



COVID-19 NOVEL CORONAVIRUS

COVID-19 Manitoba ekta

Woyazan techa COVID-19 he maka sitomani iyaye. Tuwe owas okchiya tanyan awanich'ihdakapi kte.

COVID-19 he taku he?

He oyate woyaze kakishwichaye. Woyazan hena (tachan kate, hokkha, poghe mni u, dote yazan) ninakh niyaze (oniyashiche).

COVID-19 tuwe ichu okihi he?

Unghe hena hihang kte shni. Unghe awakhbayeda. Unghe hena ninakh woyazan yukapap he:

- unghе waniyetu wikchemna shakpe han kapeya
- unghе nina wayazan kin che e (chahanpi woyanze, chante woyazan, pakshin hehan chaghu woyazan kin he)
- tachan washake shni (we woyazan hena washakap shni)

Tokedked COVID-19 woyazan yukapa pi he?

Tukted woyazan yukapapi okihi pi, tohan tuwe hokhpe ish psha. Tohan taku odutan kinhan dukapi oyakihi, ishta ga poghe, i kin hena hed dukapi okihi.

COVID-19 washake shni nape yahduzahzha kinhan.

Toked okha kinhan covid-19 iwachu kte shni?

Nape hduzhazha. Owape ake zaptan hihanyan wipazhazha mni kata yuzhazha. Nape tanyan pakinte. Nape nishape shni kinhan alcohol based hand cleaner un po okhipi.

www.manitoba.ca/health/flu/images/hand.jpg

Nakun:

- Hokhpa ish psha ahdakhpa. Hoyakhpe kinhan ishpa hed unahdakhpa.
- Ite uhduta shni.
- Awanzhida tiyata yanka, waniyazanke kinhan.
- Waniyazanke kinhan, ita apiich'iya, woyazan awayanka wayagya.
- Taku ichu niship kinhan iyeched ichanu.
- Tohan nape hduzhazha kinhan:
 - tukted tipi techa timahed idada shni ched nakun yahdinape shni ched
 - oihetipi hed hdushtan kinhan
 - tokiheya woyute piyaya shni ched nakun nihdishtan kinhan ahaked
 - wayate shni ched ish taku owas unpi
- Nape mni kata un ake zaptan okpi hduzhazha.
Nape hduzhazha oyakihi shni kinhan hand sanitizer kich'un.

Iteha kich'un

Iteha kichun kinhan COVID-19 anapte kte. Tukted owichota kinhan hed iteha kich'un.

Taku studya yachin kinhan [Manitoba.ca/covid19](https://www.manitoba.ca/covid19).