

Wjćóyaza Covid Agé Nopjúwaga Nakón Makóce en ۇbí



Morning Star Lodge



All Nations Hope Network

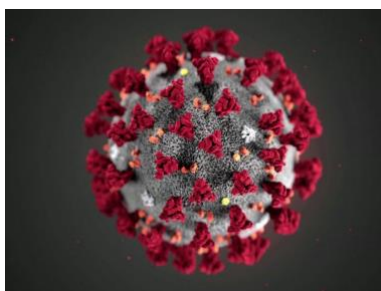


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HEALTH AND EPIDEMIOLOGY
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Wjćóyaza né dagú he?

Né wjćóyaza Corona Virus wašin í'ábi en nejya, dagúwjćaya ne taǵá yuhabi. Covid agé nopjúwaga ne niyá yazá žecábi. Makóce owá wjćóyaza ۇbí.



Duwéñ wjćóyaza né yuhábikta he?

Wanúñ wjćašta owá wjćóyaza yuhábikta ca. Wagagana iš Wjćáñtiya wikjémna šakpé sǵm zaptáya wjćóyaza ne yušíyaye. Duwébi taǵá ne žehác'eha yazá ne Niyáyaza, Cašmuyabi yazá, Wéyaza yušíyeya.

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

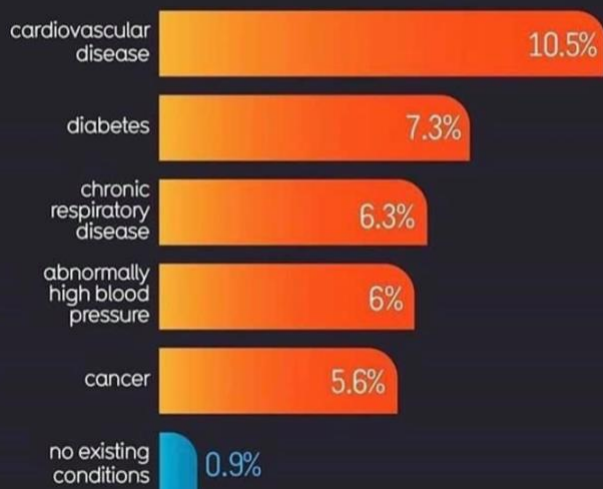


Awayagajci'ł wo, iš oyádebi owa jjañtageši wo! Nǵbé Yužáža

- Hoñpba is Apšá knuštá
- duwébi yazá ogíya.
- špayabi gaǵa haǵdá
- togáheya wodá haǵdá.
- Wjćukabi haǵdá.
- Nǵbe špabá haǵdá.
- Wamákaška škadábi haǵdá.

Especially Those with Existing Conditions

% with other serious ailments who die



China Centre for Disease Control & Prevention

Né yazá yuhážeha.

% yazá sijá wjćat'abi

- Čadé yazá – 10.5%
- Cašmuyabi yazá – 7.3%
- Caǵú Caǵú yazá – 6.3%
- We wagán yazá – 5%
- Wayáškǵa- 5.6%
- Dagúniš yazá 0.9%

Wjćašta doná yazá he?

Aǵa iyúhana wjćóyaza jćaǵa. Ne website ne akída.
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html#a1>

Wjćóyaza Covid agé nopjúwaga dokén otókǵa wjćóyaza omá žehác'ehǵ ۇbí corona virus iš influenza?

Né wjćóyaza ne dokén otókǵa ne k'á. Duweniñ makóce né taǵá we en ogíciza juskiskina yuhábiši. Žehác'eha wjćóyaza duwéniñ yuhábi. Covid Agé nopjúwaga né ektášiši né dagúškǵbi en wayágabi né aké omá yazá eyá. Wjćašta duwéñ wjćat'abikta né niná odá.



Tehān išnána yaúbi

Tehān išnána yaúbi ne k'ábi. Wjćóbaže oyapjkteši wo! Žecén wjćoyaza wjćák'ubiši. Ne hokúduwa wayága. Wayága žecén snokýa.

Wjćoyaza yumnemneja yamní ecúbi.

1. Wjćášta bažiba hādáha, nábé ʘs, kiyénaň bažibakta, jbutaga, poskinyuza, woyúde iš yatgabi wjćák'ubi.
2. Šmušmuna- apšá,hoňpa, jháňa, hotúbi, nowábi, baqábi.
3. Dokíya eknébi- Dokíya agān eknébi owá sudá ca, snosnona ca, hayabi ko iyúha wjćoyaza yuzábi aqbiyas'a yuhabi.

Wjćoyaza šmušmuna tačá nitáwa en tin iyá, ištá, poğá, í iyúha tin iyá. Né necén cağú, poğá iš nodé yazá wicayuha. Wjćoyaza šmušmuna wagān ubí yamní okó niyá ʘbí. Né snokýayabi ne dokén wjćoyaza h'abi snokyeši, wjćoyaza wanúň yuhá iš wicák'ubi ogíhi. Nagáha né Hugáwi wjćáštabi iš nakónabi tehān yaúbi timaniši. Wjćoyaza ne niyaú wikjémna iyúšma sām nubá jusina okó niyáú. Dagú yabážiha wjćoyaza agān ʘbí žeciyá ʘbi, žecén poğá, i, ištá yabážihi hādáha ne yušiyeýá. Dokiyá eknabi bažiba né dama yužáža. Dag yužáža ne mnipedá steň žecén jbakjde no. Wjćoyaza ne dokíya eknébi jkóyaka. Dokíya o'éknebi sudá waštena žén tehá niyaúbi.

 <u>opabiši</u>	 <u>Dayá waktá</u>	 <u>Wašté</u>
ecúbina omani owácegiya Škadabi- etibishi Nowábi Topškada itókšu ománi owóde wakān gící yuzá wayawa ti knuštábi omníjiye	Wikjémna wjćášta bažé wowjćák'ubi tačówaci piyábi pežúda bahí woyúde opétu woyúde ti agúbi	Tiwówaše wa'owabi yawáya Dagúška wayágabi Mazápa woyúde tibia en špayá nowábi naň'ú dagúgu gağabi maní wacégiya

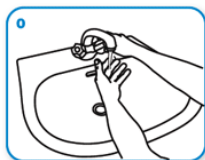
Wjćoyazá wjćák'ubiši necén ecúbikta:

- Nábé waštéšte yužazabikta
- Nábé yuzéši wo pagáhuwu ecú.
- Jjubiši wo! Canýba, caníska wicák'ubiši.
- Jde bazibikteši wo!
- Wjćášta wikjémna baže eje'ena woyúde wjćák'ubi, ahágikta, piyábi, iyúha dayá wiyúqja wo!
- Tibí nitáwa en yaga wo!
- Gambinabi timaniši wo iš duwéň yazá yuhábi.
- Niyáza hādáhā dayá kuwá ecanú!
- Cjjábina iš wjćoyaza yuhábikta!

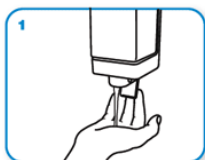
What is **Social Distancing**? - Tehá išnána yaúbi ne dagú he? Wjćášta kiyénaň ʘbíš istó nubá niskó tehá naží. Tidá en ya ú qba agé dobá. Duwéniň yabážiha. (Government of Canada, 2020).

What is **Self-isolation**? - Tidá en ya ú qba agé dobá. Duwéniň yabážiha. (Government of Canada, 2020).

What is **Quarantine**? - Quarantine né dagu hé? Ne k'ábi omániš žecén wjćoyaza wicák'ubiši. (Government of Canada, 2020).



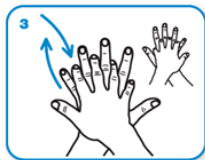
Wet hands with water



apply enough soap to cover all hand surfaces.



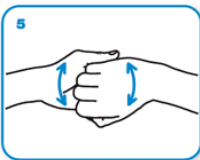
Rub hands palm to palm



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



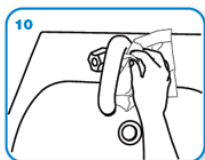
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

Dagú yužaža iyuhá wayúpi ecúbi.

Health Canada Mazápa 1-833-784-4397

0. Nąbé miní agąn eknébi!
1. Dagú iyúžaža odá nąbé agąn eknébi!
2. Nąbé owá ihókýda yužaža!
3. nopsíhu owá nąbé nupín dayá yužaža!
4. nąbé kųdá napín napsíhu ikóyaga
5. nąbé ne nupín ikóyaga a'ókša
6. napáwage nupín day yužaža
7. a'ókša nąbé nupín dayá yužaža
8. aké miní nąbé agąn eknébi
9. įbákįda dayá yabús'ya
10. įbákįda né miní né natága wo!
11. nąbé nitáwa waštésté.

Dágu wjćóyaza woknága ne akída.

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