Together, we need to look after our loved ones and stop the spread of COVID-19.

- When you leave your home, we need to take responsibility for ourselves and others by practicing physical distancing.
- Physical distancing means keeping our distance from one another. When you go outside of your home, it means standing the distance of a moose (2 meters or 6 feet) away from other people whenever possible.

When you leave your home:
- Travel to the grocery store, pharmacy and bank only when essential and limit the amount you travel.
- Greet neighbours and friends with a smile, wave, or nod.
- Travel by car, bike or walk, where possible. If you need to take a taxi, sit in the back with the window down.
- Go for an on-leash walk with your pet or take your child for a neighbourhood walk, while maintaining distance from other people.
- Always clean hands with alcohol-based hand sanitizer, or soap and water when you return home.

Avoid:
- Hand shaking
- Crowds and Gatherings
- Engaging in group activities and sports
- Sharing food and utensils

You can gather in groups, but you must continue to practice physical distancing and stay the distance of a moose apart (2 meters or 6 feet). As the number of people allowed to gather grows for public gatherings, you still need to practice physical distancing and wear a mask when it's not possible.

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/
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Misiwe e Itashiyohk ki ntawentakosinalaw kici lalakahihtakwak ka sakihakwak nesta kici kipichihihtalawh ek kici misitepalik oma Corona 19 manchosh ahhkowiwin.

Ishi ka lakataman kiki.

Atawewikamikohk nesta ntokololalaw kici hokihkakwak nesta hokihkakwak nesta piko pimohci kicinik kisakiwohctakwahk.

Ka lakishkikishkawacik ka witsakawakwak nesta kitotemak pahpihihok washtahamowik nesta piko pimohci kicinik kisakiwohctakwahk.

Aparichita ochipishik kici tikkwelapinikohk nesta piko pimohci ishipi kicina kishkihtakw.

Papamohita kita awahkan e sapakihkelal nesta kita kicina kishkihtahmin e papa mohcihkepp yek kishkihtakw maka e wawalapahtoyek kiskatohik kishkihtawal.

Moshak kasicihka kicina kishkawakamik kasicihchakan nesta piko soap nesta lipiy ishipi ka kiihey-an kikikwh.

Kawila
- Wachiyehke kicinyi e apachihtakw.
- Itohte kici ishipi miahipcihtakw kicinik kicinik kishkihtakw.
- Ayashici kici ishipi miwaka kicinik kicinik kishkihtakw.
- Ashamihtok otihtaw kicini kicinik kicini kisakpapawin.

Ka ki papesko washtahamowalaw nesta liihi shakoc tashihe kicina ishipi wawalapahtoyek nje (nje kicinik mawacihihtakw). Maka tashihe kici ki ahi ahipchickli liikwh kici ishipi kicinik kicinik kishkihtakw.

Nalakacihihtakwak kicina kishkihtahmin e kicinik kicinik kishkihtahmin e wawalapahtoyek kicina kishkihtahmin.