

Didi editlis gholinh t'a daneghet'iu deda bek'e COVID-19 ghetsedi si chu t'a daneghet'iu bekohodi l'le t'e si chu t'a deda be'ke nithen kulu neghed'ti l'le t'e siba.

Detthiye dene benakanelni gha begha editlis gholi
DECEMBER 2020



Nuhliḡ didi: Nedidi editlis eyi dene dedah COVID-19 bekei kudehjai eyi beba siḡ, dene neghedtiḡ ghu nodeliḡ (yededih ghile ghudtthi dene dtzenildui bodighilaḡ ghile dekulu chu) eyi ghehl tthi dene dedah COVID-19 ghededih kulu neghedtiḡ ghilei chu eyi beba siḡ.

COVID-19 eyi deda godhe ah es, beni nedi ghuliḡ ghileh dte. Dene dta deda COVID-19 bek'e ghedja desi yededi ghonethe ghile tliḡ, ku nani ba ghuku ghundtledhe yedta eya ghadtiḡ ghudtthi, nani yedtah thaghandehs. Detthiye negai dta deda bek'e ghadtiḡ bekuwe budelaḡ ghu senindtthi tliḡ, kulu bughedi ghehl tthi theni bek'eghonihs. Bekuwe bughedi dta COVID-19 dene yedtah eya danei tdcha, COVID-19 bedtah ghundtledhe dene eya ghadja de nedi kolyai kuwe dene nihltihs. Dene ghadeh kuluni la nekuwe theni nudehl aḡ gha duwe de. Theni nek'e ghoni dezaḡ bedtah nelodtineh chu neyazeh chu nedtziḡ kuweh chu beghuini dtcha.

Theni sekuwe sudehl aḡ ghadeh, edtlaniltha gha la?

Ninedtiḡ ghu COVID -19 nek'e nedtzedi de, kulu nekuwe sinenindtthi gha suwa nunildhen de.

- Theni ghonena dtzine nudehl aḡ gha dtau dtadtthe bedidi ghedja nisi ghodtzi. Eyed ghoyagha nekuwe ghodtzen nayadtih ghas ul'ke hu, dtanedteh ghudtthi dtandtu bedidi si gha nuzelked ghas. Nedikolyai kuwe dtau tinidai gha asundtileh si nehl kudadi ghas.
- **COVID -19 neke nedi nidhen de, ninedtiḡ ghodtzi nudihl iḡ de.** Nekuwe naudhed nudihliḡ dtanedteh si netsi edihtlis basi nehlkughedi ghodtzen. COVID -19 ka ninedtiḡ ghu nek'e ghileh nedtzedi kulu nidhai dtzighighai tai dene eyi deda bekei bedtzenihldui nudighilaḡ de, theni nekuwe 14 dtzine naidhed dezaḡ 24 satlis datagha nilthai. Ku COVID-19 ka nenghet'iu Ausu net'ei ela k'ede, ausi tsen ghogheenla uth'ee deda tthi tsen neelduwa tthi nudin'ailede 24 sadeetlise gho gha theni nudel aha teeni ghai hotsen. Ku eyi deda nek'e ghundteh ghik'e la de, theni nudel aha, nedtzen yadtih ghu nehl kughodi gha siḡ.
- **Dekoth nek'e landteh ghudtthi bedta eya lanedteh de kulu COVID -19 dtzenildui ghuthiya ghileh ghudtthi naidhed hileh de.** Dene k'auni budenthi tai ke aun na ghethel de dtaghundteh ghuhdtzi A kesih ghudtzi tai eyi ghehl tthi naghi B k'e dtaghani (nuuhli'h dtaghodti yaya dtzen) eyi COVID -19 ka danedtiḡ dezaḡs. Senodtileh nidhen de 10 dtzineh nilthagha nekuwe theni nekuwe nudighilaḡ dezaḡs. Eyed ghokezih 24 sa tliḡ datagha nilthagha ahtloḡ nek'e bedidih ghileh de, deku tinighai gha asundteh ghilehs. Ninedtiḡ ghudtthi nek'e ghileh nedtzedi dekulu 24 sa tliḡ datagha bedidi ghileh ghundteh dezaḡs. Ku ninedtiḡ si, nek'e budedtiḡ de, theni dene hedi nudul'ah nedtzen yadtih ghas.

A	B
<ul style="list-style-type: none"> • Nedtthi nedhel nadtih ghudtthi nek'adh nadtih ghedidi de 	<ul style="list-style-type: none"> • Neniyeḡ tu tlaḡ de
<ul style="list-style-type: none"> • Diḡhkoth deh 	<ul style="list-style-type: none"> • Nedtchedeh ghehldtzai de
<ul style="list-style-type: none"> • Nek'asiḡ eya tai/ dathildhihl ghedja tai de 	<ul style="list-style-type: none"> • Nenenidtzah nalaghundtei de

<ul style="list-style-type: none"> • Neyigheh dihnchile ghedja de 	<ul style="list-style-type: none"> • Nenagha dihlkuz de
<ul style="list-style-type: none"> • Asi nelih ghileh tai iħldtzen ghile ghadja tai de 	<ul style="list-style-type: none"> • Nedtthi eya de
<ul style="list-style-type: none"> • Nanekui tai nebed eyai kezih ehlgane bedtazih nanedai ghaneh ghedja deh 24 sa tlis datagha nilthagha azi nilthagha de 	<ul style="list-style-type: none"> • Nedtthi ghegheth de asi dtaili kulu
	<ul style="list-style-type: none"> • Shedtih ghileinde sukuwazeh de
	<ul style="list-style-type: none"> • Nadtzekui ghanalaghundtei de asi banighintahl ghilei tthi ghehl

Edtlini ghodtzih ghughesei gha ah senighedtih nesi ghaħ?

K'o dusya nuthen de betsen du'tlis gha suwa <https://sharedhealthmb.ca/covid19/test-results/> . Ku eyau nuk'e ike'de Covid-19 ghotsinh nedi k'olyai netsen yalti gha si.

T'a nilthau gha COVID-19 editlis holay k'ojunh i'le au, t'a nelt'ei Dene net'ti si tthi ghaudei au esi. T'a k'esi tthi dene hla detthi thau gha hasi. T'a ghaunh tthi thau nat'i kulu COVID-19 bazi nu hekohodi tsen theni nu hodul ah dezunh. Editlis nuhon neelchuth hotsen now dul ih hasi theni.

Manitoba hotsi Nedi kolyai beditlisa netsi i'le de tai, Manitoba hotsi net'ti i'le tai, neditlis'e neel ih ha duwa de neja hotsen ya wulti la **COVID Line whulyai Health Links beyagha Info Sante 204-788-8200 ausi na ghilai tthi 1-888-315-9257.**

COVID-19 nek'e kudehja de dene ghenakanelni nedtzen nayalti nadtih gha si, eyed ghobaneh dene ghenakanelni gha eghadalaghanai dalih tthi nedtzen yalti ghu, dettiyeh dene bazih kundti gha eghadalaghanai Public Health COVID-19 Contact Center chu, Canadian Red Cross chu, 24/7 In Touch chu dta kundti gha eltzendadi si nuwelni ghas. Eyi ghel tthi beyadti dta neba yadtih nindtai tai editlis dta SMS k'e yadtih neba nindtai tai wonis. Nuzelked ghas dtandtu theni edekenelni si ghoghaħ, dtanedteh si chu ghoghaħ, eyi ghel tthi detthiye dene bazih si kundtuh tthi ghoghaħ nanudelked ghas, beyadti kenelni dta ih tai ile tai dta diniħ ghasi bekiłni ghade kodjaħ gha.

Kundtu nedtzen nayadti gha siħ senenidtthi ghodtzen, deda ghediđi ghileh ghodtzen eyed ghodtzih deku enanildhen gha.

Etlandteh Manitoba beyadtih dta dene gha yadtih niħai ah SMS chu dtah yadtih dene ba niħeh ah dene be'ke tai bekeile tai ghaħ?

COVID-19 ghoaneldtei ghulih ghejai dta ghudtthi dene bekei tthi tlaħ ghoneh ghedjai ghodtah ehs dene ghenakanelniħ yadtih dene ba nileh ghutthi SMS dta dene dtzen dadetlis ghajai nineghetdiħ nisi ghoghaħ. Doliħ ghodtah, ihghaidtu dene gha yadtih nindtai aes. Kundteh ghundteh kulu deneghenakanelni dene ghel yawosti nidhen de kuneneh gha tthi asundteh ghiles.

Dene ghenakanelni dene behl SMS dta yaneltih de nedtzih beyadti bek'e bodedtiħ ghas (dtandtu neba yadti nilye si besediłni si ghadeh). Eyi ah yadti neba nilye si senela dezaħ dtandtu wolei nidhen si kesih. Dta dene beba yadti nindtai gha si, theni beba yadti nilye tlis. Eyi ah ihtlai dene gholah beba yadti nindtai dekulu koneh ghas detthiye begħagholeh ba deh. Nuni nidthen ghu, dtau ninedtih si ekughu de, dta bek'e yadti neba nindtai gha si nughel kudiłni de eyi bek'e yadti neba ninilye ghas.

Beyadti dta yadti dene ba nilye gha de, kambih 9:00 ghodtzih ghedtlegheh 8:00 ghodtzen ninedtih de kolye ghas 7 dtzine ihtla dtzidatagha. Neba yadti nindtai gha de, talosih dene nedtzen yalti dtcha beyadti senela nideh, eyi naunila dezas nedtzi beyati k'e.

Didi tthi nuhlih, dta dene dtzen dayalti gha si nanudelked gha ghile sih tzamba kuwe ghobazih ghileh ghu, la ditliseh gha ghileh ghu nedtzih passport ultai basi ghileh ghudtthi nenakanelni bazih ghileh ghudtthi kondti gha.

Didi dta kaneh ghoghah edetlisi ahtlo ghuwusai nidhen de, yadti dene ba nilye si bazih chu SMS dta yadti dene ba nilye si bazih chu de, theni dene dtzi asi bazih ah nedjah ghoghah ghuilei ghas <https://manitoba.cacovid19/testing/monitoring/index.html>.

Isolation sni edlaghodi ah ghodi ah?

Isolation sni eyi theni dene kuwe nadtzedi adtzedi sih, dene ghedtzenildui ghilei dedah dene ghuinih dtcha, dene kuwe tai dene dtzih kuwe ghoyagha tai, Dene kuwe ghuyini. Nekuwe ghonade ghuyini, kuwe ghonizi nanedhed de etledtchazi dene ghudehlah gha sni eni k'esih dene dtzenildui nenughulthi gha duwe sih. Bidtasi daghoai ghauthilah de eyed dekulu tthi elketai dene k'e nilthai gha ghughilni dezas, theni edekenelni ghuilnih ghudhen ghodtzen. Nekuwe ghodtchazih ghughuya sana, eghaladai dtzen tai sekuwi ghaunelteghni kuwe dtzen tai, dtchikailede kuwe dten tai yalti kuwe dtzen tai eyi detthiyeh ghudtzi naghuya sana. Suh duwe le desih nedi ghanai kuwe ghodtzen yaulti ghu nenedtih gha kudughuni la.

Dtau nekuwe nanedhed desi de, dta nanetih si eyed ghuyini naudhed la, theni dedchen tehl ke nanedhed de eyed naudhed. Theni bindtazi nadtzedihl ghoah de, eyi theni bedtaundtih la. Ku ahtla bedtaudtih bindtazi nadtzedihl eyi de, elghani yisih sodidhen dezas. Etladune yisi nanegha ghaghudja de, dene ne k'ethehlchudhe dek'e ninilchudh dezas, elketai dene k'e tthi gha ghughilni dta dene bedtzenildui nenughulthi sana. Nekuwe asi yisi nade de eyi tthi bedtzenildui nenughulthi sana. Dtantu dene ghughedi dene ghekeghoni de gha dtandtu asi ghughedi kudushai nidhen de COVID-19 gha, [nedja bekulni la](#).

Nekuwe kuntah nadtchani gha duwe si eyi ghoyagha. Theni nanedhedi eyed de, neba naghani ghudtthi dta asi ghedi nanelti si na naghani gha senughuah la nekuwe bindatazih thinda neba nilye gha, dene dtzenildui dtcha. Dta nekuwe nandihl ghu nedtzeni nadtih nisi kulughuni la, ihtlaghai eya ah COVID -19 dta dughuni tai, nedtih dtandteh sih kudelyai ba nudehlih ah ghelughuni la. Didi dta adtzedi, dene kuwe yisi ghosedihltheni dene chu, dene dtthi ghenakanelni dene tai dene dtandtu edeghelni ghughelni dene kundti ghadalaghenai adtzedis. Eyi dene dtandtu seghulya li kudadelyah ghai si.

Edlandtu theni ededughusni gha ah?

Dta dene theni edughelni gha si eyi tthi eyai dtandtu edededi sih tthi ghughelni ghu ghoasi duwe ghaneh nedi de tthi gha edudeghelni dezas. Didi adtzedis:

- Ghughelni ghade asi dekodhi dta eya ghudja tai ghoasi duwe dtzen dedhel nedi de, dene dtthi nanidttih tai dene gha edtza ladenegha ghundteh de, tzelkoth ghel tai, dene tthi eya tai, dene nighe tu tlah tai, dene k'asi eya tai, dene yighe dindtchile tai dtzedji suwa landteh ghile de gha ghughulni la.
- Dene tthi nedhel gha nedtih dezas nah ihtlaghi dtzine k'e, kambi nedti ghudtthi ghedtleghe de tthi nughulih la, eyi ghoteghe bughulni la. Shughuntih sana, dtzeghuldtuh ghileh ghudtthi dtzeh dtthi ghuahl sana 30 minutes nilthagha neghodhele nedtih ghodtzen ghidtu. Dene tthi eyai dtzih nedi ghindtthe de, dighi satlis datagha niltha

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ghodtzen nudughulih ghuldu neghodheleh neghodtih ghughule la,

- Dene ghodhele ghughedi theni bughedi gha de eyi gha ditlis gholih ke, dtau ghilchu si beke nadughuntlis la, eyi ghehl tthi dtandtu ededindi si tthi gha edughuntlis ghu dtaghu theni edughulni lesi ekughu.

Edlasne gha ah, ghoasi duwe ghasne nedi de?

Dtandtu deda ghediñdi ni azi na duwe lanaghundte de theni nudelai yagha (nedji dta ghudilti de, neyighe dintchile) de, ja ghodtzen yaghulti:

- Health Links-Info Sante (204 788-8200 tai naghanili dtzen tai 1-888-315-9257). Eyed ghodtzi dene ghade nedtzenni gha si, eyi ghade ninedti tai nedtzendi tai gha si.
- **911 tthi bekiñni gha gho aħ si, su duwe nedi de.**

Ighai dtu nedi ghanai kuwe ghodtzen yadti ghu dta igha dene bedtzendis.

Edtlasjai dta theni edetchesdi ghili ah, sekuwe theni sudelaħ ghu?

- Thintiħ ghu nedtthi ghodelti nelthen ghile ghu, asi suwai gha shenedtiħ ghu, tu tthi tlai nedah ghu
- Nedtthi nedhel lanaghundteh de(Advil) ghundtthi, dene tthi eyai tzi nedi(Tylenol) naghuntthi eyi gheni.
- Dta dene ghenakanelni ghudughulke la, eyi ghili tthi nedi wusdtthi nidhen tai bed landti nedi tthi tai woslei nidhiħ tai de.
- Theni nadtzedhedi ghudelyaile nani dene ba, bedta ahnugheah tlis. Dene ghelodtine ghulih de bedtzen nayadtih dta etlaniyeh tlis, beyaghati tai, tzațzane binih ghulih dta tai.

Edtlasjai dta sekuwe deda COVID-19 tzighodhi ghileh ghosla ghili ah?

Eyai neke de ghoteghe edudighilni dezaħs nedtzi aħne dene nedta daeya nelel dtcha.

Dunedja dezaħs:

Elghaneh nela kenaltzil la

15 seconds nilthagha nela kenaltzil la, kutuwe ghehl ghoiħn kundti gha asi gholiħn dta nela kenaulde tai 60 percent neldelei beyeh ghuliħn de nezuhħs:

- Asi kaghunih ghodtthe ghudtthi ghokezi kughulih la.
- Shenedtiħ ghodtthe
- Bindtaziħ nathiyai ghokeziħ chu
- Asi aħtla bedtaudtiħ ghedethindi ghokeziħ chu (dtthai daliħ, ladtzil chu kundti asi adtzedis)
- Dene neh k'ethelchudhi dtanedtiħ ghodtthei chu bedtaiñdtiħ ghokesiħ chu.
- Asi jede aunini ghokeziħ chu (dene niyeh dtzi tlistheth daliħ tthi adtzedis) eyi de tthi yu nezuleh wonih tai dene la delzen tai de tthi ghudtzedis.

Dijlkuith tai yiilais tai gha de benadughulchuth

- Dihlkoth gha tai yilais tai gha de nebadeh tai tlistheth tai dta benadughulchuth la.

- Tlistheth dta bedtaintiḥ si ahghuad la eghai dtu nela kenaultziḥ la, kuntuwe ghehl beni asi gholihñ dta nela ghultzel tai.

Asi aḥtla dtaudtiḥ sana

- Aḥtla dtthai dtaudtiḥ sana, glas dtthai dtthidtaudtiḥ sana aḥtla, dtthai chu bedta shidtzelyi chu, ladtziḥ daliḥ chu dtzedede chu kundti asi aḥtla bedtaudtiḥ Nani dene ghoāzi yedta eya ghadtiḥ nedi kolyai kuwe bek'eghoni ghal iḥ nani tthi yedta thaghandehs.
- Dtzeldtui chu kundti asi tthi aḥtla bedtauḥdtiḥ sana.

Nubaneh sedughulthiḥ la

- Asi dta benadtzidi si bekenauldeḥ la(bindtaziḥ nadtzedihli kuwe chu, bedta tu dehdethi daliḥ chu, bedta kakani dilhkai daliḥ chu bedta yodaghadetih daliḥ chu, tlistnadekih gheni bekelni daliḥ chu) nah tai beke nadauldeḥ la dtziḥ duneldtu, dtau bedinaneltih chu ekughu de.
- Nanikuwe ghodtziḥ bedta yisi sodidheni nadtzedi naulni dta kughuthiḥ la. Kunele gha duwe de, bleach tu ghehl eltaghnineli dighiḥ tluḥ cho neldtei iḥtlaghi litre neldtei tu yeh dtaghudtiḥ la, 1 minute nilthaga benauldtzel ghuldu bekenauldeḥ la.
- Tu nedhehl ghoneḥthe dta dttai kenaulde la beye dttai kenaldei dtaudtiḥ de, yu kenaildtziḥ de tthi kughulthiḥ la.

Nukuwe tthi daniḥltzi ghulthiḥ la.

- Yak'e danadutiḥ la aḥlk'e

Ku dene ghehl nasdhedi ghudeni deda bughuini eyi de COVID-19 dta degdade beba eya woni eyi de?

Nani dene ghoāzi yedta eya ghadtiḥ nedi kolyai kuwe bek'eghoni ghal iḥ nani tthi yedta thaghandehs. 60 aḥziḥ beggai deh nani deda beba nadtzeds ghedeldteh ghileh ghudtthi (dene guh bek'e niḥle tai bek'e tai de, kundti adtzedis)

Dene ghenakanelnih dene ghehl yaulti la Health Links -Info Sante tai kundti dene ghehl nanedhed de, deda COVID-19 gha ba nedtthadh de, theni nudehl aḥ gha suwa landteh ghileh de. Eyi dta dene ghenakanelni dene nedtzeni dta etladuni kuwe na ghuilei ghas, eyi dta deda ghedeḥldteh ghile si bughedi dta dene ghelodtine chu dta ghel naudeḥ si tthi buiniḥ dtcha chu.

Eyi COVID-19 ghaḥ ghoāziḥ kudushai nudhen de:

Nedja ghodtzen yaulti la:

- Health Links-Info Sante jaḥ ghodtzen 204-788-8200 tai 1-888-315-9257
- COVID-19 denek'e ghehl dene ghesedeḥni dene kuwe- www.manitoba.ca/covid19/resources/index.html#factsheets
- Manitoba government bedtziḥ COVID-19 ghaḥ ghoḥniḥ k'e eyed- www.manitoba.ca/covid19/
- Government of Canada bedtziḥ COVID-19 ghoḥniḥ k'e eyi de- www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html