Detthiye dene benakanelni gha
June 2021

Theni eduzelni dedah Covid 19 dene ghuwinih wonih ghunidhen dta

Deda Covid -19 bedtah dene bek'e landteh ghileh dekuli, bek'e budelạh dekulu kudulyạh ghiles. Didi dtondtih dene kolyạh gha ghiles dtaneldtei dene bedtah bughinilesi. Eyi ghodtah dene ghenakanelnih dene dtak'e eyi dedah Covid -19 dene bughini ghili kodja gha editlis dta dene ghel kudadi aes. Eyi ah dughundtei ghoại nathiya nịdeh edughilni dezạhs dtaghu ekuk'e nedtzeghudighilthi nisi ekughu ghodtzị 14 dtzine ghodtzen, dedah ghedindih ghadja de theni nudelạh ghu tthi ninedtịh gha ghudughụke la.

Didi tzatzane binịh ghulịh k'e bedtah kudehja gha beghạh ghuwilei gha editlis nindtạh si did bekilni de https://sharedhealthmb.ca/covid19/screening-tool/

Dene ghenakanelni dene didi begha asughodih deh yeghạh ghuwilei gha Covid-19 bazịh, eyi dtaghoneh gha si dene ghehl kudadi gha dene dedah bek'ei dtzenildui dene ghodighilạh de.

Ku edlandtu theni edudeghesni ghudtzedi ah?

Edughulnị asi godheh ka, ghoạhsih duwe lanaghundteh ghane na landteh tai de, nedtthi nidhihl tai, dihlkoth tai, nedtthi eya tai, neniyeh tu tlạh tai, nedhiyeh eya tai, neyigheh dinchileh tai, thụ́h nedjih lanaghundteh tai de. Detthiye dtandtu eyi dedah dene k'e de bedtzedih tli deghedtlis sih, nedjạh gha bekulhni de: www.manitoba.ca/covid19/about/index.html.

Nedtthi beghodheleh nanihlih dezahs nah ịtlaghi dtzine ke (kạmbị chu ghedtlegheh chu), (dene dhatịh dta) dene ghodheleh nedịh dta. Ghotegheh nedtị́h dezạhs. Shughuntih ghileh ghudtthi, dtzughuldtuh sana ghudtthi dtzeh ghuhahl sana 30 minutes niltha ninedtih ghodttheh, neghodhele ka. Dịghị satlis datagha dtzen nudughulịh didi ghilchu ghokezịh de dene dtthi eyai gha neidih acetaminophen(Tylenol) tai ibuprofen (Advil) tai ghindttheh de.

Nedtthi nighilịh deh dughundtlis la, eyi ghehl tthi dta ghedịdi si tthi ghạ edughudlis la, ekughundtei gha dtzetah gholih editlis nanilịh ke nughuleh Temperature Self-Monitoring Form.

Ku edtlasneh gha ah ghouụhlu sek'e nedi nidthị́ndeh dtandtu bedesdih ghadeh?

Column A dtandtu deghehtlisi ihtlagha ạzi ghuntlethe ghedịdi tai Column B k'e dtandtu deghehtlisi eyi nake tai bedịdi de(yayagha nuhịh dta adtzedi) ghuntlethe landte ghileh dekulu theni ˌnaudhed la dene tchazịh, nelodtineh tthi bedtchazịh chu eyi ghehl tthi Health Links-Info Sante (**204-788-8200** tai **1-888-315-9257**) betzen yaultih ghu dtandtu dene nedtịh nagholị́h si chu theni nadtzedi chu gho ghạh. Eyi Health Links-Info Sante kulughuni la deda nek'e nedi de gha.

A	B
• Dene dtthi nedhel ghuntledhe/ dene tthi nekadh ladeneghaghundte de • Tzelkoth de • Dene dhiyeh eya tai / ghadadhzįah ghile tai de • Dene yighe dįnchile de • Asi dtzelih ghile tai dtzelzen ghile tai de • Nadtzekui tai elghanį bįndtazįh nadchahnį dene bed eyai dta tai de	• Dene niyeh tu tląh de • Dene dtchede ghehldtzai de • Nenetzįghįtząh ladeneghaghųndteh de • Dene tthi eya de • Dene tthi ghegheth de ghodtah ghuleh kulu • Nabezeltįh gha ladenegha ghundteh de bed badtzetahl ghile ghudtthi de • Shedtįh ghileįnde sukuwazeh de • Nadtzekui ghanalaghundtei de asi banighintahl ghilei tthi ghehl

Dtaghu lesi ghundtlethe lanaghundteh de (nedjih ghudenileh, neyighe dinchileh tai de), 911 ghodtzen yaulti tai dene ghenakanelni dtzen yaulti la edaneh dtu eghah ghoghaladghenai bedtzen.

Ku asi ghedesdi ghileh dekulu senedti ghosle gha ghozą́h? Theni nasdhed gha ghosąh seneghedtįh ghosla de?

Neidi ghanai gha eghadalaghanai ghogha naneghede ghu dtadanidhen si ghadeh gha, theni dene budeląh tai nedtįh dta tai gha. Dene ghenakanelni dene kudanidhen **ghileh**. Dedah Covid-19 ghedindi **ghileh** ghudtthi dene dedah bekei dtzenildui nodighilah ghile de (dene dedah bekei dtzenildui nodighilai kodją de dene ghenakanilni ghadeh) theni nudeląh (quarantine)**ghileh** kulu asundteh ghile sįh.

Ghununi ghile kulu edughųlni deząs, deda dene ghuini de dtadenegha ghundtei ghedtzedi de kodją gha 14 dtzine ghudhi ghodtzen dene ghehl nadtzighidhed ghodtlągha ghodtzįh dene deda bekei bughulą nįghįlei nudįghįląh k'e de.

Eyed dta dedah ghulįh nighilei sni dene ghenakanelni ghade nathiya nighile kulu edlandteh ah theni sudeląh (quarantine) gha sni ghile ah?

Eyed kughundtei nighile sni ghundte dekulu dtandtu dene ghuinih ghili ghununih ghile ah es. Dene bedtzenildui budighiląh sni ghileh de dene ghenakanelni ghadeh eyi 14 dtzine ghodtzen edughelni gha ekuk'e bedtzoghodighilthi ghodta. Eyi ghehl tthi ghundtlethe dene nizih naudhed sana, dene ghudeni deda buinih eyi bedtzęnildui naudhed saną. Eyi deda Covid-19 dtandtu budtzedih sni ghedįhdi de edaneh dtu theni nuduląh ghuleh ninedtįh ghųlei tthi ghehl.

Edlasjai dta didi deda Covid -19 k'edauh ghosla ghili ah?

Naghi asi ghųhlį sih dta ghuthildtzįh ghili be dta Covid-19 k'e dauh ghųla ghili

Dtahtthei eyi, yisįh ghodįchili ahtla nadtzedei ghoghauną sąna eyi ghehl tthi nekuwe ghodtzįh ghilei etladuni dene bedtzenildui naudhed sana.

Eyi dtatthei bekenih eyi ghoghąh nanudhed ghu, didi tthi ghehl wuleh:

- dene kuwe nadtzeds eyai dene k'e de
- elghaneh dene la kenaltzils/ kuntuwe ghel gholi dta dene la kenaldei dta tai
- dene neh k'ethelchuthi dta wundţh eltzenildui dene gha nedi de, dtandtu dene
- ghenakanelni yati ninilai kesįh.
- Nigui ghughųle nena ghuąh de

Nadezįh eyi Covid Alert App eyi nedtzįh beyadti tai tzatzane benįh ghulį ke nųhah la dughųh dtu www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html. Didi COVIDAlertApp eyi bedta dene deda buinih k'edauh ghas. Didi app dene ghehl kughoni gha dtak'e ghųhlįh nighilei chu dtandtu k'edaųh ghokaghodhedi bazįh chu COVID-19 bedtzoghodhi dtcha chu ghąh.

Edtlak'e bughusei gha dta ghoghąh kughodih si dtak'e ghulįh nįghiįlei ghąh?

Dtak'e dene bek'e nighilei eyi deghehtlisi ka de nedjąh ghonughulįh la #RestartMBPandemicResponseSystemEyi nedjąh ghodtzenildui ghogha'h edetlis eyi sįh:

Interlake Eastern Regional Health Authority

Northern Regional Health Authority

Prairie Mountain Health

Southern Health – Santé Sud

Winnipeg Regional Health Authority

Nalcheth beyehtzetahli dta bek'e dene dedah bek'e ghehl ghuyai tthi deghehtlis sih eyi de www.manitoba.ca/ covid19/updates/flights.html bek'eghulni la

Ahtlo ghoghą́h ghughusai nidhen de COVID -19 gha:

Nejąh ghodtzen yaulti la:

- Health Links - Info Santé at **204-788-8200** or **1-888-315-9257**

Nedją nauya tai:

- Manitoba government's bedtzi COVID-19 ghoni k'e ghoai-www.manitoba.ca/covid19/
- COVID-19 Self-isolation (Quarantine) and Isolation Fact Sheets– www.manitoba.ca/covid19/updates/resources.html#factsheets
- Government of Canada's bedtzį COVID-19 website eyi-

www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html