

isihcikewin

- **miyomahcihowin mina social pamestamakewin**
www.hlthss.gov.nt.ca
- **kahkiyaw awiyak miyomahcihowin paminikewin canada**
www.phac-aspc.gc.ca/alert-alerte/swine_200904-eng.php
- **metoni apihtaw ohci ahkosowin paminkewin mina kitinikewin**
www.CDC.gov/h1n1flu/
- **askiy miyomahcihowin mamawintowin**
www.who.int/csr/disease/swineflu/en/index.html
- www.Fightflu.ca
- www.Pandemicflu.gov

Cree

ohci ayiwak kwayaskomowewin.
tepwasiwewin kiya oma
miyomahcihowin metoni apihtaw
1-888-255-1010



**kahkiyaw strains ohci flu piwapiskos
kakwespanyihtakwan; tan'sipoko,
miwasin ayiwaksayawin prevention
piwapiskos kanaweyimowewin kiya
ohci virus.**

kispin kiya nitaweyihtam kwayaskomowewin pihci kotak
NWT kihcihtwewin ka isipiskwehk, mahti nakiskatowin eta
piskihtapowin isihcikewnihk wihtamatowin peyak'kikway -
867 920 3367.
If you would like information in other NWT official languages,
please contact the Department's Communications Unit at
867-920-3367.

KAHKIYAW STRAINS FLU
papeyahtik eta ahkosowin
taswekascikewin

kikway ota H1N1?

- H1N1 flu ota iyihewnihk ohci kikway ahkosowin kikway ohci mwestas oskayi ohci ota kamescinehk ahkosowin asoskamatow ahkosowin
- eyoko ka asawepayik kikway mina taswekascikewin wihasin tastawayihk ochi'win. peyakwan eta tahtwaskiy ahkosowin flu
- ochi'win

tansi isi ota taswekascikewin

- isiyiniw ekwa isiyiniw ka ostostotamihk mina ayeyimowin
- nakiskatowin asici misiwanacihcikew waskic ohci miciminikan, iskwahtem, akihcikakan mina piwaspiskas

kanaweyimowewin kiya poko

- awiyak ka wemaskaht nakiskatowin asici isiyiniw awina ayaw eta flu.
- awiyak ka wemaskaht samikewin kiya miton mina mikot
- kanacikewin micihciy kahkiyipah asici kisepekinikan mina nipiy, kantisiwin
- awiyak ka wemaskaht ka mihcetihs
- paskapowenew wasenmawin pihci kiya wikowin ohci kesiyotihk
- na moya pihtwawin
- ayaw pihtwaw - peyakotipiyimisiwin wikowin
- peyakwanohk - kamiyomahcihohk nipawin ekwayikok, micisowin kamiyomahcihohk micisowin, mina kanaweyicikewin kakayawatesowin

wihtamakewin mina nistawinakwan

- kisisowin (38C)
- ostostotamowin
- ka kecisowin mikohtakan
- mikot ka kaskamotahk pehcayihk

kispin kiya ayaw eta nistawinakwan

peyakwanohk kayahk eta wikowin mina awiyak ka wemaskaht nakiskatowin asici kotak ohci tepakohp

kisikaw mwestas kiya 'nistawinakwan' masihtawin ahpo

kiya ayaw nistawinakwan ohci nistanaw newo tipahikan peyakotipiyimisiwin

namoya atoskewin ahpo kiskinohamatowikamik pahkaci ka ahkosihk

kotak nistawinakwan ewakomina:

- miyaw teyisowin
- teyistikwanew
- tahkipayiw
- nestosowin
- saposowin ahpo pwakomowin

tansi ota nisohkamatowin nistawinakwan

1. tansi ka isi pimihit kisisowin 38C asici acetaminophen ahpo ibuprofen (ka papamohtehk) namoya mekiwih aspirin eta awasis asici fever, mina ka cakayasik ayiwinis eta mihkwan mina mikwayaw.
2. minihkwewin mistahi napewapiy mina micisowin, minis, kiscikanis, pahkwesikan mina tohtosapowikamik
3. ayaw pihtwaw - peyakotipiyimisiwin wikowin
4. kispin kiya pikweyhtam, nakiskatowin - Health Line - 1 888 255 1010
5. kispin ahkosowin ayiwak isayawin, natawihowin

pakahci ota nasiwew natawihowin

kispin kiya kiskinohamasiwin eta askokewin:

- yehewin ayiman
- fever ohci ayiwak ispihci nisto anohc
- awasis awina ayaw:
 - ayiman yehewin ahpo sipihkwaw mtion
 - piwastawew awiyak otsayawin
 - kakitimaksehcikehk micisowin ahpo minihkwewin
 - sisikoc mayayawin

kiya oma ka koteyihtamihk ohci complications kispin kiya oma:

- ayaw kayas acimowin poko ahkosowin
- ka ayawawosot
- niyanan askiy awasis
- kihtheadowin nikotwasomitanaw