

COVID -19 t̄apw̄ewin- masinahikan, n̄ehiyānāhk ka-ayamihtāhk

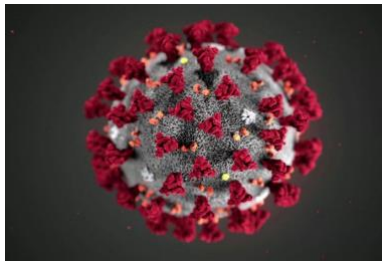


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k̄ikway anima Coronavirus?

Coronavirus anima e-
isihkātēki ōhi mihcēt apisci-
manicōsisak ahkosiwin kā-
itamihk Covid-19 ih̄win-
ahkowosin misiwē askīhk kā-
pimipayik (WHO, 2020)



awīna kā- kahcitinam?

kahkiyaw kiyānaw kā-
kahcitr̄nānāw ‘novel
virus’ ōma ka-itamihk.
wāwēs aniki Canadians, 65
ahpō ayiwāk kā-
itatopiponēcik, aniki kā-
wahki-āhkoscik, āhpō
aniki kā-ayacik ōhi
ahkosowina (t̄apiskōc,
namōya kwayask kā-īh̄t,
ōki kā-sokāwāspinēcik,
āhpō ōki namōya kwayask
omihkowiniw kā-
pimakotiniyēk)
(Government of Canada,
2020) māka namōya
kahkiyaw ka-ahkosiwak
ēkosi kā-isāyācik.

Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

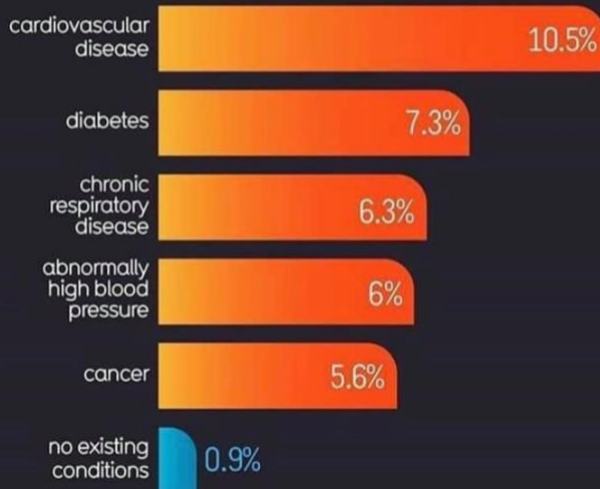


kanawēyimiso ēkwa kotak namōya ka-ahkoscik

- kāsīchcē
- k̄isi-ostostotamani āhpō cahcamowēyini
- kā-nākatēmat awiyak ē-ahkosit
- piyisk, kā-mēkwā, ēkwa k̄isi-k̄istēpowiyini
- k̄isi-itōtēyani wayaw̄iwikamikōhk
- kā-w̄iyinākwahki kicichiya
- kā-k̄isi-paminicik pisikiwak ēkwa pisikiwi-m̄isiwin

Especially Those with Existing Conditions

% with other serious ailments who die



China Centre for Disease Control & Prevention

ispihci aniki āsay kā-ahkoscik p̄tōs ahkosowin kā-ayācik

- % aniki āsay kā-ahkoscik kā-nakataskēcik
- % mitēhi-ahkosiwin
- % kā-sokāwāspinēcik
- % th̄iw̄in-ahkosowin
- % manicōsa kā-ayāwācik
- % namōya nāntaw kā-isāyācik

t̄ānisi māka p̄tōs ahkosowin COVID-19 kā- itamihk ispihci kotaka Coronaviruses ēkwa Influenzas?

p̄tōs ōma ahkosowin ‘novel’ itamwak, namōya awiyak ayāw
‘anti-bodies’ (āhpō namōya, namōya kak̄i-pakamiskākow)
pihtaw namōya wihkāc k̄i-hayāw ōma ahkosowin awiyak
(WHO, 2020) COVID-19 k̄i-wani-wihcikātēw t̄apiskōc “kotak
kwanta-ahkosiwin” māka ayiwāk wēspanātan ispihci
ostostotamowin ēkwa kwanta māyi-mahcihowin (Li et al,
2020;NYT, 2020; The Atlantic, 2020. nawac mistahi
ayisiyiniwak wanāchikiwak ispihci māyi-mahcihowin.

t̄ānitahto ayisiyiniwak ahkosiwak?

ayiwāk āti-āsōskamātowak ayisiyiniwak, k̄ispin kinōhtē-
kiskēyih̄tēn tānimāyikōhk kihcināc ōta Canada ē-ahkoscik
ayisiyiniwak, kiyōhkāta ōma:

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html#a1>

nisto ayāwa kā-isikahcinahk ayisiyiniw ahkosiwin (Government of Canada, 2020):

- 1) mihciy-sāminitowin (atamiskākēwin), kā-sāminiskātohk (ocēmowin, akostikwēnitowin), kā-nīso-āpacihāhk kīkwaya (minihkwēwina, mīciwin)
- 2) sihkowinisa- sihkowinisa ohci, ka-ocahcāmohk, ka-ostostotamihk, ka-tēpwēhk, kā-nikamōhk
- 3) ascāyihk āhpō tahkōc kīkwayihk- pokwētā tāpiskōc kā-maskayāki āhpō kā-ayoskāyāki kīkwaya, ayiwinisihk mīna. mihcēt tipahikan āhpō kīsikāwa ka-pimātanwa ōhi sihkowinisa ahkosowin kā-kikastēk.

ōhi sihkowinisa kā-ohci-asōskamākēhk, kahtinikātēwa mitakomihk ōhi (miskīsikōhk, mitōnihk, mikotihk). ahkosowin ēkwa ispayin isi ohpanihk, mitonihk ēkwa mikohtaskwayihk. ōhi sihkowinisa ka-pimātanwa nisto tipahikana pihcāyihk wāskahikanihk. awiyak āhpō namōya kā-ahkosit ahcipoko kotak awiya kā-āsōskamawēw. wāwēs awiyak, kā-wahki-ahkosit. ēkohci kahkiyaw Canadians ēkwa iyinito-ayisiyiniwak poko ka-āsawēyimitocik namōya cīkihk ka-nakiskātocik. 72 tipahkina kā-pimātan ōma ahkosowin. kīkway ka-sāminaman ēkota ē-hastēk ōma ahkosiwin ēkota ōhi kiton, kikit, kiskēsikwa ka-sāminaman piyisk ka-kāsīchcēyan, kika-ahkosin kīsta. anita ita mistahi kā-saminikātēk poko ka-kāsīhamihk 60% rubbing alcohol ka-āpacihāhk, kwayask anima ka-nipahtāhk anima ahkosowin kā-hastēk. pokwītē ahkosowin kākī-astēw, māka ayiwāk ka-maskawāyik pimātan kinwēs tipahikana āhpō kīsikāwa. kanācihkiwēwin ēkwa kāsihchēwin poko kā-itōtamihk. (kanawāpahta anima ōta masinahikanihk tānisi ka-isi-kāsīchcēyan).

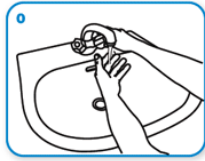
SOCIAL DISTANCING- anima anihi kīkwāya kā-itōtamihk namōya cīkihk ayisiyiniwak ta-nakiskātocik , wāwēs itē māna mistahi ayisiyiniwak kā-nakiskātocik. namōya ta-kakwē-āsōskamatocik ōma ahkosowin kā-sōhkēkotēhk ōma COVID- 19. capasis ōma masinahikātēw ta-pimi-itōtaman ta-kanawēyimisoyan ēkwa mīna kisākihākanak ōma mēkwāc kā-ispayik.

 ēkāwiya itōta āhpō itōhtē	 āsowēyihta	 namōya nāntaw ta- itōtamihk
Bingo kwanta pimācihowin kapēsowin/awāsīsak kā- mētawēcik kitohcikēwin/cakascēpickēwina mētawēwina pōsihōwin mīcisowikamikwa wīkihītowina kiskinhwāmātowin kā-kīsihtāhk kwanta-māmawipiwina	isihcikēwina ayiwak 10 ayisiyiniwak ē-hayācīk (wihkokēwina, isihcikēwina etc.) pīciwina itaskonikēwina kā-nīpēpihk maskihkiya kā-nātamihk kā-nitaw-ōtinikēhk mīciwin ka-pāmi-nihtinamihk kīkwaya kā-nātisahamihk mīciwin	wāskahikan kanācihchikēwin ayamihchikēwin mētawēwina cakāscēyipayisihk sīwēpicikana ka- pīkiskwēhk kīsitēpowin ka-nitōhtamihk kitōhcikan kīkwaya ka-ōsihtāhk ka-sēsawohtēhk ka-kākīsimōhk

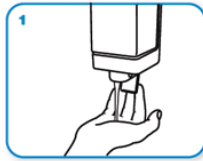
kīkwāy anima **Social Distancing?** – namoya anima cīkihk ta-kakwē-sāmiskawat kotak ayisiyiniw, nānitaw nīso mispitona iskōhk āhpō 2metres kī-itwēwak nānitaw (Government of Canada, 2020). kīkwāy anima **Self-Isolation?** – peyakwanōhk kīkihk ka-ayāyan nēwosāp kīsikāw, ēkwa kotakak ayisiyiniwak namōya ka-wāpamacik. kwayask ōma itōta self-isolation. (Government of Canada, 2020) kīkway anima **Quarantine?** – peyakwanōhk ka-ayācīk aniki kā-itēyimihcīk ē-āsōskamāhcīk mahtēsa wīstawāw kākī-āti-ahkosocik. (Government of Canada 2020)

namōya ka-āsōskamākēhk ayiwāk, poko omisi ta-kakwē-itōtamihk capasis kā-itastēk:

- kwayask ta-kāsīchchīk sāsakimē
- pītos ta-isi-nakiskātoyahk, ispihci ka-atamiskātoyahk , wāstahamākē āhpō māna anima kā-
- ēkāwiya pēyak cistemāw ka-pihtwāhk, ka-pēyako-pihtwāhk poko, ospwākan mīna kā-pihtwāhk.
- kāya kakwē sāmīna kihkwākan kīchciya ōhci
- kotak kīkwaya ka-itōtamihk tāpiskōhc ōhi wihkōkēwina, kā-nahastāhk, kā-nīpēpihk, namōya 10 ayisiyiniwak ta-kakwē ēkota ka-āyācīk.
- kīkihk aya kīspin kitahkosin, kotakak wihtamaw ēkwa kīspin ki-wī-pēyakowāyān (Self Isolate)
- ēkāwiya kakwē nakiskaw kihtē-ayak, ēkwa awiyak kā-ahkosit.
- kīspin kīkison nākatēyihta anima kīkisowin, kanācihiso, ēkwa nākatēyita anihi thermometers kā-itamihk.
- ēkāwiya itēyihta namōya awāsīsak ēkwa oskāyak kākī-ahkosicīk wiyaywāw, namōya tāpwēwin ēkwānima. wīstawāw kākī-ahkosowak ēkwa kahkī-āsōskamākēwak.



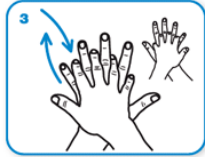
Wet hands with water



apply enough soap to cover all hand surfaces.



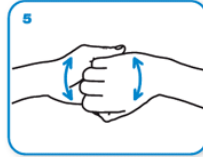
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



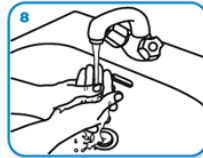
backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



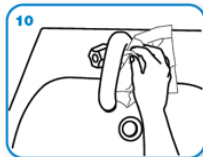
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



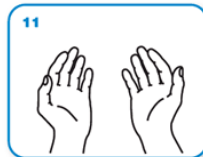
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

kīspin ki-nōhtē-pīkiskwātawak Health Canada kīspin
kinōhtē-kakwēcimāwak kīkway pīkiskwē isi:
1-888-784-4387

0. sāpahta misiwē kicīhciya
1. nanahikōhk sīpinikan astā kicīhcīhk
2. sīpēkina kwayask kitakaskicīhcāna
3. kihcinisk tahkōhc naway kotakihk kicīhcēhk,
picāyihk kicīhcēsīhk, ka-misko-kanācihtān
kotak kicīhci
4. kitakaskicīhcāna ēkwa sīpēkina
5. naway ēkwa kicīhciya, naway mīna kicīhcēsisa
6. misicīhcān ēkwa kwayask ka-nācihtā mīna
kotak asamīna
7. ka-niciminaman ēkwa kicīhcēsa ēkwa ka-
wāsaki-sīpēkinaman kitaskaskicīhcānihk
8. sāpata ēkwa kicīhciya kwayask
9. pāsa kicīhciya kwayask ē-kanātisit
kāsihwākan āpaci
10. nakina nipi y ē-āsonikēyan kāsihwākan
11. ēkosi kwayask kicīhciya ēkwa kanātanwa

kahkiyaw sīpēkinikana miywāsinwa

ayiwāk nōhtē kiskēyhtamihki kiyohtāta:

Government of Canada. (2020). Coronavirus disease (COVID-19).

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