ᓄᕙᒡᔪᐊᕐᓇᖅ-19 ᐃᖅᑲᓇᐃᔭᖅᑏᑦ ᖃᐅᔨᓴᖅᑕᐅᓂᖏᑦ

ᐃᖅᑲᓇᐃᔭᕐᕕᖕᓂᑦ ᐊᒻᒪᓗ ᐃᖅᑲᓇᐃᔭᖅᑏᑦ ᒪᓕᒋᐊᖃᖅᐳᑦ ᐱᔪᓐᓇᕐᓂᖃᕐᓂᖅ ᒪᓕᒐᖅᑎᒍᑦ ᐊᒻᒪ ᐊᕕᒃᑐᖅᓯᒪᔪᓂ ᒪᓕᒋᐊᓕᖏᑦ ᐋᓐᓂᖃᖅᑕᐃᓕᑎᑦᑎᔨᒃᑯᑦ ᒪᓕᒃᑕᐅᖁᔭᖏᑦ. ᑖᓐᓇ ᐱᓕᕆᔾᔪᑎ ᐊᑐᖅᑕᐅᓚᐅᕐᓕ ᐃᓱᒪᓕᐅᕈᑕᐅᖁᓪᓗᒍ ᐃᖃᓇᐃᔭᖅᑎ ᖁᒃᓴᓇᓕᖅᑎᑦᑎᖕᒪᖔᑦ ᐱᔭᐅᑐᐃᓐᓇᕆᐋᖃᓕᖅᑎᑦᑎᓗᓂ ᑭᓇᑐᐃᓐᓇᕐᒧᑦ ᓇᔪᖅᑕᐅᔪᒥ ᑕᒪᑐᒧᖓ ᓄᕙᒡᔪᐊᕐᓇᖅ-19−ᒧᑦ.
1. ᖃᐅᔨᓴᕐᓂᖅ ᓴᖅᑭᔮᕐᕕᐅᑐᐃᓐᓇᕆᐊᖃᕐᓂᕐᓄᑦ ᓄᕙᒡᔪᐊᕐᓇᖅ-19-ᒧᑦ ᒪᓕᒃᖢᒍ ᓴᖅᑭᕝᕕᐅᓇᔭᕐᓂᕐᓄᑦ ᐊᐅᓚᑦᑎᓂᕐᒧᑦ
ᐸᕐᓇᐅᑏᑦ
2. ᑐᕿᓯᑎᓪᓗ ᐃᖅᑲᓇᐃᔭᖅᑎ ᐊᑦᑕᕐᓇᑕᐃᓕᒪᓂᕐᒧᑦ ᐃᖅᑲᓇᐃᔭᕐᕕᖕᒥᑦ ᒪᓕᒃᑕᐅᔪᓐᓇᖅᑐᑦ ᒪᓕᒃᑕᐅᔭᕆᐊᓖᑦ:
a. ᐃᓯᕐᓗᓂ ᖃᓄᐃᓕᐅᕆᐊᖃᕐᓂᖅ
b. ᐊᑐᖃᑦᑕᕐᓂᖅ ᑮᓇᐅᕐᒧᑦ ᒪᑐᐊᕈᑎᒃᓴᓂᒃ
c. ᐊᒡᒐᑎᑦ ᐅᐊᓴᖃᑦᑕᕐᓗᒋᑦ ᐊᒻᒪᓗ ᐊᒡᒐᒃᓯᐅᑎᓄᑦ ᐃᒥᖃᙱᑦᑐᓄᑦ ᐅᐊᓴᖃᑦᑕᕐᓂᖅ
d. ᓴᓗᒻᒪᖅᓴᕐᓗᒋᑦ ᓇᔪᖅᑕᕕᑦ ᑭᐅᖏᓐᓂᒃ (ᐱᒋᐊᓚᐅᙱᓐᓂᕐᓂᑦ ᐊᒻᒪᓗ ᐱᐊᓂᒃᑳᖓᕕᑦ)
e. ᐊᐅᓚᑦᑎᓂᖅ ᐊᓂᑲᑕᒃᑐᓂᒃ ᐃᓯᑲᑕᒃᑐᓂᒃ ᓇᔪᖅᑕᕐᓂᑦ
f. ᖃᐅᔨᓴᖅᐸᓪᓕᐊᓗᒍ ᖃᓄᐃᓕᐅᕈᑎᒃᓴᑦ
3. ᐸᐸᑦᑎᐊᕐᓗᒋᑦ ᐃᖅᑲᓇᐃᔭᖅᑏᑦ ᖃᐅᔨᓴᖅᑕᐅᓂᖏᑦᑕ ᑎᑎᖅᑲᖁᑎᖏᑦ ᑎᑎᖅᑲᖁᑎᒃᑯᕕᖕᓂᑦ.

ᑖᓐᓇ ᑐᓂᒋᐊᑐᙱᑦᑕᐃ ᐃᖅᑲᓇᐃᔭᖅᑎᓄᑦ ᐊᑦᑕᓇᖅᑐᓂᒃ ᐊᒻᒪ ᓇᓪᓕᐅᒃᑯᒫᓂᒃ ᖃᐅᔨᓴᖅᑎᒃᑯᓐᓄᑦ. ᖃᐅᔨᓴᖃᑦᑕᐃᓐᓇᕐᓗᒋᑦ ᖃᐅᔨᓴᕈᑎᕕᓃᑦ ᑐᓴᐅᒪᔾᔪᑕᐅᔪᑦ ᑎᑎᖅᑲᖁᑎᖕᓂᑦ.

ᐃᖅᑲᓇᐃᔭᖅᑎᐅᑉ ᐊᑎᖓ:
ᐊᑎᖓ ᖃᐅᔨᓴᑎᐅᔫᑉ:  ᐃᒻᒥᓂᒃ−ᖃᐅᔨᓴᖅᑐᖅ ᐅᓪᓗᖅ ᐊᒻᒪ ᖃᔅᓯᒧᐊᖅᑎᓪᓗᒍ
ᖃᐅᔨᓴᖅᑕᐅᓂᖅ:

 ᐱᓕᕆᕝᕕᐅᑉ ᐃᓯᕆᐊᕐᕕᖓᓂᒃ
 ᐅᖄᓚᐅᑎᑎᒍᑦ

 ᖃᕆᑕᐅᔭᒃᑯᑦ ᐃᕐᖐᓐᓈᕈᓐᓇᐅᑎ
(ᐃᒻᒥᓂᒃ−ᖃᐅᔨᓴᖅᑐᖅ)
ᑲᒪᔨᐅᔫᑉ ᐊᑎᖓ:
1. ᐃᖅᑲᓇᐃᔭᖅᑎ ᓴᖅᑭᔮᖅᑎᑦᑎᕚ ᓇᓗᓇᐃᕈᑎᓂᒃ ᑕᒪᑐᒧᖓ ᓄᕙᒡᔪᐊᕐᓇᖅ-19-ᒧᑦ (ᓲᕐᓗ ᖁᐃᖅᓱᑲᑕᒃᑐᖅ, ᐆᑎᕐᓇᖅᑐᖅ,
ᐊᓂᖅᓵᑦᑎᐊᕈᓐᓇᙱᒃᑐᖅ)?
 ᐋᒃᑲ – ᑲᔪᓯᓗᑎᑦ 2-ᒧᑦ.  ᐄ ᖃᐅᔨᓴᕐᓗᒋᑦ ᖁᐊᖅᓵᕐᓇᕈᓐᓇᖅᑐᑦ ᐊᒻᒪᓗ ᒪᓕᒡᓗᒋᑦ ᓴᖅᑭᔮᕐᕕᐅᑐᐃᓐᓇᕆᐊᖃᕐᓂᕐᓄᑦ
ᐊᐅᓚᑦᑎᓂᕐᒧᑦ ᐸᕐᓇᐅᑏᑦ ᑐᓴᐅᒪᑎᓪᓗᒍ ᐃᖅᑲᓇᐃᔭᖅᑎ ᒪᓕᒃᑕᐃᓐᓇᕆᖁᓗᒋᑦ
ᐊᒃᑐᐊᔪᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᑎᑦᑎᔨᒃᑯᑦ ᒪᓕᒃᑕᐅᖁᔭᖏᓐᓂᒃ.
2. ᑕᒪᒃᑭᓂ ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᓯᒪᕖᑦ (ᒪᕐᕈᖕᓂ ᑲᐱᔭᐅᓂᕐᓂ)?
 ᐋᒃᑲ – ᑲᔪᓯᓗᑎᑦ 2(a)-ᒧᑦ.  ᐄ ᖃᐅᔨᓴᕐᓗᒋᑦ ᖁᐊᖅᓵᕐᓇᕈᓐᓇᖅᑐᑦ ᐊᒻᒪᓗ ᒪᓕᒡᓗᒋᑦ ᓴᖅᑭᔮᕐᕕᐅᑐᐃᓐᓇᕆᐊᖃᕐᓂᕐᓄᑦ
ᐊᐅᓚᑦᑎᓂᕐᒧᑦ ᐸᕐᓇᐅᑏᑦ ᑐᓴᐅᒪᑎᓪᓗᒍ ᐃᖅᑲᓇᐃᔭᖅᑎ ᒪᓕᒃᑕᐃᓐᓇᕆᖁᓗᒋᑦ
ᐊᒃᑐᐊᔪᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᑎᑦᑎᔨᒃᑯᑦ ᒪᓕᒃᑕᐅᖁᔭᖏᓐᓂᒃ.
2.(a) ᐊᑕᐅᓯᕐᒥ ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᓯᒪᕕᑦ?
 ᐋᒃᑲ – ᑲᔪᓯᓗᑎᑦ 3-ᒧᑦ.  ᐄ ᖃᐅᔨᓴᕐᓗᒋᑦ ᖁᐊᖅᓵᕐᓇᕈᓐᓇᖅᑐᑦ ᐊᒻᒪᓗ ᒪᓕᒡᓗᒋᑦ ᓴᖅᑭᔮᕐᕕᐅᑐᐃᓐᓇᕆᐊᖃᕐᓂᕐᓄᑦ
ᐊᐅᓚᑦᑎᓂᕐᒧᑦ ᐸᕐᓇᐅᑏᑦ ᑐᓴᐅᒪᑎᓪᓗᒍ ᐃᖅᑲᓇᐃᔭᖅᑎ ᒪᓕᒃᑕᐃᓐᓇᕆᖁᓗᒋᑦ
ᐊᒃᑐᐊᔪᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᑎᑦᑎᔨᒃᑯᑦ ᒪᓕᒃᑕᐅᖁᔭᖏᓐᓂᒃ.
3. ᐃᖅᑲᓇᐃᔭᖅᑎ ᐊᐅᓪᓚᖅᓯᒪᓚᐅᖅᐹ ᓄᓇᕘᑉ ᓯᓚᑖᓄᑦ?
 ᐋᒃᑲ – ᑲᔪᓯᓗᑎᑦ 4-ᒧᑦ.  ᐄ ᖃᐅᔨᓴᕐᓗᒋᑦ ᖁᐊᖅᓵᕐᓇᕈᓐᓇᖅᑐᑦ ᐊᒻᒪᓗ ᒪᓕᒡᓗᒋᑦ ᓴᖅᑭᔮᕐᕕᐅᑐᐃᓐᓇᕆᐊᖃᕐᓂᕐᓄᑦ
ᐊᐅᓚᑦᑎᓂᕐᒧᑦ ᐸᕐᓇᐅᑏᑦ ᑐᓴᐅᒪᑎᓪᓗᒍ ᐃᖅᑲᓇᐃᔭᖅᑎ ᒪᓕᒃᑕᐃᓐᓇᕆᖁᓗᒋᑦ
ᐊᒃᑐᐊᔪᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᑎᑦᑎᔨᒃᑯᑦ ᒪᓕᒃᑕᐅᖁᔭᖏᓐᓂᒃ.
4. ᐃᖅᑲᓇᐃᔭᖅᑎ ᐃᖅᑲᓇᐃᔭᖃᑦᑕᖅᐹ ᐅᕝᕙᓘᓐᓃᑦ ᐊᑭᓕᖅᓱᑦᑕᐅᓇᓂ ᐱᓕᕆᖃᑦᑕᖅᐹ ᐊᓯᖏᓐᓂᑦ ᐃᖅᑲᓇᐃᔭᕐᕕᖕᓂᑦ ᐃᓱᒪᒋᔭᐅᔪᓂᑦ
ᖁᐊᖅᓵᕐᓇᖅᑑᕐᔪᐊᕈᓐᓇᖅᑐᓂᑦ?
 ᐋᒃᑲ – ᑲᔪᓯᓗᑎᑦ 5-ᒧᑦ.  ᐄ ᖃᐅᔨᓴᕐᓗᒋᑦ ᖁᐊᖅᓵᕐᓇᕈᓐᓇᖅᑐᑦ ᓇᓗᓇᐃᖅᑕᐅᖁᓪᓗᒋᑦ ᖄᒃᑲᓐᓂᐊᒍᑦ
ᐊᑦᑕᕐᓇᖅᑕᐃᓕᒪᓂᕐᒧᑦ ᐱᑕᖃᕆᐊᓖᑦ. ᑲᔪᓯᓗᑎᑦ 5-ᒧᑦ.
5. ᐃᖅᑲᓇᐃᔭᖅᑎ ᖃᓂᒃᓴᖃᑦᑕᕐᓂᖅᐹ ᐅᑯᓂᖓ:
• ᑭᓇᑐᐃᓐᓇᖅ ᐋᓐᓂᐊᓕᖅᓯᒪᒍᓂ ᓄᕙᒡᔪᐊᕐᓇᖅ-19-ᒧᑦ;
• ᑭᓇᑐᐃᓐᓇᖅ ᖃᐅᔨᓴᖅᑕᐅᒍᓂ ᓄᕙᒡᔪᐊᕐᓇᖅ-19-ᒧᑦ;
• ᑭᓇᑐᐃᓐᓇᖅ ᐃᒃᐱᒋᔭᖃᕈᓂ ᓄᕙᒡᔪᐊᕐᓇᖅ-19-ᒥᑦ, ᐅᕝᕙᓘᓐᓃᑦ
• ᑭᓇᑐᐃᓐᓇᕐᒥᒃ ᒫᓐᓇᓵᒃᑯᑦ ᐊᐅᓪᓚᖅᓯᒪᓚᐅᖅᑐᒥᒃ ᓄᓇᕘᑉ ᓯᓚᑖᓄᑦ?
 ᐋᒃᑲ – ᑲᔪᓯᓗᑎᑦ 6-ᒧᑦ.  ᐄ – ᑐᓴᐅᒪᑎᓪᓗᒍ ᐃᖅᑲᓇᐃᔭᖅᑎ ᒪᓕᒃᑕᐃᓐᓇᕆᖁᓗᒋᑦ ᐊᒃᑐᐊᔪᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᑎᑦᑎᔨᒃᑯᑦ ᒪᓕᒃᑕᐅᖁᔭᖏᓐᓂᒃ.
6. ᐃᖅᑲᓇᐃᔭᖅᑎ ᑐᓴᐅᒪᑎᑕᐅᕚ ᐊᑦᑕᕐᓇᙱᒃᑐᒥᒃ ᐃᖅᑲᓇᐃᔭᕐᓂᕐᒧᑦ ᐊᑐᖅᑕᐅᔪᓐᓇᖅᑐᓂᒃ ᐅᑯᓄᖓ:
 2-ᒦᑕᓂᒃ ᐅᖓᓯᒌᖃᑦᑕᕐᓗᑎᒃ  ᐊᒡᒐᓂᒃ ᐅᐊᓴᖃᑦᑕᕐᓂᖅ
ᓴᓗᒻᒪᕐᓴᐅᑎᒧᓪᓘᓐᓃᑦ ᐊᒡᒐᓄᑦ

 ᐃᓯᓕᖅᑎᓪᓗᒍ/ᐊᓂᓕᖅᑎᓪᓗᒍ
ᐊᑐᖅᑕᐅᕙᒃᑐᑦ
 ᐊᐅᓚᑕᐅᓂᖅ
ᓇᒧᙵᐅᕙᓪᓕᐊᕙᖕᓂᕐᒧᑦ ᐃᓂᒋᔭᒥᑦ

 ᓴᓗᒻᒪᖅᓴᐃᖃᑦᑕᕐᓂᖅ ᓇᔪᖅᑕᕕᑦ
ᑭᐳᖏᓐᓂᒃ

 ᐊᑐᕐᓂᖅ ᓈᒪᔪᓂᒃ ᓇᖕᒥᓂᖅ
ᐋᓐᓂᖅᑕᐃᓕᔾᔪᑏᑦ
ᐊᓯᖏᑦ ᐃᓱᒪᒋᔭᐅᓂᐅᔪᑦ: