

# COVID-19

**Dikos Ntsaaigii – Nahast'eits'aadah**

01.

ABOUT COVID-19 / Dikos  
Ntsaaigii – Nahast'eits'aadah

02.

PREVENTION MEASURES

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person by droplets which is in the form of coughs, sneezes and body fluids. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China back in December 2019.

In choosing the name, WHO advisers focused simply on the type of virus that causes the disease. Co and Vi come from coronavirus, Tedros explained, with D meaning disease and 19 standing for 2019, the year the first cases were seen.

# COVID-19

**01.**

# **ABOUT CORONAVIRUS**

Dikos Ntsaaigii – Nahast'eits'aadah

# SYMPTOMS OF COVID-19



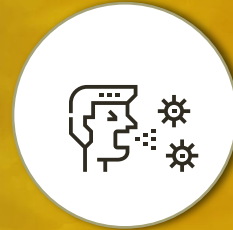
## HIGH FEVER

The body temperature can exceed 37.3 Celsius degrees or 99 Fahrenheit degrees.



## SHORTNESS OF BREATH

Difficulty breathing.



## DRY COUGH

Irritation and constant coughing without expelling any mucus.

# Transmission

## PEOPLE

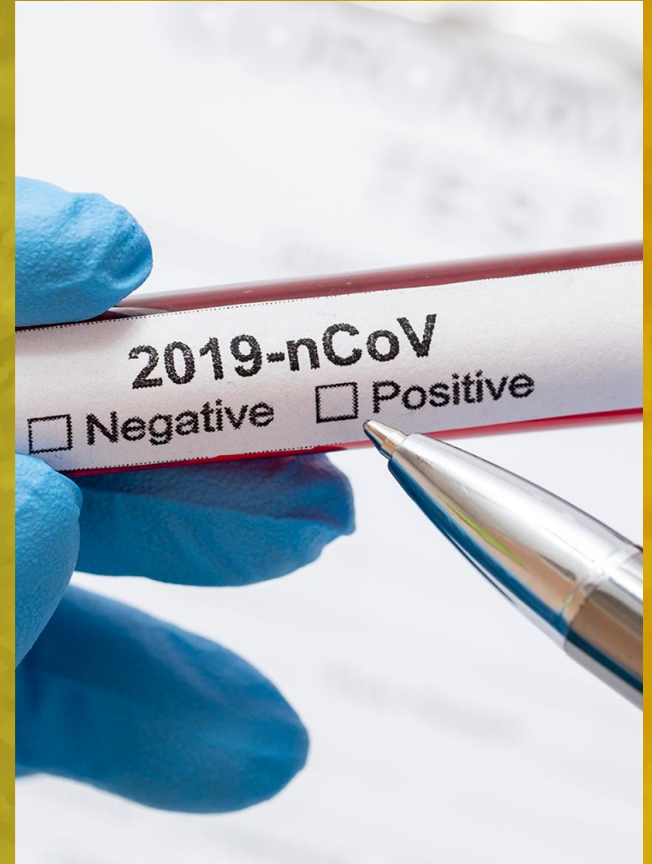
This disease can spread from person to person through small droplets from the nose or the mouth when the infected person coughs or exhales so distance yourself about 3 to 6 feet.

## SURFACES

These small droplets land on surfaces, which means any person that touches these surfaces and then their eyes, nose or mouth can become infected. Virus can survive on hard surfaces such as plastic and stainless steel for up to 72 hours and on cardboard for up to 24 hours.

# ASYMPTOMATIC PEOPLE

Many people infected with COVID-19 show mild symptoms, especially during the first stages of the disease. Thus, you can still catch the disease from an infected person who only has a mere cough and does not feel ill.



# Signs & Symptoms

## TIREDNESS

The body feels completely tired, without energy.

## HIGH FEVER

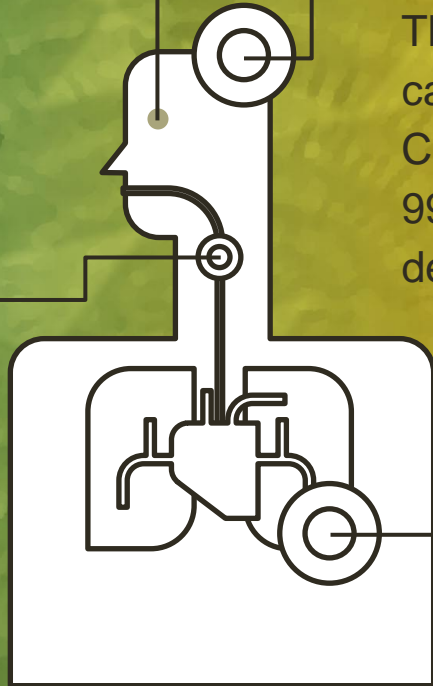
The body temperature can exceed 37.3 Celsius degrees or or 99 Fahrenheit degrees.

## DRY COUGH

Constant coughing without expelling any mucus.

## DIFFICULTY BREATHING

Breathing actually feels more difficult.





# WHAT TO DO IF YOU HAVE SYMPTOMS

## STEP 01

You have symptoms or have visited any of the Hot spots.



## STEP 03

You will be given a survey over the phone from your local hospital.



## STEP 02

Call the designated phone number for your region provided by your local health authorities.



# WHAT TO DO IF YOU HAVE SYMPTOMS

## STEP 04

Patiently wait for the results of the test while at home in self quarantine.



## STEP 05

Follow the instructions provided by the doctor.



**02.**

# **PREVENTION MEASURES**

Dikos Ntsaaigii – Nahast'eits'aadah

┌  
**ANTIBIOTICS  
DO NOT WORK  
AGAINST  
CORONAVIRUS**  
└

# PROTECTING YOURSELF AND PREVENTING THE SPREAD OF THE DISEASE



Wash your hands with soap and water for at least 20 seconds or an alcohol-based sanitizer with at least 70 percent alcohol.



Keep a distance of at least 3 to 6 feet between yourself and anyone who coughs or sneezes.



Try your best not to touch your eyes, your nose and your mouth.



Cover your mouth and your nose with your bent elbow or a tissue when coughing.



Seek medical attention if you have difficulty breathing and a high fever.



Follow the directions of your national or local health authorities.

# PROTECTION MEASURES FOR PEOPLE THAT ARE IN OR VISITED ANY OF THE HOT ZONES

**01**

Stay home if you do not feel well, even if you feel mild symptoms such as headaches, slight fever and a runny nose.

**02**

If you need to go out (for example, to buy food or supplies), wear a mask to minimize the risk of infecting others.

**03**

If you have difficulty breathing and/or a high fever, seek medical advice as soon as possible.

**04**

Call your local hospital and inform them of any recent travel, especially to countries with reported cases.

# HOW TO USE A MASK

**Step 1:** Before wearing a mask, wash your hands with an alcohol-based disinfectant or with soap and water.

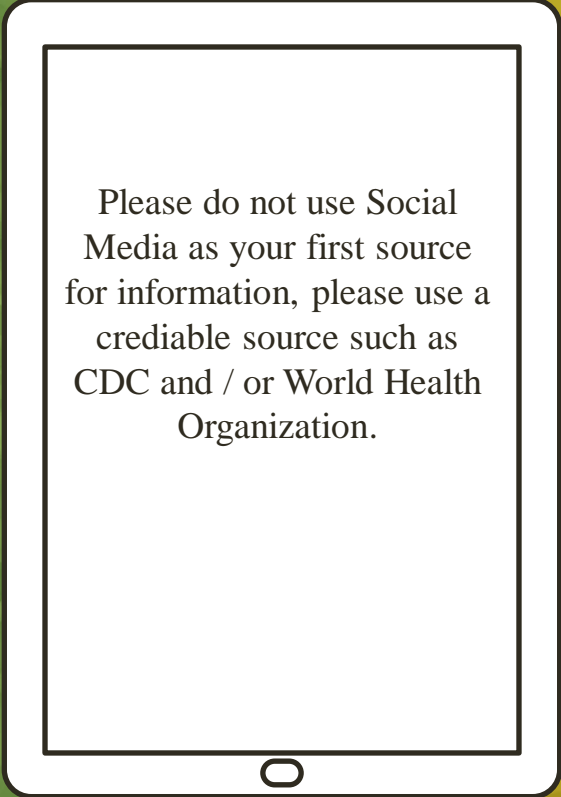
**Step 2:** Cover your mouth and nose with the mask and make sure the mask is firmly pressed against your face.

**Step 3:** Do not touch the mask while you are wearing it; if you do, wash your hands with an alcohol-based disinfectant or with soap and water afterward.

**Step 4:** Replace the mask as soon as it gets wet and do not reuse disposable masks.

**Step 5:** Remove the mask from behind (do not touch its front side); throw it away in a closed container and then wash your hands with an alcohol-based disinfectant or with soap and water.

# SOCIAL MEDIA



Please do not use Social Media as your first source for information, please use a credible source such as CDC and / or World Health Organization.



# THANKS!

Do you have any questions?

[coronavirus.info@nndoh.org](mailto:coronavirus.info@nndoh.org)

(928) 871-7014

Navajo Nation Department of Health

[nndoh.navajo-nsn.gov/covid-19](http://nndoh.navajo-nsn.gov/covid-19)

# ALTERNATIVE RESOURCES



Centers for Disease Control & Prevention  
[www.cdc.gov](http://www.cdc.gov)



World Health Organization  
[www.who.int](http://www.who.int)



National Institute of Health  
[www.nih.gov](http://www.nih.gov)

## Dikos Ntsaaígíí-Náhást'éits'áadah SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

### Naałnii' bee ééhózinígíí (Symptoms can include)

\*Symptoms may appear 2-14 days after exposure.



**Ts'íisniidóoh**  
(Fever)



**Dikos**  
(Cough)



**Ch'ééh jididziih**  
(Shortness of Breath)

If you have been in close contact with someone with confirmed COVID-19 in the past 2 weeks and develop symptoms, contact your local hospital and/or physician. Call your local hospital before you go to a hospital.

For more information:  
Navajo Department of Health  
(P) 928.871.7014  
(E) ndoh@navajo-nsn.gov

Website:  
<http://www.ndoh.navajo-nsn.gov/COVID-19>



## Dikos Ntsaaígíí-Náhást'éits'áadah STOP THE SPREAD OF GERMS

Help prevent the spread of the respiratory diseases like COVID-19.



**Bitah dahoneezgal'ígíí  
bits'ag naniínáh**  
Avoid close contact with people who are sick.



**Dikospo dóó Háts'iyaa  
dinl'igo Ch'íbee Yit'oodí  
chiln'í' dóó Ts'íizééh bilh  
h'í'ni' biyi'j' kódiłn'í'**  
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



**Áadóó nínás' n'ch'íłh dóó  
nizéé' t'áadoo bídiłn'í'**  
Avoid touching your eyes, nose, and mouth.



**T'áadoole'í ásh'ni'j'  
chiln'í'ígíí' bíná'ł'yoł'**  
Clean and disinfect frequently touched objects and surfaces.



**Nitah honeezgaigo t'áá  
hoohandi silin'á t'áá  
hezho'ó aze'e' n'ah  
ádoon'í' bin'ilyé'go t'éiyá'**  
Stay home when you are sick, except to get medical care.



**T'áá niłha'  
t'áanínádaahgís t'áłigo  
y'łke'ígíí' naad'indah  
aizh'ni'j' b'ig'na'ni'j'**  
Wash your hands often with soap and water for at least 20 seconds.

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