

1. Hey, all this talk about Covid-19 have you wondering how safe it is to hug?
Ehéh, godzeedee íizhu elah ?óó natse elie azho zheeghoḡ gogendéh, ezhíi t'áh dene deṭsɨdzih énidé, dahsée nezú ót'e ?
2. Practice physical distancing
Ehṭech'á nadahzha gha déhninahdzah
3. Outside of healthy immediate family stay 2 meters, that's 6 and a half feet apart from other people
Amíi kii ezháhḡli le síi, oki dechɨ gohch'á nanedhe, ezhíi la dene gonaneṭ síi, azho ehts'éta dechɨ ?óó tane gohch'á nadahzha.
4. It's important to avoid large gatherings for a while
Edɨ met'áodé?a ót'e, gozhaḡ ts'é, godɨ dene ɬo ɬeagehdéh síi, gotah anet'ɨ le.
5. Stay home, or go out on the land and get fresh air
Kaye níhtsɨ ndah gok'ádindah gots'eḡ nekué nezhíi thenda, ile énidé dechɨtah at'ɨ.
6. But, if you have a fever, sore throat, or a cough, seek help at the health Centre and avoid contact with other people
Káondih ko, thekó anihthe, nek'áá elie, ile énidé, dikoh chu, edé, ezhahts'ɨli kúé gondáh kadɨndɨ gots'eḡ dene gotah anet'ɨ le.
7. If you have recently travelled outside of the territory, we recommend you self-isolate for 2 weeks
Góhdli Ndéh goch'á, ɨndaa kiiozhíi molá ndéh gotah anet'ɨ énidé, nekué nezhíi, oki daedze ts'é theneda gha go?o.
8. Do your part, don't be a spreader
Nɨ chu gots'anendi, azho elaa gotah aneléh le.