

# Asweyihtamowin ka wihtamâtohk ōma kapapâmohtehk (Travel Alert)

## Kisâ aspin kapapâmohtehk wayawîtimihk kânata nêwosâp-kîsikâw?

(Travel outside Canada within the last 14 days?)

Kisâ aspin kisisohiwewin ekwa ostostotamowin,  
ohcitawitêyikomêw, wîsakikohtâkanêw,  
kipatâhtamowin? **NAKI!**

(Do you have fever and / or cough, runny nose, sore throat, shortness of breath? **If yes, STOP.**)



1. Mahti kâsîcihciya iskotewapoy ohci  
(Clean your hands with alcohol-based hand rub)
2. Postiskam mihkwâkanihkân  
(Put on a mask)
3. kâh-kîhtwâm Sinikwaha kihcihcisa  
(Clean your hands with alcohol-based hand rub again)
4. Metoni Semak ka wîhtamawêw maskihkiwiskwew  
(Report to the nurse or front desk immediately)

Original date: MARCH-2020

For more information, visit: [www.ahs.ca/covid](http://www.ahs.ca/covid)