



OJIBWE DE L'EST / OJIBWE EASTERN

Naagidowenjigewin endaang gewe gnimaa eyaamiwaad maage gnimaa agaa iniwe diziwaad owi COVID-19

Gnimaa gdaa naagdownimaa owa bemaadizid eyaang maage gnimaa eyaang COVID-19. Naagidon maanda giikimigewin awii gnowendiziwin miinwaa yaa-aabi aanin eyaajig endaawin, miinwaa age gewe endinakiijig gdo odenwining.

Niibna bkaan dnowaa nendowendaagwog giishpin giin maage gwaya waajiigendaag agii debinaanaa-aa jiiawaaganiwin-onji-aakozisig owi COVID-19. Naagidon newen wiindamaagewinan abi njibaamigag gdo bemaadizijig mina bimaadiziwin naagaanzijig.

Nikaaziwinan:

Aga minezinan:

- dibizhiwewin epiichi gizhizang
- mashkiki gibiingweganan
- gaawii mashkiki gibiingweganan
- moshweniigansag miinwaa ngoji epagijidaagdeg mazinigine gziiwigan
- Oshkiizhig gnowenjigaadeg, dibishko gonaa odengwaan gibagan maage gashkiiwaag oshkii jigokaajigan
- ninjiin biinchigewin digosing gnigen gwa 60% ishkodewaabo
- gziinaagine gziibiiginigan, gziibiigniijing gziibiiginigan miinwaa gziibiiginigeng gziibiiginigan

Miinwa age aga minezin:

- endaawin biinchigeng nikaaziwinan
- gaashpinajigaadeg mashkiki awii naazhinigaadeg gizhiziwin, dibishko gonaa
 - Ibuprofen
 - Acetaminophen
- ishkodewaabo gziiganan maage biinchigewin zhichigan newen waasamo biiwaabikonsan
- owi gaawii e'daangnigaadesnag webinigan taasowin temgag zhaabwaasewaag mashkimad, dibishko gonaa webinigan akik
- meshkowaag edesaag waabshkibiiginigan ezhibiigaadeg mashkiki waawinjiigaadeg gindaasowin (DIN)
 - maage bwaa temigag, nikaazan waabshkibiiginigan (chlorine)





Giishpin gashkitosiwan awii debinaman ninda nikaaziwinan, gagwejim inodewiziwin, gwiiikiwenig maage beshaa endaajig. Miinwaa age gdaa ginonaag gdo bemaadizijig mina bimaadiziwin naagaanzijig maage odenaang wiiiii-ewin owi giikimigewin, aasgaawitaagewin miinwaa aabajichiganan.

Giikimigewin gewe nyaagdowenjigegig

Gagwek agwa, bezhig goweta bemaadizid adaa miigwen naagdowenjigewin owa gibaakodizad maage njike eyaad. Giishpin gashkitchigaadeg, owa nyaagdowenjiged moshkin adaa jiiitawaaganiwin-onji-aakozisig adaayaan miinwaa gaawii adaa niizaanizisii newen woshme neniizaanag naapinewinan maage zhiwebiziwin onji COVID-19. Gwanda digoyaawog gechi piitizijig maage gewe gaagige aakoziwin eyaamijig. Ada naadmaagemigad maanda awii naazhinigaadeg niizaanag COVID-19 sweshkaamigag gewe bekaanzijig zhiwe endaajig.

Biiskan **mashkiki gabiingwebijigan** giishpin owa nyaagdowenimad **debwemigadinig ndakenjigewin maage inamjiwinan yaang** miinwaa **njike yaad**. Owa bemaadizid nyaagdowenimad aabdeg gewii adaa biiskaan mashkiki gabiingwebijigan apii:

- debinamiwaad naagdowenjigewin, wegodogwen gwa:
 - epiichi yaang besha dibaajimatood maage
 - apii gagwek daanginad gewe bekaanizijig

- maadinamaading biindig endaang, wiijiyaawod maage gaawii gewe e'wiijiyaawod bekaanzijig, dibishko gonaa:
 - jiiibaakwegamigon
 - aajikaganaan
 - wiigwaamensan

- zhiwe debenjigaadeg agojiin etemigag gewe bekaanzijig, dibishko:
 - desagodeg enji nimadibing
 - shkwe-aang akiins

Giishpin bwaa temigag, neniish gwa weweni gdaa biisakaanaa-aa weweni e'zhichigaadeg miinwaa menkigaadeg gaawii mashkiki gabiingwebijigan.



Biiskan **gaawii mashkiki gabiingwebijigan** giishpin owa bemaadizid nyaagdowenimad gnimaa **adaa agii iniwe diza** owi COVID-19 miinwaa **gibaakoodizad**. Owa bemaadizig nyaagdowenimad aabdeg adaa biisnaan gaawii mashkiki gabiingwebijigan apii owi:

- debinamiwaad naagdowenjigewin, wegodogwen gwa:
 - epiichi yaang besha dibaajimatood maage
 - apii gagwek daanginad gewe bekaanizijig
- maadinamaading biindig endaang, wiiyyaawod maage gaawii gewe e'wiiyyaawod bekaanizijig, dibishko gonaa:
 - jiibaakwegamigon
 - aajikaganan
 - wiigwaamensan
- zhiwe debenjigaadeg agojiin etemigag gewe bekaanizijig, dibishko:
 - desagodeg enji nimadibing
 - shkwe-aang akiins

Giziibiiginan gninjiin wewiiba nikaaziyyin giziibiiginigan miinwaa nibiish gnigen gwa 20 dibagaans. Gaawii memkaach gda biiskowaasiing ngoji epagjigaazijig ngoding enkaasang majikaawinag.

Biiskan oshkiiijig ganawenjigewin **owi gdo** gabiingwebijigan, gaawii aawizinag meshkod aawang. Oshkiiijig ganawenjigewin digosinon:

- odengwaan gibaakogan
- aangwaamag shkiizhgokaajiganan
- gashkiiwaag oshkiiijigokaajigan

Gnowendizan miinwaa gewe aanin bemaadizijig

Beshaa bwaa yaang

Naazhinan owi minik enkaaziyyin waaji maadookidaadiyeg yaawong owa bemaadizid nyaagdowenimad. Dibasiinan owi minik nebwaachad owa bemaadizid nyaagdowenimad miinwaa ezhi gashkitowin waasa yaan epiichi gashkitowin. Aanin bemaadizijig gnimaa woshme aga bimiikwaa gnowaabmdaman ado:



- epiitizid
- epiichigid
- epiichi gashkitowaad awii nisastamiwaad miinwaa naagdiowaad aangwaamziwin zhichigewinan

Miiwishkan maamowi yaang endinakimigag owa bemaadizid nyaagdownenimad, dibishko gonaa:

- maadookidaadiyeg wiisiniwin
- maamowi daminowin
- wiidibinding maage aabitojiinding
- maamowi ginowaabmdameg mazinaatesijigan

Bkaan aajikinigan enji nibaawin owa bemaadizid nyaagdownenimad. Giishpin bwaa gashkitowin, bebakaan nibaagan nikaazag. Zhigishinan ndib abiinish azidang waasa awii yaawin gwaya bkaan ezhi gashkitowin.

Bkaan wiigwaamens owa nyaagdownenimad enkaazad. Giishpin bwaa gashkitowin:

- nisaakinan waasechigan
- naazhinan miizii naagan gibaakogan jibwaa iskaabiigiwebinaman
- biinton miinwaa waabshkibiiginan e'danginigaadegin edesaagin miinwaa nikaaziwinan owa bemaadizid nyaagdownenimad agaa danginang ensa shkaa nikaazad

Biiskaman gibiingwegan

Giishpin owa bemaadizig nyaagdownenimad ayaad njike, giin miinwaa gewe aanin waajigendwajig aabdeg adaa biiskaanaa-aa gaawii mashkiki gibiingwebijigan **maage** weweni e'zhichigaadeg miinwaa menkigaadeg gaawii mashkiki gibiingwebijigan apii yaawin:

- maadinamaading biindig endaang owa bemaadizid njike eyaad
- debenjigaadeg agojiin etemigag owa bemaadizid njike eyaad

Aanin waajigendwajig gnimaa woshme adaa niizaanziwog newen neniizaanag naapinewinan maage zhiwebiziwin owi onji COVID-19. Aabdek adaa biiskaanaa-aa mashkiki gibiingwegan apii yaawaad zhiwe waaji nikaazang agojiing maage biindig etemigag owa bemaadizid njike eyaad.



Aanin bkaan debendamang gnowejigaadeg zhichigewinan

Miiwishkan maadookiiwin debindaman nakaaziwinan owa bemaadizid nyaagdownenimad, dibishko gonaa:

- gaziingwe'oniigin
- wiisining onakaazowinan
- nibaang'oniiginan
- gizzii'aabideganan
- miijim miinwaa minikwewin
- waasamo biiwaabikonsan

Ginosh owa bemaadizid nyaagdownenimad agoojiin apii zhisemigag, zhiwe debendiman shkwe-aang kiins maage egodemigag enji nimadibing. Aabajitaan naagidowin besha bwaa yaawin miinwaa waajii-emigag gabiingwebijigan giikmigewin.

Nisaakanan waasechigan apii gashkitowin awii giikinaman zhiibaawaasing nodin.

Giishpin gashkitowin, naagodowenim wesiinig eyaajig zhiwe endaang maage enji wiiji daaweg epiichi yaad owa bemaadizid nyaagdownenimad gibaakodiziwinn maage njike yaad.

Biinchigeng maage waabshki biiginigeng

Gaawii ngii gikendiziinaa mayaaw e'piichi gnesh owi COVID-19 aakoziwi-manijooshens bemaadiziimigag nowonj dnowaa agijiwiing gego. Gekendaagwog nendaagwog adaa bimaadiziimigad nikaaziwinan maage agijiwiing gego onji bangii dibagiiziwaan maage gmaaminig giizhigad manjigwa dnowaa yaawang edesaag. Gaawii gagwekwenjigaadesno owi minik miniiwesing edesaagin enji dodaagemigag sweshkaamigag owi COVID-19.

Aangwaamiziwinn zhichigewin gagaandinigaade apii yaakozid bemaadizid ayaad endaang. Wewiiba biinton miinwaa waabshkibiiginan pane e'daanginigaadegin e'desaag miinwaa nikaaziwinan, e'digosin:

- zaakamo-naaganan
- maamaagoniganan
- shkwaandem ziginiganan
- shiwe'iing nibaaganing etemigag doopinwin
- mazinaatesijigan aanjibijigewin
- gwiwinan taasijigan
- giigido biiwaabikonsan miinwaa waasamo biikwaabikons mazinaatebiigeseg



Nikaazan menwaabmijigaadegin meshkowaag edesaag biinchigewin zhibiigaadeg gindaasowin ayaawong mashkikiikaadeg (DIN) maage nebiishkigaadeg waabshkibiiginigan awii biinchigewin. Pane naagidon ezhibiigaadeg naagijigewin owi gagwek awii nikaaziyin waabshkibiiginigan (chlorine).

Nikaazan gaawii e' daanginigaadesinag zhaabwaate`iigini-mashkimodensan taasijigan, dibishko gonaa webiniganaabik akik, owi:

- agaa nikaazang mashkiki gibiingwebichiganan miinwaa aanin bkaan bichibowinan ngoji e' pagijigaadeg
- bichibowin awaa gaziibiiginigaadeg, e' digosing gaawii mashkiki gibiingwebichiganan

Naagodowenimind binoojiin

Gnimaa gdaa naagodowenimaa binoojiin eyaang maage gnimaa eyaang COVID-19. Giishpin gegeti, nigaabish awii maadookiid nikaaziwinan gewe aanin bkaan binoojiinig eyaajig endaawin, dibishko gonaa:

- Daminonan
- Modensan
- Waabowaanan
- mina nendamowin azosomjiganan

Owi aakoziwi-manijooshens maagwemigag COVID-19 gaawii agii makigaadesno dodosh aabong. Gdaa aabajitaa shamaawisawin zaam miigwemigad niibna mina yaawin bamitaagewinan owa gdo binoojiinim.

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

- Gikowaabmijigaaziwaad
- adaa ganabendaanaa-aa
- adaa gashitonaa-aa biiskamiwaad miinwaa giiskamiwaad

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



Naagizowaabmjigaadeg inamjiwinan miinwaa dowaabmdamang maaskikii naagdowenjigewin

Kowaabmdan shki maage woshme yaawang inamjiwinan owi:

- owa bemaadizid nyaagdowenimad
- bkaan bemaadizijig eyaawaad endaawin
- Giin

Giigidan **911** maage gdo niizaanag gindaasowin giishpin maajitaamigag gichi maanaaj inamjiwinan, dibishko gonaa maajitaamigadinig woshme gichi maanaaji inamjiwinan, dibishko gonaa:

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

Owa bemaadizid nyaagdowenimad gnimaa aabdeg adaa zaagijiitam endaawin maage enji maamowi daang awii debinang mashkikii naagidowenjigewin. Gagwekwendan awii wiindamowad owa aakoziwidaabaan nekwetang giigido biiwaabikons miinwaa aakozi gamig owa bemaadizid nyaagdowenimad ayaang maage gnimaa yaang COVID-19.

Giishpin gashkitowin, **gegwa** nikaazke bemaadizijig maamowi bimidaabaangowaad awii dowaaamdaman mashkiki naagdowenjigewin.

Bezhiig mena bimaadizid adaa maajii daabaanaan newen yaakozinjin. Owa yaakozid shkwe-aang daabaaning adaa nimadibi, epiichi waasa gwa owa bembizochiged. Nisaaknan daabaan waasechiganan moshkin gwa giishpin gashkitowin miinwaa waankiiwendaagwog awii zhichigewin.

Gagwekwendan kina bemidaabaanigojig biiskaanaa-aa mashkiki gibiingwegan. Giishpin bwaa temgag, biiskan meshkod weweni ezhichigaadeg miinwaa weweni menkameg gaawii mashkiki gibiingwegan.

Giishpin owaa yaakozid weweni nesed, adaa biiskaanaa-aa gewiin gabiingwebichigan.



Gibaakodiziyin minik

Aabdeg gnimaa aga gibaakodiz miinwaa naagzowaabmdizan owi inamjiwinan:

- owi shkwaach giizhigad agii iniwe-diziyin owa bemaadizid njike eyaad **miinwaa**
- ekidowaad gdo bemaadizijig mina bimaadiziwin naagaanzijig ado giikmigewiniwaa
 - wiindamo gdo bemaadizijig mina bimaadiziwin naagaanzijig giishpin giin maage gwayaa endaawin eyaajig agii debinamwaad jiiawaaganiwin ji-onji-aakozisig owi COVID-19

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

Giishpin maajitaawin awii maajii yaaman inamjiwinan:

- njike yaan ngoji bkaan gewe aanin bemaadizijig wewiib gwa
- biiskan mashkiki gibiingwebijan
 - giishpin bwaa temigag, biiskan gaawii mashkiki gibiingwebijigan weweni e'zhichigaadeg miinwaa menkigaadeg
- ginosh gdo bemaadizijig mina bimaadiziwin naagaanzijig maage mina yaawin maagwed newen woshme wiindamaagewinan awii debinaman.
-

Woshme awii gikendaman: 1-833-784-4397

Canada.ca/coronavirus

ID 04-04-02 / EZHI GIIZHIGAG 2021.07.27