



Corona-aakoziwi-manijooshens Aakoziwin (COVID-19): Aaniish agezhi Gibaakogowin owi onji Aakoziwin Manijoshens (gbaakodis) endaawin gnimaa agii iniwe idiziyin miinwaa bwaa yaaman gego inamjiwinan

Bemaadizijig eyaamjig COVID-10 gaawii pane ado nisdwaabmdaziinaa-aan wiiba inamjiwinan. Aanowi gwaa gaawi yaanziwan inamjiwinan nongo, adaa zhiwebad agwa aji miigwewin COVID-19 jibwaa naagwog inamjiwinan maage gegwa gaawiin wiika maajitaamgozinag inamjiwinan.

Aabdeg gwii gibaakogo owi onji aakoziwin manijoshens (gibaakodis) 14 giizhigak minik, giishpin:

- abi biskaabiiwin agii bibaayaawin **zagijiwiing Gaanada** (inaaknigaade gibaakogowin owi onji aakoziwin manijoshens)*
- besha agii yaawin gwaya eyaang maage enenimind gnimaa yaang COVID-19
- wiindamaagowin gewe bemaadizijig mina yaawin nyaagdowendamajig gnimaa agii iniwe idiziyin miinwaa gdo dowendaagowin awii gibaakogowin owi onji aakoziwin manijoshens (gibaakodiziyin)

Gibaakogowin owi onji Aakoziwin Manijoshens (gibaakodiziyin) aawan, 14 giizhigak aabdek gwii:

- **ayaa bekaa endaawin** miinwaa naagozowaabmidizan newe [inamjiwinan](#), giishpin age goweta bezhig e'dibasaag inamjiwin
- **miiwishkan beshaa awii bwaa yaawin aanin bemaadizijig** awii naadmaagemigag awii bwaa sweshkaag owi aakoziwi manijozhooshens jibwaa maajitaamigag inamjiwinan maage memaanji shki maajitaamigag owi aakoziwin
- **gegii naadmaagen awii nigaazijigaadeg sweshkaag owi aakoziwin** zhichigewin [beshaa bwaa yaawin](#) zhiwe endaawin

Giishpin maajitaamigag inamjiwinan biinji 14 giizhigak owi gdo gibaakogowin owi onji aakoziwin manijoshens, aabdek:

- [gibaakodis](#) giin gewe bkaan bemaadizijig wewiib agwa ntaam waabmdaman inamjiwin
- wewiib agwa giigidan gdo mina yaawin negijitod maage [bemaadizijig mina yaawin nyaagdowendamajig](#) awii dibataaman gdo inamjiwinan miinwaa agaa bibaazhaawin, miinwaa weweni naagidon waandamaagowin

Gdaa nikaazan age owi waasamo biiwaabikonsing ndakendimidizayin nikaaziwin (giishpin temgag gdo kiinsing maage waase wekamig) awii ndakendaman giishpin mineziyini woshme awii ndakenmigowin maage nda gikenjigewin owi COVID-19.





Makwendan: Giishpin wiijgendwad bemaadizid e'gibaakodizad zaam yaamwaad maage nenjigaaziwaad yaamwaad COVID-19, gdo gibaakodiziwin minik gnimaa adaa giiknigaade woshme owi 14 giizhigag. Gagwedwen giikmigowin zhiwe gdo [bemaadizijig mina yaawin nyaagdowendamajig](#).

Awii gibaakogowin owi onji aakoziwin manijoshens (gibaakodiziwin), zhichigen ninda eni zhibiigaadegin:

Naazhinan waabmadwaa bkaan bemaadizijig

- Bekaa endaawin yaan maage zhiwe endiniziwin Gaanada (gaawii nigadige endanaakiiwin).
- Zaagijiitan zhiwe endaawin newen goweta aakoziwin nendowendaagwog inaaknigewinan goweta (nikaazan debinimad daabaan awii zhichigewin maanda).
- Gegwa zhaake enji skonwiwin, enji nakiiwin, miinwaa ngoji bemaadizijig yaawaad maage nikaaziwin bemaadizijig bamidaabaangowaad (dibishko gonaa gichi daabaan, bimiwizhiwedaabaan).
- Gegwa yaawaake nebwaachegjig.
- Miiweshko gechi piitizijig bemaadizijig, maage bemaadizijig eyaamijig gaagige aakoziwin, woshme e'niizaanzijig awii gichi aankoziwaad.
- Miiweshko bekaanzijig, memdage agwa gewe agaa bibaayaazijig maage gaawii agaa iniwe idizijig owi aakoziwi manijooshens.
- Giishpin gaawii maamda gshkichigaadesnag awii wiijiaawan bemaadizid, daapinan ninda aangwaamziwinan:
 - gnigen agwa 2 nisiwe bimasewin dibagan yaan owa bekaanzid bemaadizid
 - Ajina goweta nakweshkaageng
 - Bkaan aajkinganing yaan miinwaa gishpin gshkitowin, bkaan giziisabadiziigamig.
- Aaniin bemaadizijig adaa miigwewog COVID-19 aanowi gwaa bwaa naagodaning gego inamjiwinan. Biiskigaadeg gabiingwegan gaawii mashkikii awizinag (dibishko gonaa zhichigan gnigen gwaa niishwegsing biimidaabiiginiganikaadeg gidagiigin, e-zhichigaadeg kina awii gibagaadeg jaansh miinwaa doon bwaa dwewaag, miinwaa dikobijigaadeg ndibaang maage toganing e'waaye dikobideg) giishpin bwaa gshkitong beshaa awii yaang gewe bkaan bemaadizijig, adaa naadmaagemigad awii gnowendaagoziwaad gewe gaataawing yaawin eyaajig.
- Miiwishkwaa wesiinig, zaam aanin dibaajimowinan agii tenon bemaadizijig agii miinaawaad COVID-19 ado wesiinwiwaan.

Age zhichigemba epiichi gibaakogowin owi onji aakoziwin manijoshens (gibaakodiziwin)

Epiichi zhichigewin wiibwaa yaawin beshaa gnigen agwa 2 nisiwe bimaasewin dibagan bkaan bemaadizijig, gdaa:

- Nimkaage wewesiinijitawin awii naabshkaagemigag ziginjiindiwin, aabtojiingewin maage jiimiwin
- Gagwejim gdo inodewiziwin, gwiiji dazhiikewinag maage gwiijikiwen awii naadmaag newen nendowendaagwog awii zhichigewin (dibishko gonaa naading mashkiki, miijim giishpinadoong)
- Nikaazan miijim bijigaadeg maage majidiwewin waasamo biiwaabkonsing
- Nakiiton gwiiyaw endaawin



- Waasamo biiwaabikong nikaazan, dibishko gonaa mazinaatesing ginondiwin, awii nibwaachidaa gdo inodewiziwinag miinwaa gwiiykiwenig owi nikiiya mazinaateshinang wiisning miinwaa daminang.
- Endaawin onji nakiin
- Zhiwe endanakiwin goweta: agojiing zhaan egodeg desgaan maage desgaan, bibaamsen gitigaaning maage gagwejiton awii mazinbiigewin nikaaziwin izhibiiginaatik maage bamibidetowin shkwe-aang gatigaaning zenigak daminowin miinwaa daminowinan.

Aabaji biinininjiin

- Gaziibiigninjiin **mino-aapii** nikaaziwin gziibiginigan miinwaa nibiish gnigen agwa 20 dibagaans, miinwaa bengininjiin nikaaziwin mazinigni bengwigan maage aanji nikaazang bengwigan, aanjitowin apii nisaabaa'emigag
- Gdaa bimon age waanag nikaaziwin nesaabaaweg gaziigaans miinwaa dash anikaaziwin ishkodewaabo digosin gziibiigninjiwin gnigen agwa 60% ishkodewaabo.
- Miiwishkan daanginiman g'shkiizhgon, g'jaansh miinwaa g'doon
- Osasidaman miinwaa jaachaamiyin zhiwe biskinikewin maage moshiweniigaans

Aabaji biiton e'dasaagin miinwaa miiwishkan maadokiwin debendaman nikaaziwinan

- Gnigen agwa ngoding ensa giizhigad, biinton miinwaa waabshkibiiganan newen e'aabjidanganaman, dibiskgo gonaa zaakigmo naagan, dobwinan shiwe nibaaganing etemgagk, shkwaandem ziginiganan, giigido biiwaabkonsan miinwaa mazinaatesijigan aanjibijigaadek.
- Awii waabshkibiignigewin, nikaazan goweta [menwaabmjigaadeg meshkowaag-desaaag waabshkigigaadeginan](#) nikaaziwinan temigag Mshkiki Gikendamowin Gindaasowin (DIN). Owa DIN aaawan 8 agindaaso-biigan maagwewaad Mina Bimaadizin Gaanada e'debiwemigag owi waabshkigigaadeg nikaaziwin minwaabmjigaade awii nikaazang Gaanada.
- Giishpin bwaa temgag minwaabmjigaadeg waabshkigigaadegin, endaang awii waabshkibiignigeng, ningaabaawajigaadeg waabshkibiiginigan adaa zhichigaade naagidoong ezhibiigaadeg zhiwe mazinigaansing, maage owi minik 5 millilitres (mL) waabshkibiiginigan zhiwe minik 250 mL nibiish MAAGE 20 mL waabshkibiiginigan zhiwe bezhig litre nibiish. Maanda enigokwaag digosijigan aawan waabshkibiiginigan temgag 5% sodium hypochlorite, awii miigwemigag 0.1% sodium hypochlorite digosijigan. Naagidon waazhi nikaazang [gagwek dizhiikigaadeg owi endaang \(chlorine\) wiibshkibiiginigan](#).
- Giishpin gshkitowaad nikaaziwaad nibiiwaabo awii waabshkibiiginigewaad, newen e'aabajj daanginigaadeg waasamo biiwaabikonsan (dibishko gonaa, maamaagowebinigan awii zhibiigeng, e'daanginigaadeg mazinaatesijigan) adaa waabshkibiiginigaade nikaazang 70% ishkodewaabo gnigen ngoding ensa giizhigag.



- Gaawii maadokiike gdo dibendaasiwin gwaya bkaan bemaadizid, disbishko gonaa gazii-aabdewinan, gaziingweganan, waabowaanan, gabiingwewinan, wiisning nikaazowinan maage waasamo biiwaabik mazinaatesijiganan.

Naanaagajichigendizan newen inamjiwinan

- Naagzowaabmidizan newen inamjiwinan, memdage agwa gazhiziwin miinwaa meshkodanaamang inamjiwinan dibishko gonaa osasdaman maage znagag awii neseng.
- Daapinan miinwaa zhibii-an epiichi gizhiziwin ensa giizhigag (ezhi wiindamaag gdo [mina bimaadiziwin nyaagdowendamajig](#)) miinwaa miwishkan nikaaziwin naazhinigaadeg gizhiziwin mashkiki (dibishko gonaa acetaminophen, ibuprofen) minik agwa ezhi gshkitowin. Ninda mashkikiin adaa gaba-aan wiiba inamjiwin owi COVID-19.

Nikaaziwinan nendowendaagwog endaawin apii gibaakogowin owi onji aakoziwin manijoshens (gibaakodiziyin)

- Gaawii mashkiki gabiingwegan maage gabidengwengan (dibishko gonaa zhichigan gnigen gwaa niishwegsing biimidaabiiginiganikaadeg gidagiigan, e-zhichigaadeg kina awii gibagaadeg jaansh miinwaa doon bwaa dwewaag, miinwaa dikobijigaadeg ndibaang maage toganing e'waaye dikobideg)
- Mazinigini gaziiganan
- Diba`izhiwebanaakoons
- Nibiish bamijiwang
- Niinjiin gaziibiiginigan
- Ishkodewaabo digosing gaziibiigninjiwin gnigising ganigen agwa 60% ishkodewaabo
- Naaginan gaziibiiginigan
- Gwiwinan gaziibiiginigan
- Endaawin biinchigeng nikaaziwinan
- Meshkowaag-desaag waabishkibiignigewin temigag Mshkiki Gikendamowin Gindaasowin (DIN), giishpin bwaa temgag, meshkowaagimig 5% waabishkibiigininaabo miinwaa bkaan modens awii nigaabaawidowin.
- Maagsemigag biinchige nikaaziwinan newen e'aabaji daanginigaadegin waasamo biiwaabikonsan

Nakiing-enowendaagwog abibaa yaang gewe Niigaanendaagwog enankiijig

Aanin bmaadizijig pane e'dikamiwaad agokiwaajiganeyaab awii gagwekwendaagwog awii aabijibideg nikaaziwinan miinwaa [nendowendaagwog zhichigewinan](#), maage bemaadizijig e-debinamwaad maage



maagwewaad aanin nendowendaagwog zhichigewinan gewe bemaadizijig maampii Gaanada, gaawii nendaagozisiwog awii gibaakogowin owi onji aakoziwin manijoshens (gibaakodiziwaad) zaam onji bibaayaawaad zaagijiwiing Gaanada, debnaag agwa giishpin bwaa maanaaj inamjiwaad (gaawii yaanziwaad inamjiwinan owi COVID-19).

Aabdeg awii:

- zhichigewaad [beshaa bwaa yaawaad \(binzibiiwin\)](#)
- Naagzowaabmidiziwaad newen [inamjiwinan](#) (giishpin maajitaamigag inamjiwin, naagidon e'wiindamaagowin gdo [mina bimaadiziwin nyaagdowendamajig](#))
- bekaa yaan endaawin minik agwa ezhi gshkitowin.

Giishpin agii windamaagowin gdo mina bimaadiziwin wegwen agwa onji (dibishko gonaa, beshaa agii yaawin owa yaakozid), wiindamo gdo mina bimaadiziwin nyaagdowendamajig owi yaawiyin nendowendaagog enankiid miinwaa naagidon ado wiindamaagewinan.

Kina agwa gdaa naadmaagemi awii nigaasidowing sweshkaag COVID-19.

Giishpin woshme gego awii gikendaman, zhaan
Canada.ca/coronavirus maage giigidan 1-833-784-4397

***Gibaakogowin owi onji Aakoziwin Manijoshens Naanknigewin**

Gichi Gimaa maampii Gaanada agii maajitaatoon Gichi Niizaanag Naanknigewin zhiwe owi Gibaakogowin owi onji Aakoziwin Manijoshens Naanknigewin dowendaagoziwaad bemaadizijig abi biindigewaad Gaanada—wegwen agwa mbaasjigining, jiimaaning maage akiing—awii gibaakogowin owi onji aakoziwin manijoshens (gibaakodiz) iwaad 14 giizhigag minik giishpin bwaa maanaaj inamjiwaad owi nji awii naazhinigaadeg biindigaajigaadeg miinwaa swebideg owi COVID-19. Owi 14 giizhigak minik maajitaamigad owi apii bemaadizid agii bindiged Gaanada.