamaushiek.

Anutshish apu shuk^u nete uapatan tshetshi ashuminikuat pepess akushunnu mekuat e ashuapamaushinit ukau.

Ne ka nananitussenitakan kassinu tatipan ishkieu ka ashuapamaushit itishkaku nenu akushunnu. Mitshet tshekuan tshika ui tshitapakanu.

- Pessish e taiek^u ashit auen ka kunenitak akushunnu.
- Ne tshe ishi-akuatshipitikuiek^u ne akushun COVID-19 katshitinimek^u mekuat e ashupaumaushiek^u

Apitin tshetshi uitamueik^u natukunish kie mak akushiu-ishkuess.

Tshek^u katshitinimek COVID-19 mekuat e ashuapamaushiek^u, tshipatshi kutak akushun katshitinenu kie mak tshika akuatshipitikonau, iat tshipatshi pitukikonau akushiutshuapit.

Tshipatshi kutak akushun katshitinenu kie mak tshika akuatshipitikonau ne akushun COVID-19. Apitin tshetshi nashakuiek^u kie tshetshi nitshishkuiek^u natukunish katshitinimek^u COVID-19 at minupan e ashuapamaushiek.





Shash e nishtuapatanikau e nitu-mishtanut

Shash kunenitamek^u akushun, tshipatshi akushinau kie ma akuatshipitikunau. Shash e nishtuapatanikau e nitu-mishtanut:

- E mishishtit auen
- ka kashiuashiu-umukutau
- Ka ishpimipinit umuk^u
- E tshisheshkueuat

Shash ne kunenitamek^u akushun e ashuapamaushiek^u, tshipatshi ashtanite akushinau ne COVID-19.

Akua tutatshishuk^u kie akua tutuekuat auenitshenat.

At katshi tshishtaukueik^u, iapit tshika ui akuat tutenau. Miam ume:

- Tshetshi tshishtaukueik^u ARNm tshetshi eka katshitinimek COVID-19
- tshikamuta utashtamikuian
- Eka shetshen nitshishkueik^u kie mak papamutek kie mak manituekatuekuat auenitshen
- Eka nete itutek^u e tshipikanut kie mak e mitshetinanut pamitsheueiek^u auen eka e uitipimeiek^u.
- Shukushuk^u tshishtaputshitshek^u

Ekuan ne anu auet minuat tshetshi tutamek^u tshetshi tshishpeuatshishuiek^u tshetshi eka katshitinimek^u akushun COVID-19.

Kutshipanitik^u, ka aimitunanut apitshitak^u ui nitshishkueik^u natukunish, kie mak ka mininiuiashit kie mak katusseu-tshitapatakan. Nete ut katusseutshitapatakan ui nitshishkueik^u

Neme e mininiut ishkueu

E mininiut ishkueu mekuat e pimipin akushun. Tshipatshi ishinakuan tshetshi nekatentamek^u, tshetshi shetshishiek^u kie mak tshetshi unishiniek^u. Uauitamuek^u natukunish kie mak nenu auen e ishi atusset tan tshipatshi ishi-katshitaunkunau ne akushun COVID-19 neme ui mininiuek^u.

Itenitamek^u akushiutshupit tshetshi mininiuek^u kie nete ka mininiushinaunut, uauitamuek^u tshinatukunushimau:

- Tan ua ishi mininiuiek^u
- Tshipatshi mishkutshipinu usham ne akushun



Nanitussenitamuk^u tan e ishipimutanut nete akushiutshuapit tan tshe ishi uauitshikuiek^u kie mak maniteuat.

Itenitamek^u nete tshitshuauaut tshi mininiunau, uauitamuek^u ne ishkieua ka mininiuiaush:

- Tan tshe ui ishinikuat mak uashkamateiek^u tshitshuauat
- Tshi tapuetamukue tshishe-utshimai tshi mininiuan ishkieu uitshiuat

Katshitinimek^u akushun COVID-19, uiauitamuek^u natukunish kie kukuetshimuk^u tan tshipatshi ishikatshitaukuiek^u. Akua tutamek, anu minua tshi nushaniushinanut, e tatshishkuan mak e uitapaman pepess.

Ne tshinatukuhsimuu kie mak ne akushiushkuess tshipatshi kukuetshimeu kutak natukunish ui etatu tshissenitamek^u.

Auassiss e ietutuakan

Katshi inniut ne pepess, tshipatshi katshitinim^u nenu akushunnu COVID-19.

Tshetshi tshishpeuatshishuiek^u tshetshi eka katshitinimek^u ne akushun, tshika ui akua tutatshishunau.

Anu minuau tshetshi nushaniaushiek^u. E nushaniushunanut anu minuaut kie apu ashuminakan akushunnu pepess kie ne auassiu-akushun apu shuk^u akuataukuat. Apu uitakan e tshi ashuminakanit COVID-19 pepess nete ut tutushinaput. Kie ne nushaniaushiu-tutushinapu shutshishimikuan

Nitu-mishtaiek^u kie mak ui akushiumitshuiek^u, nanitussenimitshishuk^u COVID-19.

Tshe ui iaitiek^u akushiek^u

Katshitinimek^u akushun COVID-19 kie mak itenitamek^u nikatshitenan, tshipautshishuk^u. Iat tshipatshi nushaniaushinau kie mamu nete tshipatshi tanau tshetshi ietutuaushuiek^u.

Akua tshika ui tutenau tshetshi eka ashumineiek^u tshipepessimuu.

- Nitakunish-utashtimikuiian tshikamutak^u.
 - Eka kunenitamek^u, tshiam utashtimikuiian tshikamutak.
- Nanitam tshishtaputshitshek^u eshk^u eka tatineiek^u tshishpepessimuu.
- Nanitam^u tshishtaputak katshi tatatnamek^u tshekuan.
- Mamu nete nipaiek^u:
 - Nete e mashitueiat nipa
 - Ka katak ui napak



Ekua takut tshi tutakan mekuat e nushaniaushiek^u

E nushaniaushiek^u

- E uashkamat kashikueun ashtak nete ashpikueshimun(apitshishtaiek^u) tatuau e nushaniaushiek^u.
- Minu-nikamuk ne e utimek^u tutushinapu kie tatutau e apashtaiek^u:
 - Ne tutushinapu-utaikan nanitam^u nikamek^u shit uapaikakaniapi mak e tshishkamatet nipi
 - Tshe tshishtaputshipinitaiek^u 10 nuash 15 ka tshishispinishit
- Eka iuiashuk^u ne putia mak utaikan.

Uesham akushiek^u tshetshi ietutuashuiek^u, kutak auen kukuetshitshemek^u tshetshi ietutuaushit. Ne tshe ietutuaushit, nete peik^u auen e uitipimeiek^u. Ne tshe ietutuaushit iat tshipatshi katshitinim^u nenu akushunnu COVID-19, ne auen tshipa ui:

- Apu tshipa ui mamu nete tanau miam mate net (peikuit katshipaikanish)
 - Eka tshi tutamek^u:
 - Uauenipissish tshipa ui mamu tanau kie mak kie imitunau, mak kakatak nanipunau
 - Utashtimikuiian tshikamutak^u
- Eka meshekut tatshishkuek^u kie mak peshuapamek^u
 - Natukunish-utashtimikuiian tshikamutak takut tshi mamu taiek^u
 - Eka kunenitamek^u tshiam utashtimikuiian tshikamutak
- Shukushuk tshishtaputshitshek^u

Ui natshuapamakan pepess

Katshi inniut pepess, nanitam^u ui natshuapamanu. Tshipa ui aiapishish natshuapamanu tshetshi eka ashupitshitinikan akushun COVID-19. Animin, muk^u uemuat tshika ui tutakanu.

Katusseutshitapatakan ut uapataniuek^u kie mak mamuituk^u.

Itenitamek^u tshetshi umanitemiek^u, iapat nashamuk^u e ishi nanituenitakan: Tan tshe itishunanut e mamuitiek^u:

- Ne e ishi nanituenitak akushiu-atusseunu ka aiatinikau

Mamuiteik^u, nete e unuitamit kie mak mashitueiat kie atak^u ltekuat anitshenat manitauat:

- Tatau nete uitshuauat akushitau
- Tshetshi tshikamutatau utashtimikuiannu
- Tshetshi eka pessish tatau nenu pepesse



- Tshishtaputshitshek^u e maniteuiek^u

Tshetshi tshishpeuatshishuiek^u mak tshetshi eka katshitinimek^u ne akushun COVID-19, aipit akua tshika ui tutannu, at katshi tshishtaukiek^u.

Ush tikuanit ka itakushit

E utuassiminanut mitshet tshekuan mishkutshipanu. Kassinu aietimitshunanun.

Tshinishtuapamitshishunau kie tshinishtuapamauau tshipeessimuau. Itenitamek^u tshetshi uauitshishkuiek^u, nanituapatamuk^u.

Ushtuenitamek^u, mamitenimikuiek^u tshekuan, uauitshikushik^u etatu tshika mininiunau. E uikanishimaushinanut ume mekuat e pimipin akushun, animin, takun uauitshiuashiun.

Nishitshimanan uikanishimuaut tshetshi imiatau

- uikanishua
- uitsheuakanua
- Nete e uauitshiushinanut
- Natukunish kie mak akushiu-shkuessa

Pour de plus amples renseignements sur le coronavirus:

1-833-784-4397

canada.ca/coronavirus

Ui minu-nanitussenitamek^u e ashuapamaushinanut, ka atusseun-tshitapatakan

www.infogrossesse.ca.

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