



## Ombigi'aawasoyin megwaa GOOBIN-19 ayaamagak

Nawach zanagendaagwan ombigi'aawasong noongom megwaa e-ayaamagak iwe GOOBID-19 inaapinewin, gidanokiiwinininaang gaye endaaaying. Giba'igaadewan gikino'amaadiiwigamigoong ganawenimaawasoowigamigoon gaye noongom dash gaa-izhidaaying ayaawag abinoojiyag gabegiizhig.

Omaa dash niwiindamaagemin aaniin ge-izhichigeyekiban ayaawekwaa giniijaanisiwaag endaaayeg gabegiizhig.

### Wiidookaw gaye wiijiw giniijaanisag

- **Gagwe-ganoosh giniijaanisag owe apii**, eshkwa-ayaawaad endaaayeg, epiichi-gashkitooyeg. Gaganoonadwaa endaso-bezhigowaad, da-onji-minwendamoog, nizhawenimigoo da-inendamoo.
- **Maanoo o-da-ganoonaawaa' owiijiwaaganiwaa'** gaye odinawemaaganiwaa' gaye godak gaa-gikenimaawaad daataanginiganing gaye giigidowinensing aabajitoowaad. Da-onizhishin owe inake ji-izhi-ganoonaawaad owiijiwaaganiwaa'.
- **Bezhigwan gagwe-izhichigeg endaso-giizhig** ji-dagwii'adwaa giniijaanisag. Gagwejim ji-ikidowaad aaniin enendamowaad gaye waa-izhichigewaad ji-onji-minwendamowaad. Bezhigwan endasogiizhig izhichigeg gegoon daabishkoo gagwejiwin gaye gaawin gegoon ji-izhichigeng. Nawach o-da-minwendaanaawaa bezhigwan izhichigewaad endasogiizhig.
- **Wiijiw giniijaanisag odaminowaad**. Da-onji-gikendaasowag, gaye ji-ikidowaad enendamowaad jimindamowaad. Wiijiw giniijaanisag gii-dazhiikamowaad gaa-zaagitoowaad. Giishpin gaawiin [endaayin nishikewabisiwan \(bikish ji-ayaayin\)](#) gemaa [biskish ji-ayaayin](#) agwajiing ayaan ngojigo dash niizhwaaso-mizid onji-ganoosh godak awiyag.

### Gizhewaadin, bangan ayaan wiiji-ayaawadwaa giniijaanisag.

- **Bizhindaw ekidowaad giniijaanisag**. Wiindamaw enoondawaad gaa-ikidowaad gaa-inendamowaad. Debwen ganoonadwaa, waawiidookaw gaye. Wiindamawadwaa gegoon, jini-sidotamowaad izhichigen. Gagwejim aaniin enendamowaad enamanji'owaad. Wiindamaw jibizindawadwaa ji-wiijiwadwaa.
- **Ji-minochigewaad wiindamaw e-onizhishing**. Mii ge-izhi-gagwe-minochigewaad abinoojiyag weweni ganoonindwaa, gaye giminochige ji-inindwaa.
- **Gegiin gwayak izhichigen, gi-ga-nanaabinaagoog dash**. Weweni minochigen gi-ga-nanaabinaagoog dash abinoojiyag amii aaniish wenji-gikendamowaad aaniin ge-ayizhiwaad.





- **Akawe gibichiin jibwaa-ikidoyin gegoon giishpin nishkaadiziyin.** Da-gagwe-maamakaadiziikaazowag abinoojiyag giishpin giimooji-zegiziwaad. Amii apii ge-izhi-gizhewaadiziyamban iwe gi-izhichigewaad.
  - Akawe nising gichi-bagidanaamon gemaa agindaaso midaaso ako. Bizaan ayaayin nawach da-wendan ji-mino-ganoonadwaa.
  - Ajina nagash giniijaanis giishpin ozaam ziindendaman, gi-ga-bi-ganoonin wiiba izhi, wiiba debwe ji-bi-ganoonad giishpin maanakamigizid.
  - Weweni ganoosh giniijaanis gaye bakaan ji-dazhiikang ji-onji-minochiged miinawaa.

### **Weweni ganawenindizon**

- **Gichi-inendaagwan ji-ganawenindizong.** Nawach babenak onaagaji'aawaa' oniijaanisiwaa gichi-ayaag giishpin [weweni ganawenindizowaad](#) gewiinawaa. Weweni wiisinin, anweshinin gibichiin gaye bizaan ayaan. Ganawenindizon. Aanind awiyag minikwewag gemaa zagaswaawag gi-zanagendamowaad bimaadiziwin. Aanjigo dash gi-daa-maanzhidoodaadiz iwe izhichigeyin gaawiin gi-daa-onji-minomanji'osii naagach. Giishpin aabajitooyin ini, gego ozaam niibiwa izhichigeken gaawiin gaye gii-ayaawaad giniijaanisag ji-waabamikwaa.
- **Daataanginiganing onji-ganoosh awiyag.** Gaawiin gibezhigosii. Giishpin ojaanimendaman, gi-daa-ganoonaag giwiiijiwaaganag gaye gidinawe-maaganag gi-ga-onji-minose dash.
- **Miinawaa gi-ga-minwendam.** Ango-diba'iganens naanaagadawendan eyaayin Naagajitoo enendaman. Naagajitoo enamanji'oyin. Naagajitoo giishpin minwendaman gemaa gaawiin. Naagajitoo aaniin enamanji'oyin giyawing. Naagajitoo giishpin wiisagendaman gemaa ziindendaman. Gi-ga-onji-mino-manjiw owe izhichigeyin.

Bizaanigo giishpin giin gemaa giniijaanisag ojaanimendameg, wawaanendameg gemaa zegiziyeg gaye nishkaadiziyeg owe apii. Giishpin wii-ganoonad awiya gaa-inendaman gego gaye wii-dazhindaman, ogo ganoosh:

- [Abinoojiyag Wiji'iwewin Giigidowin \(Kids Help Line\)](#)
- [Gaanada Aki Abinoojii-mashkiki Izhichigewin – ji-wiji'indwaa oniig'igomaak](#)
- [Inawemaaganag Gaanada – Ji-wiji'indwaa inawemaaganag](#)
- [Gego izhiseg Wiji'iwewin Gaanada – Eyaamagak gaye Wiji'iwewin](#)
- [Mino-ayaawin Maamaw Gaanada: Otigwaaning Mino-ayaawin gaye minikwewin wiji'iwewin.](#)
- [Ji-wiji'indwaa awiyag](#)
- [Akiikaaning gaye ayaa wiji'iwewin GOOBID-19 onji.](#)