



## Agezhi gibikaakodiziyin maage njike yaawin endaawin giishpin yaaman maage yaaman COVID-19

Gibaakodiziyin miinwaa njike yaawin adaa naadmaagemigad awii nigaasijigaadeg sweshkaamigag COVID-19 gewe bekaanzijig bemaadizijig. Memdage gwa maanda gichi piitendaagwod owi sweshkaamigag nowonj ezhinaagwog aakoziwinan sengenzaagwog maampii Gaanada. Naagidon owi gdo bemaadizijig mina bimaadiziwin naagaanzijig ado giikimigewin owi apii miinwaa agezhi gibaakodiziyin maage njike yaawin.

Giishpin zaagjiwiing Gaanada agii bibaayaawin naanomiya, giikimigewin owi gdo gibaakodiziyin maage njike yaawin minik gnimaa bkaan adaa aawon. Gnowaabmdan newen memaanji shkiwii bibaa yaang nigaasijigewinan, bagidinigewinan miinwaa giikimigewin odi [travel.gc.ca/travel-covid](https://travel.gc.ca/travel-covid).

### Gibaakogoong

Gnimaa aabdeg gdaa gibaakodis giishpin **gaawii inamjiwinan** yaanziwan miinwaa agii iniwediziyin gwayaa agaa makigaadeg ayaang maage gnimaa ayaang COVID-19

Gnimaa bkaan dnowaa gibakodizang nendowendaagokin giishpin giin maage wegwen gwa endaawin eyaajig agii debinamiwaad jiiitawaaganiwin-onji-aakozisig owi COVID-19. Naagidon newen wiindamaagewinan abi njibaamigag gdo bemaadizijig mina bimaadiziwin naagaanzijig.

**Giishpin agii ndakenimigowin owi COVID-19 miinwaa gibaabiitoonan agaa makigaadeg aabdeg gwii gibaakodis apiinish:**

agii debinaman gaawii gego agii makigaadesinag **maage** gdo bemaadizijig mina bimaadiziwin naagaanzijig agii wiindamaag gaawii memkaach yaa-aabi gdaa gibaakodizasi.

### Ezhi gibaakodiziyin

Apii gibaakodizawin, aabdeg:

- endaawin maage enji maamowi daawin aga ayaa
- naagzowaabmdizan newen inamjiwinan (boochigo goweta bezhig e'dibasaag inamjiwin yaaman)
- zhibii-an epiichi gashiziyin ensa giizhigag maage ezhi wiindamaag gdo bemaadizijig mina bimaadiziwin naagaanzijig
- miiwishkan nikaaziyin naazhinigaadeg gashiziwin mashkiki dibishko gonaa acetaminophen maage ibuprofen minik agwa ezhi gashkitowin, zaam ninda mashkikiin adaa gakidon wiiba inamjiwin owi COVID-19
- naagidon gdo bemaadizijig mina bimaadiziwin naagaanzijig ado giikimigewin newen ndakenjigewin naagijigewinan.





Giishpin gibaakodiziyin miinwaa gaawii wiiji gendaaswad owa bemaadizid age iniwi wewig owi COVID-19, biiskan weweni e'zhichigaadeg miinwaa menkigaadeg **gaawii mashkiki gabiingwebijigan** apii:

- njike yaawin maage bkaan aanin bemaadizijig zhiwe maadinamaading biindig endaang, dibishko gonaa:
  - aajikaganaan
  - Jiibaakwegamig
  - wiigwaamensan
- waajigendojig wiiji yaa-eg zhiwe debendimeg agojiing etemigag, dibishko gonaa:
  - desagodeg enji nimadibing
  - shkwe-aang akiins
- naagdowenimigowin mineziyin (wegwen agwa gagwek naagdowenimigowin maage beshaa dibaajimoataadiyeg)
  - owa nyaagdowenimig agewiin adaa biisnaan gaawii mashkiki gibiingwebichigan.

**Giishpin maajii yaaman inamjiwinan epiichi gibaakodiziyin:**

- Njike yaan ngoji bkaan gewe aanin bemaadizijig wewiib agwa maaminanendaman boochigo goweta bezhig e'dibasaag inamjiwin
- gii'gaa piisiikaan agoodonepiisowin
  - giishpin bwaa temigag, biiskan weweni ezhichigaadeg miinwaa weweni menkamam gaawii mashkiki gibiingwegan
- ginosh gdo bemaadizijig mina bimaadiziwin naagaanzijig maage mina yaawin maagwed newen woshme wiindamaagewinan.

## **Njike yaawin**

**Njike yaan, giishpin:**

- agii waawinjigaadeg yaaman COVID-19, manjigo iidik giishpin yaaman inamjiwinan **maage**
- yaaman **wegwen** gwa inamjiwin owi COVID-19, boochigo dibasaag, miinwaa agii:
  - iniwe-idiziyin gwaya agaa waawinjigaadeg yaang maage gnimaa yaang COVID-19 **maage**
  - agii ndakenimigowin owi COVID-19 miinwaa baabiitowin agaa makigaadeg **maage**
  - agii wiindamaag gdo bemaadizijig mina bimaadiziwin nyaagdownendamajig dowendaagoziwin njike awii yaawin.



**Giishpin njike yaawin endaawin, gewe waajigendojig gnimaa aabdeg adaa gibaakodiziwog apii shkwaach agii waabmidwaa. Gdo bemaadizijig mina bimaadiziwin nyaagdowendamjig ada giizhendam owi apiichi gnesh awaa gibaakodiziwaad dibaamjigaadeg nowonj gego, e'digosing:**

- gdo jitawaaganiwin-onji-aakozisig ezhigaabiwiimigag
- apiichi wewni age bakeyaawaad giin endaawin maage maamowi daawin yaawong (dibishko gonaa endagwen yaaman bkaan nibaang aajikinigan miinwaa wiigwaamens.)

### **Ezhi njike yaawin**

- Gagwek gwa zhaan miinwaa bekaa yaan endaawin maage maamowi daawin yaawong.
- Naagzowaabmdan gdo inamjiwinan.
  - Wewiib ginosh gdo mina yaawin maagwed maage bemaadizijig mina bimaadiziwin nyaagdowendamjig miinwaa naagidon ezhi wiindamaagowin giishpin woshme inamjiwinan maanaadag.
- Naagidon giikmigewin onji gdo bemaadizijig mina bimaadiziwin nyaagdowendamjig newen wiindamaagewinan owi ndakenjigewin.

Biiskan **mashkik gabiingwebichigan** apii:

- njike yaawin maage bkaan aanin bemaadizijig zhiwe maadinamaading biindig endaang, dibishko gonaa:
  - aajikaganan
  - Jiibaakwegamig
  - wiigwaamensan
- waajigendojig wiiji yaa-eg zhiwe debendimeg agojiing etemigag, dibishko gonaa:
  - desagodeg enji nimadibing
  - shkwe-aang akiins
- naagdowenimigowin mineziyin (wegwen agwa gagwek naagdowenimigowin maage beshaa dibaajimoataadiyeg)
  - owa nyaagdowenimig agewiin adaa biisnaan mashkiki gabiingwebichigan.

**Giishpin aabdeg awii yaawin zhiwe waaji nikaazang agojiing maage biindig etemigag gewe waajigendojig, aabdeg adaa biiskaanaa-aa:**

- mashkiki gabiingwebichigan **maage**
- weweni e'zhichigaadeg miinwaa menkigaadeg gaawii mashkiki gabiingwebijigan.

Aanin waajigendojig gnimaa woshme adaa niizaanziwog newen neniizaanag naapinewinan maage zhiwebiziwinan owi onji COVID-19 zaam owi epiitiziwaad maage gaagige aakoziwin. Adaa biiskaanaa-aa mashkiki gabiingwebijigan yaawaad zhiwe waaji nikaazang agojiing maage biindig etemigag.



Giishpin mashkiki gibiingwebijigan gagaandinigaadeg dash gaawii tesinag, biiskan weweni e'zhichigaadeg miinwaa menkigaadeg gaawii mashkiki gabiingwebijigan.

## **Age zhichigewin maage gaawii age zhichigesiin yaawin gibaakodiziyin maage njike aabdeg yaawin**

### **Zhichigen**

**Epiichi gibaakodiziyin maage njike aabdeg yaawin, aabdeg gdaa:**

- naagidon kina giikmigewin miinwaa wiindamaagewin owi gdo bemaadizijig mina bimaadiziwini nyaagdowendamjig maagwed
- aapaji memaanji waasa yaawin epiichi gashkitowin gewe aaniin waajigendojig
- nisaakinan waasechiganan awii zhiibaa-aasing aajikinigan, apii gashkitowin
- biinton miinwaa waabshkibiiginan pane e'danginigaadegin edesaagin miinwaa nikaaziwinan
- giziibiiginan g'ninjiin wewiiba nikaaziwin giziibiiginan miinwaa nibiish
  - giishpin temgag, nikaazan giziibiignijigan gnigen gwa 60% ishkode aabo digosing.

Giishpin gashkitowin, miinwaa gdaa:

- onji nakii endaawin
- nakiitooon gwiiyaw endaawin
- niwebin miinwaa weweni wiisinin
- agojjiing zhaan debindaman shpiming egodeg desigaan, desigaan maage zaagijiwiing kiins endaawin
- gagwejim inodewiziwin waajii-ed, beshaa endaad maage gwijikiwen awii biidaage nendowendaagwog
- nikaazan waasamo nikaaziwinan, dibishko gonaa waasamo mazinaatesijigan giigidowin, awii nibwaachad gdo inodewiziwin miinwaa gwijikiwenig.

Gagwekwendan giin miinwaa gewe waaji gendowijig biiskameg e'giikmigaadeg dnowaa gibiingwebichigan newen miigsemigag ezhiwebak.

Binoojiinig mashi 2 epiitizisiwaad **gaawii** adaa biiskaziinaa-aan gibiingiwebichiganan. Binoojiinig 2 apiinish 5 e'piitizijig adaa biiskaanaa-aa gibiingwebichigan giishpin:

- adaa ganabendaanaa-aa
- Gikowaabmjigaaziwaad
- gikendamowaad waazhi biiskamiwaad maage giiskamiwaad.



Binoojiinig woshme 5 epiitizijig aabdeg adaa biiskaanaa-aa gibiingwebichigan naasaab dibishko dnowaa ezhiwebak gewe netaawigijig.

Onji aangwaamizin gewe gawesiinimag owi:

- izhichigen mina biinidizang
- miiwishkan awii daanginad gawesiinim
- bibaamsewod gawesiinim debindaman aki goweta
- gagwejimad bekaanizid waaji gendiwod awii naagdownimaad gawesiinim
  - giishpin gashkotosowan, mako gwayaa awii maadmaag naagidowenimad gawesiinim, dibishko gonaa inodewiziwin, gwiijikiwenig maage azhiwenjigejig.

## **Gegwa Zhichigeke**

Epiich gibaakodiziyin maage njike yaawin, **gaawii**:

- bibaazhaake bemaadizijig baatiiniwaad
- zhaake enji nakiiwin maage gikino amaadii gamig
- nibwaachaake gwiijikiwenig maage inodewiziwinag
- nebwaachejig bagidinaake awii abi zhaawaad endaawin
- wiiiji-ewin waajigendowijig maamowi daminowaad dibishko gonaa:
  - maamowi wiisiniwin
  - inodewiziwin daminowinan
  - maamowi ginowaabmdameg mazinaatesijigan
- nigaadige endaawin maage enji wiiijidaawin giishpin goweta mashkikii gnowenjigewin mineziyin
- Gegwa beshaa yaake gwayaa e'niizaanizid newen woshme neniizaanag naapinewinan maage zhiwebiziwin (owi onji epiitizid maage gaagige aakoziwin)
- maadookiike debendaman nakaaziwinan

**Gegwa** nikaaske e'maamowi nikaazang endaang maage bezhigwang agojiin ayaang waajigendojig. Giishin gashkitosing, nikaazan bkaan:

- aajikinigan enji nibaang, maage giishpin gashkitosiing:
  - nibaan bkaan nibaaganing, zhigishinan ndib abiinish azidang waasa awii yaawin gwaya bkaan ezhi gashkitowin
- wiigwaamens, maage giishpin gashkitosiwan:
  - nisaakinan waasechigan
  - naazhinan miizii naagan gibaakogan jibwaa iskaabiigiwebinaman
  - biinton miinwaa waabshkibiiginan desaagin miinwaa nikaaziwinan agaa daanginaman ensa apii gwa shkwaa nikaaziyin



## **Giishpin maajitaamigag gichi maanaaj inamjiwinan**

Giigidan 911 maage gdo niizaanag gindaasowin giishpin maajitaamigag gichi maanaaj inamjiwinan, dibishko gonaa:

- gichi zinagiziwaad awii nesewaad
- gaagijji okaakigan maage maagoshkaag
- shki maajitaamigag gwiinwinedamowin
- zinagag awii gashkozing

Giishpin aakozii daabaan bimidaabaangowin odi akozii gamig, wiindamo owa nekwetang giigido biiwaabikons yaaman maage gnimaa yaaman COVID-19.

Giishpin nikaaziyin debinamad daabaan odi aakozii gamig, giizhaa giigidan awii wiindamodwaa yaaman maage gnimaa yaaman COVID-19. Giishpin zhisemigag, bezhig mena bimaadizid gdaa maajii daabaanig. Epiichi yaawin biinji daabaan:

- gdaa naagidoon beshaa bwaa yaawin (shkwe-aang daabaaning gdaa nimadab epiichi waasa gwa owa bembizochiged)
- giin miinwaa gwaya bkaan bemdaabaangod gdaa biiskaanaa-aa mashkiki gibiingwebichigan (maage bwaa temgag, weweni ezhichigaadeg miinwaa weweni menkameg gaawii mashkiki gibiingwegan)
- nisaaknan daabaan waasechiganan epiichi zhaawin aakozii gamig

**Gegwa** nikaazke bemaadizijig maamowi bimidaabaangowaad awii dowaaamdaman mashkiki naagdowenjigewin giishpin goweta gaawii bkaan gego yaanziwan.

Woshme awii gikendaman: **1-833-784-4397**     **Canada.ca/coronavirus**

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