



Denetthikui ts'ujl d'uh' dadanedhé COVID-19 hok'eyaghé

Denetthikui hu t'á sekui hodoghefn' chu sekui horely' d'uh' n'áne ho'á' dediri dadanedhet COVID-19 hok'eyaghe ba horená' l'at'e s'í dediri' gasi nuhenisi' haja' ga la basi' chu dene ku' ha. ga' perit'is ku' hu sekui hodoghefn' ku' chu la k'e k'ajen' horely' bedar'ya hu sekui chu betthikui' beku' hi naradé' d'uh'.

ku' rejá' yatí' hol' s'í nets'edi' ha hol' s'í denetthikui' huto sekui hogh'fn' de' ded'uh' nuhexel' t'an'ujndher' s'í bebase'.

Nesk'ene' bets'ujn' chu be' gasi' hu'f'si' la

- **Nesk'ene' be' nu'nu'ga' g'laghe be' gasi' net'si' ha dz'ine d'ane't'u,** t'oho neba ho'á' dé. ku' g'laghe tthen' ba nu'nu'ga' de' beghá' n'itá' chu ba sughua' n'jdhen' ha' rej' chu ded'fn' tth'í' bek'anota' k'orelyá' ha.
- **Ku' gasi' pek'ech'a' t'oru'ga' la nesken' bets'en' hel' yatí' ha hoket'a,** yega dene naradé' chu belot'jne' ts'en' email' darit'is, yet' dayatí' hu, video' chu pek'ech'a' gasi' ga yets'en' yatí' de'gal' ha. Kát'u' ba nu'nu'ga' de' yet'ore'ga' t'aghá' netá' s'í hel' yatí' ha hoket'a.
- **Dz'ine d'ane't'u' t'a' gasi' k'enodé' s'í sen'ujn' ga kuli' d'fn'ga' hadé' kát'u' tth'í' nu'nu'ga' la,** nesken' tth'í' be' haw'ulé' laku' gasi' net'si' hadé' bor'ke' la nets'en' ha yet'a' sughua' ded'ndhen' ha yunadhe' de. ku' dz'ine d'ane't'u' gasi' do'f'si' s'í senadé' tth'í' ha nu'nu'ga' chu tthen' gasi' k'enadé' ha ba nu'nu'ga. rej' t'a' be' sehu'á' k'olyá' ha.
- **Nesk'ene' tth'í' be' sen'jdher' t'oho' ba nu'nu'ga' de.** Kót'e' gasi' net'si' de' be' yet'a' gasi' heneren' hu t'an'jdhen' s'í ghá' yatí' chu sughua' ded'ndhen' ha . ku' ded'fn' t'a' k'enadé' s'í be' gasi' hu'f'si' rej' t'a' ben'jnyé' ha. ku' dedogh'fn' hailé' dé' dediri' k'e' [quarantine \(self-isolation\)](#) huto tthen' najdher' ho'á'ilé' [isolation](#), [bit'asi' dz'nrughai' la](#) kuli' dene' ch'asi' 2 metres' han'f'tha' n'jdher' la hoket'a.

Be' san'jdhen' la hoket'a, ts'ethjy' gasi' k'en'jdher' nesken' be'

- **Nesk'ene' pes'oradi' de' bor'f'tth'agh' la.** ku' t'aradi' chu t'an'jdhen' s'í bor'f'tth'agh' la. pek'tth'í' tth'í' be' yaw'f'ti' chu bet'sujn' la hoket'a. Ku' be' yanet'i' de' hotie' neritth'agh' walí' s'í yaw'f'ti' t'at'u' ba horen' s'í k'e. T'an'jdhen' s'í hor'f'ker' la. Beba' najdher' s'í kul'fn' la rej'er.
- **Sughua' gasi' here't'si' beh'oyó'f'ti' la hoket'a.** Ku' t'oho' sekui' gasi' hel't'si' ts'en' tth'u' sughua' behayati' de' hotthe' ts'en' tth'u' rej' horetth'agh' badé.
- **Sekui' nalé' sughua' gasi' hu'f'si' hoket'a.** Ku' rej' k'esi' gasi' sughua' hok'enats'edher' de' sekui' rej' nel'fn' hu' yet'a' gasi' heneren' sughua' ts'en.





- **Ku ɔɔaghe hutó ɔasi neɔtsi hadé ts'ethiyé hanejá de hɔdu hɔtsí la.** ku ɔɔaghe huto ɔasie t'a horená de sekui ɔeyi t'a due nedóldé ghonj. Ku due nedóldé de net'oreɔa ghonj si.
 - ku hɔch'e ts'ɛn tth'u taghe ts'ɛn hujɔ huto ɔonó ts'ɛn ts'ethiyé hújɔ. Ku ts'ethiyé haneja de hɔch'e ch'asi ɔasi sughua neɔtsi hasj.
 - ku neyasí ch'asi ɔeɔtsele ts'ɛn najdher ha ɔesót'ele de, bech'asi nɔdher ts'ethiyé hanádé ts'ɛn chu neyasí kulónj ɔejá neghá nésdá ha henɔnɔ.
 - ku beɔ yanɛɔti hadé ts'ethiyé beɔ yawúɔti chu sughua ts'ɛn yawúɔti, ɔeyi chu neyasí sughua ts'ɛn ɔasi heɔtsi ha beɔ yawúɔti hoket'a.

Hotie ɔedoghúnj hoket'a

- **Dene ɔedoghónj de nezú sɔ ɔeyi ttheré sɔ.** Denetthikui hutó dene hodogheɔnɔ dene k'ɔ hotié sekui hodogheɔnɔ ɔedɔnɔ sughua ts'ɛn ɔedoghɛnɔ de ɔedɔri k'esi [take care of themselves](#). Hotie senetj hotie tth'ɔ nótɔ hu tthené ts'ɛn tth'ɔ ɔedeba nɔnɔɔa huto ɔasi beghá horeɔyá tth'ɔ k'ɛnɔdher t'oho neba hoɔá de. Ku nánɔ dene kóntue huto t'oghsɔne t'oreɔa ba horena hija de yet'a ba sughua nɔdher ha. Kuli ɔeyi ɔat'e ɔasi k'ɛnats'edé dé beɔ'a dene ha sughua hilé ghonj nenɔ chu neba t'at'u ghɔna dáj ha. Ku ɔeyi ɔat'e ɔasi t'orɔɔa de, ts'ethiyé beɔ'orɔɔa ha horúɔdzai chu neskené benaré beɔ'orɔɔa sóná.
- **Hoket'a dene hel yawúɔti horúɔdzai la.** Tthené najdher ha hilé sɔ. Dene nets'enɔ ha húɔa la chu nel horená hijá de t'at'u beghá yanɛɔti ha dene hɔɔa nelot'ɔne huto dene beɔ.
- **Hoket'a ɔedexa senɔnɔɔa.** ɔɔaghe sadzɔɔasé ts'ɛn ɔasi ɔeɔk'ech'a ghá nanɔdher. T'anɔdher sɔ hotie nɔɔɔh hoket'a. Nenɔ tth'ɔ t'anɔdher sɔ hoghúɔnɔ. Neba horeɔyá huto neba due huto ha hoghúɔnɔ la hoket'a. Netth'ɔ tth'ɔ t'at'e sɔ hoghúɔnɔ hu. ɔeya huto horeɔti nɔdher dáj ha nɔɔɔh la. ɔeyi t'a neɔ t'ahúɔasi bek'orɔɔyá ha dzine danet'u.

ku dɔhɔ dene hel t'ahúɔá sɔ horená ɔa dene ɔá beɔ'a ba horeɔyá hailé sɔ chu dene hel sughua hoɔá hilé honɔdher tth'ɔ boreɔnɔ sɔ dɔhɔnɔ. Ku ɔɔaghe hutó ɔasie ha nets'údi nɔdher de ɔejá dene hel yawúɔti la ɔasi ɔeɔk'ech'a ha:

- Sekui bets'edí ha dene heɔ yaɔti horeɔɔh de [Kids Help Phone](#)
- Ku denetthikui bets'edí ha ɔejá bek'ɔnɔ de [Canadian Paediatric Society - Community-Based Supports for Parents](#)
- Canada nask'athe dene kué basɔ denets'edí ha ɔejá bek'ɔnɔ [Families Canada - Family Support Centres](#)
- Dene hel horená nɔnɔdher dé ɔejá bek'ɔnɔ la [Crisis Services Canada - Resources and Supports](#)



- Ku denenî tã huto çasî t'orîta nedarêt'e hîja honîdhen de çejã bek'utnî [Wellness Together Canada: Mental Health and Substance Use Support](#)
- Denets'edî ha hozelgîh de çejã bek'utnî [Support for individuals](#)
- ku t'ok'e najdher sî çedîrî dadanedhe nuîndher t'a yatî hûlî sî çejã bek'utnî la [Provincial and territorial resources for COVID-19](#)