

Moderna COVID-19 natukun tshenakatuapamakent meshananeken

Tshin shapushtakuene, tshaui:

- **Tshekui ashanuapate 15 minutes put** nete pitekamish tukatshuapish put nete ueuetamish put nete tshutapanish.
- **Tshetshakamutan keshtakueushunanaua** kie **uau tshenipushtutau auentshi** mauats nete uin tshitshuash.
- **Tsheuitamuet tuenishkues** nete tukuatshuapish ka menuashine
- **Tsheka pempanitan tshekuan tshutapan** 15 minutes put tshishapushtakune kie tsheka pempanitan kamanuashine

Kamenushkakutshi auen natukunu patush mishitat katshi peik tshishakantshi put katshi Nisha tshishakantshi katshi shapushtauakentshi kie aieshkets ente tshekatshi mushitau.

- Manu tshentamashiuete auen mushitatshe kamanashkakutshe tshekamushitau tshakaushu kie tshekapatshapenu eta shapushtauakentshe. Tshekanapiuitau petshueanu put meshkemina tshepakueueu enta shenapushtauakent tshekashtemashiu put.
- Kuetakets tshekatshi shapashiuets, tshakaushuts ushtakanuaua, tshakaushu umuashashema, tshepakapakum, ushkea tshekaushu, tshekashiuatamashiu put tsheketseshu.
- Tshekapaputapunushu nete uiesh uinats (nete put utiuts) nakueteni metsheshishakaua tshekamushitau
- Ushtakuantukuna tshatshi uitshinakuen

Meshuka mishte mushitakenuni katshishapushtauakentshi auen eku nass mushitat nenu tshekatanmashiu:

- Tsheka pemputampunushu nta uesets uinats kie tshishue tshekatshanatshu
- Tshekatshapenu ushtashtamui kie utenin put ukutaken.
- Tshekatshishuka tshineu

Tene ne ketakuenaua tshenashatpa tsheuitamen tshematueshtan tukuentshuapish.

Eku aushishkakune ushkatshiu tshishapushtakune tshematueshtan tukutshuapish:

Tshekuana tshetshasitamen:

- **Minuats tshetshi tuten kuetek minuats tshetshi shapushtaukuen tshi nishuenu ashu aneanu tasishakatshe.** Tshe nashpetenitakuen tshetshi minuats shapushtakuen nishuau patush tshetshi atusemakash ne natukun.
- **Eshk eapets tshekaui tute ne kukashtianua tshekuan** tshetshika kashtanamen aeshun mushenau tshetshi akuenushun, kie tshetshi uau nipushtutau auentshi, kie tshetshika tan nete mashetanants shuka.
- **Tsheka shaupshtaushun kuetek ushkatshiu** patush mesheue tshishapushtakune nish COVID-19 ushkatshiu, tshekaui ashanuapate 28 tasishakaua patush kuetek tshetshi minkuen COVID-19 natukun.
- **Tshepetushtan tshemashananeken uishapushtakune minuats** kie tsheuitamuet ne auen shenapushtueshk tshetshi ashushishkakuete.
- **Tshekeuenitamen meshananekenminakune tshishapushtakune** tshemanuashtan nte tshitshuash. Tshatshi eapets utane enta download [CANImmunize](#) app neshaniateu tshetshi minusenitamen kie kueteke natukuna.

Keshapushtautunanua meshananekekentshin

Shtashaniashun:

Tshishakum (Pishum/tshishuk/pepuen):

Shtaushikanum/shtenukanum etapet atshitashun:

Meshaneken ne moderna COVID-19 natukun

Tatuau	Tshishuk	Tshitashuen	Tante	Tunishkueu
1				
2				