

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 nudedhi dtcha chu dta eyed nadeh si chu, eyed dta kuwe ghonade chu tthi dene buinih dtcha chu gha.

Dene kuwe COVID-19 deda dene kei buwedi de, nekuwe theni nudelah dezas 24 dtzine gha. Kunene gha duwe de, dene ghadeh ghudughulked eyi etladune kesih ghudughultzai nidhen de neba ghoas.

Sekuwe selodtine tai dta sel nadhedi tai bedtzesni ghu?

Dta COVID-19 bek'e si theni edudelah dezas. Kughodi de bekuwe ghodtchazi gheghai gha duwehs nedi kolyai gha ghile desi. Eyed bekuwe detthiye dene tchazih nadhed dezas, titchadi azeh dalih gheli dtchazi tthi adtzedis. Kughulya ghili de, theni budelah ghulyai theni bidtazi nadei tthi ghoah de kolya dezas. Ku ahtla bindtazih nadtzedili dtaghodtih ghaja de, elghaneh yisi ghosedidhen dezas, asi dta ghedtzedi ghili si (dta bintazi nadtzedili chu, dta tu deldethi chu yodetaghane la chu kakani bedta dilkai dalih chu adtzedis)

Dene dta COVID-19 bek'e si eyi ihtlaghi ghuyini yuwelni ghulya dezas. Dene dta soghena landte ghile si eyi dene eya de eyi tzenildui noghoya sana, eyi yek'elni gha duwe sih. Didi eyi dene 60 ahzi 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 ghoas, dta dene eya si COVID-19 dta ba. Ahtlo eyi COVID-19 gha ghughusai nidhen de dta deda bek'e si dene ghenakanelni ghehl yailti dezas 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 ihtla 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. Eyid dta dene COVID-19 bek'e si theni edughelni dezas 10 dtzineh nilthagma ghodtzen dtatthe budenidhed nisi ekughu ghodtzih. Bedtthi nedhel ghile ghudtthi deda ghededi ghileh ghodtzen. Dene ghenakanelni dene yehl kughoni ghas dtaghu theni naded ghai. Kulu ghoteghe ghughelni dezas deda ghededi ghileh dekulu dtaniltha ghodtzen sni ghodtzen.

Eyi dta nedtzen yalti desi regional health authority ghodtzih tai, Public health COVID-19 Contact Center ghodtzi tai, Canadian Red Cross ghodtzih tai, 24/7 In Touch ghodtzih tai ghas, bedtzedeni dalih tai ghodtzih nedtzen yadti ghas. Beyadti dta dene dtzen yadtih tai SMS dta yadti dene ba nindtai tai gha ghoas. Eyid dta ghalye gha de, dtziduneldtu 9:00 am ghodtzi 8:00 pm ghodtzen eghadalaghanas totah dtzine ihtla dtzidatagha. Eyid kundtu yadti neba nilye gha de, dtandtu nedtzi beyadtih senela nisi dene bekulyaili nedtzen yalti ghodtcha bedadeniah nisi eyi bedih nela dezas. Kundtu nedtzen nayadtih ghindtu deda nek'e ghule ghodtzen. Ahtloh didi bazih yadti thela dtes beyadti bazih chu SMS dta dene

dtzen yadti nalih gha si bazih chu gha asi ghuwedi si bazih dalih chu gha didi beki ni de manitoba.ca/covid19/testing/monitoring/index.html.

Dene COVID-19 beki ghozi duwe ghaneh ghadja de Health Links-Info Sante (204-788-8299 ghodtzen yaulti tai 1-888-315-9257 tai. Dene ghadeh nedtzeni ghas nel koghoni gha nedtzeni gha de bedinanelti de.

Dene COVID-19 bek'e nedi de nedidi ghuhdtzi gha bughulni la, didi bek'eni detlisi:

- K'ane bedindi nezih eya ghaja de
- Nedji ghudeni ghile de
- Neda detles laghodtzi de nene tai
- Dtanaghoah sih kulya landtile ghadja de ghahtheni
- Dene dtziyeh ghildowi ghedtzedi de, dene tthene tai dene chene tai edededi ghileh tai yadtseldtzi tthi ghunelya landteh ghileh ghudtthi dene neh naghakad ladeneghodtzi de edaneh
- dtu 911 dtzen yaulti la.

Ighai dtu nedi ghanai kuwe ghodtzen yadti ghu dta ihgha dene bedtzeni. Eyai neke de ghoteghe edudighilni dezahs nedtzi ahne dene nedta daeya nelel dtcha.

Dene COVID -19 beki bekesni de, edlasjai dta eyi deda suini dtcha eduosni ghili, eya sek'e ghane dtcha?

Nah nehghod de COVID-19 dtcha bedta eyai nuinih gha ghudeni ghiles. Dene deda beki ghuwedi gha deh nah dene nehghod nighile dezahs.

Eyi dta dene builni si edini tthi edekelni gha suwa si (eyi gha editlis ghili dughulyes-[Isolation for Individuals with Symptoms and/or Waiting for COVID-19 Test Results](#)); kulu dtagha dene ghedinalti nadi wonih. Builni gha de dtandtu edughulni dezahs:

- Elghane nela kenaultzil la. Dtazeldei datluk ghel tu nedheli ye 15 seconds nilthagha ghodtzen, deghade nadughushai ghudtthi. Kuntuwe ghel dene la gha sanitizer ghel nalagholdeh tai.
- Dene tthi dtzi tu ghedughudi sana, dene dha ghodtzi tai, dene niyeh ghodtzi tai, dene zeghe tai, dtzelkoth tai yehlais tai ghodtzi tai.
- Yu yenaudhed dtandtu bedtcha edughulni ghili ye.
- Elketaghi dene ke nilthai bedtchazi thiyih dezahs, eyi dta dene eya si bedtchazi, nenekethilchudhi ghel. Dta dene ghughelni si tthi benagha tthi dtzokedhe asi tai ghel dezahs, nakedi ghilei. Nela kenaghaultzil eyi dta deda beki ghi ih ghokezih de.
- Nela k'e baghalbili ahldeli 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 tzaah tai dtcha).
- Ghoteghe dene ghughedi dtzi asi eltthi bedtaudtzi dezahs.
- 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 kenaghaultzil sanitizer ghelwule tai (60 per cent kuntuwe gheli eyi de).
- Dene ne ke thelchudhi tthe ne neh ke nughulchudh, nedtzaaga bebaneh, nedtthi banathildti tai, nedtzi nadeh tthi etlughulchu la nedtzi 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 nudighilagh de.
- Dtzethiyeh ghuleh asi ghoaildehl gha de dene COVID-19 bekei bedtzih asi.
- Waste (sni eyi asi tlistheth dalih nenyeh dtzih chu, dene ke thelchudhi dali chu kundti asi adtzedis) eyi bindazi asi ahdeli ye, nalcheth baghalbili ye ahghuldel la.
- Asi aidel gha de, nalcheth dta beye asi ghelya si, bughulcheth ghuldu ahghulghes la. Neneh ghedughudi sana, dta asi aidel si tthi ghedughudi sana.
- Nela kenaultzil la, kuntuwe ghel gholi bedta dene la kenaldei dta nela kenaulde tai asi ghoaidel ghokezih.
- Dtzethiyeh wuleh dene COVID-19 bekei beyuwe kenailde gha de.
- Lajis ahdeli 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 gheeded 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 tllisnadeki tzih bekelni dalih chu detthiye bek'enaude la)
- Dtau yisi seghule desi dughune la:
 - Lajis ahdeli yedughulni la.
 - **Dtazeldei datluk ghel yisi tu ghel ghoke naultzil la, yisi ghodelzen de. Gholduh yisi gheni asi bedta ghoteghe ghokenaghaldei dta sughule la.**
- Ghoteghe bekeyaulti gholduh bedtaundtih 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 nadezih bedta bekealni, bekagha ke. 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 dagheluni, dene beke COVID -19 budelagh ah, nedighanai dtanidhen si kughodi ba nudtzeli ghuguni.
- Yisi ghoteghe gholye gha de nedi landti bedta yisi sodidheni 70 percent kuntuwe ghel de ghoteghe nezu bunilthens, eyi de EPA ghade nezu kodjai tthi ghade bedta ghodtihs. Theni kundti wosdtzih nidhen de tthi dighi tlus cho neldtei tu 1 litre neltei ghel eltaninel 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.

- Bindtazi nadtzedili bekaitane dadughutaḡ ghuldu ghoyeghotli ghule la
- Asi aḡtla dtawudtiḡ sana (bedta dene ghwu kenaltzili, ghu ladtzil ghu, dtzede 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 ghoneḡhe 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 ghoḡhldeli beghalbili nalcheth beye thelchudhi
- Bedta yisi sodidheni
- Nanikuwe ghodtzi bedta yiḡi sodidheni tu ghel eltagḡadili ghokenaghaldeh gha
- Bedta asi kenaldei kuntuwe dta beyelbeni 70 per cent beyei
- Yu gheni dtazeldei datluk
- Bedta 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 bindtazi 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. Dene dtzenenih dta dene ghuwilni de, thene nudelaḡ ghula dezaḡ 24 dtzine gho gha. Kudidi deaḡzi thagha nidhen de, dene ghadeh gha eghadalaghanai ghudilked dtanidheni kulini gha, eyi li dene gha ghoḡh de eyi gḡa ghudilked dezaḡ behl. Nah nehgohd nighile de, theni nudelaḡ ghile dekulu asuḡndtiles kulu eduighilni dezaḡs COVID-19 dtcha, dtandtu eyai dene ke de kodjai sni dehtlis iḡi ghadeh dene deda bekei dtzenildui naghidhed nighiḡe 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 eghalaghanai chu kuwe dtandtu dene dtzendi si dene nih daliḡ chu gha tthi adtzedi. Eyi dta nandil nisi dtandtu dene tzighini ghili kagholde gha siḡh.

COVID-19 gha ahtlo kudushai nuthen de:

- Nuhdtzih dene ghadeh bel yaulti.
- Nedjautzen yaulti tai Health Limks-Info Sante Winnipeg keyagha ja ghodtzen 204-788-8200 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/
- Government of Canada eyi bedtzi website de: www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html