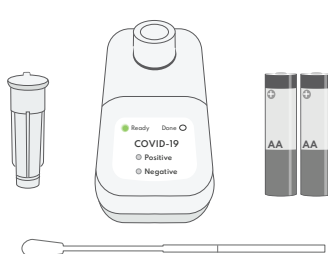


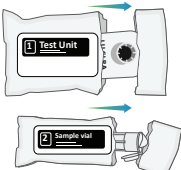
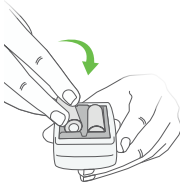
Tshe ui tutamek eshk^u eka nanatussenimitshishuiek

Tshitapatamek^u ne ietashtet eshk^u eka tshitshipaniek

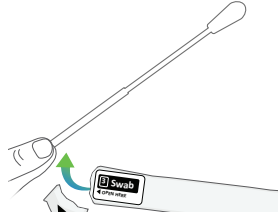
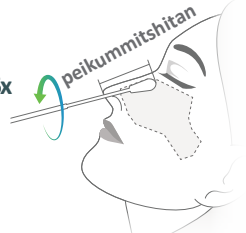
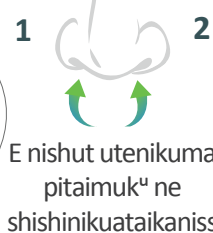
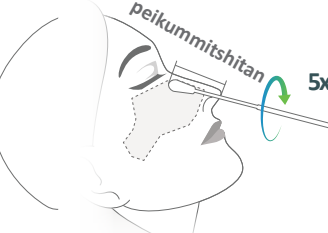
E ishi takut nete missimuteutat	Eshk ^u eka tshitshipananut
	 
Uashkanutak tshititshiuau	Mashinataimuk ^u tshitinikashunaua

E tatauak nanatussenimitshishuk^u Ui mishkamuk nnite eka tshe utimikuiek^u, usham nass apu tshikut ui matshishtet ne pushku-tatupaikan ishpesht. Uauitshikushiuk animuiek^u. Uapanitshakuman tshika minu-apitin.

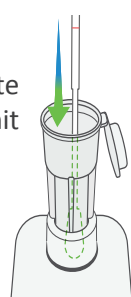
1 Aieshkushtak ne ka nanatussenimitshishunanut.

					
Pakaiatin e nishut ne missimuteua	Pituekuat anitshenat e nishut apineuat	Nanatussenimuk tshi shipeikuapishtekue	Shanamuk ^u	Eka nitshinimuk ^u	Eka pitima shenamuk ne shishinikuataikaniss.

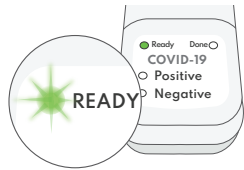
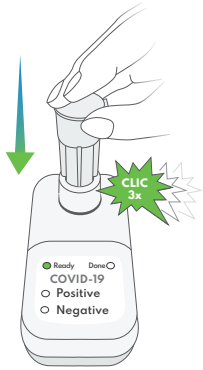
2 Pitaimuk^u nite tshissunuat

				
Eka takutshishtak nete uiesh	Eka tatshitinumuk ^u	5x peikummitshitan	1 2	5x peikummitshitan
			E nishut utenikuma pitaimuk ^u ne shishinikuataikaniss	
			Ne unushkuat shishinikuataikaniss nass nete pite tshika ui takuan. Apu tshiku minuatimek ^u	

3 Aiatshipanitak shishinikuataikaniss

			
Nass nete tshitshit	15x	Uepanimuk ^u shishinikuataikaniss	Passetinumuk ^u

4 Nananitussenimitshishuk^u



Tshika ui
uashtuashtepanu ne
« READY » Eka
uashtuashtepanit,
mishta tshissipatamuk

Shuatamuk nishtinu e
tshikishtet



Eka matinimuk^u ne ka
nananitussenimitshishunanut



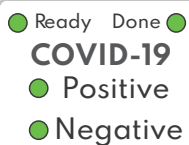
E tshishtaiek^u,
uapatniek ne
kupaniesh nete
ataunan.



Nashamuk ne tshe ishi
uauitamakuiek^u ne
kupaniesh tanite tshe
uepinashiek^u.

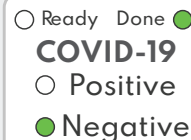
E ishi minikuiek aimuna

? Apu minuat



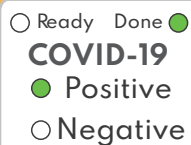
Nanituenitamuk^u kutak ka
nanitussenimitshishunanut
kau tshe tutamek^u

- Mauat tshitakun



Tshipa tshi papamishkanau
Ne tshe ishi unipan,
nishtutshishuk^u ishpesh
tshika minuau.

+ Kuenenimat ne manitushish



Tshikatshitinenau COVID-19. Petakan aietuk, tshe uitamueik^u ne kupaniesh ka
atusseua nete ataunan. Apu papamishkaiek^u.

Tshika ui nashenau ne tshe ishi uauitamakuiek^u nete ataunan, mak anitshenan ka
nanakutuenitakau akushunu.