

ᑭᑦᑲᑦᑲᑦᑲᑦᑲᑦᑲᑦ
TÂ CHE IHTIYIN

WHAT TO DO

YOU HAVE
TRAVELLED
OUTSIDE THE COUNTRY
IN THE PAST 14 DAYS

YOU HAVE
NOT TRAVELLED
OUTSIDE THE COUNTRY
IN THE PAST 14 DAYS

NO SYMPTOMS

SYMPTOMS:
COUGH, FEVER,
DIFFICULTY
BREATHING

NO SYMPTOMS

**STAY HOME &
SELF-ISOLATE**

**CALL CMC
FOR FURTHER
INSTRUCTIONS**

**PROTECT
YOURSELF AND
OTHERS BY:**

PRACTICING SOCIAL
DISTANCING
+
AVOIDING TOUCHING
YOUR FACE (ESPECIALLY
EYES, NOSE AND MOUTH)
+
WASHING HANDS
FREQUENTLY
+
COUGHING / SNEEZING
INTO YOUR SLEEVE OR
TISSUE (PUT TISSUE IN
GARBAGE AFTER)
+
EXTRA CARE IF YOU OR
CONTACTS ARE OLDER OR
HAVE A CHRONIC DISEASE

SELF-ISOLATE MEANS:

- ★ Stay home, in a closed room alone at all times
- ★ Use a separate bathroom as much as possible
- ★ No visitors
- ★ No sharing of objects
- ★ If in contact with other members in household, stay 2 meters (6 feet) apart and wear a mask
- ★ Disinfect surfaces and objects frequently (especially door knobs, light switches, etc.)

IF INSTRUCTED
TO STAY HOME
THEN YOU MUST
SELF-ISOLATE

ᑭᑦᑲᑦᑲᑦᑲᑦᑲᑦᑲᑦ ᓂᑦᑲᑦᑲᑦᑲᑦᑲᑦᑲᑦᑲᑦ ᓂᑦᑲᑦᑲᑦᑲᑦᑲᑦᑲᑦ ᓂᑦᑲᑦᑲᑦᑲᑦᑲᑦᑲᑦ

CHÎCHIHCH IHTÂH EKW CHE MIYUKANAWWEYIMITWÂU KÂ SÂCHIHÎTWÂU

PROTECT YOUR LOVED ONES AND STAY HOME