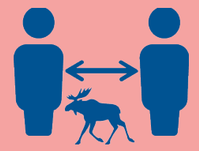
Physical Distancing

ᐧᐊᐧᐊᓇᐸᑐᐧᐃᐣ

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.

ᒥᓯᐧᐁ ᐁ ᐃᑕᑦᔭᒃ ᑭ ᐣᑕᐧᐁᐣᑕᑯᓯᓇᓇᐤ ᑭᒋᓇᓇᑲᒋᐊᐧᑲᒃ ᑲ ᓴᑭᐊᐧᑲᒃ ᓂᑦᑕ ᑭᒋ ᑭᐱᒋᑕᓂᐧᐊᒃ ᐁᑲ ᑭᒋ ᒥᓯᒐᐸᓂᒃ ᐅᒪ ᑯᑭᓇ 19 ᒪᐣᒍᐧ ᐊᑯᓯᐧᐃᐣᓵ

ᐃᑦᐱ ᑲ ᓇᑲᑕᒪᐣ ᑭᑭᓵ

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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.

ᓇᓇᑲᒋᐃᑯᒃ ᑲ ᓴᑭᐊᐧᑲᒃ ᐁ ᑲᓯᒋᑎᔭᐣ ᐁ ᑭᐧᑲ ᐊᑯᐱᑐᓂᐱᓯᐣ ᓂᑦᑕ ᐁ ᐧᐊᐧᐊᓇᐸᑐᔭᐣᓵ
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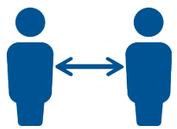

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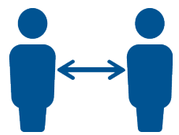

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https://www.porcupinehu.on.ca/

Physical Distancing Poster - N V. 1

Physical Distancing

ᐅᐊᐅᐊᓚᐸᑐᐅᐃᓐ

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ᐃᔾᐱ ᑲ ᓚᑲᑕᒪᓐ ᑭᑭᓵ

ᐊᑕᐅᐅᐃᑲᒥᑯᒃ ᓄᔾᑕ ᓐᑐᑯᓗᓚ ᑲ ᐅᑎᓕᑲᒐᑭ ᓄᔾᑕ ᓱᓕᔭᓕᑲᒥᑯᒃ ᐃᑐᒐ ᐱᑯ ᐃᔾᐱ ᑲ ᑭᒋ ᓐᑕᐅᓐᑕᑲᒃ ᓄᔾᑕ ᐊᒍᐃᓚᒪᓱ ᑕᑦᑕ ᐃᓕᑯᒃ ᑭ ᐃᑐᒐᔭᓐᓵ

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ᑲᐃᓚ

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ᐊᔭᒋᒋ ᑲ ᐃᒋ ᒪᐊᔭᑯᓚᓕᐊᒃ ᓄᔾᑕ ᐅ ᒣᑕᐊᓕᐊᒃᓵ
ᐊᔅᒥᑐᒃ ᐅᑎᔾᑲᒋ ᒥᒋᒪ ᓄᔾᑕ ᒥᒋᒪ ᐊᐸᒋᑕᐃᓚᓵ

ᑲ ᑭ ᐸᐯᔾᑯ ᐊᐸᒥᑐᓚᐊᒋ ᓄᔾᑕ ᐃᓕᓕᒃ ᔅᑯᒡ ᑕᒋᓗ ᑲ ᐃᑐᒐᓚᐊᒋ ᑭᒋ ᐊᐊᓚᐸᒥᑐᔭᒃ ᓄᔾᑕ ᑲ ᐃᔾᑯᓯᑦ ᒧᔾ ᑲ ᐃᔾᑲᐸᒥᑐᓚᓕᐊᒋ (ᓐᑯᐊᑕᓱ ᒥᓯᑦ)ᓵ ᒪᑲ ᑕᒋᓗ ᑲ ᐊᑎ ᐊᒋᐸᓕᒃ ᐃᓕᑯᒃ ᑭ ᐃᑕᒋᒋᒃ ᐃᓕᓕᐊᒃ ᐃᔾᐱ ᑲ ᒪᐊᒋᐃᑐᒋᒃ ᑲ ᐃᒋ ᒪᒪᐊᐸ ᓕᒋᒃ ᐊᐅᓕᑲᓚᒃ ᑭᔭᐱᒃ ᑭ ᓐᑕᐅᓐᑕᑯᓯᓐ ᑭᒋ ᓗᓯᓗᐊᒪᓐ ᐊᐊᓚᐸᑐᐅᓐᓵ

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ᓚᓚᑲᒋᐃᑯᔅ ᑲ ᓴᑭᐊᐅᑲᔅ ᐅ ᑲᓯᒋᑎᔭᔾ ᐅ ᑭᔅᑲ ᐊᑯᐱᑐᓄᐱᓯᔾ ᓗᑦᑕ ᐅ ᐊᐊᐅᓇᐸᑐᔭᔾᓵ ᑭᔅᔾᐱᓐ ᐅᑲ ᒥᓄ ᒪᒋᐅᐊᓄ ᐊᐱ ᑭᑭᔅ ᑭᒋ ᓇᑲᑕᐅᔾᑕᑯᓯᒋᔅ ᑯᑕᑭᔭᔅᓵ

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ᐊᐊᓯᒐ ᐊᐃᑕᒪᐅᐃᓐ ᐅᒋ ᒪᐊᐱᑦᑕ www.waha.ca/covid-19
ᓄᔾᑕ ᐱᑯ ᐊᐃᓕᐯᑯ ᐃᑌᔾᑲᒥᒃ ᒥᓗ ᐱᒪᑎᓯᐊᐃ ᐅᑭᒪᐊᐃᐊᓕᒃ ᐊᔾᑕᒥᐊ ᒪᓯᓚᐃᑲᓕᒃ ᓄᔾᑕ ᐱᑯ ᐳᐃᑭᐸᐃᓐ ᒥᓗ ᐱᒪᑎᓯᐊᐃ ᐊᑐᔾᑭᐊᓵ https://www.porcupine.on.ca/

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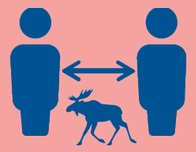

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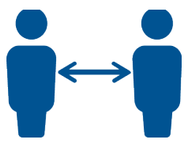

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Wawalapahtowin

Misiwe e itashiyahk ki ntawentakosinalaw kici lalakacihakwak ka sakihakwak nesta kici kipicihtaliwahk ek kici misitepalik oma Corona 19 manchosh ahkosiwin.

Ispi ka lakataman kiki.

Atawewikamikohk nesta ntokolola ka ohtilikateki nesta sholiyalikamikohk itohte piko ispi ka kihci ntawentakwahk nesta achowilamaso tahtwa ilikohk ke itohteyan.

Ka lakishkishkawacik ka witaskemacik nesta kitotemak pahpihikok washtahamowik nesta piko mohci lalamihkwestawik.

Apacihta ochaplish ka kilikwalwepishkahk nesta piko pimohte ispi eshi kashkihtayan. Ki-shaspin ka ntawentakwahk taxi kici otilat otalak ishi api maka paspapowin e lashitihk.

Papamohta kit awahkan e sakapihkelai nesta kila kichawashimish e papamohteyek keshiwak maka e wawalapahtoyek kotakiyak awelihkalak.

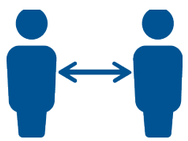
Moshak kasiciche ka mashkawakamik kasicichakan nesta piko soap nesta lipiy ispi ka kiwey-an kikihk

Kawila

- Wachiyehke kiciciy e apacihtayan.
- Itohte ka ishi mihcetinaliwahk.nesta eshi mawacihitonaliwahk.
- Ayashici ka ishi mawasakolaliwahk nesta e metawaliwahk.
- Ashamitok otishkaw micima nesta micimi apahcihtawila.

Ka ki papesko wapamitolawaw nesta ililiw shakoc tashile ka ihtotelaw kici wawalapahtoyek (nkotwaso misit). Maka tashile ka ati ahcipalik ilikohk ke itashicik ililiwak ispi ka mawaci-hitocik ka ishi mamawipalicik awelihkalak kiyapic ki ntawentakosin kici losolehamek wawalapahtowin.

Nalakacikikohk ka sakihakwahk e kasicicheyahk e kishkamahk akopitolephisowin nesta e wawalapa-htoyahk. Kishaspin eka ka milomahcihoyan api kikihk kici nalatawentakosicik kotakiyak.



Awasite wihtamakewin mawapishta www.waha.ca/covid-19 nesta piko Weeneebayko itehke-skamik Mino Pimatisiwi Okimawiwihk. Ashtamihkwe paskekinihkanihk nesta piko Porcupine Mino Pimatisiwi Atoskewihihk.https://www.porcupinehu.on.ca/