

## Nijìn gwàts'at tr'ìheendal

- **Health and Social Services**  
[www.hlthss.gov.nt.ca](http://www.hlthss.gov.nt.ca)
- **Public Health Agency of Canada**  
[www.phac-aspc.gc.ca/alert-alerte/swine\\_200904-eng.php](http://www.phac-aspc.gc.ca/alert-alerte/swine_200904-eng.php)
- **Centers for Disease Control and Prevention**  
[www.CDC.gov/h1n1flu/](http://www.CDC.gov/h1n1flu/)
- **World Health Organization**  
[www.who.int/csr/disease/swineflu/en/index.html](http://www.who.int/csr/disease/swineflu/en/index.html)
- [www.Fightflu.ca](http://www.Fightflu.ca)
- [www.Pandemicflu.gov](http://www.Pandemicflu.gov)

Gwich'in

Tth'aih geenjit gaviidandai'  
nohthan jì', nakhwakaiik'it gwizhìt  
Sriigwandaii Zheh gòo Health Line  
goots'at ginohkhii 1-888-255-1010



Jii dluh gwits'ik tthak lòo gaagoonuu  
t'agòonch'uu, gwàt, nits'òo gwich'ì'  
gwijizii adik'ánohtii chan nakhweenjit  
gwiheezaa.

NWT gwizhìt izhii ginjik vat'atr'ijàhch'uu zhìt yinothan jì', jii Department gwizhìt nihts'at tr'ìgiinjii geenjit gwidehk'it gòo'arii goots'at ginohkhii 867-920-3367 gwits'at zrah.  
If you would like information in other NWT official languages, please contact the Department's Communications Unit at 867-920-3367.

**H1N1** DLUH GWITS'IK  
Yee'òk dluh gwits'ik  
ndaadhak elit tr'agohtsya'!

## H1N1 gwinuh jì' aii jidii?

- H1N1 t'at natr'adazhak gwits'ik nilii jidii sraih ts'ik k'eejit t'iinch'uu gwik'ighe' diitee gòonlih.
- Khaii gwatak gwinyàanch'uu dluh ts'ik nakhwàh gòonlii aii gwik'it khanh diitat ndaadhak ts'at vâh gwijit'òo hohts'ik t'agòonch'uu.
- Drin its'iteech'it neekaii gòonlii goozhik dinjii kat l'òo vâh elts'ik ts'at diits'an tr'ahtsii geenjit gògwadhan k'it nilii.

## Nits'oots'at uu'òk ndaadhak?

- Dinjii tat tr'aakoh gòo tr'ah'oo k'ighe' nihts'an tr'ahtsii.
- Geetâk hee gihdâniivyaa tâi' nihlinehch'it, vakak shih tr'ilee tr'ahtsii, t'yah vizhit tr'igijikhi gwatâi' gwakak sraih ts'ik chan gòonlii goozhik gâh tr'oo'aih.

## Adik'anohtii

- Juudîn dluh gwits'ik hàh elts'ik nilii gwinoh'yah sro'.
- Nekhwizhik gòo nekhwintsih gwidoonih sro'.
- Daatih ts'at chuu hàh akòo diinch'uu gâh nihkhan nekhwini' k'è'ohtrah.
- Dinjii leii tat naokhwijah sro'.
- Vinji'aa'yaa gwidiniinchih ts'at nekhwizheh gwizhit jidii tr'adazhak sruudinuu gwizhit tahtr'aih gohtsii.
- Ejdohk'anh kwaa.
- Nekhwizheh gwizhit etr'ijik'anh kwaa gwik'it gohtsii.
- Srīg q hdâii – gwijzii dhoochùh, shih nizrii hoh'aa, ts'at shik nahookwindeh.

## Nits'oots'at tr'ahts'ik gâhgwidandaii

- Ts'ik niidhaa gòonlii (38c)
- Tr'aakoh
- Diiyhdâii gwâts'ik
- Goovintsih chù' gòo goovintsih adaagwat gòonlii

## Akòots'ants'at t'ànòhch'uh jì'

Nekhwizheh danh t'ohch'uu ts'at dinjii tat naokhwijah srò' drin its'iteech'it neekaii ohts'ik nâgwiniidhat dâi' gwâts'at gòo gwichiidri' neekok gwijjutin ts'at daankat t'ee, jidii t'ehshit niinzhùk gweedhaa.

Dhohts'ik jì' khaihtak gohts'ik srò', gwitrit gwits'ee ohdah gòo gè'troonahtan gwits'ee ohdah srò' giiniindhan.

## Duulèh jii tthak chan hàh hohts'ik:

- Diizhin tthak l'òo gâsrah ni'ee
- Diichi' gwijit'òo elts'ik
- Dluh diiyâh gòonlii
- Cheetr'idaandak
- Chigwits'ik gòo natr'aakwaii

## Jidii gwits'at tr'ihendal

1. Ts'ik niidhaa eenjit agòondâii acetaminophen akòots'at ibuprofen goots'an ohtsii ts'at diin'in' diik'òh kak dohsroo tsal vakak nânohji. (Tr'iinin tsal kat ts'ik niidhaa hàh elts'ik jì' chan Aspirin goots'an ohts'ik sro').
2. Chuu leii khwinii ts'at shih nizrii oh'aa, jak ts'at gwanzhinh nihlinehch'it gòonlii, lyùh ch'ùh dan nizrii oh'aa ts'at mi' akòo diinch'uu chan khwinii gòo oh'aa.
3. Nekhwizheh gwizhit etr'ijik'anh kwaa gwik'it gohtsii.
4. Jii geenjit niinjii'ohthak jì', t'yah zhit Sriigwandaii kat goots'at tr'igwihdichih 1-888-255-1010 gwits'at ginokhii.
5. L'òo gwijit'òo ohts'ik jì', Sriigwandaii Zheh gwizhit dinjii kat akòo t'âgoovohnuu.

## Nijuk jì' elts'ik k'ànahtii kat ts'at govookhya'

Jidii hàh dhohts'ik chan goots'at ginokhii:

- Gwijzii nânoozhak kwaa gòo nekweenjit gògòonrii
- Drin tik ànts'at ts'ik niidhaa hàh dhohts'ik.
- Tr'iinin tsal kat chan jidii goovâh gòonlih jì':
  - Nehsrit natr'adazhak gòo goodeevâa gwijithit'oo gòonlih jì'
  - Goot'âii' kwaa k'it giinlii
  - Gwijzii atr'a'aa kwaa gòo shu' akòo t'âgidi'ii gòo shu' gidinii
  - Gooch'at hinjuu gòonlii

## Jùhts'ants'at t'ànòhch'uh jì' nakhweenjit gwihèezuu:

- Shik dhohts'ik gòo nakhwadâazhii kat shik galts'ik
- Tr'iinin k'òo t'ànòhch'uu
- Nakhwaghâii ihlogwinli' gòo gòonlih kwaa
- Nakhwaghâii nihk'iitik gwijjutin ts'at ihlogwinli' ohii gòo ndòo t'ohch'uu