COVID-19 Information — Dikos ndtsoahig'i ajéi yilzólii yaa när' jë go yilnih Nilch'itsoh 2019 yihah dąá' áltsé Bi'éé'lichii’ii –China di yi nih go ha deeljë' go óolyé.

For Seniors & High Risk Individuals – Sáanii dóó Hastóii dóó yëego nálñi nidi dool nah bi nál nínjii

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.

Ámidígo Dikos ndtsoa bił nít’i’igí a’t’éego náánál nih coronavirus (COVID-19) wolýéego bił’ashdla’ii là’ alyoii bi da dil na’go bił hoolzhish. Nîléi Bi’éé’lichii’ii – China dóó háhniíl dóó dishjjii di kóó níhitah nilníi’ dóó tó yónàá nídì dikwësh altah Diné’ë da bikëyah tahdi baà nílníi’.

What are the symptoms of coronavirus? — Háit’éego Áts’ìistah nálñiñi?

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 nálñii ní hats’ìistah honii gah, ji dikos, dóó hayol bi’oh nádlkeh leh. Naaki dóó dijits’ådah yi lá háh dóó hósh déé’ nálñi hodool na’go kójì t’ée leh.

Who is at risk for severe illness? — Hxai’ éi yëego nálñi nidi dool nah go bił náwòl ni?

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.

La’ naazi dóó yëego bitah honiigàááh da dóó doo azee’ aah á daal ji góó chi’ ii dol jiì da, Nááná là’ éi yëego bîjéi yilzólii dóó biyol bi’oh ni daa dleh go bee bich’i’ nída hwiil náa doo dikó ndtsoa’i hodool na’ nàhalingo. Hást’ádiin dóó niwoshjii’ nìdaa t’ih igíi dóó t’åa nahdëé’ bits’iis baàh dana házá nígii dó’ t’áá hâzhó’ó bëi di nòót’ìgí bá nál ní.

What should I do if I’m at higher risk? Naal níh t’åa yëego shá naol nígi shá’ heit’ëego ádaa’âhásh yâa doo?

- Have supplies on hand –chii dijlìlìi hólóogo’ ìinisin
  - Ensure that you have enough medications. You may want to contact your doctor or pharmacist to ask about getting extra medications.
  - Azee’ naanájihiigí lâ’igo siníñnilgo. Azee’ ahíilíni da azee’ là’ bìnáá néi diì kil.
  - Have enough household supplies and groceries on hand in case you need to stay home for a period of time
  - Hoghan gónë’ë bee da ha t’oodì da là’ siníñnil doo inda ch’iyáán da hólóogo’ ìinisin; t’åa hoghandi sinída ní’ doo niid go biniyé hasht’e dí nééh.
  - Consider getting prescriptions, supplies, and food delivered instead of visiting the store
Avoid close contact with people who are sick, this includes staying home if you are sick.

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.

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.

Clean and disinfect all frequently touched surfaces in your home such as door handles, cell phones, remotes, tables, countertops, and bathroom fixtures.

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.

When should I seek medical attention? Hagoosh éí Azee’ Ah ádaal jíjóó 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 at (855) 600-3453.

Jó nitah nahonigai silí’go, dílkosgo, dóó niyol bi’oh nádleehgo da DOODA GO tó yónáá nigóó kýyah naznìl naalniíh bi’idáól nínígóó’ nísìníyáago da azee’ áh ál jíjóó dínál. Dóó kóó’ éí NM Department of Health ji’ hodííiín (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](https://cv.nmhealth.org) or call (833)-551-0518 for general questions.

The New Mexico Department of Health éí alaájí’ bóhól níihgo’ baah niilyá kwii Yootó Ndtsaago Hahoodzohgi dií naalniíh bi’oonishgi. Ákóó nihi tahgóó kwii béésh lichi’ii nitséeks ályahíígíí níhích’í’ áá’át’é: [https://cv.nmhealth.org](https://cv.nmhealth.org) doo da go’ ná’idólkid go’ kójí’ béésh bee holné’ (833) 551-0518.