ᐅᑦᐊᑦ ᓯᑎ ᓇᑎᓪᑯ ᒃᓄᐅ ᐊᑲᐅᑎᑦ ᕿᕐᕕᒐᓪ ᓴᒐᖑᐅᓂᓐᖁᕐ

ᐅᑦᐊᑦ ᐃᓴ ᕿᕐᕕᒐᓪ ᓴᒐᖑᐅᓂᓐᖁ?

ᕿᕐᕕᒐᓪ ᓴᒐᖑᐅᓂᓐᖁ ᐃᓴ ᑐᓴᑎᓐᖁ ᑯᐅᓗ ᐅᓐ ᐯᐅᐸᓗ ᐅᑦᐅ ᐊᑎ ᐊᑦ ᓇᓴ ᐅᖕ ᖁᐅᑦᑎᓐᖁ ᕿᕐᕕᒐᓪ ᒐᓐᕿᕐ, ᑲᑎᑦ ᑕᐊᕝ ᓄ ᓴᒃᒪᐸᑐᒪᓴ ᐊᓐᑯ ᖁᐅᓗᕋᓪᓪᒃ ᕝᐅᓪ ᕕᓗᖓ ᑭ ᐅᓐᑕᓇᐅ ᕿᕐᕕᒐᓪ ᓴᒐᖑᐅᓂᓐᖁ ᐸᕈᖁᕋᒻ ᐃᓴ ᐊ ᓴᒐᖑᐅᓂᓐᖁ ᐸᕈᖁᕋᒻ ᑮᑦ ᐅᓐᒍᑎᕋᖁᐅᓴ ᑭᓴ ᐯᐅᐸᓗ ᑐ ᖁᐅᑦ ᓴᒐᖑᐅᓗᑯ ᖑᖁᓚᕐᓪᒃᓵ ᖑᖁᓚᕐ ᕿᕐᕕᒐᓪ ᓴᒐᖑᐅᓂᓐᖁ ᒐᓐ ᕝᐅᓪᐸ ᐊᕗᐃᑯ ᖁᐅᑦᑎᓐᖁ ᕿᕐᕕᒐᓪ ᒐᓐᕿᕐᓵ
ᕿᕐᕕᒐᓪ ᒐᓐᕿᕐ ᐃᓴ ᒐᓐᕿᕐ ᐃᓐ ᑭ ᕿᕐᕕᓵᓵ ᑭ ᕿᕐᕕᓵ ᐃᓴ ᐊ ᑲᐅᑯᒃ ᐸᕐᑦ ᑮᑦ ᒍᓐᓗᒃᑦᓴ ᑭ ᑎᒐᕐᑎᓴ (ᐅᒻᑲ) ᑐ ᑭ ᐹᖁᐃᓇ (ᖁᐅᓂᑕᓪ ᐅᐯᓂᓐᖁ)ᓵ ᕿᕐᕕᒐᓪ ᒐᓐᕿᕐ ᐃᓴ ᐊᓪᒧᓴᑦ ᐊᓪᓐᐊᒃᓴ ᒐᓴᓴᑯ ᑲᒃ ᕝᑎᒪᓐ ᐸᐱᓪᓗᒪᕕᕐᑎᓴ (ᕝᐸᕝ)ᓵ ᓯᑎ ᐊᑎ ᓄᑦ ᒧᑎ ᓕᕿᓪᒃ ᑐ ᖁᑦ ᕿᕐᕕᒐᓪ ᒐᓐᕿᕐ ᐃᕝ ᐅᑭᕐ ᐯᐅᐸᓗ ᐃᓐ ᓯᑎᕐ ᕙᒥᓪᒃ ᕝᐊᖁ ᕿᕐᕕᒐᓪ ᒐᓐᕿᕐᓵ

ᐅᑦᐊᑦ ᐃᓴ ᕝᑎᒪᓐ ᐸᐱᓪᓗᒪᕕᕐᑎᓴ (hpv)?

HPV ᐃᓴ ᐊ ᕕᕐᑎᓴ ᑮᑦ ᐃᓴ ᐸᓴᓴᑯ ᕝᕈᒻ ᐅᓗ ᐯᕐᓱᓐ ᑐ ᐊᓄᑭᕐ ᕝᕈᖁᒪᕝ ᓴᖓᐊᓪ ᒍᓐᑕᒡᑦᓵ ᓴᖓᐊᓪ ᒍᓐᑕᒡᑦ ᒐᓐ ᐃᓐᒡᓪᑎᑯᐅ ᒪᓐᒃ ᑯᐃᕝᖁᓗᓐᑦ ᑭᓐᖁᓴᓵ ᐃᓐ ᑭᓴ ᕙᒡᑦ ᕐᐅᑦ, ᐃᑦ ᐃᓐᒡᓪᑎᑯᐅᓴ ᐊᓐᒃ ᑎᑐ ᐊᓄᑭᕐ ᐯᕐᓱᓐ ᕝᐊᓴ ᒍᓐᑕᒡᑦ ᐃᕝ ᓯᑎᕐ ᖁᐅᓂᑕᓪᓴ (ᐸᓇᕙᒐ ᐸᕐᑦᓴ)ᓵ ᑭᓴ ᒍᓐᑕᒡᑦ ᒐᓐ ᑲᐅ ᐃᕝ ᑭ ᕝᐊᓐᑯᓴ, ᒧᑎᕝ ᐅᕐ ᖁᐅᓂᑕᓪᓴᓵ

ᕝᐸᕝ ᐃᓴ ᒍᒻᒧᓐ ᐊᓐᑯ ᐃᓪᓪ ᐅᕝᒐᓐ ᖁᐅ ᐊᐧᐊᒃ ᐅᓐ ᐃᑦᓴ ᐅᓐᓐ ᐃᑕᑎᑦ ᐅᓐᑕᑎᑦ ᖁᐅᓂᓐᖁ ᐊᓐᒃ ᕝᐊᖁᒻᓵ

ᑭᓗᑎ ᐊᑎ ᒧᑎ ᑮᓐ 100 ᑦᒃᐯᓴ ᐅᕝ ᕝᐸᕝ ᐊᓐᑯ ᑭᒃ ᒐᓐ ᒐᓇᓴ ᒐᓐᖁᐅᓴ ᑐ ᑭ ᕿᓪᓪᓴ ᐅᕝ ᑭ ᕿᕐᕕᓵᓵ ᐃᕝ ᓱᒥ ᑦᒃᐯᓴ ᐅᕝ ᕝᐸᕝ, ᑭᓴᓴ ᕿᓪᓪ ᒐᓐᖁᐅᓴ ᒐᓐ ᑦᓇᕐᓐ ᐃᓐᑐ ᕿᕐᕕᒐᓪ ᒐᓐᕿᕐ ᐅᑭᕐ ᑎᒥ ᐃᕝ ᑭᒃ ᐊᑎ ᓄᑦ ᑦᑎᐊᒐᑯᓵ

ᐅᑦᐊᑦ ᐃᓴ ᑭ ᕿᕐᕕᒐᓪ ᓴᒐᖑᐅᓂᓐᖁ ᑐᓴᑦ?

ᑭ ᕿᕐᕕᒐᓪ ᓴᒐᖑᐅᓂᓐᖁ ᑐᓴᑦ ᕿᒃᒃᓴ ᕗᕐ ᑦᒃᐯᓴ ᐅᕝ ᕝᐸᕝ ᑮᑦ ᒐᓐ ᓱᒥᑎᒥᓴ ᒐᓐᖓᓴ ᕿᕐᕕᒐᓪ ᒐᓐᕿᕐᓵ ᐃᑦ ᐊᓪᓱ ᕿᒃᒃᓴ ᕗᕐ ᕿᓪᓪ ᒐᓐᖁᐅᓴ ᐃᓐ ᑭ ᕿᕐᕕᓵ ᒐᓐᖓᓴᑯ ᒃᒃ ᑭᓴ ᑦᒃᐯᓴ ᐅᕝ ᕝᐸᕝᓵ ᑭ ᑐᑦ ᑦᒃᐯᓴ ᐅᕝ HPVᓵ

ᑭ ᕿᕐᕕᒐᓪ ᓴᒐᖑᐅᓂᓐᖁ ᑐᓴᑦ ᕝᐊᓴ ᑐᐸᓚᕿᑯ ᑭ ᐸᐸ ᑐᓴᑦ ᒃᐅᖓᓐᓴ ᐃᑦ ᐃᓴ ᒃᐅᑦᑐᕐ ᐊᑦ ᕝᐅᓪᐱᓐᖁ ᐸᑎᖁᓐᑦ ᕿᕐᕕᒐᓪ ᒐᓐᕿᕐ.

ᐅᑦᐅ ᓇᑎᓪᑯ ᖁᐅᑦ ᓴᒐᖑᐅᓗᑯ ᐊᓐᑯ ᕝᐅᑭᓐ?

ᑭ ᐅᓐᑕᑎᐅ ᕿᕐᕕᒐᓪ ᓴᒐᖑᐅᓂᓐᖁ ᐸᕈᖁᕋᒻ ᑐᒍᒻᒥᓐᑯᓴ ᑮᑦ ᒧᓴᑦ ᐯᐅᐸᓗ ᐅᑦᐅ qᑎᐊᓕᕝᒃ ᕗᕐ ᕿᕐᕕᒐᓪ ᓴᒐᖑᐅᓂᓐᖁ ᖁᐅᑦ ᓴᒐᖑᐅᓗᑯ ᐅᖁᕐᒃ **5 ᔭᐊᕐᓵ**

- ᖁᐅᑦ ᓴᒐᖑᐅᓗᑯ ᐃᕝ ᓯᑎ:
  - ᐊᑎ ᐊᑦ ᓗᐊᓴᑦ 25 ᔭᐊᕐᓴ ᐅᓪᑯ, ᐊᓐᑯ
  - ᐊᑎ ᐊ ᐅᒪᓐ, ᑦᐅᓪᓴᐱᑎᑦ ᐯᕐᓱᓐ, ᑦᕋᓐᓴᒪᓴᑎᓕᓗᓐ ᐯᕐᓱᓐ ᐅᕐ ᓄᓐᑲᐃᓇᕐᒃ ᐯᕐᓱᓐ ᐃᕝ ᐊ ᕿᕐᕕᓵ, ᐊᓐᑯ
  - ᕝᐊᖁ ᐅᖁᕐ ᕝᐊᑯ ᓴᖓᐊᓪ ᒍᓐᑕᒡᑦ ᐃᕝ ᐊᓄᑭᕐ ᐯᕐᓱᓐ, ᐊᓐᑯ
  - ᑯᐅ ᓄᑦ ᕝᐊᖁ ᓴᒃᒪᐸᑐᒪᓴ, ᓕᕿ ᑯᐃᕝᖁᓗᓐᑦ ᑲᓗᐅᑯᐃᓐᖁ ᐅᕐ ᑯᐃᓴᒐᕐᖁᐅ (ᒃᓗᐊᕐ ᐅᕐ ᓴᓪᓗᓐ ᕝᓪᐃᑯ) ᕝᕈᒻ ᑭ ᕙᖁᐃᓇ (ᖁᐅᓂᑕᓪ ᐅᐯᓂᓐᖁ)
- ᓯᑎ ᓇᑎᓪᑯ ᓴᑎᓪᓪ ᖁᐅᑦ ᓴᒐᖑᐅᓗᑯ ᐃᕝ ᓯᑎ:
  - ᕝᐊᖁ ᕝᐊᑯ ᑭ ᕝᐸᕝ ᕙᒃᒋᓗ
  - ᖁᐅᓪ ᕝᐅᐊᓪᕗᒃ
  - ᕝᐊᖁ ᑲᐅᐅᓐ ᕝᕈᖁᕝ ᒥᓄᐸᑎᓴ
  - ᕝᐊᖁ ᓄᑦ ᕝᐊᑯ ᐊᓐᒃ ᕙᒥᓪᒃ ᒥᑲᐅᕐᓴ ᐃᕝ ᕿᕐᕕᒐᓪ ᒐᓐᕿᕐ
  - ᕝᐊᖁ ᕝᐊᑯ ᓴᖓᐊᓪ ᒍᓐᑕᒡᑦ ᐃᕝ ᐅᓐᓪᒃ 1 ᐯᕐᓱᓐ
  - ᕝᐊᖁ ᕝᐊᑯ ᑭ ᓴᒥ ᓴᖓᐊᓪ ᐸᕐᑦᓗᕐ ᕗᕐ ᐊ ᓗᓐᖁ ᑎᒥ
  - ᕝᐊᖁ ᓄᑦ ᕝᐊᑯ ᓴᖓᐊᓪ ᒍᓐᑕᒡᑦ ᐃᓐ ᐊ ᓗᓐᖁ ᑎᒥ
  - ᐊᑎ ᐃᓐ ᐊ ᓴᒥᓴᖓ ᑐᓚᑎᐅᓐᑯᐸ

ᔪᑎ ᒪᒃ ᓄᐁᑯ ᑐ ᑭᐁᑦ ᕿᕐᕕᒐᓪ ᖅᑎᐅᓂᓐᑭ ᐅᕝᕙᖅ 3 ᓴᐊᖅ ᐃᕝ ᔪᑎ ᑊᐊᕝᕙ ᐊ ᐅᐊᕿᓄᑯ ᐃᒻᒪᑎᓄ ᖅᖅᑐᒻᒪᓐ ᕗᕐ ᐅᕐᐊᒻᐸᓗ, ᐃᕝ ᔪᑎ ᐊᑐ ᓕᕕᓐᑭ ᐃᕝᑭ ᑊᐃᕝ/ᐊᐃᑯᖅ ᐅᕐ ᑊᐊᕝᕙ ᑊᐊᑯ ᐊᓐ ᐅᕐᑭᐊᓐ ᑦᕋᓐᖅᐸᓪᓐᑦᒪᓐ

ᕿᕐᕕᒐᓪ ᖅᑎᐅᓂᓐᑭ ᐃᖅ ᐊᓪᓗ ᑎᒍᒻᒥᓐᑯᐅᑯ ᐊᕝᑐᕐ ᑭᐅᑦᑎᓐᑭ ᑦᑎᐊᑐᑯ ᕗᕐ ᕿᓪᓪ ᒪᓐᑭᐅᖅ ᐃᓐ ᑭ ᕿᕐᕕᒐᒐ b᐀ᐊᖅᑯ ᐅᓐ ᑭ ᑎᖅᑎᓪᓪᖅ ᐅᕝ ᕕᖅ ᑦᑎᐊᑦᒥᓐᑦ, ᔪᑎᕐ ᑯᐅᒃᑐᕐ, ᓐᑎᕐᖅ ᐸᕋᒃᑎᑎᐅᓐᑦ, ᓐᑎᕐᖅ ᐅᕐ ᒥᑯᐃᕝ ᐃᓪᓪ ᓗᑦ ᔪᑎ ᒃᓄᐅᑦ ᑊᐅᑦ ᐅᕝᑐᓐ ᔪᑎ ᓇᑎᓪᑯ ᑭᐅᑦ ᖅᑎᐅᓐᑯᒐ

ᒧᖅᑦ ᐯᐅᐸᓗ ᒪᓐ ᖅᑐᐸ ᑭᐅᑦ ᖅᑎᐅᓂᓐᑭ ᕝᕈᒻ ᐊᑭᐅ 65 ᑐ 69ᒐ ᔪᑎᕐ ᑯᐅᒃᑐᕐ, ᓐᑎᕐᖅ ᐸᕋᒃᑎᑎᐅᓐᑦ, ᓐᑎᕐᖅ ᐅᕐ ᒥᑯᐃᕝ ᒪᓐ ᑊᐅᓪᐸ ᔪᑎ ᑯᐅᒋᑯᐅ ᐃᕝ ᔪᑎ ᓇᑎᓪᑯ ᖅᑎᐅᓐᑯᒐ ᐊᕝᑐᕐ ᐊᑭᐅ 69ᒐ

ᐅᑊᐊᑦ ᑊᐊᐸᐅᓐᖅ ᑯᑎᓐᑭ ᑭᐅ ᕿᕐᕕᒐᓪ ᖅᑎᐅᓂᓐᑭ ᑐᖅᑦ?

ᑭᐅ ᕿᕐᕕᒐᓪ ᖅᑎᐅᓂᓐᑭ ᑐᖅᑦ ᕝᐅᐅᓪᖅ ᓕᕿ ᑭᐅᑦᑎᓐᑭ ᐊ ᐸᐸ ᑐᖅᑦᒪ ᐊ ᑯᐅᒃᑐᕐ, ᓐᑎᕐᖅ ᐸᕋᒃᑎᑎᐅᓐᑦ, ᓐᑎᕐᖅ ᐅᕐ ᒥᑯᐃᕝ ᐃᓪᓪ ᑎᖅ ᐊ ᖅᒪᓪᓪ, ᓱᕝᑦ ᑲᕐᑎᒡ ᑐ ᑕᕿ ᕿᓪᓪᖅ ᕝᕈᒻ ᑭ ᕿᕐᕕᒐ ᓱ ᑭ ᓕᑲ ᒪᓐ ᑐᖅᑦ ᑭ ᕿᓪᓪᖅ ᕗᕐ ᑦᑐᐅᖅ ᐅᕝ ᑊᐸᕝ ᐊᓐᑯ ᕿᓪᓪ ᒪᓐᑭᐅᖅᒐ ᑭ ᐯᕐᓱᓐ ᑯᐅᐃᓐᑭ ᔪᑎᕐ ᑐᖅᑦ ᒪᓐ ᑦᕐᖅ ᑐ ᒪᕿ ᑭ ᑐᖅᑦ ᐊᖅ ᒧᓪᕗᕐᑕᑲᓗ ᐊᖅ ᐳᖅᓯᑲᓗ ᕗᕐ ᔪᑎᒐ

ᐅᑊᐊᑦ ᑊᐊᐸᐅᓐᖅ ᐊᕝᑐᕐ ᐊ ᕿᕐᕕᒐᓪ ᖅᑎᐅᓂᓐᑭ ᑐᖅᑦ?

ᔪᑎ ᐃᓪᓪ ᑭᐅᑦ ᑭ ᖅᑎᖅᑦ ᐅᕝ ᔪᑎᕐ ᕿᕐᕕᒐᓪ ᖅᑎᐅᓂᓐᑭ ᑐᖅᑦ ᑲᒃ ᒪᐃᓪᒐ ᑭ ᐯᕐᓱᓐ ᐅᑊᐅ ᑯᐃᑯ ᔪᑎᕐ ᑐᖅᑦ ᐃᓪᓪ ᐊᓪᓗ ᑭᐅᑦ ᐊ ᒍᐸᒃ ᐅᕝ ᔪᑎᕐ ᖅᑎᖅᑦᒪᓪᓪ ᐊᓐᑯ ᖅᑎᖅᑦᒪᓪᓪ ᐊᓐᒃ qᑎᐅᖅᑎᐅᓐᖅ ᔪᑎ ᒪᒃ ᑊᐊᕝᕙᒐ ᑭᒃ ᒪᓐ ᐊᓪᓗ ᑕᓪᒃ ᐃᕝᑭ ᔪᑎ ᐊᑲᐅᑎᑦ ᓄᒐᑦ ᖅᑐᖅᑦ (ᓱᑎᓐᑯᖅ ᓕᕿ ᒪᓪᓪᒐᖅᖅ-ᑲ-ᐯᐅ)ᒐ

ᕿᕐᕕᒐᓪ ᒍᓪᐳᖅᒍᐸᒃ ᐃᖅ ᐊᓐ ᐅᒐᐊᒻ ᑯᐅᓄ ᑲᒃ ᐊ ᖅᐯᒋᐊᓕᖅᑦ ᑯᐅᒃᑐᕐ, ᖅᑎᒡᒡ ᐊᖅ ᐊ ᑰᒃᓄᒍᓗᑲᐃᖅᑦᒐ ᑎᑎᓐᑭ ᒍᓪᐳᖅᒍᐸᒃ, ᑭ ᖅᐯᒋᐊᓕᖅᑦ ᕿᒃᒃᖅ ᑭ ᕿᕐᕕᒐ ᒧᑐ ᒃᓗᖅᓪᒃ ᕝᓐ ᑎᑎᓐᑭ ᐊ ᕿᕐᕕᒐᓪ ᖅᑎᐅᓂᓐᑭ ᑐᖅᑦ ᑐ ᖅᐯ ᐃᕝ ᐊᓐᒃᑲᓐᑭ ᑯᐅᐅᖅ ᓄᑦ ᓗᒃ ᓄᕐᒪᓪᒐ ᑭᐅᑦᑎᓐᑭ ᒍᓪᐳᖅᒍᐸᒃ ᒪᓐ ᑊᐅᓪᐸ ᔪᑎ ᐊᕗᐃᑯ ᑭᐅᑦᑎᓐᑭ ᕿᕐᕕᒐᓪ ᒪᓐᕿᕐᒐ

ᐅᑊᐊᑦ ᒪᓐ ᐊᕝᕙᒐᑦ ᒪᒃ ᒪᓐᕿ ᐅᕝ ᑭᐅᑦᑎᓐᑭ ᕿᕐᕕᒐᓪ ᒪᓐᕿᕐ?

ᔪᑎ ᒪᓐ ᓗᐅᕐ ᔪᑎᕐ ᒪᓐᕿ ᐅᕝ ᑭᐅᑦᑎᓐᑭ ᕿᕐᕕᒐᓪ ᒪᓐᕿᕐ ᑲᒃ ᑭᐅᑦᑎᓐᑭ ᖅᑎᐅᓐᑯ ᖁᑭᑎᓪᓪᒃᒐ ᔪᑎᕐ ᒪᓐᕿ ᐅᕝ ᑭᐅᑦᑎᓐᑭ ᕿᕐᕕᒐᓪ ᒪᓐᕿᕐ ᑭᐅᐅᖅ ᑎ ᐊᖅ ᔪᑎ ᐊᑭᐅ, ᐃᕝ ᔪᑎ ᖅᒧᕿ ᐊᓐᑯ ᐃᕝ ᔪᑎ ᑊᐊᕝᕙ ᐅᕝᕙᖅ ᑊᐊᑯ ᓴᑎᑎᐊᓪ ᒍᓐᑕᒻᒪᑦ ᐃᕝᑭ ᐊᓄᕐᕕᖅ ᐯᕐᓱᓐᒐ ᕕᓱᑦ mycanceriq.ca ᑐ ᕕᓐᑯ ᐅᑎᑦ ᒧᖅᑎ ᐊᑲᐅᑎᑦ ᐅᑊᐊᑦ ᒪᓐ ᐊᕝᕙᒐᑦ ᔪᑎᕐ ᒪᓐᕿ ᐅᕝ ᑭᐅᑦᑎᓐᑭ ᕿᕐᕕᒐᓪ ᒪᓐᕿᕐ

ᑊᐅᐅ ᑐ ᒪᕿ ᐊᓐ ᐊᐸᐅᐃᓐᑦᑕᓐᑦ ᕗᕐ ᔪᑎᕐ ᕕᑦᑦ?

ᒪᓪᓪ ᔪᑎᕐ ᑯᐅᒃᑐᕐ, ᓐᑎᕐᖅ ᐸᕋᒃᑎᑎᐅᓐᑦ, ᓐᑎᕐᖅ ᐅᕐ ᒥᑯᐃᕝ ᑐ ᐊᒃ ᕿᒻ ᑐ ᑯᐅ ᔪᑎᕐ ᕝᑦᑦ

-ᐅᕐ-

ᑎᖅ health811 ᐊᓐᒃ ᑎᒥ ᑐ ᕕᓐᑯ ᐊ ᒃᓕᓂᒃ ᑕᑦ ᑯᐅᐅᖅ ᕿᕐᕕᒐᓪ ᖅᑎᐅᓂᓐᑭ ᕝᕈᖅᑦ:

- ᓴᐊᖅᑊᑊ ᕗᕐ “ᕿᕐᕕᒐᓪ ᖅᑎᐅᓂᓐᑭ ᕝᕈᖅᑦ” ᐊᑦ ontario.ca/healthservices
- ᒪᓪᓪ 811 (tty: 1.866.797.0007)
- ᑎᖅ ᕿ ᓕᕿ ᒪᑦ ᐊᑦ ontario.ca/health811

ᕗᕐ ᒧᖅ ᐃᓐᕗᕐᒪᑎᐅᓐ, ᐸᓗᐊᖅ ᕕᓱᑦ: ontariohealth.ca/cervical-test

ᓄᐁᑯ ᕿᖅ ᐃᓐᕗᕐᒪᑎᐅᓐ ᐃᓐ ᐊᓐ ᐊᒃᕿᖅᓯᑲᓗ ᕗᕐᒪᑦ? 1-877-280-8538, tty 1-800-855-0511, info@ontariohealth.ca.
ᑯᐅᒃᑎᓐᑦ ᑯᐃᖅᐳᓂᑲᓗ ᐅᓐ ᕝᕋᓐᓚᐊᐃᖅ ᐅᓐ ᒍᓐᑕᒻᒪᓐᑦ info@ontariohealth.ca.