Hand Washing

ᐁ ᑲᓯᒋᒐᓂᐧᐊᑉ

Wash your hands with soap and water for 20 seconds or use hand sanitizer.

1. Wet your hands
2. Apply Soap
3. Lather soap and rub hands palm to palm
4. Rub in between and around the fingers
5. Rub back of each hand with palm of the other hand
6. Rub fingers of each hand in opposite palm
7. Rub each thumb clasped in the opposite hand
8. Rinse thoroughly under running water
9. Pat hand dry with paper towel
10. Turn of water using paper towel

ᑲᓯᒋᑎ ᓱᑊ ᓄᑦᑕ ᓂᐱᔾ ᐁ ᐊᐸᒋᑕᔪᑦ ᓇ ᓴᑭᑦᑦ ᐃᓂᑯᑉ ᓄᑦᑕ ᐱᑯ ᐊᐸᒋᑕ ᑲᓯᒋᒐᑲᑦᓯ

1. ᓂᐱᐧᐃᑕ ᑭᒋᒋᔭᓯ
2. ᓱᑊ ᐊᐸᒋᓯ
3. ᓱᐸᐊ ᓄᑦᑕ ᓯᓂᑯᓇ ᑭ ᐧᐊᓇᑲᑦᑯᒋᒐᓇ ᑲᑭᓇᑉᓯ
4. ᓯᓂᑯᓇ ᐊᔪᑕᑉ ᓄᑦᑕ ᐧᐃᑦᐧᑫ ᑭᒋᒐᓂᑉᓯ
5. ᓯᓂᑯᓇ ᑲᑭᓇᑉ ᑭᒋᒋᔭ ᑭ ᐧᐊᓇᑲᑦᑯᒋᒐᑦ
   ᐁ ᐊᐸᒋᑕᔪᑦ ᐁ ᑲᓯᓇᒪᑦ ᑲᑭᓇᑉ ᑭᒋᒋᔭᓯ
6. ᓯᓂᑯᓇ ᑭ ᓂᓂᑭᒋᒐᓇ ᑲᑭᓇᑉ ᑭᒋᒋᔭ
   ᑭ ᐧᐊᓇᑲᑦᑯᒋᒐᓇ ᒥᒥᑉᑯᒻ ᑲᑭᓇᑉᓯ
7. ᓯᓂᑯᓂᑉ ᐊᔪᑕᑉ ᑲᑭᓇᑉ ᑭ ᒥᒋᒐᓇᑉ ᒥᒥᑦᑯᒻ ᑭᒋᒋᔭᑦᓯ
8. ᐧᑲᔭᑦᑉ ᑲᓯᔭᐸᐧᐊᑕ ᓂᐱᔾ ᑲ ᐅᑕᔅᑲᐧᐃᑉᓯ
9. ᐸᑉᑯᓇ ᑭᒋᒋᔭ ᒪᓯᓇᐃᑲᐧᓇᓂ ᐸᑭᐧᑲᑦ ᐁ ᐊᐸᒋᑕᔪᑦᓯ
10. ᑭᐸᐊ ᓂᐱᔾ ᑲ ᐅᑕᔅᑲᐧᐃᑉ ᒪᓯᓇᑲᐧᓇᓂ ᐸᑯᓂᑲᑦ ᐁ ᐊᐸᒋᑕᔪᑦ

Look after our loved ones by washing your hands, wearing a mask, and practicing physical distancing. If you are not well, stay home to protect others.

ᓇᓇᑲᒋᐃᑯᑉ ᑲ ᓴᑭᐊᐧᑲᑉ ᐁ ᑲᓯᒋᑎᔭᑦ ᐁ ᑭᐧᑉᑲ ᐊᑯᐱᑐᓐᐱᓱᑦ ᓄᑦᑕ ᐁ ᐧᐊᐧᐊᓇᐸᑐᔭᑦᓯ
ᑭᔅᑦᐱᑦ ᐁᑲ ᒥᓄ ᒪᒋᐅᐧᐊᓐ ᐊᐱ ᑭᑭᑉ ᑭᒋ ᓇᑲᑕᐧᐁᑦᑕᑯᓯᒋᑉ ᑯᑕᑭᔭᑉᓯ

For more information visit www.waha.ca/covid-19 or the Weeneebayko Area Health Authority Facebook page or the Porcupine Health Unit's website https://www.porcupinehu.on.ca/

ᐊᐧᐊᓯᒐ ᐧᐃᑕᒪᑭᐧᐃᑦ ᒪᐧᐊᐱᑦwww.waha.ca/covid-19ᓄᑦᑕ ᐱᑯ ᐧᐃᓂᐯᑯ ᐃᑘᑭᑦᑲᒥᑉ ᒥᓄ ᐱᒪᑎᓯᐧᐃ
ᐅᑭᒪᐧᐃᐧᐃᓂᑉᓯ ᐊᑦᑕᒥᐧᑭ ᐸᑦᑭᓂᑲᓂᑉ ᓄᑦᑕ ᐱᑯ ᐳᕐᑭᐸᐃᑉ ᒥᓄ ᐱᒪᑎᓯᐧᐃ ᐊᑐᑦᑭᐧᐃᓂᓯ
https://www.porcupinehu.on.ca/

Hand Washing

ᐁ ᑲᓯᒋᒐᓕ·ᐊᒃ

Wash your hands with soap and water for 20 seconds or use hand sanitizer.

1. Wet your hands
2. Apply Soap
3. Lather soap and rub hands palm to palm
4. Rub in between and around the fingers
5. Rub back of each hand with palm of the other hand
6. Rub fingers of each hand in opposite palm
7. Rub each thumb clasped in the opposite hand
8. Rinse thoroughly under running water
9. Pat hand dry with paper towel
10. Turn of water using paper towel

ᑲᓯᒋᑎ ᓱᐸ ᓄᑦᑕ ᓕᐱᔾ ᐁ ᐊᐸᒋᑕᔪᓐ
ᕿᑕᓚ ᓴᑭᓐᔅ ᐃᓕᑯᒃ ᓄᑦᑕ ᐱᑯ ᐊᐸᒋᑕ ᑲᓯᒋᒐᑲᓐᓵ

1. ᓕᐱ·ᐃᑕ ᑭᒋᒋᔭᓵ
2. ᓱᐸ ᐊᐸᒋᓵ
3. ᓱᐸᐊ ᓄᑦᑕ ᓯᓕᑯᓇ ᑭ ·ᐊᓚᑲᑦᑯᒋᒐᓚ ᑲᑭᓚᒃᓵ
4. ᓯᓕᑯᓇ ᐊᔪᑕᒃ ᓄᑦᑕ ·ᐃᑦ·ᑊ ᑭᒋᒐᓕᒃᓵ
5. ᓯᓕᑯᓇ ᑲᑭᓚᒃ ᑭᒋᒋᔭ ᑭ ·ᐊᓚᑲᑦᑯᒋᒐᓇᐁ ᐊᐸᒋᑕᔪᓐ ᐁ ᑲᓯᓚᒪᓐ ᑲᑭᓚᒃ ᑭᒋᒋᔭᓵ
6. ᓯᓕᑯᓇ ᑭ ᓕᓕᑭᒋᒐᓚ ᑲᑭᓚᒃ ᑭᒋᒋᔭ ᑭ ·ᐊᓚᑲᑦᑯᒋᒐᓚ ᒥᒥᖅᑯᒡ ᑲᑭᓚᒃᓵ
7. ᓯᓕᑯᓕᒃ ᐊᔪᑕᒃ ᑲᑭᓚᒃ ᑭ ᒥᒋᒐᓚᒃ ᒥᒥᖅᑯᒡ ᑭᒋᒋᔭᖅᓵ
8. ·ᑲᔭᖅᑲ ᑲᓯᔭᐸ·ᐊᑕ ᓕᐱᔾ ᑲ ᐅᑕᕿᑲ·ᐃᒃᓵ
9. ᐸᒃᑯᓚ ᑭᒋᒋᔾ ᒪᓯᓚᐃᑲ·ᓚᓕ ᐸᑭ·ᑲᓐ ᐁ ᐊᐸᒋᑕᔪᓐᓵ
9. ᐸᒃᑯᓚ ᑭᒋᒋᔾ ᒪᓯᓚᐃᑲ·ᓚᓕ ᐸᑭ·ᑲᓐ ᐁ ᐊᐸᒋᑕᔪᓐᓵ
10. ᑭᐸᐊ ᓕᐱᔾ ᑲ ᐅᑕᕿᑲ·ᐃᒃ ᒪᓯᓚᐃᑲ·ᓚᓕ ᐸᑯᓕᑲᓐ ᐁ ᐊᐸᒋᑕᔪᓐ

Look after our loved ones by washing your hands, wearing a mask, and practicing physical distancing. If you are not well, stay home to protect others.

For more information visit www.waha.ca/covid-19 or the Weeneebayko Area Health Authority Facebook page or the Porcupine Health Unit's website https://www.porcupinehu.on.ca/

ᓚᓚᑲᒋᐃ·ᑲᒃ ᑲ ᓴᑭᐊ·ᑲᒃ ᐁ ᑭᓯᒋᒐᔪᓐ ᐁ ᑭᖅᑲᒪᓐ ᐊᑯᐱᑐᓗᐱᓱᓐ ᓄᑦᑕ ᐁ ᐱᒥᑎᖅᐊᒪᓐ ·ᐊ·ᐊᓚᐸᑐ·ᐃᓐᓵ ᑭᖅᐱᓐ ᐁᑲ

ᐊ·ᐊᓯᒐ ·ᐃᑕᒪᕿ·ᐃᓐ ᐅᒋ ᒪ·ᐊᐱᑦᑕ www.waha.ca/covid-19 ᓄᑦᑕ ᐱᑯ ·ᐃᓕᐯᑯ ᐃᑐᕿᑦᑲᒥᒃ ᒥᓗ ᐱᒪ ᑎᓯ·ᐃᐅᑭᒪ·ᐃ·ᐃᓕᒃ ᐊᑦᑕᒥ·ᕿ ᒪᓯᓚᐃᑲᓕᒃ ᓄᑦᑕ ᐱᑯ ᐳᐃᑭᐸᐃᓐ ᒥᓗ ᐱᒪᑎᓯ·ᐃ ᐊᑐᑦᕿ·ᐃᓐᓵ
https://www.porcupine.on.ca/

Hand Washing

Wash your hands with soap and water for 20 seconds or use hand sanitizer.

1. Wet your hands
2. Apply Soap
3. Lather soap and rub hands palm to palm
4. Rub in between and around the fingers
5. Rub back of each hand with palm of the other hand
6. Rub fingers of each hand in opposite palm
7. Rub each thumb clasped in the opposite hand
8. Rinse thoroughly under running water
9. Pat hand dry with paper towel
10. Turn of water using paper towel

E kasicichaliwahk

Kasiciche soap nesta lipiy e apachihtayan lishitala seconds ilikohk nesta piko apacihta kasicichakan.

1. lipiwihta ki ciciya.
2. soap apaci.
3. sopaha nesta silikona ki walakaskocichala.
4. silikona ayetaw nesta wiskwe kicichalihk.
5. silikona kahkilaw kicicya ki walakaskocichan e apacihtayan e kasilaman kahkilaw kiciciya.
6. silikona ki lilikicichala kahkilaw kiciciya ki walakaskocichala memiskoc kahkilaw.
7. silikolik ayetaw kahkilaw ki micichalak memiskoc kiciciya.
8. kwayask kasiyapawata lipiy ka ohtashikawik.
9. pahkola kiciciya masilahikalwali pahkikwan e apacihtayan.
10. Kipaha lipiy ka ohtashikawik masilahikalwali Pahkolikan e apacihtayan

Look after our loved ones by washing your hands, wearing a mask, and practicing physical distancing. If you are not well, stay home to protect others.

For more information visit www.waha.ca/covid-19 or the Weeneebayko Area Health Authority Facebook page or the Porcupine Health Unit's website https://www.porcupinehu.on.ca/

Lalakacihahkwak ka sakihaci e kasiciceyan e kishkaman akopitonepison nesta e pimitishahaman wawalapahtowin. Kishaspin ka malimahcihowale api kikihk eka ke ohci ahkosicik

awasite wihtamakewin ohci mawapishta www.waha.ca/covid-19 nesta piko wilipeko itehkeskamik milo pimatisiwi okimawiwilihk ashtamikwe masilahikalihk nesta piko Porcupine Milo Pimatisiwi Atoskewin. https://www.porcupine.on.ca/