



Morning Star Lodge



All Nations Hope Network



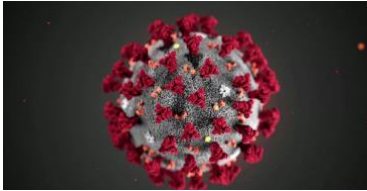
UNIVERSITY OF SASKATCHEWAN
College of Medicine
DEPARTMENT OF COMMUNITY
HEALTH AND EPIDEMIOLOGY
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COVID -19 Pour-nawutch

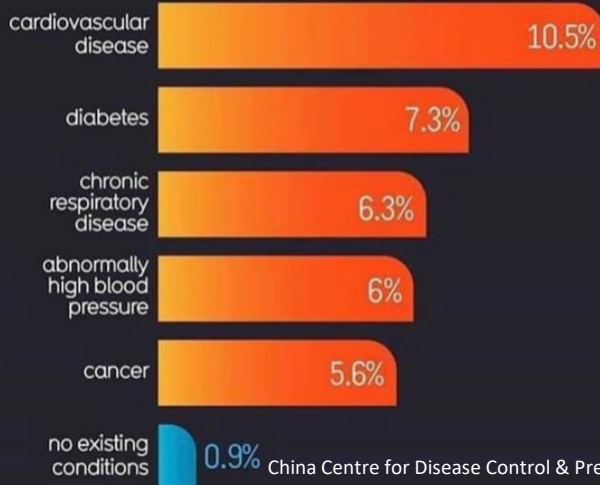
Kakwiw Anima Coronavirus?
Si aen virus, a gros famille oche.



Awayna Ka Kaatchitunum La Virus?
Kakiyow ka kaatchitunum la virus. Na wutch ah āānikki ka le vieux I chik. Aqua ah nihki ka wāākay ahkoosichik. (asthma, diabetes, high blood pressure.) (Government of Canada, 2020).

Especially Those with Existing Conditions

% with other serious ailments who die



Wāāwish Ahnihki Ahshāā Ka Ahkoshchek Aahtilt Ka Nipohwuk

- % Cardiovascular disease
- % Diabetes
- % Chronic respiratory disease
- % High blood pressure
- % Cancer
- % No existing conditions

Ome Shee She Shoopāāhigataow (Government of Canada, 2020):

- 1) **Sāāgish cha mowin** – O cha mowin, wee chee meetshook, weechee minniquak.
- 2) **La Tahgigoom** – Ka cha cha mo yin, Ka pah pee yin, Ka nagh mo yin, Ka tāā pwa yin.
- 3) **Ka chakinamin aen disseau**

La virus kakishtaow che peehtiquaat dan to core, te zeau, pi kichaan, pi kytoon oche. A kooshi to pwamoo tezeau si malāād. La virus ka kishtaow che pimāātch I shout pour trwaa zeurre. Ah kooz keya kiya a malāād, kee yaa pitch ka kashkitāān che shoo pāhamun la virus. Akooshchi sāprāā tout le mood wāāhiyowish ka pimotaywuk ochi weeyawow.

Ka meyo wasik la virus kushkitaow che pimatishit pour trwaa jour. Ah pootigwāā ka kātissināān la virus keesh pin chakoonahmin kagwiw la virus. Le disseau pāākitāā avec 60% Rubbing Alcohol. La virus kushkitaow che pimāātchiit pour le journey. Akooshi kakapayeau kishepāāginah te main.

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



Qua-yess Pish ish Ka Pom Ishoo?

Kishee pāāgina te main apres

- Ka cha cha moh yin
- Ka pishish ka pa ma chik ah nikē ka akoosichik
- Avant, māāgwatsh, apres le mahjee ka oshee tah yin
- Avant che meetooshein
- Apres la toilet
- To main ka wee nakik
- Apres le zānimaal ka pishish ka mohchik

Tāāshi Ka she Pāhkaannik Kootah Qah Le Virus Kayaash Ochi

Si Pāhkāān akooz -Na moh you sckatch ke kishkāā mi gāātaow, na moh you sckatch ki kaat si nom I gāātaow. Ki ka ni pahhigahwin. Na moh kashkitāān che nipāātāāk (Li et al, 2020; NYT, 2020; The Atlantic, 2020; WHO, 2020).

Ah Tah Maagoo Li Mood Ka Kaatchitinnakik?

Ka kapayeau mahsckoo pāā yin. Totāāh - <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html#a1>

SOCIAL DISTANCING – Kiya arar che pimohtak, che nepahwik meena. Che kaqa papaychiwit la mālajhee pwazon.

 Kiya Totāā:	 Pishish Ka Tāmok:	 Ka Kaashkitaan:
Bingo Zigliz Pāākan aen maison Le concert Itay ka Mātawāāk Le Char pi le Bus Resturant Le Nousse Graduation Itay Ma Mah Weepik	Ka mamāāwapik Washāgāānimik Le L'aantaymaan La michin ka natamin Ka nāātamin le mahjhee Ka nāgāātamin le mahjhee	Che pāgishchikayin Che ayamishschigahin T.V. Kāānawapitamin Māātawayin video Keeshāpoyin Pāpāā mohtayin

Ka gwai anima Social Distancing?
 Apāār che pimohtak aqua che neepawik. Dix pi none douw (Government of Canada, 2020).
Ka gwai anima Self-Isolation?
 Kiya nāānda tōōtāā, konāwāāpāmishoo pour deux schemenn. Kiya awiyuk shāāminut. Kiya wāānihka (Government of Canada, 2020).
Ka gwai anima Quarantine?
 Ahnihki ka miyāāyachik, maga āāpootigwa ka kāāchitinakik la virus; no moh nāāndow ka tohtawuk. Ah pootigwa āāyawwuk la virus (Government of Canada 2020).



Kisheepaygina te main:

- Koghina Te main da leu
- Ah-sta le savon
- Shehgenah te main
- Shehgenah dwāā
- Shehgenah te pus
- Shooke ahsta deleu tah te main
- Paashooaha te main

Kiy che schoopayigamik:

- Kisheepaygina te main
- Kiya shaugitāānituuck
- Kiya weeche peethtwak
- Kiya chāākina li fase
- Keegewāāk ahyah- keespin ki āākoshin
- Le zāfāā aqua le zhen mood weestawoow
- Kakāātinamobik la virus.

Tout kāān les savoon ka meyo washinwa.

Che peegishqua ta chik la Health Canada:
 1-888-784-4387

Pour-nawutch to tains:

Government of Canada. (2020). Coronavirus disease (COVID-19). <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

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The Atlantic. (2020). Coronavirus: COVID-19. <https://www.theatlantic.com/technology/archive/2020/03/w-hat-really-doomed-americas-coronavirus-response/608596/>

The New York Times. (2020). How right-wing pundits are covering coronavirus. <https://www.nytimes.com/2020/03/11/us/politics/coronavirus-conservative-media.html>

World Health Organization. (2020). Coronavirus. https://www.who.int/health-topics/coronavirus#tab=tab_1

Translated by Bruce Flamont