

# Deda COVID-19

Detthiye dene benakanelni gha  
begha editlis gholi

Didi deda godhe CORONAVIRUS

Manitoba 

## Dtandtu deda COVID-19 dene k'e de benakanelni dene kuwe

Detthiye negai dta dene COVID-19 bek'e ghadti ghundtledhe bedtzedi ghileh ghu dene kuwe senidzedhis. Dene kuwe dene ghenakanelni de deda COVID-19 bedtzodelthi gha ghileh. Nekuwe dene deda COVID-19 dene k'e ghulih kulu ghundtledhe ghileh de, eyed naghadah gha asundtile ghunidhen de, didi editlis bek'esih bughulni la eyed nekuwe bedta nudehhi dtcha chu dta eyed nadeh si chu, eyed dta kuwe ghonade chu tthi dene buinih dtcha chu gha.

### Sekuwe selodtine tai dta sel nadhedi tai bedtzesni ghu?

Dta COVID-19 bek'e si theni edudelaḡ dezaḡs. Kughodi de bekuwe ghodtchazi gheghai gha duwehs nedi kolyai gha ghile desi. Eyed bekuwe detthiye dene tchazih naded dezaḡs, titchadi azeh daliḡ gheli dtchazi tthi adtzedis. Kughulya ghili de, theni budelaḡ ghulyai theni bidtazi nadei tthi ghoḡ de kolya dezaḡs. Ku ḡtla bindtaziḡ nadtzedili dtaghodtih ghaja de, elghaneh yisi ghosedidhen dezaḡs, asi dta ghedtzedi ghili si (dta bintazi nadtzedili chu, dta tu deldethi chu yodetaghane la chu kakani bedta dilkai daliḡ chu adtzedis )

Dene dta COVID-19 bek'e si eyi iḡtlaḡhi ghuyini yuwelni ghulya dezaḡs. Dene dta soghena landte ghile si eyi dene eya de eyi tzenildui noghoya sana, eyi yek'elni gha duwe siḡ. Didi eyi dene 60 ḡhzi beghai eyi tthi adtzedi ghu tthi dene soghenah ghile si tthi adtzedis. COVID-19 bedtzodelthi dtcha dene ghenakanelni etladuni kuwe dene ghek'eghoni gholeh gha ghoḡs, dta dene eya si COVID-19 dta ba. Ahtlo eyi COVID-19 ḡḡ ghughusai nidhen de dta deda bek'e si dene ghenakanelni ghehl yailti dezaḡ didi tai ghodtzen yailti de Health Link-Info Sante (204-788-8200 didi tai 1-888-315-9257)

Dta dene ghenakanelni dene dta COVID-19 bek'e si iḡtla yedtzen yalti gha dtziduneldtu, bedtthi nedhel tai dtandte si chu dtandtu edededi si chu dta baghundteh si kodja gha, eyi dta dene dtzen dani ghudusked nidhen de tthi ekughu de yudelked gha. Eyi dta dene COVID-19 bek'e si theni edughelni dezaḡs 10 dtzineh nilthagha ghodtzen dtatthe budenidhed nisi ekughu ghodtziḡ. Bedtthi nedhel ghile ghudtthi deda ghededi ghileh ghodtzen. Dene ghenakanelni dene yehl kughoni ghas dtaghu theni naded ghai. Kulu ghoteghe ghughelni dezaḡs deda ghededi ghileh dekulu dtaniltha ghodtzen sni ghodtzen.

Dene dta COVID-19 bek'ei ghoazi duwe ghaneh ghadja beyighe dindtchile ghaja de, nedja ghodtzen yaulti la:

- Health Links-Info Sante (204 788-8200 tai naghanili dtzen tai 1-888-315-9257 ). Eyed dene ghadeh nedtzeni gha nelyalti ghade ninedtiħ tai dtandu nedtzighedilisi kughodi gha.
- **911, su duwe de, nedja ghodtzi nedtzendi gha tthi ghoahs.**

Iħghai dtu nenedti ghula de, iħghai dtu nedtzendi ghas.

## **Dene COVID -19 bekei bekesni de, edlasjai dta eyi deda suini dtcha eduosni ghili, eya sek'e ghanei dtcha?**

Eyi dta dene builni si edini tthi edekelni gha suwa si ( eyi gha editlis gholi dughulyes-[Isolation for Symptomatic Individuals Recovering at Home](#)); kulu dtagħa dene ghedinalti nadi wonih. Builni gha de dtandtu edughulni dezaħs:

- Elghane nela kenaultzil la. Dtazeldei datluk ghel tu nedheli ye 15 seconds nilthagha ghodtzen, deghade nadughushai ghudtthi. Kuntuwe ghel dene la gha sanitizer ghel nalaghuldeh tai.
- Dene tthi dtzi tu ghedughudi sana, dene dha ghodtzi tai, dene niyeh ghodtzi tai, dene zeghe tai, dtzelkoth tai yehlais tai ghodtziħ tai.
- Yu yenaudhed dtandtu bedtcha edughulni ghili ye.
  - Elketaghi dene ke nilthai bedtchazi thiyiħ dezaħs, eyi dta dene eya si bedtchazi, nenekethilchudhi ghel. Dta dene ghughelni si tthi benagha tthi dtzokedhe asi tai ghel dezaħs, nakedi ghilei. Nela kenaghultzil eyi dta deda bekei ghi iħ ghokezih de.
  - Nela k'e baghalbili aħldeli ladjis yedughulni la, nene k'e tthi k'ethelchudhi chu nenagha tthi gheni nakedi landti tthi bek'e wutla la dene ghuwulni de, bedtthi dtzi( dekoth tai nakui tai tles tai tzaħ tai dtcha).
- Ghoteghe dene ghughedi dtziħ asi eltthi bedtaudtiħ dezaħs.
  - Dene ne kethelchudhi sukui ke nilchuth ghilehs nake beghai ghile dte de, dene gheji ghudeni ghile de eyi tthi beneh k'e nulchuth sana, eyi ghel tthi dene theni beneh ke ghayedilchudh gha duwe si tthi beneh ke nughulchudh sana.
  - **Asi bedta edughulni ghel nanedtlu gha de**, Nela ke naghulde ghuldu naghundtlu, bedta dene la kenaghaltzili sanitizer ghelwule tai (60 per cent kuntuwe gheli eyi de).
  - Dene ne ke thelchudhi tthe ne neh ke nughulchudh, nedtzaga bebaneh, nedtthi banathildi tai, nedtziħ nadeh tthi etlughulchu la nedtziħ dtzen, ghuldu, neyeda yagha dtzen ghughuldti la. Eyed ghokezih de nenagha tthi ghedughule, lajis tthi yedughulni ghu.
  - **Dta asi yeghiya si beye ghanedei gha de**, Lajis tthe ye ghadughulni la, ghuldu nela kenaghultzil. Nenaghakethitlai tthi ghadughule ghuldu dta neneh ke thilchudhi ghadughulchudh la. Nela tthi bekenaulde naudtle la.

- Nela eyi ghoteghe bekenaultzil dene tzenildui nudighilāh de.
- Dtzethiyeh ghuleh asi ghoaildehl gha de dene COVID-19 bekei bedtzih asi.
  - Waste (sni eyi asi tlistheth daliḥ nenyeh dtzih chu, dene ke thelchudhi dali chu kundti asi adtzedis) eyi bindazi asi aḥldeli ye, nalcheth baghalbili ye ahghuldel la.
  - Asi aiddel gha de, nalcheth dta beye asi ghelya si, bughulcheth ghuldu ahghulghes la. Neneh ghedughudi sana, dta asi aiddel si tthi ghedughuḥdi sana.
  - Nela kenaultzil la, kuntuwe ghel gholi bedta dene la kenaldei dta nela kenaulde tai asi ghoaildel ghokezih.
- Dtzethiyeh wuleh dene COVID-19 bekei beyuwe kenailde gha de.
  - Lajis aḥldeli yedughulni ghutthi nene ke tthi asi benadughulchuth dene eyai beyuwe kenaultzil gha de.
  - Ta yu delzen si eyi gheni nalcheth yeh wule, nalcheth baghalbili ye, yaulghis sana.
  - Eyi beyuwe chu bedtzede chu dta dene eyai etladuni yu ghehl bekenaghaltzil kulu asundteghilesih.
  - Dtazeldei datluk ghehl tu nedheli ye bekenaulde la. Yu deghade nadughushai.
  - Lajis ye ghadughulni ghu, nela kenaultzihl ghu, neneh kethelchudhi ghadughulchudh ghuldu tthi nela kenaultzil naudle la.
  - Ku eyi dta beye yu nalyi yu delzeni gheededi de, deghade beyekenaulde la bleach ghel tu eltaghadeli dta wule.

## Edlaghoslai dta dene deda COVID-19 buini dtcha yisi seghosla ghili?

- Na yisi dtak'e asi ghedtzedi ghili asi kenadaultzel la, dtau bedinaulti ekughu chu ( dta bindtazi nadtzedili chu, bedta tu deldethi chu, dta asi kaghudi nadtih chu, bekeshitzelyi ke chu, bedta kakani dilkai chu, yodetane la chu tllsnadeki tziḥ bekelni daliḥ chu detthiye bek'enaude la)
- Dtau yisi seghule desi dughune la:
  - Lajis aḥldeli yedughulni la.
  - **Dtazeldei datluk ghel yisi tu ghel ghoke naultzil la, yisi ghodelzen de. Gholduḥ yisi gheni asi bedta ghoteghe ghokenaghaldei dta sughuḥe la.**

Ghoteghe bekeyaulti gholduḥ bedtaundtiḥ la, ghoteghe gha. Naghi asi kundti asi ghultzel ghuldu bekenaultail dadis, asi azeh ghena si thaghalde gha. Yak'eh tthi dadughule ghu lajis tthi yedughulni la. Tu tthi dta bekenaultzil la nadeziḥ bedta bekealni, bekagha ke.

- Yisi ghoteghe gholye gha de nedi landti bedta yisi sodidheni 70 percent kuntuwe ghel de ghoteghe nezuḥ bunilthens, eyi de EPA ghade nezuḥ kodjai tthi ghade bedta ghodtiḥs. Theni kundti wosdtzih nidhen de tthi dighi tllus cho neldtei tu 1 litre neltei ghel eltanel de eyi tthi kundti gha bekaunedtas. Eyi gheni betuwe thiltzi de, dta ghoke naultzil gha si bedta benaultzil 1 minute nilthagha ghuldu bekenaulde la.

- Enanelidhen de, dtazeldei datluk dta 15 seconds nilthagha tu nedheli ye nela kenaultzil la, kuntuwe ghel gholi sanitizer dta wuleh tai.
- Bindtaziḡ nadtzedili bekaitane dadughutaḡ ghuldu ghoyeghotli ghule la
- Asi aḡtla dtawudtiḡ sana (bedta dene ghwu kenaltzili, ghu ladtzil ghu, dtzedede ghu dtzeldtui ghu, dthai kenaldeili ghu, beyaghayati ghu asi dtzeldeli ghu tzatzane binih ghuli daliḡ chu adtzedis).
- Asi dta begha shitzelyi tthi aḡtlla begha shughuhtiḡ sana, tu dahliḡ tthi adtzedis.
- Yak'e daghaduhtaḡ la edtza ghonethe ghile de.

### Edtlandti asi ghedinastih gha dene ghekesni gha de?

- Dene neh kethelchudhi
- Lajis aḡldehl gha suwai
- Dene nagha kethelai
- Bedta dene dtthi ghodheleh nedtiḡ
- Dene dtthi nidhil de gheni nedi
- Tu deldethi
- Dene la tzi dtazeldei datluk
- Denela gheni kuntuwe ghehl gholiḡ sanitizer 60 per cent beyei
- Tlistheth dene niyeh gheni
- Beye asi ghoaḡldeli beghalbili nalcheth beye thelchudhi
- Bedta yisi sodidheni
- Nanikuwe ghodtzi bedta yiḡi sodidheni tu ghel eltaḡaḡdili ghokenaghaldeh gha
- Bedta asi kenaldei kuntuwe dta beyelbeni 70 per cent beyei
- Yu gheni dtazeldei datluk
- Betdta dtthai kenaldei dtazeldei datluk
- Tlistheth cho bedta asi kenaldei ladtzil landti

### Bindtazi edlandtu COVID-19 bedtzeghodhi dtcha edlaghosla ghili?

Dta bel nanedhedi tai ne ghagholeh tai deda buini dtcha dene dtzenildui nughuya sana. Theni edekenelni edughulni ghudtthi, eyai ghediḡi lanaghundteh de (nedtthi nedhel tai /edtza tai/, dihlkoth tai/, nedhe yagha eya tai/,dadildhil ghedja tai, iḡli ghile ja tai/,iḡltzen ghile ja tai/,nanekui tai nebed eya jai dta bindazi nandei ja de 24 satlis datagha ahzi nilthagha de eyi COVID-19 gha bughedi eyis, dtau dene behulyai bedtzen nildui naidhed nisi ghodtzi 14 dtzine nilthagha de.

Asi dene nedtzeni gha kudini ghu, nelodtine tai nanikuwe ghodtzi asi neba naghani ghule ghu nekuwe bindtazi thinda neba nugholye ghule la, dene nedtzen nilduwe benulthi dtcha. Kunta naghwuya sana dene COVID-19 bek'ei bekenelni ghu. Dta dene dtzeni ka eyed nandil nisi ghoghauna sana dagheluḡi, dene beke COVID -19 budelaḡ ah, nedighanai dtanidhen si kughodi ba nudtzeḡiḡ dughuni. Didi dta adtzedi eyi, yisi sodiltheni chu, dene tthi ghel eghalaghenai chu kuwe dtandtu dene dtzendi si dene nih daliḡ chu gha tthi adtzedi. Eyi dta nandil nisi dtandtu dene tzighini ghili kagholde gha siḡ.

## COVID-19 gha ahtlo kudushai nuthen de:

- Nuhdtzih dene ghadeh bel yaulti.
- Nedjautzen yaulti tai Health Limks-Info Sante Winnipeg keyagha ja ghoḏzen 204-7889257 tai dta naghanili tai, eyed de Manitoba keyagha 1-888-315-9257

Nedja kunta nauya tai:

- Manitoba government bedtzi COVID-19 website eyed de [www.gov.manitoba.ca/covid19/](http://www.gov.manitoba.ca/covid19/)
- Government of Canada eyi bedtzi website de: [www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html](http://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html)