

# Deda COVID-19

Detthiye dene benakanelni gha  
begha editlis gholi

## Didi deda godhe CORONAVIRUS

Manitoba 

## Theni edutzeghelni (Quarantine) dene deda ghededi dtzighighai nighilei tai dene deda ghededi ghuli dtzinildui budighilaj

COVID-19 eyi deda degodhi beni nedi gholi ghile dtei eyi si COVID-19 gha dughu. Dene Deda COVID-19 buini ghuntledhe yededi nadtih ghiles, kulu didi deda nani yedta ghuntledhe eya nadtih nani tthi yedta thaghandei. Covid-19 bedtzodelthis dene yededi ghile dekulu beke kolya ghile de, bedta tlai bedta budehhi dekulu koneh gha. Eyi dta ghodis, dene dtzighighai de dene deda bekei dtzenildui budighilaj , ninja de theni budulah sni(eyi adtzedi sih quarantine ghoneh sni) bekuwe. Theni edudighilni ghu nekuwe nanedhed de nedta dene eya buini gha ghiles, nelodtine chu dta dene kuwe nadadei chu detthiyeh.

### Edtlaghi theni edudeghelni dezaḡ ghutthi edlaniltha gho gha?

**Dene Dtziehdihi** – Asi tai ghodtzi ninja de, dene deda COVID-19 bekei tzenildui nudighilaj wonis. Manitoba keaḡne nathiya nighile nideh yanasikedhe nene tai yuwe Ontario dali kuk'e tai (Terrace Bay ghulei nuhdtchasi sayisi dtzen eyed ghodtzi tai, yuwe Quebec tai ahtlo yagha Sayisi dtzen tu cho tambagha dali kuk'e dtzighighai nighile nide, deku theni edudighilni adezahs 14 dtzine nilthagha ghodtzen, Manitoba niniyai ghokezih( didi Federal Quarantine Act gholi Manitoba k'eyagha ghogha dene ghenakanelni dali gha ditlis theltzi ghade eyi). **Ghuwulni:** didi Federal chu Manitoba chu dtzidtedili gheni editlis theltzi dtaghulesi tthi etladughodtih ghalye dekulu kolye ghai eyis, (nani dta bedtzen ghulta ghile si tthi kughonighai eyi) eyi gha edetlis si nedja: [www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus--infection/latest-travel-health-advice.html](http://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html) ghudtthi [www.manitoba.ca/covid19/soe.html](http://www.manitoba.ca/covid19/soe.html) nanughulih la dtaghodih

- **Deda COVID-19 bedtzen nildui nodighilaj de** – Dene deda bekei dtzenildui nodighilaj de (elkedtai dene ke nilthai dtzokedhe nighile de 15 minutes nilthagha ghodtzen) dene eya bekei tai de, theni edudighilni dezaḡs 14 dtzine nilthagha ghodtzen dtaghu eyi dene bedtzen nildui ga nudighilaj nisi ekughu ghodtziḡ. Dene ghenakanelni nedtzen yalti gha siḡ.

- **Dene theni edudeghelni dtzighighai dta eyi bedtzen nildui naidhed de**
  - Nen nebasih ghileh de kulu eyi dta dtzighighai nisi dtzenildui nodighilagh nide, nen tthi theni edudighilni(quarantine) dezaḥs eyi dta dtzighai nighilei dtanilthagha gha edudeghelni (quarantine)gha si enayildhen ghodtzen.

### **Edlaghodi ah ghodi ah theni edudighilni (quarantine) sni?**

Dene soghena ghu suwa landteh kulu COVID-19 dtzenildui budighilagh woni, dene ghenakanelni dene “quarantine” dadi eyi theni eduzelni adtzedis. Theni eduzelni (quarantine) eyi then dene kuwe nadtzedhed ghu dene dtchazi budelagh ghu dene dtzenilduwe dtcha gha eduzelni adtzedi(dene kuwe dta nadei gheli adtzedi, dta dene COVID-19 beke nighile ghili) eyi deda bedtzodelthi dtcha dene kuwe chu dta kuwe nadtzedhed si chu buini dtcha. Dene kuwe ghoyini dene ghudelagh ghu dene kuwe ghonade ghuyini nadtzedhed gha ghodtzedis. Dta nadtzedhed si dene tlaḥ elga nadei tai elkedagha dagholai kuwe tai de dta nanedhed si ghuyini nanedhed dezaḥs. Eyed dta nandhed si bindtazi daghoai ghulih de eldtzen nildui eyed de elketai dene ke (six feet)nilthai gha ghughedi dezaḥs. Dtaniltha theni edudighilni gha si gha nudeldtthi dtzen eyed ghodtchazih ghighai gha duwe si, la dtzen tai, dtake nadtzed si dtzen tai, (nanikuwe tai, jikailede kuwe dtzen tai sekuwi ghauneltegheni dtzen tai adtzedis), su duwe ledesi dene ghenakanelni dene bedtzen nadtchani gha.

Asi dtzen nathudel nide nekuwe ghodtzi detthiye neghaghole ghel tai detthiye nekuwe ghodtzi dene tthi bedtzen nildui budighilagh de **dene COVID-19 bekei, deku detthiye aḥtla theni nade dezaḥs nuhkuwe eyed aḥtla. Ku nen theni ghuyini dtzighighai dta dene dtzenildui COVID -19 bekei ga nodighilagh nide, theni edudighilni dezaḥs dta bel nanedhed si bedtchazih theni.** Dta nanedtih si eyed theni nudelagh gha sni ah ghodis, theni dechenteḥl ghulih de eyed nudelagh dezaḥs sni ah ghodis, dene bedtzen nildui ninighai gha duwes. Theni bindtazih nadtzedili ghoagh de eyi bedtaudtih la. Ku aḥtla bindtazih nadtzedili dta ghodtih eyi de elghane yisi ghok’e nalde adezaḥs.Dta nanedhedi tinighai gha de, dene neh kethelchudhi neneh ke nughulchudh ghudtthi elketai dene ke gha edughulni la dene dtchazih ghughedi kesih. Yisih asi nadei eyed de tlih dali tai kundti asi tthi ghedughundi sana.

Nekuwe nedtzen kunta nadtchani gha duwe si ekughu de.Theni nandhed de, neba nanikuwe nadtchani ghu dta ghedih nanelti si na naghani ghubindtazih thinda neba nilye gholye ghas, dene nedtzen nildui benughulthi dtcha. Dene dta nekuwe nandil ghu nedtzendani nisi belkudughuni theni edudighilni ghai, edini tthi naudil sana ghelini tthi gha ghoagh..Didi dta (nekuwe sodilthen gha nandil si chu dta nedtthi najei dtzeni tai dene dtandtu edetzeghelni gha yadti dta dene dtzeni dalih chu adtzedi). Eyidandtu ghozu edezoln kudadelyah ghas kughundtu nadtzedhed de.

## Edlandtu theni edudezni gha ah dtas dte si ghaḥ?

Detthiyeh dene dta edudeghelni gha si, etladuni asi ghediḥ tai ghoazih duwe nalaghudteh de eyi kundti asi ka edudighilni eyi siḥ:

- Etladuni asi ghediḥ de, dtondti asi adtzedis, dene tthi nedhel ghundtledhe de, tzelkoth tai, dene tthi gheltzai tai, dene niyeh tu tlaḥ tai, dene dheghe eya tai, dene yighe ditchile tai, thuḥ dzejih ladenegha ghundteh de. Dta asi ghoghedi ghai adtzedi detthiye nugosiḥ nidhen de, nedjaḥ nauya la: [www.manitoba.ca/covid19/about/index.html](http://www.manitoba.ca/covid19/about/index.html)
- Nedtthi beghodhele nah dtzine duneldtu nilih gha, (kambi chu ghedtleh chu), (dene dha nadtih) inḥ eyi dta. Eyi ghoteghe bughedi dezaḥs dtaughilchui. 30 minutes nilthagha dtau neghodhele nilih gha si ghotthe shughutiḥ sana, asi tth ghudaḥ ghileh ghudtthi, dtzeh tthi ghuahl sana. Ku, dene tthi eyai dtzi nedi (Tylenol) tai ibuprofen (Advil) ghindtthe de dighi sa tliis da tagha nudughuliḥ ghuldu negodhele ghughulchu la
- Editlis Temperature Self-Monitoring Form ghulei k'e dtzine duneldtu neghodhele bek'e dughutlis ghudtthi dta ghediḥ si tthi dughutlis 14 dtzine theni edudighilni nighile si ekughu.

## Edlasne gha ah dta ghedtzedi nadtih si ghedesdi ja de?

Dta ghediḥ si ihtlaghi asi ghediḥ de Column A ke dtaghani tai nake aḥzi asi ghediḥ de Column B ke dtaghani (dtandtu detlisi nilih ghu (yayagha table ke). Ghundtledhe eyi ghile dekulu, edane dtu theni edudughulni la dene dtchazih. COVID-19 ka nenedti ghula dezaḥs, bediḥ ja de ekughudtu. Ku etlaniye ghaneh ghadja de, kondte kulu ninedtiḥ ghuleh COVID-19 ka. Nedja ghodtzen yalti Health Links-Info Sante (204-788-8200 tai 1-888-315-9257) beghaḥ ahtloḥ ghuwusei nidhen de ninedtiḥ gha tai dtanedteh si kodja gha tai.

A	B
Nedtthi nedhel tai nekadh nadtai tai de	Neniyeh tu tlaḥ de
Dilkoth de	Nedtchede gheldtzai de
Nekasiḥ gha nedheghe eya tai de	Ninitzalanagundteḥ de
Nedji na ghudeni ghile de	Nenagha dadilk'uz de
Asi nelih ghile tai ihtzen ghile ja tai de	Nedtthi eya de
Nanekui tai nebed eya tai de 24 hours aḥzi nilthagha de	Nedtthi gheghedh tai delkos ghadja de asi dtaile
	Shedtiḥ ghonethe ghile de, sekwiiazeh de
	Nadtzekui gha lanaghundteḥ de

Dtaulesi ghundtledhe ladja de( nedji dta ghodilti tai de, neyighe dindtchile ghaja tai de) 911 dtzen yaulti nedi kolyai kuwe kodja ghule tai nedtzendi gha kaghughuldhed la.

### **COVID-19 ka senedtîh sih, edlini dtasdte si ghughesai gha ah?**

Dene ghenakanelni dene nedtzen yalti ghas COVID-19 neke kelandeh. Ku beghadinttha ghileh de nek'e ghile a eh, eyi begha ghuwusei niðhen de didi bekewulni la <https://sharehealthmb.ca/covid19/test-results/>. Nineghedtî nisi ghodtzi 24-48 sa tlis datagha de kodja gha.

Editlis Manitoba Health Registration Card bekenelnile de, Manitoba ghodtzi nelile tai de, eyi nenedtîh nisi nilih gha duwe de, COVID Line bedtzen yaulti nedja ghodtzen Health Links-Info Sante **204-788-8200** tai dta nanigilei dtzen tai **1-888-315-9257** .

### **Edlasjai dta COVID -19 dene k'e ghile ghosla ghili ah sekuwe dene deda buini dtcha?**

Eyai ghedindi ghile dekulu, dtau theni edudighilni (quarantine) desi ekughu dene nedtziahneh budeðhi gha ghoahs eyai kuylaili dtu. Eyi dta ghodis dene dtzenildui nughwuya sana sni, (nelodtineh dekulu, dta nekuwe nadei COVID-19 buini woni ah) dtau theni edudighilni ekughu ghoyagha nekuwe. Dughneh ghudtthi:

#### **Elghaneh nela kenaultzil la**

Nela kenaultzil dtazeldei datluk dta 15 seconds nilthagha ghodtzen eyile de bedta dene la ke naldei kuntuwe ghel gholi ini dta 60 per cent beyei eyi de.

- Asi kaghuni gha de ghokezih chu, (dene gha asi kaghuni sana)
- Shenedtîh ghodtthei dtu
- Bindtazihi nathiya ghokezi
- Asi ahtla bedtaudti ghuwintun ghokezihi (dtthai dali chu, ladtzil chu adtzedis)
- Dene neh ke thelchudhi neneh k'e ninilchudhi ghodtthe ghidtu, ghok'ezihi chu
- Asi ghoaidel ghokezihi (tlistheth bedta dtzetzihi dalih adtzedis, dene yuwe delzeni dtzighelyi ghokezihi tai dtau dene la delzen ghunidhen si ekughu chu

#### **Dihlkoth tai yihlais tai gha de bedadughulchuth la**

- Dihlkoth tai yihlais tai gha de nebadeh tai tlistheth tai kezi kughuneh la
- Eyi dta bekezihi dihlkoth tai yighilais tai si asi ghoahldeli ye wuldel la eyed ghokezihi nela kenaultzil tai dene la dtzih asi kuntuwe ghel gholih dta nela kenaulde.

#### **Asi ahtla dtaudtîh sana**

- Ahtla dtthai dtaudtiḡ sana glasdtthai tai asi bedta shidtzelyi daliḡ chu, ladtzil chu, dtzedede chu kundti asi
- Dtzeldtui ahtla dughulk'an sana asi kundti dene dha ghunedidi daliḡ

### **Dta nanedhedidi ghonade sodughulthiḡ la**

- Yisi dtauk'e ahtla asi dtaudiḡ ghoteghe bek'e naulde la(bintazi nadtzedili daliḡ kuwe chu, dtauk'e tu deldethi chu, kakani dahliḡ chu, tliśnadeki dtziḡ bek'elni daliḡ chu) nah tai bek'e nadaulde iḡtlaghi dtzine ke.
- Nanikuwe ghodtzi bedta yisi sodidheni naulni la. Kunti ghuli ghile de bleach ghel tu eltaghandeli 1 litre neldtei tu ghel 4 tluś azeh ghel eltawule ghu eyi bedta dta ghokenaitzil ghasi 1 minute nilthagha nudughuliḡ ghuldu beke ghilni ghokesih, ghuldu bekenauldeh la.
- Tu nedheli dtaundtiḡ la beye dtthai kenaldei dtaudti de, bedta yu kenaltzili tai, eyi tthi dtanedtiḡ gha de, tu nedheli tthi dtaudtiḡ eyi tthi gha.

### **Nekuwe yisi nedaunitzi ghule la.**

- Yak'e dadughuntah la bindtazi etlanighe de.

## **COVID-19 ghaḡ ahtlo ghughusahl nidhen de:**

### **Nedja ghodtzen yaghulti la:**

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

### **Nedja kunta nanegha tai:**

- Dene COVID-19 bekei bek'eghoni dene kuwe [www.manitoba.ca/covid19/resources/index.html#factsheets](http://www.manitoba.ca/covid19/resources/index.html#factsheets)
- Manitoba government bedtzi COVID-19 ghoni k'e ghoaj- [www.manitoba.ca/covid19/](http://www.manitoba.ca/covid19/)
- Canada bedtzi government bedtzi COVID-19 ghoni k'e ghoaj eyed de- [www.canada.ca/en/publichealth/services/diseases/coronavirus-diseases-covid-19.html](http://www.canada.ca/en/publichealth/services/diseases/coronavirus-diseases-covid-19.html)