ᑭᓲᕙ ᑖᓐᓇ ᖃᓂᒻᒪᓯᖅ?
• ᑖᓐᓇ ᖃᓂᒪᔾᔪᑕᐅᑲᑕᒃᑐᖅ ᐋᓐᓂᐊᖑᕗᖅ ᓄᕙᖕᓇᕐᔪᐊᖑᕙᒃᑐᒥᙶᖢᓂ.
• ᑖᓐᓇᓗ ᓄᒃᑕᕈᓐᓇᕐᖢᓂ ᐃᓄᖕᒧᑦ ᐊᓯᐊᓄᐊᕈᓐᓇᕐᑐᖅ
ᕿᓚᒥᑯᓗᒃ.

• ᐅᓪᓗᓄᑦ 7-ᓄᑦ 10-ᓄᓪᓘᓐᓃᑦ ᑕᐃᒪᐃᓕᖓᓐᓇᕐᖢᓂ.
• ᐄᔭᒃᑲᓄᑦ ᑲᒪᒋᔭᐅᔾᔪᑕᐅᔪᓐᓇᙱᑦᑐᖅ ᐆᒪᔪᒥᑦ ᐱᑎᑕᐅᙱᒻᒪᑦ.

ᑭᓱᓂᒃ ᓂᕆᐅᒋᐊᖃᕐᐸᑦ ᖃᓂᒪᓐᓇᒧᑦ?
• ᓯᕗᓪᓕᕐᒥ: ᐆᓇᖅᓯᑳᓪᓚᒡᓗᓂ (ᐆᓇᕐᓂᖓ 38° -
ᐅᖓᑖᓂᓪᓗᓂ), ᓂᐊᖁᖑᑲᑕᒡᓗᓂ, ᓄᒃᑭᕆᓗᓂ, ᓄᑭᑭᐅᔭᕐᓗᓂ, ᐸᓂᖅᑰᔨᔪᒥᒃ ᖁᐃᕐᓱᖃᑦᑕᕐᓗᓂ, ᐃᒡᒋᐊᕐᓗᒡᓗᓂ ᐃᓛᓐᓂᓪᓗ ᓱᕐᓗᖏᑦ ᓯᒥᖃᑦᑕᕐᓗᑎᒃ.
• ᕿᑎᕈᔪᐊᓂ: ᐆᓇᖃᑦᑕᕐᓂᖓ ᓄᒃᑭᕆᓂᖓᓗ
ᐱᙱᑉᐹᓪᓕᕐᓗᓂ, ᓂᐱᓗᒃᑐᒥᒃ ᐸᓂᖅᑰᔨᔪᒥᒡᓗ ᖁᐃᕐᓱᖃᑦᑕᕐᓗᓂ, ᐃᒡᒋᐊᕐᓗᒡᓗᓂᓘᓐᓃᑦ,
ᖁᐃᕐᓱᓗᐊᖏᓕᕐᓗᓂ ᐊᒻᒪᓗ ᐳᕙᓂ
ᐃᓗᐊᕆᖃᑦᑕᙱᓪᓗᓂᒋᑦ ᐊᒻᒪ ᐅᔾᔨᕐᓇᕐᓂᕐᓴᐅᓕᕐᓗᓂ. ᑕᖃᓯᒪᖅᑰᔨᓇᔭᕐᑐᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓄᒫᑦᑕᒃᓯᒪᐅᔭᓕᕐᓗᓂ. ᐃᓚᖏᓪᓗ ᒥᕆᐊᖑᖃᑦᑕᕐᐸᒃᖢᑎᒃ, ᒥᕆᐊᕐᐸᒃᖢᑎᒃ
ᐊᒻᒪᓘᓐᓃᑦ ᐊᕿᑦᑐᕐᓱᕐᖢᑎᒃ.
• ᐃᓱᓕᓕᕐᑎᓪᓗᒍ: ᖃᓄᐃᔾᔪᑎᒋᔭᐅᔪᑦ ᐱᓗᐊᕈᓐᓂᕐᓗᑎᒃ.
ᖁᐃᕐᓱᖃᑦᑕᕐᓂᖅ, ᑕᖃᓯᒪᖃᑦᑕᕐᓂᕐᓗ ᐊᓯᖏᓪᓗ ᐱᔾᔪᑕᐅᖃᓯᐅᑎᔪᑦ ᐅᓪᓗᓄᑦ 7-ᓄᑦ 14-ᓄᓪᓗ ᑕᐃᒪᐃᑐᐃᓐᓇᕆᐊᖃᕐᐳᑦ.

ᑲᒪᓂᖅ ᑭᓇᒥᒃ ᖃᓂᒪᔪᒥᒃ ᑕᒪᑐᒧᖓ
• ᐆᓇᑲᑕᖕᓂᖅ, ᓴᐅᓂᙳᑲᑕᖕᓂᖅ ᐊᓯᖏᓪᓗ ᐋᓐᓂᐊᕈᑕᐅᔪᑦ
ᑲᒪᒋᔪᓐᓇᕐᐸᓯ ᐄᔭᒐᕐᑎᖃᑦᑕᕐᓗᒋᑦ ᓂᐊᖁᕐᓯᐅᑎᓂᒃ
ᑕᐃᓖᓅᓂᒃ ᐅᕝᕙᓘᓐᓃᑦ ᐊᑦᕕᐅᒥᒃ (Tylenol® ᐅᓇᓘᓐᓃᑦ Advil®). ᑕᐃᒃᑯᐊ ᑎᑎᖅᑲᖏᑦ ᒪᓕᒋᐊᓖᑦ ᒪᓕᒡᓗᒋᑦ ᐄᓯᔭᕆᐊᖃᕐᓂᕐᒧᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐋᓐᓂᐊᕐᕕᖕᒥᑦ
ᖃᓅᖁᔭᐅᔪᓂᒃ ᒪᓕᒡᓗᒋᑦ. ᐱᑎᖃᑦᑕᖏᒻᒪᕆᒡᓗᒋᑦ
ᓄᑕᖅᑲᑦ ᓂᐊᖁᕐᓯᐅᑎᑐᖃᕐᒥᒃ (ᐊᔅᐱᕆᓐ-ᐊᓴ). ᐊᓪᓚᕈᑎᐊᓛᒧᑦ ᖃᐅᓯᕐᑐᒧᑦ ᑮᓇᖓᓗ ᖁᖓᓯᖓᓗ ᐅᕝᕙᓘᓐᓃᑦ ᑎᒥᓗᒃᑖᖓ ᐊᓪᓚᕐᑎᕐᐸᒡᓗᒍ
ᐆᓇᓗᐊᕈᓐᓃᕈᓐᓇᖅᑐᖅ.
• ᐊᑕᐅᓯᒋᐊᕐᒥᒃ ᑲᒪᔨᖃᕐᑎᓐᓇᓱᒃᐸᒡᓗᒋᑦ ᖃᓂᒪᔪᑦ-ᓯᖓᐃᔪᒥᐅᑦᑕᐃᓕᓗᓂ ᐊᔪᕐᓇᙱᑉᐸᑦ.

• ᖃᓂᒪᔪᖅ ᐳᓛᕐᑎᖃᕆᐊᖃᖏᑦᑐᖅ ᑖᔅᓱᒪ ᖃᒪᔨᒋᔭᖓᑕ
ᐊᓯᐊᓂᒃ, ᐳᓚᕋᕐᐸᒡᓗᓯ ᐅᖄᓚᐅᑎᒃᑯᑦ.

ᖃᑯᒍᓕ ᐋᓐᓂᐊᕈᑎᒋᔭᒧᑦ ᑲᒪᒋᔭᐅᔾᔪᑕᐅᔭᕆᐊᖃᕐᐸ ᑕᒪᓐᓇ ᐋᓐᓂᐊᕕᒃᑎᒍᑦ?
ᐅᔾᔨᕐᓱᕐᓗᓯᐅᒃ ᖃᓂᒪᔪᖅ ᑕᑯᔭᐅᔭᕆᐊᖃᕐᖂᔨᒃᐸᑦ ᐋᓐᓂᐊᕐᕕᖕᒥ ᐅᑯᓄᖓᐅᓇᔭᕐᐳᖅ:
• ᐊᓂᕐᑎᕆᑦᑎᐊᖂᔨᙱᑉᐸᑦ
• ᓴᒡᕕᖓᒍᑦ ᐋᓐᓂᐊᑲᑕᒃᐸᑦ
• ᖃᓂᐊ ᑐᖑᔪᐊᖓᒃᐸᑦ
• ᓂᐅᖅᑲᕐᑕᕕᓂᙱᑦ ᒥᕆᐊᕆᑲᑕᒃᐸᒋᑦ
• ᐅᔾᔨᑦᑎᐊᖅᑰᔨᔪᓐᓃᕐᐸᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓇᓗᓕᐅᒪᖅᑰᔨᒃᐸᑦ
• ᐆᓇᓗᐊᑲᑕᖕᓂᖓ ᐱᐅᓯᕙᓪᓕᐊᖏᑉᐸᑦ
ᐄᔭᒐᕐᑎᑲᑕᒃᑲᓗᐊᕐᓗᒍ ᓂᐊᖁᕐᓯᐅᒻᒥᒃ

ᐊᑦᕕᐅᒥᒃ/ᑕᐃᓕᓅᒥᒡᓘᓐᓃᑦ (Advil® / Tylenol®)

ᓄᑕᖅᑲᓂᒃ ᑲᒪᓗᑎᑦ ᐅᑯᓂᙵ ᐅᔾᔨᕐᓱᕆᐊᖃᕐᐳᑎᑦ:
• ᐆᓇᕐᔪᐊᑲᑕᒃᐸᑦ ᐃᑲᕐᕋᓄᑦ 24 ᐅᖓᑖᓄᓪᓘᓐᓃᑦ
ᐱᔪᓐᓃᕐᐸᓪᓕᐊᖂᔨᙱᓪᓗᓂ ᓂᐊᖁᕐᓯᐅᑎᓄᑦ

ᐊᑦᕕᐅᒧᑦ ᑕᐃᓕᓅᒧᓪᓘᓐᓃᑦ (Advil® / Tylenol®)
• ᐃᖅᑯᒻᒪᕈᒪᑲᑕᖏᓪᓗᓂ, ᓂᐸᐃᑲᑕᓗᐊᔮᓕᕐᓗᓂ
ᐅᕝᕙᓘᓐᓃᑦ ᖃᐅᔨᙱᖅᑯᔨᑲᑕᒡᓗᓂ.

• ᑎᒥᐊ ᐸᓂᓗᐊᓕᕐᓗᓂ, ᓲᕐᓗ ᖁᐃᖐᓕᓴᖓᓄᑦ
ᖁᐃᑲᑕᖏᑉᐸᑦ ᐃᑲᕐᕋᑦ 12 ᐃᓗᐊᓂ.

ᑕᐃᒪᓐᓇᐃᑦᑐᒦᖂᔨᒍᓱᒃᑯᕕᒃ, ᐋᓐᓂᐊᕕᔅᓯᓐᓄᑦ ᐅᖄᓚᑲᐅᑎᒋᔭᕆᐊᖃᕐᐳᑎᑦ.

ᖃᓄᐃᙱᑎᑦᑎᑕᐃᓕᒪᓂᖅ ᐊᓯᑦᑎᓐᓂᒃ
• ᐃᒡᓗᒥᐅᖃᑎᒋᙱᑕᓯ ᖃᓂᒪᔪᒦᑎᙱᓪᓗᒋᑦ.
• ᐊᔪᕐᓇᙱᑉᐸᑦ, ᑕᐃᓐᓇ ᖃᓂᒪᔪᖅ ᐃᓛᒃᑯᑦ ᐃᒡᓗᕈᓯᖃᕐᓗᓂ.
• ᐊᓪᓚᕐᑎᕆᕙᒡᓗᑎᑦ ᓵᓂᒃ ᐃᒡᓕᐅᑉ ᖃᓂᒋᔮᓃᑐᓂᒃ,
ᐊᓇᕐᕕᖕᒦᑦᑐᓂᒃ ᐊᒻᒪᓗ ᐱᙳᐊᑦ ᑐᖁᓴᐃᔾᔪᑎᓕᖕᒧᑦ ᐆᒪᔪᓂᒃ ᐊᓪᓚᕐᑎᕐᐸᒡᓗᒋᑦ ᖃᐅᑕᒫᑦ.
• ᖃᓂᒪᔫᑉ ᐱᖏᑦ ᓲᕐᓗ ᐊᓐᓄᕌᖏᑦ, ᐊᓪᓕᓂᖏᑦ
ᐊᓪᓚᕈᑎᖏᓪᓗ ᑲᑎᖓᓯᖃᓯᐅᑎᖏᓪᓗᒋᑦ ᐊᓯᖏᑦᑕ
ᐱᖏᓐᓄᑦ.
• ᓂᕆᔾᔪᑎᕈᔪᐃᑦ ᑲᑭᐊᕈᔪᐃᑦ ᓂᖀᓪᓗ ᐃᒥᕆᐊᓖᓪᓗ
ᐊᒥᖅᑳᕈᑎᒋᑲᑕᖏᓪᓗᓯᐅᒃ ᖃᓂᒪᔪᕐᓗ.

ᖃᓂᒪᓐᓇᖅᑐᖅ ᐆᑎᕐᓇᖅᖢᓂ

ᐊᖏᕐᕋᖅᓯᒪᔪᖅ ᐆᑎᕐᓇᖅᑐᖃᕋᒥ

ᖃᐅᔨᑎᑦᑎᓂᖅ
ᐃᓄᐃᑦ ᖃᓂᒻᒪᒃᑐᑦ ᐊᖏᕐᕋᕐᓯᒪᖁᔭᐅᖃᑦᑕᕐᒪᑕ ᑕᖃᐃᕐᓯᕐᓗᑎᒡᓗ. ᖃᓂᒪᔾᔪᑕᐅᑲᑕᒃᑐᖅ ᐱᓗᐊᕐᑐᐊᓘᖏᑐᐊᕐᐸᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑕᐃᓐᓇ ᖃᓂᒪᔪᖅ ᐊᓯᖏᓐᓂᒃ ᖃᓂᒻᒪᓯᖃᕐᐸᑦ, ᑕᐃᒪᓐᓇ ᑭᓯᐊᓂ ᐱᐅᓯᕙᓪᓕᐊᓂᕐᓴᐅᓇᔭᕐᒪᑕ ᓱᒃᑲᓂᕐᓴᒥᒃ. ᐅᕝᕙᐅᑯᐊ ᑎᑎᕋᕐᓯᒪᔪᑦ ᐃᖅᑲᐅᒪᔾᔪᑕᐅᔪᓐᓇᕐᑐᑦ ᖃᓂᒻᒪᒃᐸᓪᓕᐊᒍᕕᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓕᔅᓯᓐᓂᕐᒥᐅᑕᕐᒥᒃ ᖃᓂᒻᒪᒃᑐᖃᕐᐸᑦ ᖃᐅᔨᒪᔾᔪᑕᐅᓂᐊᕐᒪᑕ ᐊᐃᓯᒪᔪᓄᑦ.

ᖃᓂᒪᔪᖅ ᖃᓅᔪᓐᓇᕐᐸ?
• ᐃᓅᖃᑎᒥᓃᑦᑕᕆᐊᖃᙱᑦᑐᖅ. ᐅᖄᓚᐅᑎᒃᑯᑦ
ᓈᒻᒪᓛᖑᕗᖅ ᐳᓛᕐᐸᒡᓗᓂ.
• ᖁᐃᕐᓱᕌᖓᕕᑦ ᑲᒃᑭᐅᑎᒃᓴᒧᑦ ᑕᓕᕐᓄᓪᓘᓐᓃᑦ
ᖁᐃᕐᓱᕐᐸᒡᓗᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑕᒋᐅᒃᐸᒡᓗᑎᑦ. ᐃᒋᓪᓗᒍᓗ ᑲᒃᑭᐅᑎᒋᔭᑦ ᐊᒃᑕᑰᓯᕝᕕᖕᒧᑦ.
• ᐃᒥᕐᔪᐊᑲᑕᒡᓗᑎᑦ; ᑕᖃᐃᕐᓯᑦᑎᐊᕐᓗᑎᑦ; ᓂᕿᑦᑎᐊᕙᖕᓂᒃ
ᓂᕆᓇᓱᒃᐸᒡᓗᑎᑦ.
• ᐊᒡᒐᑎᑦ ᐅᐊᓴᕋᔪᒡᓗᒋᑦ ᐅᐊᓴᐅᑎᓕᖕᒧᑦ ᐆᓇᔪᒃᑐᒧᑦ
ᐃᒥᕐᒧᑦ ᐅᐊᓴᕐᐸᒡᓗᒋᑦ, ᐊᒡᒐᐅᑏᒃᑭᑦ ᐅᐊᓴᑦᑎᐊᕐᐸᒡᓗᒋᑦ, ᒪᐅᓈᒃᑭᒃ, ᐊᒡᒐᑎᑦ ᐊᒻᒪᓗ ᑯᑭᒃᑎᑦ 20-ᓴᑲᓐᔅᒥᒃ ᐃᕐᕈᕐᑐᕐᓗᒋᑦ ᐊᓪᓚᕐᑎᕐᓗᑎᓪᓗ ᐃᕆᐸᔪᒧᑦ ᐊᓪᓚᕈᑎᒧᑦ

ᖃᓄᖅ ᑲᒪᔨᒋᔭᐅᔪᑦ ᖃᓂᒻᒪᒃᑕᐃᓕᒪᔪᓐᓇᖅᐸᑦ
• ᐊᔪᕐᓇᙱᑐᐊᕌᖓᑦ ᑲᒪᔨᒋᔭᐅᔪᑦ ᐃᓯᒃᑲᓂᒃ 6-ᓂᒃ ᐅᖓᓯᒃᑎᒋᔭᕆᐊᖃᕐᐳᑦ ᖃᓂᒪᔪᒥᑦ.
• ᐊᒡᒐᑎᑦ ᐅᐊᓴᕋᔪᒡᓗᒋᑦ ᐅᐊᓴᐅᑎᓕᖕᒧᑦ ᐆᓇᔪᒃᑐᒧᑦ ᐃᒥᕐᒧᑦ ᐅᐊᓴᕐᐸᒡᓗᒋᑦ, ᐊᒡᒐᐅᑏᒃᑭᑦ ᐅᐊᓴᑦᑎᐊᕐᐸᒡᓗᒋᑦ, ᒪᐅᓈᒃᑭᒃ, ᐊᒡᒐᑎᑦ ᐊᒻᒪᓗ ᑯᑭᒃᑎᑦ 20-ᓴᑲᓐᔅᒥᒃ ᐃᕐᕈᕐᑐᕐᓗᒋᑦ ᐊᓪᓚᕐᑎᕐᓗᑎᓪᓗ ᐃᕆᐸᔪᒧᑦ ᐊᓪᓚᕈᑎᒧᑦ.

ᖃᓄᕐᓕ ᐊᑯᓂᐅᑎᒋᔪᖅ ᐊᐃᓯᒪᔭᕆᐊᖃᕋᔭᕐᐸᑦ?
• ᐃᓄᐃᑦ ᖃᓂᒪᒍᑎᒃ ᐊᐃᓯᒪᔭᕆᐊᓕᒃ ᐅᓪᓗᓄᑦ 7-ᓄᑦ ᐋᓐᓂᐊᓕᓚᐅᕐᑎᓪᓗᒋᑦ ᓯᕗᓪᓕᕐᐹᒥ.

ᐊᖏᕐᕋᖅᓯᒪᔪᖅ ᐆᑎᕐᓇᖅᑐᖃᕋᒥ

ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ ᖃᓂᒪᔪᑕᐅᑲᑕᒃᑑᑉ ᒥᒃᓵᓄᑦ, ᐋᓐᓂᐊᕕᔅᓯᓐᓄᑦ ᐅᖄᓚᔪᓐᓇᕐᐳᑎᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐅᕗᖓ ᖃᐅᔨᒋᐊᕈᓐᓇᕐᑐᑎᑦ ᖃᕆᓴᐅᔭᒃᒃᑯᑦ www.fightflu.ca.

ᐋᓐᓂᐊᖃᕐᓇᖏᑦᑐᓕᕆᔨᒃᑯᑦ ᐃᓄᓕᕆᔨᒃᑯᓪᓗ

Munarhiliqiyikkut Inuuhiriknirmullu

Department of Health and Social Services
Ministère de la Santé et des Services sociaux

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