ᔭᐧᑲ ᒐ ᑭᓂᐧᐊᔨᒌᓱᔨᓐ

PROTECT YOURSELF

Quebec Government Covid-19 toll free information line:

1 877 644-4545

COVID-19

(Coronavirus)

ᔪᐦᔪᐧᐊᔥᐱᓂᐧᐃᓐ ᐁ ᐊᓈᒌᑐᓈᓄᒡ

yehyewâspinewin e âshûmîtunânûch

ᒋᓂᑯᔨᐦᒡ ᒐ ᐅᓂᑐᑎᒡ
Cough in your sleeve

ᒋᓂᑖᐸᐧᐊᒋᑎᐦᒣᑯ
Wash your hands

ᔭᔨᑖ ᒐ ᐧᐊᐱᓂᒡ
ᐊᐱᒋᐦᑖᔨᓈ ᓯᓂᔥᒐᔨᑯᒪᐧᐃᓐ
Throw away used tissue

ᐁᑲᐧᐃᔭ ᐯᓇᐧᐊᐸᒥᒡ ᐊᐧᐁᓂᒌ
Keep your distance

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ᒥᔪᐱᒪᑎᓯᐅᓐ ᐊᓈᓈᑭᒋᐦᑖᑭᓄᒡ
CONSEIL CRI DE LA SANTÉ ET DES SERVICES SOCIAUX DE LA BAIE JAMES
CREE BOARD OF HEALTH AND SOCIAL SERVICES OF JAMES BAY

For more information
in English and Cree on the COVID-19
(Coronavirus) visit our website :

creehealth.org/coronavirus