

# COVID-19

## Wâhyaw ka îkatêkâpawek

(Physical Distancing)

Kanaweyimowewinak otâhkosiw ekwa wîci-atoskêmâkan otâh, piko katotaman:

(To protect and support patients and colleagues at this site, you **MUST**.)



Nânitâw nîso mispitona  
ahpo peyakoniskeyâw  
ka îkatêkâpawek

(Keep at least 2 arms' lengths (2 metres/6 feet)  
away from others.)



2 arms' lengths  
(2 metres / 6 feet)



Namôya micisowin kapakitinikatek

(Restrict being in eating areas to the time it takes to eat)



Kâya samina mihkwâkan

(Refrain from touching your face)



Ka micisowin kasichiche nîkân mena mwestas

(Wash your hands with soap and water **OR** clean your hands with alcohol-based hand rub  
**BEFORE** and **AFTER** eating.)

Kinanâskomitinawow miyonohk ka ayâhk, miyotehewin,  
mâmawi ka sâponawew

(Thank you for being safe, kind and patient.  
We're in this together. We'll get through it together.)