



ACCÉSSS

Alliance des Communautés Culturelles pour
l'Égalité dans la Santé et les Services Sociaux

Tabite jowitiide he COVID-19 — Coronavirus

Hanne o, Yubbo Cella Winndere (OMS) sardinii ngonka ñabbu kuɓtodindo (pandémie) winndere COVID-19, hay sinno hannde he nder Québec, caragol makko ina hubindaa, kono maale garooje de ko potde reenteede ngam falaade ndaaboor makko, yantude he peeje kaande de laamu men yefti ngam habde he makko to karallaagal e to renndo , ngam nootitaade heen no fotiri.

Ko woni COVID-19 ?

COVID-19 ko mboros jeyaado he ciirrol biyeteengol « coronavirus » gaddoowo ñabbuuli bondi, teenŋi to nayeebe maa be kabtorde balli mum en ngustii, maa wondube he ñabbuuli goddi duumiide.

Holi maale COVID-19 ?

Maale COVID-19 nanndata ko he paawle jontinooje maa maɓɓooji jolooji. COVID-19 ina anndiree :

- Paawngal jaawngal no ardi
- dojjo yoorngo
- tampere
- belsede cafeeki he demngal mum
- e cadeele poofaali.

Mbele dee maale ko goote wonan'de yimbe fof ?

Won he yimbe ina mbaawi waasde hollirde maale de, cella tawa coklaani safraade maa nih tawa hay dara tinetaake he mum en.

Wodbe ina mbaawi muuseede sannde, kine mum en ngona he yorde, refta heen ndogu reedu beydotoongu.

Maale de ina mbaawi hoyde (nannda he mabbo tan) maa de tedda (nannda he mabbo becce e jofe yanta he cadeele poofaali). He ngonka caftuka, raabo ngo ina waawi jibin'de maayde.

Holi terde banndu jaggeteede ?

COVID-19 heewi jaggude ko kine, e goddol, e jofe.

Holi no COVID-19 raabirta ?

Ñabbu ngu raabirta ko :

- memde baade tuutaade ummotoode he poofirde neddo gondudo heen, so oon neddo dojjii maa islii ;
- memondiral duumingal he neddo gondudo heen ;
- Memondiral juutngal he juude, kuutorde maa wertaango tawa baade tuutaade ummoriide he hunoko, maa kine, maa gite neddo gondudo heen.

No nguurndam COVID-19 foti ?

Mborosaaji « coronavirus » ina kattani wuurde ko juuti he dow kuutorde :

- waktuuji 72 he dow kuutorde e bertaade joorde
- balde 6 he dow kuutorde maa bertaade leppude.

No mbadat-mi so mi teskiima he am maale COVID-19 ?

Kala hodbe he Québec yaltinbe maale hono paawngal, dojjo maa cadeele foofde tawi abe ummii he dangal boowal Canada, abe ñaagaa nde be noddata he tonngoode 1-877-644-4545

Cafrorde juurnittoode inan compaa he Québec ngam hollirde he ko yaawi yimbe waawbe raabeede, been ne kadi ko ndee tonngoode noddata.

Nde neddo noddii maa ari safirirde, yo o haal holi leydi o yahnoo gila darorde 2020, maa be o jokkondirnoo.

Mbele ñakku maa safaara ina woodi ?

Hannde o, ñakku alaa safaara alaa, kono safaruuji ballitooji ustude maale de ina ngoodi.

Yoga he yimbe raabaabe ina cellina koye mum en.

Buri moyyude he kabtorde deentorde oo « wiris » ko siynude dii sardiyeeji palotoodi.

Holi no palortoo-mi ndaabu oo « wiris » ?

Darde senaare kebtinaade ko dee, wonan'de yimbe fof :

- Soodaade juude mum tawa ko huutoraade ndiyam ndabsudam e saabunnde nder ko famdi fof hojomaaji 20 ;
- Huutoraade “habo mboros” peewniraado “alkol” so on ngalaa ndiyam e saabunnde ;
- Rewde sardiyeeji senaare so odon dojja maa odon ngisla ;
- Cuumiree hunoko mon e kine juude mon ngam hadde baade tuutaade yaltude so odon dojja maa odon ngisla.
- So on kuutoriima fatareere kaayitol, mberlo-dee ngol he jinnde uddaande, coodo-don juude mon haa laaba.

- Ndeento-dee yahde salminoyde yimbe nanngaabe he cafirirde maa galleeji safrateebe ko juuti, nder balde 14 caggal nde ngartu-don ummoraade leydi ngodndi maa so tawii on cellaani.
- Ndeento-dee salmondireede junngo he junngo maa buucondireede.

Jiiloowo Cellal Besngu Diiwaan mo Montréal ina teentina won'de jiytugol maale ñabbu COVID-19 ina udditanaa kala neddo, ko o waawi won'de fof, hay sinno ko o kodo, jogiido suraare cellal maa mo alaa.

Dawirde nafooje

Tonngoode kumpital kuuɓngal COVID-19 , Altine haa Aljumaa, tuggi waktu 8 haa waktu 18 :
1 877 644 4545

Tonngoode kumpital laamu Canada kuccitinaangal he besngu ko yowotii he COVID 19 :
1 833 784 4397

<https://santemontreal.gc.ca/population/coronavirus-covid-19/>

OMS : <https://www.who.int/fr/emergencies/diseases/novel-coronavirus-2019>

Laamu Québec : <https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/>

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