ᓄᕙᖕᓇᖅᑐᒧᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎ
ᑭᒃᑯᑐᐃᓐᓇᕐᓄᑦ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᓂᖅ – ᓱᓕᔪᑦ ᑎᑎᕋᖅᓯᒪᔪᑦ

ᐋᓐᓂᐊᕇᒃᑯᓯᖅᑕᐅᓯᒪᓂᖅ ᐱᒻᒪᕆᐅᓛᖑᖃᑕᐅᔪᖅ ᑭᒃᑯᑐᐃᓐᓇᕐᓄᑦ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᓂᕐᒧᑦ ᐱᔭᐅᑦᑎᐊᖅᓯᒪᓂᑰᔪᓂᑦ. ᐋᓐᓂᐊᕇᒃᑯᓯᖅᑕᐅᓯᒪᓂᖅ ᐃᑲᔪᖅᑐᖅ ᐊᐃᑦᑐᕐᓗᒃᑕᐅᓂᖏᑦᑕ ᓱᕈᔪᖕᓇᖅᑐᑦ ᐊᒻᒪᓗ ᐋᓐᓂᐊᕐᓇᖅᑐᑦ ᐱᑕᖃᕈᓐᓃᖅᑎᑕᐅᓂᖏᓐᓄᑦ ᐊᐅᓚᑕᐅᓂᖏᓐᓄᓪᓗ. ᐋᓐᓂᐊᓕᕇᒃᑯᑏᑦ ᐃᑲᔪᖅᐸᒃᑐᑦ ᑎᒥᕕᑦ ᐊᓐᓇᐅᒪᔾᔪᑎᖏᓐᓂᒃ ᐃᓕᓴᖅᓯᓂᕐᒧᑦ ᐅᓇᑕᕐᓂᕐᒧᓪᓗ ᖁᐱᕐᕈᐊᕐᔪᓂᒃ ᖁᐱᕐᕈᓂᒡᓗ ᐊᐃᑦᑐᕐᓗᖕᓇᖅᑐᓂᒃ ᐋᓐᓂᐊᓕᕈᑕᐅᔪᓂᒃ.

ᓄᕙᖕᓇᖅᑐᖅ ᑭᓲᖕᒪᑦ?

ᓄᕙᖕᓇᖅᑐᖅ ᐊᓂᖅᑎᕆᔾᔪᑎᓄᑦ ᓱᕈᔪᖕᓇᖅᑐᒧᑦ
ᖁᐱᕐᕈᕐᓂᑦ ᐊᐃᑦᑐᕐᓗᒃᑕᐅᕙᒃᑐᓂᑦ. ᑭᒃᑯᓗᒃᑖᑦ ᓄᕙᓕᖅᑐᑦ
ᐃᒃᐱᓱᓕᖃᑦᑕᙱᑦᑐᑦ, ᑭᓯᐊᓂ ᓱᓕ ᐊᓯᒥᖕᓄᑦ
ᐊᐃᑦᑐᕐᓗᐃᔪᓐᓇᖅᑐᑦ ᓄᕙᖕᓇᖅᑐᒥᒃ, ᐱᓗᐊᖅᑐᒥᒃ
ᖁᐃᖅᓱᕈᑎᒃ ᑕᒋᐅᒃᑯᑎᒡᓘᓐᓃᑦ. ᓄᕙᖕᓇᖅᑐᖅ ᐊᔾᔨᐸᓘᖅᑰᔨᔪᓐᓇᖅᑐᖅ ᐊᓯᖏᓐᓄᑦ ᐊᓂᖅᑎᕆᔾᔪᑎᓄᑦ ᖁᐱᕐᕈᓄᑦ ᐊᐃᑦᑐᕐᓗᖕᓇᖅᑐᓄᑦ ᓄᕙᑐᐃᓐᓇᕐᓂᕐᒧᓪᓘᓐᓃᑦ. ᑭᓯᐊᓂ, ᐃᒃᐱᒋᔭᐅᔪᑦ ᐱᕐᔪᐊᖑᓂᖅᓴᐅᒐᔪᒃᑐᑦ ᓄᕙᑐᐃᓐᓇᕐᓂᕐᒥᑦ. ᑖᒃᑯᓇᙵᑦ ᐃᒃᐱᒋᔭᐅᔪᓂᑦ ᐃᓚᒋᔭᐅᔪᑦ ᐆᓇᕐᔪᐊᓕᑳᓪᓚᖕᓂᖅ, ᓴᐅᓂᙳᓂᖅ, ᑕᖃᕐᔪᐊᕐᓂᖅ, ᐃᒡᒋᐊᕐᓗᖕᓂᖅ, ᐊᒻᒪᓗ ᐸᓂᖅᑐᒥᒃ ᖁᐃᖅᓱᕐᓂᖅ. ᒥᕆᐊᙳᔪᖃᓕᕈᓐᓇᖅᑐᖅ

ᓇᔾᔨᕆᔪᖃᓕᕈᓐᓇᖅᖢᓂᓗ, ᐱᓗᖃᖅᑐᒥᒃ ᓄᑕᖅᑲᓂᒃ ᐅᑭᐅᑭᑦᑐᓂᒃ. ᓄᕙᖕᓇᖅᑐᖅ ᐱᕐᔪᐊᖑᓂᖅᓴᓂᒃ

ᐊᑲᐅᙱᓕᐅᕈᑕᐅᓕᕈᓐᓇᖅᑐᖅ ᓲᕐᓗ ᐳᕝᕕᕆᓂᖅ, ᐅᓂᒃᓯᒪᓕᕈᑕᐅᔪᓐᓇᖅᖢᓂ.
ᓄᕙᖕᓇᖅᑐᖅ ᐊᐃᑦᑐᕐᓗᒃᑕᐅᓴᕋᐃᑦᑐᓐᓇᖅᑐᖅ ᐃᓄᖕᒥᑦ ᐃᓄᖕᒧᑦ ᖁᐃᖅᓱᕐᓂᒃᑯᑦ, ᑕᒋᐅᖕᓂᒃᑯᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐊᒥᖅᑳᕐᓂᒃᑯᑦ ᓂᕆᔭᒃᓴᒥᒃ ᐃᒥᕐᒥᒡᓘᓐᓃᑦ. ᓄᕙᖕᓇᖅᑐᒥᑦ ᓄᕙᓕᕈᓐᓇᖅᑐᑎᑦ ᐊᒃᑐᒃᓯᒍᕕᑦ ᓱᕈᖅᓯᒪᔪᓂᒃ ᓄᕙᖕᓇᖅᑐᒥᑦ ᖁᐱᕐᕈᕐᓂᑦ ᐊᐃᑦᑐᕐᓗᖕᓇᖅᑐᓂᑦ

ᐊᒃᑐᖅᓯᓕᕐᓗᑎᓪᓗ ᖃᓂᕐᓂᒃ, ᐃᔩᖕᓂᒃ, ᕿᖓᕐᓂᒡᓘᓐᓃᑦ. ᑖᓐᓇ ᐱᔾᔪᑎᒋᓪᓗᒍ, ᐱᒻᒪᕆᐅᔪᖅ ᐊᐃᕐᓄᑦ ᖁᐃᖅᓱᖃᑦᑕᕐᓂᖅ ᑕᒋᐅᖃᑦᑕᕐᓂᕐᓗ ᕿᖓᐃᑦ ᖃᓃᓪᓗ ᒪᑐᓗᒍ. ᑮᓇᐃᑦ ᐊᒃᑐᖅᑕᐃᓕᒪᖃᑦᑕᕐᓗᒍ ᐊᒡᒐᑎᓪᓗ ᐃᕐᒥᒡᓗᒋᑦ. ᐊᒡᒐᑎᑦ ᓴᓗᒪᑎᓪᓗᒋᑦ ᐅᐊᓴᐅᑎᒧᑦ ᐃᒪᕐᒧᓪᓗ ᐅᐊᓴᖅᐸᒡᓗᒋᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐊᒡᒐᒧᑦ ᓴᓗᒻᒪᖅᓴᐅᑎᒥᒃ

ᐊᑐᕐᓗᑎᑦ, ᐱᓗᐊᖅᑐᒥᒃ ᖁᐊᖅᓴᐊᓂᒃᑳᖓᕕᑦ ᑕᒋᐅᕌᓂᒃᑳᖓᕕᓪᓗ.

ᐊᕐᕌᒍᑕᒫᑦ ᓄᕙᖕᓇᖅᑕᖃᓲᖑᔪᖅ. ᒫᓂᑑᐸᒥ, ᐱᒋᐊᒐᔪᒃᑐᖅ ᐅᑭᐊᒃᓵᒃᑯᑦ ᐃᓱᓕᑉᐸᒃᖢᓂ ᐅᐱᕐᖓᒃᓵᒃᑯᑦ. ᓴᐳᔾᔭᐅᓯᒪᓂᐊᕋᕕᑦ, ᐱᖃᑎᒋᕙᒃᑕᑎᓪᓗ ᓴᐳᔾᔭᐅᓯᒪᓂᐊᕐᒪᑕ, ᐋᓐᓂᐊᓕᕇᒃᑯᓯᔾᔭᐃᖅᑕᐅᓪᓗᐊᖅᑐᑎᑦ ᓄᕙᖕᓇᖅᑐᒧᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎᒧᑦ ᐅᑭᐊᒃᓵᒃᑯᑦ ᓄᕙᖕᓇᖅᑐᖅ ᑎᑭᓚᐅᖅᑎᓐᓇᒍ ᒫᓂᑑᐸᒧᑦ.

ᑭᓲᖕᒪᑦ ᓄᕙᖕᓇᕐᒧᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎ?

ᐊᕐᕌᒍᑕᒫᑦ, ᖃᐅᔨᓴᖅᑎᒻᒪᕇᑦ ᒪᓕᒃᓴᖃᑦᑕᖅᑐᑦ ᓄᓇᕐᔪᐊᕐᒥ ᓄᕙᖕᓇᖅᑐᖅ ᐊᐃᑦᑐᕐᓗᒃᑕᐅᓂᕆᔭᖓᓂᒃ. ᑖᒃᑯᓂᖓ ᖃᐅᔨᒃᑲᐃᔾᔪᑎᓂᒃ ᐊᑐᖅᐸᒃᑐᑦ ᓇᓚᐅᑦᑖᖅᑕᐅᓂᖓᓄᑦ ᓇᓕᐊᒃ ᓄᕙᖕᓇᑐᓂᙶᖅᑐᖅ
ᐋᓐᓂᐊᓕᕐᔪᐊᕐᓇᕈᑕᐅᓂᐊᖅᑐᒃᓴᐅᖕᒪᖔᑦ ᐊᒡᒋᖅᑐᒥ ᓄᕙᖕᓇᐅᓛᖅᑐᒥ. ᑖᒃᑯᐊ ᓄᕙᖕᓇᖅᑐᓂᙶᖅᑐᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎᓕᐅᕈᑕᐅᓕᖅᖢᑎᒃ ᐊᕐᕉᒍᒧᑦ. ᑕᐃᒪᐃᓐᓂᖓᓄᑦ, ᐊᕐᕌᒍᑕᒫᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑏᑦ ᐊᔾᔨᐅᙱᑦᑐᓐᓇᖅᑐᑦ. ᑖᓐᓇ ᐱᔾᔪᑎᒋᓪᓗᒍ, ᐊᒻᒪᓗ ᐋᓐᓂᐊᓕᕇᒃᑯᑎᐅᑉ ᓴᐳᒻᒥᔪᓐᓇᖅᑎᒋᓂᖓ ᓴᙲᒡᓕᕙᓪᓕᐊᖃᑦᑕᕐᒪᑦ ᖃᖓᐅᓕᕌᖓᑦ, ᐱᒻᒪᕆᐅᔪᖅ ᐊᕐᕌᒍᑕᒫᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᓂᖅ.

ᐊᒥᓲᕗᑦ ᐊᔾᔨᒌᙱᑦᑑᑎᑦ ᓄᕙᖕᓇᖅᑐᒧᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑏᑦ ᐊᖏᖅᑕᐅᓯᒪᔪᑦ ᑲᓇᑕᒥ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔨᒃᑯᓐᓄᑦ. ᐊᖏᖅᑕᐅᓯᒪᔪᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑏᑦ ᐃᓚᒋᔭᐅᔪᑦ ᒫᓂᑑᐸᐅᑉ ᓄᕙᖕᓇᖅᑐᒧᑦ ᐋᓐᓂᐊᕇᒃᑯᓯᖅᑕᐅᓯᒪᓂᕐᒧᑦ ᐱᓕᕆᐊᖓᓄᑦ ᒫᓂᑑᐸᒥᐅᑕᓗᒃᑖᕐᓄᑦ ᐊᑭᖃᙱᑦᑐᑦ.
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ᓄᕙᖕᓇᖅᑐᒧᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑏᑦ
ᐋᓐᓂᐊᓕᖅᑕᐅᓕᔾᔪᑕᐅᔪᓐᓇᙱᑦᑐᑦ ᐊᓯᖏᓐᓂᑦ ᐊᐃᑦᑐᕐᓇᖅᑐᓂᒃ ᐅᕝᕙᓘᓐᓃᑦ ᖁᐱᕐᕈᐊᕐᔪᖕᓂᒃ

ᐋᓐᓂᐊᖑᔪ ᓂᒃ, ᐃᓚᒋᔭᐅᓪᓗᑎᒃ ᐋᓐᓂᐊᖑᔪᑦ ᓲᕐᓗ ᓄᕙᑐᐃᓐᓇᕐᓂᖅ, ᓴᐅᓂᙳᓇᖅ, ᐊᓯᖏᓐᓂᒡᓘᓐᓃᑦ ᐊᓂᖅᑎᕆᔾᔪᑎᓄᑦ ᐋᓐᓂᐊᕐᓇᖅᑐᑦ ᓲᕐᓗ

ᓄᕙᒡᔪᐊᕐᓇᖅ−19. ____
ᒫᓂᑑᐸ ᒫᓐᓇᒃᑯᑦ ᑕᒪᐃᓐᓅᖓᔪᒥᒃ ᐊᒻᒪᓗ ᓴᙱᓂᖅᓴᒥᒃ ᓄᕙᖕᓇᖅᑐᒧᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎᖃᖅᑎᑦᑎᓲᖑᔪᑦ, ᓴᐳᒻᒥᔪᓐᓇᖅᑐᒥᒃ ᑎᓴᒪᓂᑦ ᓄᕙᖕᓇᖅᑐᓂᙶᖅᑐᓂᑦ ᓇᓚᐅᑦᑖᖅᑕᐅᓪᓗᑎᒃ ᓄᕙᖕᓇᖅᑐᒥᑦ
ᐋᓐᓂᐊᓕᕈᑕᐅᓛᖑᔪᓂᑦ. ᑕᒪᒃᑭᒃ ᐋᓐᓂᐊᓕᕇᒃᑯᑏᒃ ᑲᐱᔭᐅᔾᔪᑕᐅᓲᑦ ᑲᐱᓯᓂᒃᑯᑦ (ᑲᐴᑎ). ᓇᓕᐊᒡᓘᓐᓃᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎ ᐆᒪᔪᒥᒃ ᓄᕙᖕᓇᖅᑐᒥᒃ ᖁᐱᕐᕈᖃᙱᑦᑐᖅ ᐊᐃᑦᑐᕐᓗᖕᓇᖅᑐᒥᒃ.

ᑕᒪᐃᓐᓅᖓᔪᖅ ᓄᕙᖕᓇᖅᑐᒧᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎ ᐊᑐᐃᓐᓇᐅᑎᑕᐅᕙᒃᑲᓗᐊᖅᑎᓪᓗᒍ ᑭᒃᑯᓗᒃᑖᕐᓄᑦ ᐊᕐᕌᒍᖃᖅᑐᓄᑦ ᐊᕐᕕᓂᓕᖕᓂᒃ ᑕᖅᑭᓂᒃ ᐅᖓᑖᓂᓗ, ᓴᙱᓂᖅᓴᖅ ᓄᕙᖕᓇᖅᑐᒧᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎ ᑎᓴᒪᐃᖅᓱᖅᓯᒪᔪᒥᒃ ᐃᓗᓕᓕᒃ ᓄᕙᖕᓇᖅᑐᑦ ᖁᐱᕐᕈᐃᑦ ᐊᐃᑦᑐᕐᓗᖕᓇᖅᑐᑦ ᓂᕿᖏᓐᓂᒃ (ᐅᕝᕙᓘᓐᓃᑦ ᑎᒥᐅᑉ

ᓈᒻᒪᒋᙱᑕᖏᑦ) ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᖂᖅᖢᑎᒡᓗ ᑭᒃᑯᓗᒃᑖᑦ 65−ᓂᒃ ᐅᖓᑖᓂᓗ ᐊᕐᕌᒍᓖᑦ ᓴᙱᓂᖅᓴᒥᒃ ᑎᒥᕕᑦ ᐊᓐᓇᐅᒪᔾᔪᑎᖏᑦ ᑭᐅᓂᐊᕐᒪᑕ.

ᖃᐅᔨᒋᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ ᓴᙱᓂᖅᓴᐅᑉ ᓄᕙᖕᓇᖅᑐᒥᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎᐅᑉ ᒥᒃᓵᓄᑦ ᐊᒻᒪᓗ ᑭᒃᑯᑦ ᐱᔪᓐᓇᕆᐊᒃᓴᖏᓐᓂᒃ, ᑕᑯᒋᐊᕐᓗᒍ manitoba.ca/flu.

ᖃᓄᐃᒻᒪᑦ ᐃᓄᐃᑦ ᓄᕙᖕᓇᖅᑐᒧᑦ

ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᓪᓗᐊᖅᐸᑦ?

ᓄᕙᖕᓇᖅᑐᒧᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᓂᖅ ᑲᑦᑐᖅᓯᒋᐊᕈᑕᐅᔪᓐᓇᖅᑐᖅ ᓘᒃᑖᓕᐊᕆᐊᖃᕋᔪᒃᑎᒋᓂᕐᒥᒃ, ᐅᓂᒃᑕᐅᓯᒪᓂᕐᒥᒃ, ᑐᖁᓂᕐᒥᒡᓗ ᓄᕙᖕᓇᐅᓕᕌᖓᑦ, ᐱᓗᐊᖅᑐᒥᒃ ᑕᐃᒃᑯᓄᖓ ᐋᓐᓂᐊᓕᕐᔪᐊᕈᓐᓇᖅᑐᓄᑦ ᓄᕙᖕᓇᖅᑐᒥᑦ.

ᐋᓐᓂᐊᕇᒃᑯᓯᖅᑕᐅᓯᒪᓂᖅ ᐱᐅᓛᖑᔪᖅ ᐃᓕᖕᓂᒃ ᓴᐳᒻᒥᓂᕐᒧᑦ, ᐃᓚᖕᓂᒃ, ᐊᓯᖏᓐᓂᒡᓗ ᓄᓇᓕᖕᓂ ᓄᕙᖕᓇᖅᑐᒥᑦ, ᐱᒻᒪᕆᐅᔪᓐᓇᕋᔪᒃᓗᓂ ᐃᓛᓐᓂᒃᑯᓪᓗ ᑐᖁᔪᖃᖅᐸᒃᖢᓂ.

ᐊᐅᒍᓯ 2024

ᓄᕙᖕᓇᖅᑐᒧᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎ

ᐋᓐᓂᐊᓕᕇᒃᑯᑏᑦ ᑎᒥᖕᓂᒃ ᐃᑲᔪᖅᐸᒃᑐᑦ ᓯᕗᓂᒃᓴᒥ ᐊᒃᑐᖅᑕᐅᑐᐃᓐᓇᕆᐊᖃᕐᓂᕐᓄᑦ ᓄᕙᖕᓇᖅᑐᒧᑦ ᑎᒥᕕᑦ

ᐊᓐᓇᐅᒪᔾᔪᑎᖏᓐᓂᒃ ᐸᕐᓇᒃᓯᒪᑎᖦᖢᓂᒋᑦ.
ᑭᒃᑯᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᓪᓗᐊᖅᐸᑦ?

ᒫᓂᑑᐸᒥᐅᑦ ᐊᕐᕌᒍᑕᒫᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᖂᖅᐳᑦ ᐊᑭᖃᙱᖦᖢᓂᓗ ᐊᑐᐃᓐᓇᐅᓪᓗᓂᓗ ᐊᕐᕌᒍᖃᖅᑐᓄᑦ ᐊᕐᕕᓂᓕᖕᓄᑦ ᑕᖅᑭᓂᑦ ᐅᖓᑖᓂᓗ ᐃᓚᒋᓪᓗᒍ ᒫᓂᑑᐸᐅᑉ ᐋᓐᓂᐊᕇᒃᑯᓯᖅᑕᐅᓯᒪᓂᕐᒧᑦ ᖃᖓᒃᑰᕐᕕᒃᓴᖓ.

ᓄᕙᖕᓇᖅᑐᒧᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎ
ᐋᓐᓂᐊᓕᕇᒃᑎᑦᑎᓪᓚᓕᕐᓂᖓᓄᑦ ᐊᑯᓂᐅᓂᖃᖅᑐᖅ ᒪᕐᕈᐸᓘᖕᓂᒃ ᐱᓇᓱᐊᕈᒦᖕᓂᒃ. ᑕᐃᒪᐃᒻᒪᑦ, ᐱᒻᒪᕆᐅᕗᖅ ᐃᕝᕕᓪᓗ ᐃᓚᑎᓪᓗ ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᓵᓕᓂᕆᔭᔅᓯ ᐅᐱᕐᖓᒃᓵᙳᓕᕌᖓᑦ ᓄᕙᖕᓇᖅᑐᒥᑦ
ᐋᓐᓂᐊᓕᖅᑳᑎᒋᓚᐅᖅᑎᓐᓇᑎᒃ.

ᐊᕐᕌᒍᑕᒫᑦ ᓄᕙᖕᓇᖅᑐᒧᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᓂᖅ ᐱᒻᒪᕆᐅᔪᖅ ᒫᓂᑑᐸᒥᐅᓄᑦ ᐋᓐᓂᐊᕐᔪᐊᓕᕈᓐᓇᖅᑐᓄᑦ ᓄᕙᖕᓇᖅᑐᒥᑦ, ᐸᖅᑭᔨᒥᖕᓂᑦ, ᖃᓂᒋᖃᑦᑕᖅᑕᒥᓂᑦᓗ. ᐱᖃᓯᐅᔾᔨᔪᖅ ᐃᒪᐃᑦᑐᓂᒃ:

• 65−ᓂᒃ ᐅᖓᑖᓂᓗ ᐊᕐᕌᒍᖃᖅᑐᑦ

• ᓇᔪᕐᕕᖃᖅᑐᑦ ᐸᖅᑭᔭᐅᕝᕕᖕᓂ ᐅᕝᕙᓘᓐᓃᑦ ᐊᑯᓂᐅᔪᒧᑦ ᐸᖅᑭᔭᐅᕝᕕᖕᒥ

• ᓄᑕᖅᑲᑦ ᐊᕐᕌᒍᖃᖅᑐᑦ ᐊᕐᕕᓂᓕᖕᓂᒃ ᑕᖅᑭᓂᑦ ᑕᓪᓕᒪᓄᑦ ᐊᕐᕌᒍᓄᑦ

• ᐅᑯᓂᖓ ᐋᓐᓂᐊᑯᑖᖕᓇᖅᑐᓂᒃ ᐋᓐᓂᐊᖃᖅᑐᑦ:

o ᑎᒥᐅᑉ ᐊᓐᓇᐅᒪᔾᔪᑎᖏᑦ ᓴᙲᒃᑎᒋᐊᖅᑕᐅᓯᒪᔪᖅ ᐋᓐᓂᐊᖃᕐᓇᖅᑐᒧᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐋᓐᓂᐊᕐᓂᕐᒧᑦ ᒪᒥᓴᖅᑕᐅᓂᕐᒧᑦᐆᒻᒪᑎᒃᑯᑦ ᑕᖃᕐᔪᐊᒃᑯᓪᓘᓐᓃᑦ ᐊᑲᐃᓪᓕᐅᕈᑎᓕᒃ (ᓲᕐᓗ ᕿᓕᖅᓯᓇᐅᔭᕐᓗᖕᓂᖅ, ᐊᓂᖅᓵᖅᑐᕈᑎᖏᑦ ᒥᑭᒡᓕᓲᑦ)

o ᐊᑯᓂᐅᔪᒧᑦ ᐃᓅᓕᓴᐅᑎ ᐊᓰᑐᓪᓴᐃᓕᒃ ᐋᓯᑦᒧᑦ (Aspirin®) ᒪᒥᓴᕐᓂᖅ (ᑕᐃᒃᑯᓄᖓᑐᐊᖅ
ᐊᕐᕌᒍᖃᖅᑐᓄᑦ ᐊᕐᕕᓂᓕᖕᓂᒃ ᑕᖅᑭᓂᑦ 18−ᓄᑦ ᐊᕐᕌᒍᓄᑦ)

o ᖃᕋᓴᕐᒨᖓᔪᑦ ᐅᕝᕙᓘᓐᓃᑦ ᖃᕋᓴᐅᑉ
ᐱᕈᖅᐸᓪᓕᐊᓂᖓᓂ ᖃᓄᐃᑦᑐᑦ

o ᑎᒥᖓ ᓱᑲᖃᓗᐊᕐᓂᖅ ᐊᓯᖏᓪᓗ ᑎᒥᐅᑉ ᐆᒻᒪᖅᑯᑎᑐᒡᒐᕐᓂᖏᑦ

o ᑕᖅᑐᕐᓗᖕᓂᖅ

o ᐊᐅᒡᓄᖕᒥᖅ ᐅᕝᕙᓘᓐᓃᑦ ᐊᐅᒡᒨᖓᔪᓕᖓᔪᕐᓗᖕᓂᖅ

o ᖁᐃᓂᓗᐊᕐᓂᖅ (ᑎᒥᖓᑕ ᐅᖁᒪᐃᓐᓂᖓ ≥40)

•ᓯᖓᐃᔪᑦ

•ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔩᑦ ᐊᒻᒪᓗ ᓯᕗᓪᓕᐅᑎᓪᓗᑎᒃ ᑭᐅᔪᑦ

•ᑕᐃᒃᑯᐊ ᐱᔨᑦᑎᖅᐸᒃᑐᑦ ᐊᑦᑕᕐᓇᖅᑐᒦᓴᕋᐃᑦᑐᓐᓇᖅᑐᓂᒃ ᒪᑐᓯᒪᔪᓂ ᐅᕝᕙᓘᓐᓃᑦ ᒪᑐᓯᒪᐸᓗᒃᑐᓂ (ᓲᕐᓗ ᐅᒥᐊᕐᔪᐊᕐᒥ ᐃᖅᑲᓇᐃᔭᖅᑏᑦ)

• ᓄᓇᓕᖕᒥ ᐱᑕᖃᕆᐊᖃᓪᓚᕆᒃᑐᓄᑦ ᐱᔨᑦᑎᖅᐸᒃᑐᑦ

• ᓄᑕᖅᑲᓂᒃ ᑕᓪᓕᒪᓂᒃ ᐊᕐᕌᒍᖃᕈᓐᓇᖅᑐᓂᒃ ᐸᐃᕆᔨᐅᕙᒃᑐᑦ

•ᐃᒡᓗᒥ ᖃᓂᒋᖃᑦᑕᖅᑕᖏᑦ ᓇᓕᐊᑐᐃᓐᓇᖅ ᐋᓐᓂᐊᕐᔪᐊᓕᕈᓐᓇᖅᑐᑦ ᓄᕙᖕᓇᖅᑐᒥᑦ ᐃᓚᒋᔭᐅᓪᓗᑎᒃ ᓄᑕᕋᓛᖃᖅᑐᑦ ᐊᕐᕌᒍᓕᖕᓂᒃ ᑕᖅᑭᑦ ᐊᕐᕕᓂᓖᑦ ᑐᖔᓂᓘᓐᓃᑦ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓅᓕᓵᖅᑐᒥᒃ ᓂᕆᐅᒃᑐᑦ

• ᓄᓇᖃᖅᑳᖅᑐᑦ

• ᓄᑕᖅᑲᖅ ᖁᓕᖏᓗᐊᖅᑐᑦ ᐊᑖᓂ ᐊᕐᕌᒍᖃᖅᑐᑦ, ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᓚᐅᖅᓯᒪᙱᑐᑦ ᓄᕙᖕᓇᖅᑐᒥᒃ ᐋᓐᓂᐊᓕᕇᒃᑯᑎᒧᑦ, ᒪᕐᕈᐃᖅᓱᕐᓗᑎᒃ
ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᔭᕆᐊᖃᖅᑐᑦ, ᐊᒃᓱᓪᓘᓐᓃᑦ ᐱᓇᓱᐊᕈᓯᕐᓂᒃ ᑎᓴᒪᓂᒃ ᐊᑯᓕᖃᕐᓗᑎᒃ
ᐊᓐᓇᐅᒪᓂᖃᓕᑦᑎᐊᖁᓪᓗᒋᑦ ᓄᕙᖕᓇᕐᒥᑦ. ᐊᑕᐅᓯᐊᑐᐃᓐᓇᕆᐊᖃᑦᑕᕆᐊᖅᑐᑦ ᐊᑐᓂ ᐊᕐᕌᒎᑉ ᐃᓚᖓᓂ ᑕᐃᒪᙵᓂᑦ.

ᑐᑭᓯᔾᔪᓯᖅᑕᐅᒃᑲᓐᓂᕈᒪᒍᕕᑦ ᓇᓕᐊᑐᐃᓐᓇᐃᑦ

ᓄᓇᕙᖕᓇᕐᓄᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎᒥᒃ ᐃᓚᐅᕈᑎᖏᓐᓂᒃ, ᑕᑯᒋᐊᕐᓗᒍ ᐋᓐᓂᐊᓕᕇᒃᑯᑎᓕᐅᖅᑎᐅᑉ ᐃᓅᓕᓴᐅᑎᒧᑦ ᓱᓕᔪᓂᖏᑦ (ᑲᓱᕐᕖᑦ ᒫᓂᑑᐸᐅᑉ ᓄᓇᕙᖕᓇᖅᑐᒧᑦ ᐃᑭᐊᖅᑭᕕᒃᑯᑦ ᖃᐅᔨᒋᐊᕐᕕᖓ manitoba.ca/flu) ᐅᕝᕙᓘᓐᓃᑦ ᐅᖃᓪᓚᖃᑎᒋᓗᒍ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔩᑦ.

ᑭᒃᑯᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᓪᓗᐊᙱᑉᐸᑦ ᓄᕙᖕᓇᖅᑐᒥᒃ ᐋᓐᓂᐊᓕᕇᒃᑯᑎᒧᑦ?

ᐅᑯᐊ ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᓪᓗᐊᙱᑦᑐᑦ ᓄᕙᖕᓇᖅᑐᒥᒃ ᐋᓐᓂᐊᓕᕇᒃᑯᑎᒧᑦ:

• ᓄᑕᕋᓛᑦ ᐅᑭᐅᖃᖅᑐᑦ ᐊᕐᕕᓂᓖᑦ ᑕᖅᑮᑦ ᑐᖔᓂ

•ᑭᓇᑐᐃᓐᓇᖅ ᑎᒥᒥᒍᑦ ᓈᒻᒪᒃᓴᙱᓪᓚᕆᒃᑐᕕᓂᖅ ᓯᕗᓂᐊᓂ ᓇᓕᐊᖕᓄᑐᐃᓐᓇᖅ
ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᓚᐅᕐᓂᕐᒥᓂᑦ ᓄᕙᖕᓇᖅᑐᒥᒃ ᐋᓐᓂᐊᓕᕇᒃᑯᑎᒧᑦ

•ᑭᓇᑐᐃᓐᓇᖅ ᑎᒥᒥᒍᑦ ᓈᒻᒪᒃᓴᙱᓪᓚᕆᒃᑐᕕᓂᖅ ᓇᓕᐊᑐᐃᓐᓇᕐᓄᑦ ᓄᓇᕙᖕᓇᕐᓄᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎᒧᑦ (ᐃᓚᐅᙱᖦᖢᑎᒃ ᒪᓐᓃᑦ)
•ᑭᓇᑐᐃᓐᓇᖅ ᐋᓐᓂᐊᓕᖅᑐᖅ ᒋᓕᐊᓐ−ᐸᕆ (GBS) ᐅᔾᔨᕐᓇᖅᑑᑎ ᐱᓇᓱᐊᕈᓯᑦ ᐊᕐᕕᓂᓕᑦ ᐊᓂᒍᓚᐅᖅᑎᓪᓗᒋ ᓇᓕᐊᑐᐃᓐᓇᐃᓄᑦ ᓄᓇᕙᖕᓇᕐᓄᑦ
ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᓚᐅᖅᑎᓪᓗᒋᑦ

ᓴᙱᓂᖅᓴᖅ ᓄᕙᖕᓇᖅᑐᒧᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎ ᐊᖏᖅᑕᐅᓯᒪᔪᖅ ᑕᐃᒃᑯᓄᖓ ᐊᕐᕌᒍᖃᖅᑐᓄᑦ 65−ᓂᒃ ᐅᖓᑖᓂᓗ. ᐊᕐᕌᒍᖃᖅᑐᑦ 65 ᐊᑖᓂ
ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᓪᓗᐊᙱᑦᑐᑦ ᓴᙱᓂᖅᓴᖅᒧᑦ ᓄᕙᖕᓇᖅᑐᒧᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎᒧᑦ. ᑕᒪᐃᓐᓅᖓᔪᒥᒃ ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᖔᓪᓗᐊᖅᑐᑦ ᓄᕙᖕᓇᖅᑐᒥᒃ ᐋᓐᓂᐊᓕᕇᒃᑯᑎᒧᑦ.

ᓄᕙᖕᓇᖅᑐᒥᒃ ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᓂᕐᒧᑦ ᐃᒃᐱᒋᔭᐅᑐᐃᓐᓇᕆᐊᖃᖅᑐᑦ

ᑲᓇᑕᒥ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔨᒃᑯᑦ ᐊᖏᖅᓯᕙᒃᑐᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎᓂᒃ ᑐᙵᕕᖃᖅᖢᑎᒃ ᕿᒥᕐᕈᐊᒻᒪᕆᖕᓂᕐᒥᒃ
ᐱᐅᑎᒋᓂᖓᓂᒃ ᐊᑦᑕᕐᓇᙱᑎᒋᓂᖓᓂᒡᓗ.

ᐊᑐᐃᓐᓇᐅᑎᑕᐅᔪᒥᒃ ᒪᓂᑑᐸᒥᐅᑕᓕᒫᓄᑦ ᐊᕐᕌᒍᖃᖅᑐᓄᑦ ᐊᕐᕕᓂᓕᖕᓂᒃ ᑕᖅᑭᓂᒃ ᐅᖓᑖᓂᓗ ᑕᒪᐃᓐᓅᖓᔪᒥᒃ ᓄᕙᖕᓇᖅᑐᒥᒃ ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᓚᐅᕐᓂᕐᒧᑦ ᐃᒃᐱᒋᔭᐅᓛᖑᒐᔪᒃᑐᑦ ᑎᒥᒃᑯᑦ ᐋᓐᓂᐊᑲᑕᖕᓂᖅ, ᐊᐅᐸᕈᔪᖕᓂᖅ ᐅᕝᕙᓘᓐᓃᑦ ᐳᕕᓐᓂᖅ
ᐋᓐᓂᐊᓕᕇᒃᑯᓯᕐᕕᐅᓚᐅᖅᑕᖓᒍᑦ.

ᓄᕙᖕᓇᖅᑐᒧᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎ

ᓴᙱᓂᖅᓴᖅ ᓄᕙᖕᓇᖅᑐᒧᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎ ᐃᓚᓯᕝᕕᒋᓯᒪᓂᖅᓴᐅᕗᑦ ᓄᕙᖕᓇᕐᒥ ᖁᐱᕐᕈᐃᑦ ᐊᐃᑦᓱᐃᓇᖅᑐᑦ ᓄᒃᑭᒃᓴᐅᑎᖏᓐᓂᒃ (ᑎᒥᐅᑉ ᓈᒻᒪᒋᙱᑕᖏᑦ) ᓄᕙᖕᓇᕐᒧᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎᑐᐃᓐᓇᕐᒥᑦ, ᑕᐃᒪᐃᓐᓂᖓᓄᑦ ᐃᒃᐱᒋᔭᖃᕐᓇᕐᓂᖅᓴᐅᕗᖅ, ᐊᐅᐸᖅᓯᓂᖃᕐᓇᕐᓂᖅᓴᐅᓪᓗᓂᓗ, ᐊᒻᒪ
ᐳᕕᓕᖅᓯᒪᓐᓇᕐᓂᖅᓴᐅᓪᓗᓂ ᐋᓐᓂᐊᓕᕇᒃᑯᑎ ᑲᐱᔭᐅᕝᕕᒋᓯᒪᔭᒥ.

ᐊᓯᖏᑦ ᑲᐱᔭᐅᓂᕐᒧᑦ ᐃᒃᐱᒋᔭᐅᓕᕋᔪᒃᑐᑦ ᐆᓇᓗᐊᕐᓂᖅ, ᓂᐊᖁᙳᓂᖅ ᐊᒻᒪᓗ ᑕᖃᓂᖅ. ᐃᓅᓕᓴᐅᑎ ᐊᓰᑕᒥᓄᕕᓐ (ᓲᕐᓗ Tylenol®) ᑐᓂᔭᐅᔪᓐᓇᖅᑐᖅ ᐆᓇᓗᐊᕐᓂᕐᒧᑦ ᐅᕝᕙᓘᓐᓃᑦ ᑎᒥᒃᑯᑦ ᐋᓐᓂᐊᑲᑕᖕᓂᕐᒧᑦ. ᐃᓅᓕᓴᐅᑎ ᐊᓰᑐᓪᓴᐃᓕᒃ ᐋᓯᑦ (ᓲᕐᓗ Aspirin®)
ᑐᓂᔭᐅᓚᐅᖅᓯᒪᓪᓗᐊᙱᑦᑐᖅ ᓄᑕᖅᑲᓄᑦ ᐱᕐᔪᐊᖑᔪᒥᒃ ᑎᖑᖓᒍᑦ ᐊᒻᒪᓗ ᖃᕆᓴᖓᒍᑦ
ᐋᓐᓂᐊᖃᕐᓇᖅᑐᖃᓕᕈᑕᐅᔪᓐᓇᕐᒪᑦ ᕋᐃᔅ
ᐋᓐᓂᐊᖑᓂᕋᖅᑕᐅᔪᒥᒃ (Reye’s Syndrome) ᐅᔾᔨᕐᓇᖅᑑᑎ. ᐃᓄᐃᑦ ᐃᓚᖏᑦ ᐋᓐᓂᐊᖑᔪᒥᒃ ᐃᒃᐱᒍᓱᖕᓂᑯᑦᐊᑯᓗ− ᐊᓂᖅᑎᕆᓂᕐᓗᖕᓂᖅ (ORS), ᐅᔾᔨᕐᓇᖅᑑᑎ ᐃᒃᑲᕐᕋᑦ 24 ᐊᓂᒍᓚᐅᖅᑎᓐᓴᒋᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᓚᐅᖅᑎᓪᓗᒋᑦ. ORS ᐅᔾᔨᕐᓇᑦᑑᑎ ᐃᒪᐃᑉᐳᖅ ᐃᔨᖏᒃ ᐊᐅᐸᖅᓯᓪᓗᑎᒃ (ᐱᑕᖃᙱᑐᐃᓐᓇᕆᐊᓕᒃ) ᓇᖓ ᐳᕕᓕᖅᖢᓂ, ᐅᑯᐊᓗ ᓇᓕᑐᐃᓐᓇᖏᑦ, ᖁᐃᖅᓱᑲᑕᖕᓂᒃ, ᐳᕙᖅᐸᓗᖕᓂᖅ, ᓴᒡᕕᖓ

ᓱᑲᖓᔫᔮᖅᖢᓂ, ᐃᔾᔭᙳᔮᕐᓂᖅ ᐄᓯᒡᒐᕐᓂᕐᓗ, ᓂᐱᓗᖕᓂᖅ, ᐃᒡᒋᐊᕐᓗᓕᖅᖢᑎᒡᓘᓐᓃᑦ. ᐅᖃᓪᓚᖃᑎᒋᓗᒍ ᓇᔭᙳᐊᖅ ᐃᒡᕕᓪᓘᓐᓃᑦ ᓄᑕᕋᐃᔾᓘᓐᓃᑦ ᓯᕗᓂᖓᓂᐊᑐᖅᓯᓯᒪᒍᔅᓯ ORS ᐅᔾᔨᕐᓇᖅᑑᑎᖏᓐᓂᒃ ᑲᐱᔭᐅᓚᐅᖅᑎᓪᓗᓯ ᓇᕗᖕᓇᕐᒧ ᐋᓐᓂᐊᓕᕇᒃᑯᑎᒧᑦ.

ᐱᒻᒪᕆᐅᔪᖅ ᐋᓐᓂᐊᕕᖕᒦᖏᓐᓇᕈᕕᑦ 15−ᓂᒃ ᑎᑦᑕᕐᓂᒃ ᓇᓕᐊᖕᓂᑐᐃᓐᓇᖅ ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᓚᐅᖅᑎᓪᓗᑎᑦ ᑕᐃᒪᐃᒐᔪᙱᒃᑲᓗᐊᖅᑎᓪᓗᒍ ᑎᒦᑦ
ᓈᒻᒪᒃᓴᙱᓪᒪᕆᑐᐃᓐᓇᕆᐊᖃᕐᒪᑦ. ᐃᓚᒋᔭᐅᔪᓐᓇᖅᐳᖅ

ᐅᖏᓚᑲᑕᖕᓂᖅ, ᐊᓂᖅᓵᒡᒐᕐᓂᖅ, ᐅᕝᕙᓘᓐᓃᑦ ᐃᒡᒋᐊᑉ, ᐅᖃᐅᑉ, ᖃᓂᐅᓪᓘᓐᓃᑦ ᐳᕕᓐᓂᖓ. ᑕᐃᒪᐃᓐᓂᕈᕕᑦ ᐊᓂᓯᒫᓂᓕᖅᑐᓪᓗᑎᑦ ᐋᓐᓂᐊᕐᕕᖕᒥᑦ, ᐱᒻᒪᕆᐅᔪᖅ ᐋᓐᓂᐊᕐᕕᖕᒥ ᑲᒪᒋᔭᐅᑲᐅᑎᒋᓇᓱᖕᓂᖅ.

ᐊᑏ ᐅᓂᒃᑲᐅᓯᕆᒍᒃ ᐱᕐᔪᐊᖑᔪᒥᒃ ᓂᕆᐅᓇᙱᑦᑐᒥᒡᓘᓐᓃᑦ ᑲᐱᔭᐅᓚᐅᖅᑎᓪᓗᑎᑦ ᐃᒃᐱᒋᔭᖃᓯᒍᕕᑦ ᓇᔭᙳᐊᕐᒧᑦ.

ᐱᑎᑦ ᑎᑎᕋᖅᓯᒪᔪᑦ ᓴᐳᒻᒥᔭᐅᓂᕆᓯᒪᔭᕐᓄᑦ

ᑕᒪᕐᒥᒃ ᐋᓐᓂᐊᕇᒃᑯᓯᖅᑕᐅᓯᒪᓃᑦ ᑎᑎᕋᖅᑕᐅᕙᒃᑐᑦ ᐃᓅᑉ ᐋᓐᓂᐊᕇᒃᑯᓯᖅᑕᐅᓯᒪᓂᕐᒧᑦ ᑎᑎᕋᖅᑕᐅᓯᒪᓂᖏᓐᓂ ᒫᓂᑑᐸᐅᑉ ᐋᓐᓂᐊᕇᒃᑯᓯᖅᑕᐅᓯᒪᓂᕐᒧᑦ ᐊᑎᓕᐅᕐᕕᖓᓂ.

ᑖᓐᓇ ᐊᑎᓕᐅᕐᕕᒃ ᐱᔪᓐᓇᖅᑎᑦᑎᔪᖅ:

•ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔨᖕᓂᒃ ᖃᐅᔨᔭᒃᓴᐅᓂᐊᕐᒪᑦ ᓇᓕᐊᖕᓂᒃ ᐃᕝᕕᓪᓘᓐᓃᑦ ᓄᑕᖅᑲᓪᓘᓐᓃᑦ

ᐋᓐᓂᐊᕇᒃᑯᓯᖅᑕᐅᓯᒪᖕᒪᖔᖅᐱᑦ(ᖏᑦ),

•ᓴᖅᑭᑎᑦᑎᓂᕐᒥᒃ ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᓯᒪᓂᕐᒧᑦ ᑎᑎᕋᖅᓯᒪᔪᓂᒃ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓕᖕᓂᒃ ᖃᐅᔨᒃᑲᐃᓂᕐᒥᒃ

ᐅᖓᓯᐅᔾᔨᓗᐊᕐᓂᕐᒧᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᓯᖅᑕᐅᓂᕐᒥᑦ,

•ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔨᒃᑯᑦ ᓇᐅᑦᑎᖅᓱᖅᐸᒃᑐᑦ ᖃᓄᑎᒋ ᐋᓐᓂᐊᓕᕇᒃᑯᑎ ᐋᓐᓂᐊᓕᕇᒃᑎᑦᑎᑎᒋᖕᒪᖔᑦ ᐋᓐᓂᐊᖃᕐᓇᖅᑐᓂᑦ.

ᐋᓐᓂᐊᕇᒃᑯᓯᖅᑕᐅᓯᒪᓂᕐᓄᑦ ᑎᑎᕋᖅᓯᒪᔪᖅ ᑐᒃᓯᕋᕈᓐᓇᖅᑕᐃᑦ ᑐᒃᓯᕋᐅᑎᒥᒃ ᑐᓂᓯᓗᑎᑦ ᐃᑭᐊᖅᑭᕕᒃᑯᑦ

ᐅᕘᓇ forms.gov.mb.ca/immunization-update-request. ᐋᓐᓂᐊᕇᒃᑯᓯᖅᑕᐅᓯᒪᓂᕐᓄᑦ ᑎᑎᕋᖅᓯᒪᔪᖅ ᐃᓕᖕᓄᑦ ᓇᒃᓯᐅᔾᔭᐅᓛᖅᑐᖅ ᑎᑎᖅᑲᒃᑯᕕᒃᑯᑦ. ᐃᒪᓐᓇᐅᓗᑎᑦ ᓇᓕᖅᑲᖓᓂᒃ ᐱᔪᓐᓇᕐᒥᔪᑎᑦ:

•ᑐᓴᖅᑎᓪᓗᒍ ᓄᓇᓕᖕᓂ ᑭᒃᑯᑐᐃᓐᓇᕐᓄᑦ ᐋᓐᓂᐊᕐᕖᑦ; ᐅᕝᕙᓘᓐᓃᑦ

•ᖃᐅᔨᒋᐊᕐᕕᒋᓗᒍ ᓄᓇᓕᖕᓂ ᐋᓐᓂᐊᕐᕕᒃ ᐅᕝᕙᓘᓐᓃᑦ ᓘᒃᑖᑉ ᐊᓪᓚᒡᕕᖓ ᐃᓕᖕᓄᑦ ᑐᓂᓯᔪᓐᓇᕐᒪᖔᑕ; ᐅᕝᕙᓘᓐᓃᑦ

•ᐊᐱᕆᓗᑎᑦ ᓄᓇᓕᖕᒥ ᐋᓐᓂᐊᕐᕕᖕᒥ.

ᑎᑎᕋᖅᑕᐅᓯᒪᓂᖏᓐᓄᑦ ᑭᒃᑯᑐᐃᓐᓇᕐᓄᑦ ᐋᓐᓂᐊᕐᕖᑦ ᑕᑯᒋᐊᕐᓗᒍ: manitoba.ca/health/publichealth/offices.html

ᐃᓄᖕᒨᖓᔪᑦ ᐋᓐᓂᐊᖅᑐᓕᕆᓂᕐᒧᑦ ᖃᐅᔨᒃᑲᐃᔾᔪᑎᑦ ᐱᖁᔭᖅ ᓴᐳᒻᒥᕙᒃᑐᖅ ᖃᐅᔨᒃᑲᐃᔾᔪᑎᖕᓂᒃ ᐊᒻᒪᓗ/ᐅᕝᕙᓘᓐᓃᑦ ᕿᑐᕐᖓᖅᐱᑦ ᖃᐅᔨᒃᑲᐃᔾᔪᑎᖓᓂᒃ(ᖏᓐᓂᒃ). ᐃᓄᖕᒨᖓᔪᑦ ᐋᓐᓂᐊᖅᑐᓕᕆᓂᕐᒧᑦ ᖃᐅᔨᒃᑲᐃᔾᔪᑎᑎᑦ ᐊᒻᒪᓗ/ᐅᕝᕙᓘᓐᓃᑦ ᓄᑕᖅᑲᕕᑦ ᖃᐅᔨᒃᑲᐃᔾᔪᑎᖏᑦ ᑕᑯᔭᐅᑦᑕᐃᓕᑎᑦᑐᓐᓇᖅᑎᑕᑎᑦ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔨᓄᑦ. ᖃᐅᔨᒋᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ, ᑕᑯᒋᐊᕐᓗᒍ manitoba.ca/health/publichealth/surveillance/phims.html ᐅᕝᕙᓘᓐᓃᑦ ᑐᓴᖅᑎᓪᓗᒍ ᓄᓇᓕᖕᓂ ᑭᒃᑯᑐᐃᓐᓇᕐᓄᑦ ᐋᓐᓂᐊᕐᕖᑦ ᐅᖃᓪᓚᖃᑎᖃᕐᓗᑎᑦ ᑭᒃᑯᑐᐃᓐᓇᕐᒧᑦ ᐃᖢᐊᖅᓴᐃᔨᒥᒃ.
ᖃᐅᔨᒋᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ ᓄᕙᖕᓇᐅᑉ ᐅᕝᕙᓘᓐᓃᑦ ᓄᕙᖕᓇᖅᑐᒧᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑏᑦ ᒥᒃᓵᓄᑦ:

• ᐅᖃᓪᓚᖃᑎᒋᓗᒍ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔩᑦ; ᐅᕝᕙᓘᓐᓃᑦ

• ᐅᖃᓗᒡᕕᒋᓗᒍ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᓂᕐᒧᑦ ᑲᓱᕐᕖᑦ – ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓗᕆᓂᕐᒧᑦ ᖃᐅᔨᒋᐊᕐᕕᒃ ᐅᐃᓂᐸᐃᒡᒥ ᐅᕙᓂ 204-788-8200; ᐊᑭᖃᙱᑦᑐᒃᑯᑦ ᐊᓯᖏᓐᓂ ᒫᓂᑑᐸᒥ 1-888-315-9257; ᐅᕝᕙᓘᓐᓃᑦ

•ᑕᑯᒋᐊᕐᓗᒍ:

ᒫᓂᑑᐸᐅᑉ ᓄᓇᕙᖕᓇᖅᑐᒧᑦ ᐃᑭᐊᖅᑭᕕᒃᑯᑦ ᖃᐅᔨᒋᐊᕐᕕᖓ:

manitoba.ca/flu

ᑲᓇᑕᒥ ᐋᓐᓂᐊᖃᕐᓇᙱᑦᑐᓕᕆᔨᒃᑯᑦ ᓄᓇᕙᖕᓇᖅᑐᒧᑦ ᐃᑭᐊᖅᑭᕕᒃᑯᑦ ᖃᐅᔨᒋᐊᕐᕕᖓ:

healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/flu-grippe/index-eng.php
ᑲᓇᑕᒥ ᐋᓐᓂᐊᓕᕇᔾᔭᐃᒃᑯᑏᑦ:

immunize.ca

ᑲᓱᕐᕖᑦ ᐃᓅᓕᓴᐅᑎᒧᑦ ᓱᓕᔪᓄᑦ ᑕᒪᐃᓐᓄᑦ ᐊᕐᕌᒎᑉ ᐃᓗᐊᓂ ᓄᕙᖕᓇᖅᑐᓄᑦ ᐋᓐᓂᐊᓕᕇᒃᑯᑎᓄᑦ ᐊᑐᖅᑕᐅᕙᒃᑐᓄᑦ ᓇᓂᔭᐅᔪᓐᓇᖅᑐᑦ ᐅᕙᓂ:

manitoba.ca/flu

MG-16022 (08/24)