ᑐᓴᕋᑦᓴᖅ

ᑐᓴᕐᑕᐅᓴᐅᑎᒋᒋᐊᓕᒃ

ᐊᑭᖃᖕᖏᑐᖅ ᑲᐱᔭᐅᓂᖅ ᖃᓂᓐᒪᒌᒃᑯᑎᒃ ᓄᓇᕕᒻᒥᐅᓕᒫᓄᑦ

ᖃᓂᒻᒪᑌᓕᓚᐅᕆᑦ; ᑲᐱᔭᐅᓗᑎᑦ!

ᑰᑦᔪᐊᖅ, ᐅᒃᑑᐱᕆ 31, 2012 - ᓇᐅᓕᒫᓂᒃ ᐃᓗᓯᓕᕆᓂᐅᑉ ᐊᕕᑦᑐᓯᒪᓂᖓ ᓄᓇᕕᒃ ᓄᓇᓕᓕᒫᑦ ᑲᑎᒪᔨᖏᑦ ᐃᓗᓯᓕᕆᓂᕐᒥ ᐃᓅᓕᕆᓂᕐᒥᓗ ᐱᒍᑦᔨᕕᒻᒥ ᑐᓴᕐᑎᓯᒍᒪᔪᑦ ᑲᐳᕐᓂᖅ ᖃᓂᒪᒌᒃᑯᑎᒍᑦ ᐱᒋᐊᓖᓕᕐᒪᑦ ᓅᕕᐱᕆ 1 ᐊᒻᒪᓗ ᑲᔪᓯᓚᖓᑦᓯᓂ ᖃᓂᒪᓇᐅᓯᑉ ᐃᓯᖓᓄᑦ. ᐊᕐᕌᒍᑕᓖᑦ ᐱᐅᓯᐅᓰᒍᒻᒪᑦ, ᑲᐱᔭᐅᓂᖅ ᐊᑭᖃᓚᖕᖏᑐᖅ ᓄᓇᕕᒻᒥᐅᓕᒫᓄᑦ.

ᖃᓂᒪᓇᖅ ᐊᑦᑕᓇᕐᑐᐊᓘᕗᖅ ᐃᒻᒪᓯᒪᑎᑦᓯᓲᒍᒻᒪᑦ ᐊᓂᕐᑎᕆᒍᑏᑦ ᐊᕐᖁᑎᖓᓂᒃ ᑌᒣᑎᑕᐅᑦᓯᓂ ᖁᐱᕐᕈᐊᕈᓯᕐᓄᑦ. ᖁᐱᕐᕈᐊᕈᓰᑦ ᐱᒋᐊᕐᓲᑦ ᓯᑎᒻᐱᕆᒥ ᐁᕆᓕᒧᑦ ᐊᒻᒪᓗ ᐁᑦᑐᑑᑕᐅᒍᓐᓇᓯᑎᒃ. ᖃᓂᒻᒪᕈᓐᓇᑐᑎᑦ ᐃᓗᓯᕐᓯᓯᐊᕋᓗᐊᕈᕕᑦ. ᖃᓂᒪᒥᒃ ᓯᕐᖁᐃᓯᒍᑏᑦ ᐃᓚᐅᑎᑦᓯᕗᑦ ᐅᓇᕐᓯᓂ, ᑕᖃᒪᑦᓯᓂ, ᓄᑭᓕᕆᑦᓯᓂ, ᖁᐃᕐᑐᓯᓂ ᓂᐊᖁᖕᖑᓯᓂᓗ. ᖃᓂᒪᓇᖅ ᐱᔭᓇᐊᑦᑐᐃᒍᓐᓇᕗᖅ ᓇᓗᓇᕐᔩᓯᓂᓗ ᐱᓗᐊᕐᑐᖅ ᓴᖕᖐᓂᕐᐸᓄᑦ, ᐅᑦᑑᑎᒥᓗᒥᑦ ᑲᒃᑲᓛᑦ ᐱᖓᔩᔪᕐᑐᐃᑦ ᒥᑦᓯᑎᒍᑦ ᑕᕐᕿᓕᓐᓄᑦ, ᑲᐱᔭᐅᒥᐅᕐᓂᐅᕋᑕᖕᖏᑐᑦ.

ᑲᐳᕐᓂᖅ ᐱᐅᓂᕐᐸᐅᕗᖅ ᐃᒻᒥᓂᖅ ᓴᐳᑎᒍᒪᒍᕕᑦ ᓇᓪᓕᒥᔭᑎᓪᓗᒍ ᖃᓂᒪᒥᑦ ᐱᔭᓇᐊᑦᑐᐃᒍᑎᒥᔩᖕᒥᓐᓂᓗ. ᐊᖕᒥᓂᕐᐹᒧᑦ ᓴᐳᑎᓂᕐᒧᑦ ᑎᑭᐅᑎᔩᖅ ᒥᑦᓴᐅᓵᕐᓯᒍ ᐱᓇᓯᐊᕈᔩᒃ ᒪᕐᕿ ᓈᒻᒪᓃᒃ ᑲᐱᔭᐅᔪᕕᓂᐅᔪᖃᕐᑎᓗᒍ ᓴᐳᓗᑕᐅᔩᒍᒻᒪᑦ ᐱᖓᔩᕐᑐᓂᑦ ᖁᓕᓪᓗ ᒪᕐᕿᓗᓂ ᑕᕐᕿᓄᑦ. ᑲᐴᑎ ᖃᓂᒻᒪᑎᑦᓯᔩᒍᖕᖏᑐᖅ 70-ᐳᓴᓂᒃ ᐅᕕᒐᕐᑐᓂᒃ ᐃᓗᓯᕐᓯᓯᐊᕐᑐᓂᒃ. ᐱᐅᓂᕐᐸᐅᓯᓂᓗ ᓯᐊᒻᒪᑎᑦᓯᑌᓕᓂᕐᒧᑦ ᖃᓂᒪᒥᒃ ᐃᓅᑦᑎᑐᓄᑦ ᖃᓂᒻᒪᕈᐊᕐᓂᐹᓄᑦ.

ᓄᑖᖅ, ᑲᐴᑎᐅᑲᓂ ᖃᓂᒻᒪᓈᒃᑯᑎ 2-ᒥᑦ 17-ᒧᑦ ᐅᑭᐅᓕᓐᓄᑦ

ᑕᕝᕙᓂ ᐊᕐᕌᒍᕐᒥ, ᓄᑖᖅ ᖃᓂᒪᒧᑦ ᓴᐴᓗᑕᖅ ᐊᑐᐃᓐᓇᐅᑎᑕᐅᓂᕐᒥᔪᖅ ᐊᖕᒥᓕᕝᐸᓪᓕᐊᔪᓄᑦ ᐅᑭᐅᓕᓐᓄᑦ 2-ᒥᑦ 17-ᒧᑦ ᓄᓇᕕᒻᒥ: Flumist, ᖃᓂᒻᒪᓈᒃᑯᑎ ᐱᓕᐊᒍᓯᒪᔪᖅ ᓯᐴᕐᑎᑕᐅᔩᖅ ᓯᕐᓅᓄᑦ. ᑲᐱᔭᐅᒐᑎᒃ. ᐅᕕᒐᕐᑐᐃᑦ ᓯᐴᕐᑐᒧᑦ ᐊᑐᓂᑦ ᓯᕐᓗᒥᒃ ᐱᑕᑦᓯᓯᒥᒃ ᐱᔮᓇᕐᓯᓂᓗ. ᓴᐴᓗᑕᖃᑦᓯᐊᓚᖓᔪᖅ.

ᓄᓇᕕᒻᒥ ᑲᐴᑏᑦ ᐊᑐᐃᓐᓇᐅᑎᑕᐅᔩᑦ ᐃᓗᓐᓇᓕᒫᖕᒥᓐᓄᑦ ᐅᑭᐅᓕᓐᓂᑦ ᐱᖓᓰᔪᕐᑐᓂᑦ ᑕᕐᕿᓂᑦ ᐱᒋᐊᕐᓯᑎᒃ ᐊᖓᔪᑦᓯᓄᓐᓗ. ᐊᕐᓇᐅᒐᓗᐊᕈᑎᒃ ᐊᖑᑕᐅᒐᓗᐊᕈᑎᒃ ᐅᕝᕙᓗᓐᓃᑦ ᖃᓄᐃᒐᓗᐊᕐᐸᑦ ᖏᒃᑲᓗᐊᕐᐸᓗᓐᓃᑦ. ᒐᓗᐊᕐᑎᓗᒍ, ᐃᓚᖕᒥᑦ ᐃᒻᒥᒎᕐᑎᑐᑦ ᐊᑦᑕᓇᕐᑐᒥᓐᓂᓴᐅᓰᑦ ᖃᓂᒻᒪᑐᐃᓐᓇᓇᐊᖃᕐᓯᑎᒃ ᐅᕝᕙᓗᓐᓃᑦ ᓯᐊᒻᒪᑎᑦᓯᓗᑎᒃ. ᐃᓚᒥᔭᐅᒍᕕᑦ ᐊᑖᓂ ᐊᓪᓚᑕᐅᓯᒪᔪᓂ, ᑲᐱᔭᐅᓪᓗᖁᔭᐅᒐᓗᐊᕐᑐᑎᑦ:

ᐃᓄᑑᑦᑎᑐ ᐱᔭᓇᐊᑦᑐᑐᐃᓐᓇᓇᐊᓖᑦ:

- ᐅᑭᐅᓖᑦ ᐊᕝᕙᑎ ᐱᖓᓯᓂᑦ ᐅᓄᕐᓂᓴᕐᓂᓗᓐᓃᑦ;
  - ᑲᒃᑲᓛᑦ ᐃᓗᓯᕐᓯᓯᐊᕐᑐᑦ ᐱᖓᓰᔪᕐᑐᓂᑦ ᐊᕝᕙᑎᓐᓗ ᐱᖓᓯᓐᓗᓄᑦ ᑕᕐᕿᓖᑦ;

- ᑭᓇᑐᐃᓐᓇᑯᑦ ᐱᖓᓲᔪᕐᑐᓂᒃ ᑕᕐᕿᓖᑦ ᐊᖓᔪᑦᓲᓗᓐᓃᑦ ᖃᓂᒪᓕᐅᒥᔫᖏᓐᓇᓕᒫᕐᑐᑦ;
- ᐊᑯᓂᙳᔪᒧ ᑲᒪᒋᔭᐅᕕᒻᒦᑐᑦ (ᐃᓄᒻᒪᕆᖃᐅᑎᓂ);
- ᓯᖐᔪᐃᑦ ᐊᕐᓅᑦ ᐱᒥᐊᕐᓯᑎᒃ ᐱᓇᓱᐊᕈᓯᕐᓂ ᖁᓕᓐᓗ ᐱᖓᓯᓐᓗᓂ ᓄᑕᕿᑦᓴᖃᓕᕐᑐᑦ;

ᐃᓄᑑᑦᑎᑐᑦ ᐊᑦᑕᓇᕐᑐᒦᑦᑐᖅ ᓯᐊᒻᒪᑎᑦᓯᒐᔭᕐᓗᑎᒃ ᖃᓂᒪᓇᕐᒥᒃ:

- ᐃᓗᓯᓕᕆᕕᒻᒥ ᐱᓇᓱᑦᑏᑦ (ᐱᓇᓱᑦᑎᒥᔭᐅᔪᑦ ᐋᓐᓂᐊᕕᓐᓂᒃ, ᐅᑕᕐᕿᕕᓐᓂ, ᐊᒻᒪᓗ ᓯᕗᓪᓕᐸᐅᑦᓯᑎᒃ ᑲᒪᒋᐊᕐᖓᖄᓲᑦ ᐃᑲᔪᕐᑕᐅᒥᐊᖃᕐᑐᖃᓕᕐᒪᑦ);
- ᑭᓇᑐᐃᓐᓇᑯᑦ ᐃᓪᓗᒥᐅᖃᑎᓖᑦ ᑭᓇᑐᐃᓐᓇᑯᓐᓂᑦ ᐊᑦᑕᓇᕐᑐᒥᑦᑐᓂᒃ ᐱᔭᕆᐊᑦᑐᑐᐃᓐᓇᕆᐊᖃᕐᓯᑎᒃ;
- ᐱᓇᓱᑦᑏᑦ ᓴᐹᕿᑦᓯᕕᓐᓂ ᐃᓕᓐᓂᐊᕕᓐᓂᓗ;
- ᐱᓇᓱᑦᑏᑦ ᑭᙴᒪᓇᕐᑐᓂ ᐱᒍᑦᕗᓂᕐᓂᒃ (ᐳᓈᔩᑦ, ᑎᒻᒥᔫᕐᑏᑦ, ᑎᒻᒥᔫᒥ ᓂᕐᓯᐅᑏᑦ).

ᑲᐱᔭᐅᓚᖓᒍᕕᑦ ᖃᐅᔨᓴᕆᑦ ᐋᓐᓂᐊᕕᑦᓯᓂᒃ ᖃᖓ ᑲᐳᕐᓂᖃᓛᕐᒪᖔᑕ.

ᖃᐅᔨᒋᐊᒃᑲᓂᕈᒪᒍᕕᑦ ᖃᐅᔨᒐᔭᐊᑦᔭᐊᖁᓐᓇᐳᑎᑦ ᐃᓗᓯᓕᕆᕕᒻᒥ ᖃᐅᔨᒪᔪᓪᓚᕆᓐᓂᒃ ᐋᓐᓂᐊᕕᑦᓯᓂ.

ᓄᓇᕕᒻᒥ ᓄᓈᑦ ᐋᓐᓂᐊᕕᖏᑦᑕ ᓯᕙᓂᐅᑎᖏᑦ

ᐊᑯᓕᕕᒃ	**819 496-9090**
ᐊᐅᐸᓗᒃ	**819 491-9090**
ᐃᓄᑦᔪᐊᖅ	**819 254-9090**
ᐃᕗᔨᕕᒃ	**819 922-9090**
ᑲᖏᕐᓱᐊᓗᑦᔪᐊᖅ	**819 337-9090**
ᑲᖏᕐᓱᔪᐊᖅ	**819 338-9090**
ᑲᖏᕐᓱᖅ	**819 935-9090**
ᑰᑦᔪᐊᖅ	**819 964-2905**
ᑰᑦᔪᐊᕋᐱᒃ	**819 929-9090**
ᐳᕕᕐᓂᑐᖅ	**819 988-2957**
ᖁᐊᕐᑕᖅ	**819 492-9090**
ᓴᓪᓗᐃᑦ	**819 255-9090**
ᑕᓯᐅᔭᖅ	**819 633-9090**

ᐅᒥᐅᔭᖅ **819 331-9090**

ᖃᓇᑕᐅᔭᒃᑯᑦ ᑐᕌᕈᑏᑦ:

http://infogrippe.gouv.qc.ca/?lg=en-CA

http://www.msss.gouv.qc.ca/sujets/prob_sante/influenza/index.php?accueil_en&PHPSESSID=88643867145ec3e1c38332168ab3b329

ᓄᓇᕕᒃ ᓄᓇᓕᓕᒫᑦ ᑲᑎᒪᔨᖕᒥᑦ ᐃᓗᓯᓕᕆᓂᕐᒥ ᐃᓄᓕᕆᓂᕐᒥᓗ ᐱᒍᑦᔨᕕᒃ ᓇᐅᓕᒫᓂᒃ ᑭᒡᒐᑐᕐᑎ ᓄᐃᑕᐅᔪᕕᓂᖅ 1978-ᒥ ***ᔪᒥᒃ V ᑯᐯᒃ ᑕᕐᕿᖅᑲᑕᓗ ᐊᖏᖅᑎᒌᓐᓂᖅᑲᓄᑦ.*** *ᑲᒪᒋᔭᓕᒃ ᑯᐯᓕᒫᑲᓛᒥ 55 ᓇᓗᓀᒃᑯᑕᓕᐅᑉ ᑕᕐᕿᖅᑲᓐᓂ ᐃᓗᓯᓕᕆᓂᕐᒍᐊᖅᑲᕙᓂᒃ ᐃᓄᓕᕆᓂᕐᒍᐊᖅᑲᕙᓂᓪᓗ ᐱᒍᑦᔨᓂᕐᓂᒃ ᖁᓕᓪᓗ ᓯᑕᒪᓪᓗ ᓄᓈᑦ ᐃᓄᖕᒥᓐᓂᒃ ᐱᒍᑦᔨᓯᓂ.*

ᖃᐅᔨᒪᕐᕕᓴᖅ: ᓄᓇᕕᒃ ᓄᓇᓕᓕᒫᑦ ᑲᑎᒪᔨᖕᒥᑦ ᐃᓗᓯᓕᕆᓂᕐᒥ ᐱᒍᑦᔨᓂᖅ

ᑐᓴᕐᓴᓂᐊᕐᑎ: ᑖᓐ ᕗᐊᕋᔅᑦ
ᑐᓴᐅᒪᖃᑎᒌᑦᑎᓯᔨ, ᓄᓇᕕᒻᒥ ᐃᓗᓯᓕᕆᓂᖕ
819 964-2222, ᓇᕐᓂᓗᒍ 251

ᑖᓐᓇ ᑐᓴᕋᓴᖅ ᑕᑯᔭᐅᔪᓐᓇᒥᔪᖅ ᖃᓇᑕᐅᔭᑎᒍᑦ ᑐᕌᕈᑎᑦᑎᓂ www.rrsss17.gouv.qc.ca.