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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

IF INSTRUCTED TO STAY HOME THEN YOU MUST  
**SELF-ISOLATE**

**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.)

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CHÎCHIHCH IHTÂH EKW CHE MIYUKANAWEYIMITWÂU KÂ SÂCHIHÎTWÂU

PROTECT YOUR LOVED ONES AND **STAY HOME**

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