

**COVID-19 Information** -- Dikos ndtsaahígí' ajéi yilzólíi yaa nát'íí'go yiłnih Níłch'ítsoh 2019 yihah dáá' áłtsé Bi'ée'łichíi'ii –China di yił nih go ha deeli'go óólyé.

For Seniors & High Risk Individuals – Sáanii dóó Hastóíi dóó yéego nałnih bidi dool nah bił náól nínígíi

Novel coronavirus (COVID-19) is a new virus strain spreading from person-to-person. The virus originated in China but is currently spreading in the United States and other countries.

Ániidígó Dikos ndtsaa bił nít'í'ígíi at'éego náánáł nih coronavirus (COVID-19) wolyéego bíla'ashdla'ii ła' ałyoii bi da dil na'go bił hoolzhish. Níléi Bi'ée'łichíi'ii – China dóó háłnił dóó díshjii di kóq nihitah níłni' dóó tó yónáá nídi dikwíish áłah Diné'é da bikéyah tahdi baa níłni'.

**What are the symptoms of coronavirus? – Háit'éego Áts'íistah nałnih?**

Symptoms of COVID-19 include fever, cough, or trouble breathing. These symptoms may appear 2 to 14 days after being exposed to the virus.

COVID-19 naałniih éi hats'istah honii gah, ji dilkos, dóó hayol bi'oh nádleeh łeh. Naaki dóó díıts'áadah yił kááh dóó hósh déé' nałnih hodool na'go kóji t'ée łeh.

**Who is at risk for severe illness? – Hxai' éi yéego nałnih bidi dool nah go bił náówól ní?**

Most cases of coronavirus illness are mild and do not require hospital care. A small percentage of people get severely ill with lung and breathing problems, like pneumonia. Older adults (60+) and persons of any age with underlying medical conditions are at highest risk.

Ła' naazı dóó yéego bitah honiigááh da dóó doo azeé' aah á daal íi góó chí' ii doł íił da. Náána ła' éi yéego bijéi yilzólíi dóó biyol bi'oh ní daa dleh go bee bich'ı' nida hwiił náa doo diko ndtsaa'ı hodool na' nahalingo. Hást'ádiin dóó níwoshji' nidaa t'ih ígíi dóó t'áá nahdéé' bits'ıis baah dana házá nígíi dó' t'áá hazhó'ó béi dí nóót'ıłgi bá náól ní.

**What should I do if I'm at higher risk? Naal nih t'áá yéego shá naol níigo shá' heit'éego ádaa'áhásh yáa doo?**

- **Have supplies on hand –chii díłjii hólóogo' íinisin**
  - Ensure that you have enough medications. You may want to contact your doctor or pharmacist to ask about getting extra medications.
  - Azeé' naanájihígíi la'igo síníłnilgo. Azeé' ahíłłni da azeé' ła' bínáá néi díi kił.
  - Have enough household supplies and groceries on hand in case you need to stay home for a period of time
  - Haghan góne'é bee da ha t'oodí da ła' síníłnil doo índá ch'iyáán da hólóogo' íinisin; t'áá hoghandi sínída ni' doo' niid go biniyé hasht'e dí nééh.
  - Consider getting prescriptions, supplies, and food delivered instead of visiting the store

- T'áá hoghandi azee', dóo chii doo'iilígíí dóo ch'iyáán da ná ní ná jih go' íínisin. T'áadoo t'áá ni biká nanináhá.
- **Avoid close contact with people who are sick**, this includes staying home if you are sick
- T'áadoo bitah nidahoni gaai hígíí bit'ááhjí' nani ná há, nitah honii gah go t'áá hoghan di sínidáa doo.
- **Stay home as much as possible** but if you need to go out in public, keep away from other individuals and avoid crowds. Consider postponing any upcoming travel, especially on cruises.
- Hoghan di ' aghá sínidá, t'áadoo has lééh góo nani náhá, t'áá doo ch'aah nani náhá tó nitéél bikáá' góo kéyah naaznilígíí da dooda.
- **Wash your hands** often with soap and water, for at least 20 seconds. If soap and water are not available, use a hand sanitizer containing at least 60% alcohol.
- T'áá' a haah níla' táliwosh bee tání nání gis go náhodi'naah. Índa yíla bee tánágis azee' bił altah ál yaa hígíí da chii yiníli.
- **Clean and disinfect** all frequently touched surfaces in your home such as door handles, cell phones, remotes, tables, countertops, and bathroom fixtures.
- T'áá' álahjí' chidao'ínígíí dóo bida'dínih ígíí nída ni t'o' dáa díł kał bee' aą'ánálíi hígíí, béesh bee hane'é t'ó naat'áhígíí, nalkidí bee naagizi, bikáá' ádání, bikáá' danída'á'níli, dóo yah anída jikahgóne'é da náhó t'o'.
- **Have a back-up plan** for family members, friends, or other services to deliver meals, medicine, or other items to your home if you become sick.
- T'áá nighandi ch'iyáán, azee', dóo koji' t'áadoolé'é bił da nighanígíí, nik'éi da náá ní dei jih go yá'át'ééh.

**When should I seek medical attention?** Hagoosh éi Azee' Ah ádaal íigóo naa sháa doo?

If you have symptoms of fever, cough, or shortness of breath **OR** you recently traveled to a country experiencing novel coronavirus, call the NM Department of Health of Health at (855) 600-3453.

Jó nitah nahonigai silíí' go, díłkosgo, dóo niyol bi'oh nádleehgo da **DOODA GO** tó yónáa nígóo kéyah naznil naalniih bił nidáól níinigóo nisíníyáago da azee' ah ál íigóo dínał. Dóo kóq' éi NM Department of Health jí' hodílnih (855) 600-3453.

The New Mexico Department of Health is the lead agency for the statewide coronavirus response. Community members are encouraged to visit <https://cv.nmhealth.org> or call (833)-551-0518 for general questions.

The New Mexico Department of Health éi aláájí' bóhól níihgo' baah niilyá kwii Yootó Ndtsaago Hahoodzohgi díí naalniih bi'oonishgi. Ákóq' nihi tahgóo kwii béesh fichi'ii nitsékes ályaaahígíí nihich'í' áá'át'é: <https://cv.nmhealth.org> dooda go' ná'idółkid go' koji' béesh bee hołne' (833) 551-0518.