



# Bemaadizijig neniizaanzjig woshme gichi aakoziwaad maage wegwen enjibaamigag owi COVID-19

Aanin bemaadizijig woshme gichi niizaanzjig owi woshme gichi aakoziwaad maage wegwen enjibaamigag owi COVID-19 miniiwesiwin apish gewe bekaanzijig.

Woshme gdaa niizaanis giishpin:

- aawiyin gechi piitizid (woshme niizaanak owi ensa midaasiwe biboon, memdage gwa woshme nigodwaasimidinaa piitiziiyin)
- maajiishkaawin
- ayaaman gii-wanigi jibwaa-nitaawigid
- aawii agii debinaziyin kina e'giikimigaademigag COVID-19 ashowizo maashkikiin bidakogewinan
- ayaaman gaagige aakoziwin, e-digosing:
  - giishkanaamoshkaa (bangii maage shpaamigag)
  - giwashkwe'endamowin
  - ziizibaakodwaapinewin
  - ode-aapinewin
  - gaa-ishpaabikiseg miskwi ozaam e-gizhiijiwang
  - odedikosiwaapine
  - okoniwaapine
  - gipanaapinewin
  - niboowise
- gakina gegoon odaazhoo'igon zaam niinimadini e'naadamaagiyig aakoziwin, e'digosing giishpin:
  - ayaamang giizhaa etemigag inapinewin, dibishko gonaa manijooshiwaapinewin
  - daapanaman mashkikiin e'naazhinamoomigag owi gaa-naadamaagoyig aakoziwining, dibishko gonaa mashkiki gaa-aabadak ji-nichigaadeg manijooshiwaapinewin
  - zhaazhigwa agii yaaman meshkwaji-miinaa biinji wiiyaw nendowendaagwog awii bimaadizing maage ayaagin miskwiimaang meshkwaji-miinaa
- ayaamang gichi-wiinowin (enigokwaag wiiyaw dibagan [BMI] 40 minik maage woshme)





Enji digoyaang miinwaa naanikiiwinan wiidookaagemigad owi woshme shpaamigag aashowin of COVID-19, dibishko gonaa:

- enji digoyaang aawong:
  - baatiiniwaad bemaadizijig
  - gaawii weweni biimskwaasizinag nodin
- nankiiwinan owi:
  - temigag nigamiwin, noondaagozing maage gagetin neseng
  - dowendaagozii-in awii giiskaman gabiingwechigan gaataawiing yaayin bemaadizijig zaagijiwiing waajigendojig, dibishko gonaa wiisinig maage minikweng bemaadizijig e'dazhiikewaad

Owi apii niizaanziwin awii debinam aakoziwin woshme shpaamigag, aagiwiitosidoon niibna bebezhiig bemaadizijig mina bimaadiziwin naagojigewinan, dibishko gonaa:

- biiskigaademigag memaanji nishing miinwaa memaanji minakigaademigag meshkwadanaamong nikaaziwin maage gabiingwegan etemigag awii nikaaziwin
- miiwishkaman maage naashinamn minik eyaayin zhiwe gichi niizaanag enji digoyaang
- giikinam biimshkwaanimag endaayin maaage enji wiijigendaading nisaakinaman waasechiganan miinwaa shkwaandeman minwe-aapii, gnigen gwa bangii dibagaans e-piiching
- Giikinaman memaanji waasa yaayin gewe bemaadizijig zaagijiwiing abi njibaawaad owi gdo endaayin
- minwe-aapii giziibiigininjiiyin

Miiwishkan wiiji yaayin maage maadokiiyin ayaayin gewe bemaadizijig:

- ayaakozijig maage eyaamiwaad inamjiwinan owi COVID-19
- ayaamiwaad gnimaa age agii nowediziwaad owi COVID-19

Giishpin aabdeg awii wiiji ayaayin owi maadookidaadin endaang, naazhinan minik ayaayin zhiwe miinwaa naagidoon kina bemaadizijig mina bimaadiziwin naagojigewinan awii naazhinaman owi niizaanag awii swebidemigag. Maanda digosin biiskaman weweni menkaman meshkwadanaamong nikaaziwin. Giishpin meshkwadanaamong nikaaziwin gaawii tesinag, giikimigaade awii biiskaman weweni menkaman mashkiki yaawang gabiingwegan. Giishpin neniish newen bwaa temigag, gdaa biiskaan weweni 'ezhichigaademigag miinwaa weweni menkaman gaawii maashkikin yaawizinag gabiingwegan.

Gwaya bkaan dash giin adaa naagidowenimaa owa bemaadizid gebaakodizad maage njike aabdeg awaa ayaad. Ada naazinaan gdo niizaaniziiyen awii aakoziyin.



Gagwekwendan gewe waajigendojig gikendamowaad woshme shpaamigag niizaanziiyin owi ayaaman gichi aakoziwin maage endodaagemigag owi COVID-19. Amii owi nikiiyaa aga naagidowendaanaa-aa awii gnowendiziiwaad owi miniiwesiwin miinwaa naadimaagewaad

Ginosh gdo mina yaawin maagwed awii gikendaman memaanji nikiiyaa agezhi naagidowendiziyin awii bwaa debinaman COVID-19.

Woshme gego awii gikendaman owi COVID-19:

- [Canada.ca/coronavirus](https://Canada.ca/coronavirus)
- Wenpash giigidang: 1-833-784-4397

Wiindamaagen giishpin temigag owi zinagag maage maazhiiwiwin maampii bakiiginigan