



COVID-19 NOVEL CORONAVIRUS

COVID-19 nedja Manitoba keyagha

Dedah betzunejedi COVID-19 (coronavirus tthi ghulyei) eyi bedtzudedhi ghaja nedjañ nih k'e andtedi. Detthiye dene nadadehdtedh dezaş k'edauñ gha bedtzodelthi dtcha.

Edtlaghi ah COVID-19?

COVID-19 eyi dedah bedta dene deggade eyah ghadtiñ eyis. Dtanctu budtzedi ghundtledhe landteh ghile(dene dtthi nidhil tai, dtzelkoth tai dene niyeh tu tla tai, dene dthiye eya tai) tai ghundtledhe de(dene yighe dinchile ghadtiñ dtzeji ghudenile tli ghudtthi).

Edlandti dene COVID-19 ba ghoaziñ ghunejed?

Nani dene eyi ghuntledhe yededi ghileh. Nani dene tthi deggadeh yedtah eya ghudtthi. Dtancti dene ghoazi budehdi eyi deda bedtai eyi:

- dene 60 beghai ghodzi ghoaneldtei beghai eyi chu
- dene dedah dta eyai bekei ghehl edeghelnañ dalih (diabetes tai, dene dtziyeh dta eyai tai, dene dtzezeh dta eyai dene k'ei tai, dene dtzedithe dta eyai tai)
- dene eyai dta dene dtthi nadtzed ghile ghadja tlagha eyi chu (gu dene k'e nighile de eyi adtzedis)

Edlandtu COVID-19 dene k'e ghadtiñ tli ah?

Dene COVID-19 bughini gha ghudeni dene dtzenildui (elketaghi dene ke nilthai dtzokedhe) budelañ de dta bek'eh si dehlkoth tai yehlais tai de. Eyi ghehl tthi bedtzodelthi si asi ghedtzidi ghidta, dene deda bekei asi ghedehti de, eyi bedzedi ghehl dene nagha tai denedha tai dene dtziñ tai ghedzedi de.

Dtonctu ghodta COVID-19 dene ghuini ghonehe ghileh ghundte kulu elghane dene la ke naghaltzil de eyi ghodtcha kedauñ ghas.

Edlandtu kedauñ ghosla ghili ah COVID-19 suwini dtcha?

Nela kenaultzil ghu delkal ghulthiñ Dadtluck /dtazeldei dta 15 seconds nilthagha bek'e naultzil. Nela dtthi ghoteghe nadughushai la. Nela delzen ghile dekulu bekenausdei nidhen de kontuwe ghehl gholiñ bedta dene la kenaldei tthi dta nele gha ghoaş ghuliñ de.

Dijlkoth gha nedi de yihlais tai gha de, nedha dadughulchudh la.

- Dijlkoth gha nedi de yihlais tai gha de, nedha dadughulchudh la. Nela kezih dughulkoth sana, nebadeh kezih wule, nedtzeze tai dtzen.
- Neneh tthi ghedughudi sana.
- Eya de nekuwe nauhdhed, eya ghedindi ghundledhe ghile dekulu.
- Eya de theni naudhed nekuwe, yisi dekulu dta nanedhed si theni nudulah, nenudtih ghule.
- Dene ghenakanelni dene budughulttha la theni nadtzedi bazih, ghuwedih chu gha.
- Dunedja de nela kenaultzil la:
 - kaneh asi tai ghodekodhi niniya tai ghotchazih naideh tai gha de
 - bindtazih nathiya ghokezih de
 - ber bed ghalaghina ghodtthe chu dtau chu ghokezih chu ekughu
 - shenedtih ghodthei dtu, asi atla dtauhdtih ghodtthe ghidtu.
- 15 seconds nilthagha nela kenaultzil la, dadtluck dtazeldei dta tu nedheli ghehl. Nela kenaultzil gha duwe de, kontuwe ghehl gholi bedta dene la kenaldei dta wuleh la.

Dene neḡ kethelchudhi dtaundtih la

Dene neḡ kethelchudhi ghediḡ gha duwe sih COVID -19 bedtzodelthi ghiahn gha deh. Dtau yisih nanedhed gha deh dene ghudelaj nanegha gha de dene neḡ kethelchudhi dtaundtih la eyi ghehl tthi dene dtzenildui ghile gha ghuwulni la.

Didi bazih dughu ghodtzih dtaghodi si, nughosih nidhen de, nedja nauya la [Manitoba.ca/covid19](https://www.manitoba.ca/covid19).