

Tshikamuhtakanu utashtamikuian nitetshe e mihtshetunantuash



Iakua tutamuk :

Auassatsh lashutsh 2 ka itatupipuneshtau, anitshenitsh e alimuhutau e leletau, ka massitau makie eka pukutatau tshetshi utinikau utashtamikuian eka tat auen tshetshi uitishikut apu tapuehtakanit tshetshi tshikamutat.

Tan ishpish?

- Tshek ma apu tshi tutamin tshetshi kutak e tain ne natshishkut auen nite ka mihtshetunantuash miam atauitshuap, miam e tutamek utinashun makie mamu pushuiek nite utapan. **Tshek ma akushiek, tshiuashtsh tak.** Tshek ma ituteiek akushiutshuapihstsh, tshipatshi tshikamutaiek tshutashtamikuian luash milikuiek kutak utashtamikuian ne ka nanituelitakanitsh.

Tshekuuan mak?

- Anitshenitsh ka kashtnikau akushun COVID-19 ka ishinikatetsh apu mitelitakau ne akushun. Apu tshisselitakau anitshenitsh katshi kashtnikau akushunilu. Tshikamuhtakanitsh ne utashtamikuian tshipatshi uitishiku auen eka tshikashkuhukut kie tshipatshi nikutumueu ne akushunilu COVID-19 ka ishinikatetsh kutakatsh auenishe. Tshikamuhtakanitsh utashtamikuian nitetshe e mihtshetunantuash miam atauitshuapihstsh nanituelitakanu tshishtin tshetshi mishta-iakua tutamek, miam ka nanituelitakau tshetshi tshishtaputitsiek kie eka pessish taike. Utashtamikuian katshi tshikamuhtaiek kie milu-tshishtaputaike.

Tan mahk tshipa tutekanu tshetshi milu-tshikamutakanitsh utashtamikuian?



1 Takutsh tshussunuau kie tshutunuau tshukumutak ashitsh tshitatshi. Kutak tshitatshi, nite uhtanahtsh tshutukaiuau ashitsh kashipissipanit (makie pishaniapi).



Ekakua tashtinimek tshekuanihi tshishtaputitsiek kie katshi tashtinimek tshekuanihi.



2 Milu-tshukumuhtak takutsh tshussunuau.



Ne utashtamikuian apu tapuehtakanitsh tshetshi akutaeik nite tshukuiu makie nite akutaeik tshutukaiuau.



3 Milu-tshikamuhtak nite tshutapissikanuau.



Ne utashtamikuian e utinimek, nite kashipissipalit (makie pishaniapi) eka tashtinimuk ne utashtamikuian nikan patshuan.

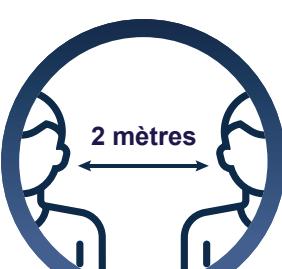


Aihakuh nepuetinemuhk ish uluitimitahtsh e manipitamek utashtamikuian kie tshikashtak nite miushe miluat eka uinakutsh. Tshishtaputak tshutashtamikuianuau ashitsh kutaka matshinisha e takushiniak tshitshuahtsh.

Ne utashtamikuian apu miam ishinakuatsh :



Tshishtaputitsheiek



Tutamuk tshetshi kutak e taike ne natshishkut auen.



Akushiek tshipuhutishuk nite tshitshuahtsh.



NE MISHTA-AKUSHUN COVID-19 KA ISHINIKATESTH

Tutamuk tshutashtamikuian

Tshipatshi tutenau utashtamikuian ashits ashits tshekuanahi e takutsh tshitshuahtsh. Tshipa apashtanau, manituan e shitapikatetsh kie nushkapetshishetsh, Patshuan eka shipuashteuiaitsh miam apikuashun patshuan ka itelitakutsh ka shapupalitsh e lelein. Apashtak e nishukau patshuan e tshishpakanatsh kie milu-tshitatapatamuk tshetshi milu-tshikamuhtaiek ne utashtamikuian tshetshi kie milushtetsh nite tshitashtamuk. Tshipatshi tshishtaputanau kie tshetshi pashtetsh kie iakua pikupalitsh makie pikunakuan.

Takuan e mihtshenikau tshe tutakanitsh ne utashtamikuian ashits manituan.



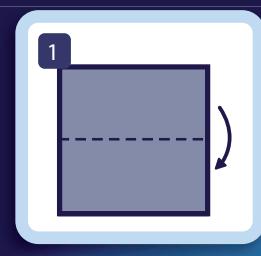
Ume tshuapalihikunau tan tshe tutamek 2 utashtamikuian apu alimitsh :

Utashtamikuian apu kussikuatetsh

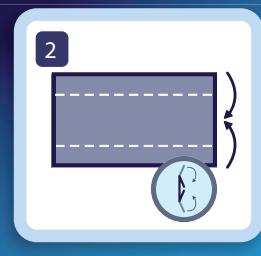
Tshipa apashtanau :

- Pashkuepishun (makie manituan ka uavieshetsh 50 X 50 cm ishkuatsh)
- Lameshkuai (makie kashipissipalitsh e tshikamuhtaiek tshishtikanapiuau)
- Takukuman (ui apashtaeik)

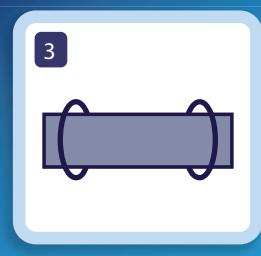
Tshe nashumek :



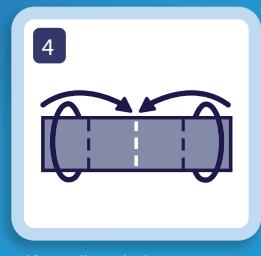
2 miluetshinekan ne pashkuepishun.



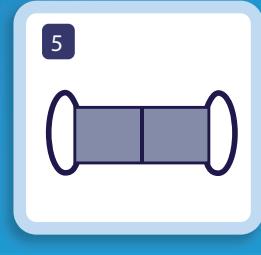
Ahiakuh puetinemuhk ish nite ishpamihtsh luash tapishish kie tapishish luash ishpamihtsh.



Ashtak kashipissipalitsh 15 cm ishkuatsh.



Kau miluetshekan upime luash tetau.



Uhpinamuk utashtamikuian tshetshi kanuelitamin e nishukau tetau manituan, eku mak tshikamatuk nite tshitashtamuk ashits e uitishikuatsh tshutitshiuau.



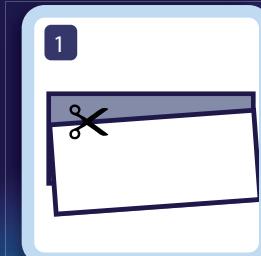
Ne kutak tshutitshi tshipa uitishikuau, ashtak kashipissipalitsh uhtanahtsh nite tshutukauau kie milu-tshikamuhtak utashtamikuian tshetshi milu-ashets tshutashtamik.

Tshipa tutenau ume utashtamikuian e kussikuatetsh

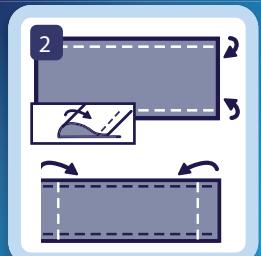
Tshipa apashtanau :

- 2 kashakuatsh manituan 25 X 15 cm ishpuash
- Shapunkan kie tshishtapashun
- Sheshtakuapi
- Takukuman

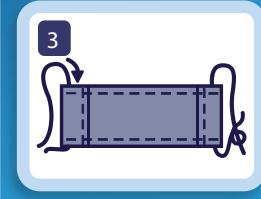
Tshe nashumek :



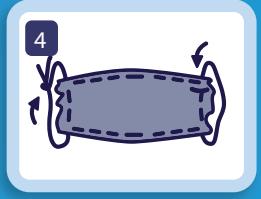
Mamatishamuk 2 kashakuatsh manituan 25 X 15 cm ishkuatsh. Aiakuetuanemuk kie mamu kussikuatamuk.



Ahiakuh puetinemuhk ish upimeshishatsh 0,5 cm ishkuatsh kie kussikuashuk ne titipishthikan. Eku mahk, nepuetinemuhk ne kutak manituan 1 cm ishkuatsh nite upimeshishatsh kie kussikuashuk.



Pihtute nite titipishthikan 15 cm e tshiuatsh kie 0,3 cm e alakashkatsh nite upimeshishatsh tshutashtamikuau tshetshi tutamek ne mamuapikatakanitsh. Apashtak e tshiuatsh shapunkan makie tshishtapashun tshetshi tapishikuauueun pihtute titipishthikan kie mishta-mahkupitamuk nete ulishkuatsh. Eka kanuelitamek kashipissipalitsh, apashtak pishakanapi kie tshiuapetamuk ne mamuapikatakanitsh tshetshi tshikamuhtaiek utashtamikuian.



Petshikatish utshipitamuk ne kashipissipalitsh makie pishaniapi tshetshi ne alishkutapikakanatsh tshetshi pihtepalitsh nite titipishthikanatsh Mamushtak ne upimeshishatsh ne utashtamikuian nite kashipissipalitsh makie pishaniapi kie milu-tshikamuhtak ne utashtamikuian tshetshi milushtetsh nite tshutashtamik. Eku mahk, kussikuatamuk ne kashipissipalitsh makie pishaniapi tshetshi eka tshilatsh.

Nete uhtshipalu: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases. Use of Cloth Face Coverings to Help Slow the Spread of COVID-19 disponible gratuitement à l'adresse suivante : <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.htm>