



OJIBWÉ OCCIDENTAL / OJIBWE WESTERN

Aaniin ge-izhi-nishikewabiyin (bikish ji-ayaayin) giishpin gaa-aazhoo'igooyin iwe GOOBID-19 gaawiin dash geroon gidinamanji'osii

GOOBID-19 gaa-ayaawaad gaawiin bizhishig gikendaziiwag e-ayaawaad ngwana iwe inaapinewin. Aanawi giishpin gaawiin geroon inamanji'osiwan noongom, giiyaabi gi-daa-aazh-oo'iwe GOOBID-19 jibwaa-maajii-inamanji'oyin geroon, maagizhaa gaye gaawiin.

Gidaa-nishikewab (nishike abin) 14 dasogon giishpin:

- **Agwajiing Gaanada Akiing** gaa-bi-onji-dagoshinan (nishikewabi'idizon)*
- Besho gaa-wiidabimad away gaa-ayaagwen iwe GOOBID-19 inaapinewin
- Gaa-wiindamaag Mino-ayaawin gaa-naagajitood e-gii-aazho'igoowanen ji-nishike-ayaayin dash (nishike abin)

Nishikewabin (nishike abin) mii iwe 14 dasogon owe ji-izhichigeyin:

- **Abin endaayin** gaye naagaji'idizon [inamanji'owinan](#), giishpin aanawi bezhig eta inamanji'owin
- **Gego besho naanzikawaaken awiyag** ji-manaa-aazhoo'iweyin jibwaa-maajii-inamanji'oyin gemaa nitam maadaapineyin
- **Gegiin wiijitwaan ji-manaa-aazhoo'iweng iwe aakoziwin** waawaasa ji-onji-waabandiyng endaayin
- **naagadawaabandizon aaniin [enamanji'oyin](#)**, daabishkoo maajii-ososodaman gemaa awashime ososodaman, gaawiin debagidanaamosiwan, gemaa gashkitoosiwan ji-bagidanaamoyin awashime 38°C inaakoshkaag gaa-dakwanjigaadeg, gizhizo-manji'oyin, dakiseyin, ayekoziyin gemaa dewimanji'oyin miziwe, gashkitoosiwan aapiji jiminaanjigeyin gemaa ji-nisidopidaman miijim, dewikweyin, gizhiwashkadeyin, maanashkadeyin, zhaabokaawiziyin zhiishigagoweyin, gaawiin mino-manji'osiyin.
- **gikendan anion epiitaakoshkaag gigizhizowin endaso-giizhig** (gemma gaa-ikidowaad [Mino-ayaawin Gaa-naagajitoo-waad](#)) gaye gego aabajitooken dewikwe- mashkikiwan (daabishkoo aspirin gaye ibuprofen) Giishpin aabajitooyin iniwe gaawiin gi-daa-gikendanziiin wiiba giishpin ayaayin iwe GOOBID-19 aakoziwin.





Giishpin maajii-inamanji'oyin iwe aakoziwin 14 dasogon gaa-ishkwaa-nishikewa-biyin endaayin owe izhichigen:

- [Nishikewabin](#) giin ji-waabamaasiwadwaa awiyag apii maajii-inamanji'oyin gegoon
- Zhemaak ganoosh mashkikiwikwe gemaa [Mino-ayaawin gaa-naagajitood](#) ji-dazhindaman gaa-inamanji'oyin gaye gaa-gii-babaa-izhaayin gaye weweni bizindaw gaa-ikidowaad ge-izhichigeyin
- Giishpin awashime wii-izhiiyaayin, gi-daa-naanaagadawaabandaan awashime ji-inamanji'oyin daabishkoo ono (zanagendaman ji-bagidanaamoyin, dewaakigane-yin, ji-ziindaakiganemanji'oyin, ji-giiwashkweyendaman gemaa agaawaa ji-goshkoziyin.) Giishpin gichi-inamanji'oyin, 911 izhigiigidon zhemaak gemaa awe agindaason eyaamagak ge-onji-wiiji'igooyamban, wiindamaw dash maagizhaa GOOBID-19 e-ayaayin e-inendaman, ji-gichi-izhiiyaayin dash.

Gaye gi-daa-aabajitooon iwe naagaji'idizowin aabajichigan (giishpin ayaamagak akiikaaning) ji-gikendamaan giishpin giyaabi GOOBID-19 ji-nanaando-gikenimigooyin ji-ayaawanen.

Gikendan: Giishpin wiiji'ayaamad awiya bikish gaa-ayaad odayaan iwe aakoziwin e-ayaad gemaa e-inenimind ji-ayaad GOOBID-19, awashime 14 dasogon gidaa-ayaa bikish. Gagwejim [Mino-ayaawin gaa-naagajitood](#) ji-wiiji'ig.

Ji-nishikewabiyin (nishike abin), owe gi-daa-izhichige:

Gego aapiji godag awiyag megwaashkawaaken

- Gego nishike-ayaaken endaayin giishpin gashkitoosiwan ji-manaa-wiidabimadwaa igi gaa-wiijidaamikwaa. Daabishkoo owe, giishpin
 - wiijidaamadwaa awiyag gemaa baatiinoyeg waakaa'iganing
 - izhidaayin gaa-agaasing dinookaan izhidaawinens gichi-waakaa'iganing
 - wiijidaamadwaa niibiwa awiyag bebakaan gaa-izhi-inawendiwaad gewiinawa
 - wiijidaamadwaa awiyag gaa-gii-wiiji-babaamaadiziimadwaa gemaa gaawiin gi-gashkitoosiin ji-manaa-wiidabimadwaa besho gemaa
 - dazhiikewining agwajiing daayin gemaa gichi-gikino'amaadiiwigamigong daayin gemaa godak bakaan waakaa'igan gaa-izhi-waabamadwaa niibiwa awiyag gaye besho e-waabandiyeg.
 - Abin endaayin gemaa gaa-izhi-ayaayin Gaanada Akiing (gego nagadangen endaayin).
 - Nagadan endaayin giishpin eta mashkikiwinini wii-ando-waabamad (gidoodaa-baan aabaji' giishpin izhaayin).
 - Gego izhaaken gikino'amaadiiwigamigong, gidanokiiwining, godag gaa-izhi-baatiinod awiya gemaa gichi-odaabaaning.
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- Gego biindigaanaake awiyag endaayin aanawi agwajiing ayaayin.



- Gego besho wijiwaaken [awiya gaa-okewaadizid maagizhaa ji-aakoziid](#) daabish-koo ogoweniwag: gaa-gitaadiziwaad, awiyag gegoon bizhishig gaa-inaapinewaad, awiyag ge-oke-aakoziwaapan, gaye awiyag gaa-wiinowaad (BMI > 40)
- Wijiidaamadwaa awiyag gaa-gii-wiji-babaamaadiziimadwaa gemaa gaawiin gi-gashkitoosin ji-manaa-wiidabimadwaa besho gemaa
- Giishpin nibewigamigong izhidaayin, gego izhaaken imaa gaa-izhi-mishweyaak daabishkoo gaa-izhi-biindigewaad awiyag, gaye agwajiing, gaye wiisiniwigamigoon gaye gagwejiwigamig gaye bagizoowigamig.
- Giishpin gaa-gaganoonad awiya, owe izhichigen:
 - Gego besho gaganoonaaken gaa-wijiidaamadadwaa gaye gigishkan Aagwiingwe'on giishpin besho zhaagooch ji-wijiigaabawitawad.
 - bikish gaa-izhi-nibaang izhi-nibaan gaye bikish miiziiwigamig aabajitooon giishpin ayaamagak Gaa-wijiidaamadwaa awiyag gaa-gii-wiji-babaamaadiziimadwaa
- Ngoding awiyag aazhoo'iwewag iwe GOOBID-19 aanawi gaawiin gegoon inam-anmi'osigwaa. Gigishkigaadeg agwiingwepizon gaa-gii-michi-ozhichigaadeg (niizhweg bagwaaniigin ji-aagawi-shkaag, gijaaning gaye gidooning gaawiin ji-baakii-gishkaasinog, ji-naabising gitawagaang) giishpin besho gii-wijiigaabawitawadwaa awiyag, da-onizhishin ji-manaa-aazhoo'adwaa igiwe besho gaa-waabamadwaa ngoding.
- Gego zaaminaaken awakaanag, aanind awiyag iinzan odaazhoowaawaa' GOOBID-19 odayiwaaw' animoshag gaye boozhag.

Ge-izhichigeyin megwaa abiyin (nishike abin)

Megwaa ngodwaaso-mizid apiichi-waasa ayaayin gagan-oonad awiya:

- Waawaata'igen gego zagininjiinaaken gemaa ji-minjiminad
- Gagwejim gidinawemaagan gemaa giwijiwaagan ji-naanzikamawig (daabishkoo miijiman gemaa mashkikiwan)
- Michi-andodan minim gemaa naajimijimen daataanginigeyin
- Gagwejiin endaayin, gego izhaaken gagwejiwigamigong
- Aabajitooon maamaagonigan ji-ganoonadwaa gidinawemaaganag gaye giwiji-waaganag gaye ji-wiidoopamadwaa daabishkoo, gemaa odaminowinan
- Endaayin onji-anokiin
- izhaan imaa gaa-izhichigaadeg ji-zaagijigaabawiyin, agwajiing izhaan, mamazinibii'ige, babaamibatoon agwajiing ji-odaminoyin gaye



Bekininjiin

- [Giziinjiin nasine](#) giziibiiga'igan ji-aabaji'ad gaye nibi 20 daso-diba'iganensens gaye bengoninjii'odizon mazina'iigin ji-aabajitooyin gemaa gizingwaan, aanji' dash apii dipaabaawizid.
- Gaa-dipaabaawe'iigak aabajitoon ji-bekininjii'odizoyin gaye ishkodewaaboong gaa-onji-ozhichigaadeg giziinigan 60% ishkodewaabo.
- Gego zaaminangen gishkiinzhigoon gijaan gidoon.
- Ginagwaying gemaa Kleenex izhi-ososodan gaye jaachaamon.

Bekitoon gakina gego gego gaye awiyaaken awiya gidaya'iim

- Aabiding endaso-giizhig giziinan gaa-aabajitooyin nasine daa-bishkoo miiziiwinaagan gaye adoopowinens jiigi-nibewining, ishkwaandemaabik, giigidowin gaye gaa-aabajitooyin ji-aanjitooyin mazinaatesijigan.
- Ji-giziinigeyin, aabajitoon eta [gaa-ikidowaad ji-aabadakin giziiniganan](#) gaa-ozhibii'igaadeg owe agindason (DIN). Iwe DIN ayaawan 8 agindaasonan Mino-ayaawin Gaanada Aki gaa-ikidod ji-aa-badak iwe dinookaan giziinigan omaa Gaanada Akiing.
- Giishpin ayaasiwan gaa—igooyin ji-aabajitooyin giziinigan, bizaanigo aabajitoon gaa-aakomaagok jaabeks gaa-izhinikaadegiban, nibiing ji-dagonaman, 5 mL minik giziinigan 250 mL dash nibi. GEMAA 20 mL giziinigan gaye dash bezhig L minik nibi. Iwe giziinigan 5% ayaamagan zhiiwitaagani-mashkiki ji-ayaamagak 0.1% zhiiwitaagani-mashkikiwaabo ji-bekichigemagak. Bizindan wiindamaagooyin [aaniin ge-izhi-aabadak \(gaa-aakwaagamig\) giziinigan](#).
- Giishpin bizaanigo ji-minoseg, giziinan nasine gaa-zaaminaman (daabishkoo daataanginigan, giigidowinens) giziinigan 70% ishkodewaabo gaa-onji-ozhichigaadeg endaso-giizhig.
- Gego miinaaken gaa-wiijidaamadwaa ji-aabajitoowaad gigiziiyaabide'on, gizing-waanag, waaboowaanan, aagwiingwe'on, emikwaanag, giigidowinan.

Ge-ayaayin endaayin megwaa-abiyin endaayin (nishike abin)

- Agwiingwepizon gaa-gii-michi-ozhichigaadeg (niizhweg bagwaaniigin ji-aagawi-shkaag, gijaaning gaye gidooning gaawiin ji-baakii-gishkaasinog, ji-naabising gitawagaang)
- Gaa-webinigaadegin gizii'onan
- Gaa-dakwanjigaadeg
- Nibi gaa-biijjiwang endaayin



- Giziibiiga'igan
- 60% Ishkodewaaboong gaa-onji-ozhichigaadeg giziinigan
- Giziinaagane giziibiiga'iganaabo
- Giziibiiga'ige giziibiiga'igan
- Gaa-aabajichigaadegin giziiniganan endaayin
- Gaa-aakomaagwak giziinigan (DIN) gaa-agindeg, giishpin ayaasiwan, gaa-gichi-giziinigemagak giziinigan (5%) gaye bezhig atoobaan ji-onji-ginigawinaman
- Ge-aabajicoo'amban ji-bekitooyin gaa-daataanginigaadegin

Giishpin ngoji izhaawaad Gaa-anokiitaagewaad

Igiwe gaa-biindigewaad omaa Gichi-mookomaanakiing onji ji-biindigewidoowaad gaa-gitaabadak omaa akiing [gaa-gitaabadak](#) gemaa awiyag gaa-anokiwaad omaa Gaanada Akiing gaawiin memwaach ji-nishikewabiwaad (nishike abin) e-gii-ayaawaad agwajiing omaa Gaanada Akiing giishpin (gaawiin ji- inamanji'osigwaa e-ayaawaad iwe GOOBID-19).

Owe daa-izhichigewag:

- gigishkan aagwiingwe'on ayaayin gaa-izhi-baatiinowaad awiyag gashkitoosiwan waawaasa ji-wiijigaabawitaadiyeg
- giyaabi naanaagadawaabandan aaniin enamanji'oyin giishpin GOOBID-19 e-ayaawanen, gaye 14 dasogon gii-biindigeyin Gaanada Akiing
- izhichigen gaa-izhi-bagosnimigooyin ji-izhichigeyin imaa gaa-izhaayin, abin endaayin ezhi-gashkitooyin.

Giishpin Mino-ayaawin gaa-naagajitood gaa-inig ji-abiyin endaayin (giishpin besho gaa-waabamad iinzan gaa-aakozid), wiindamaw Mino-ayaawin Gaa-naa-gajitood e-anokiyyin ji-aabadiziyin gaye bizindaw ekidowaad ji-izhichigeyin.

Gakina gi-daa-wiijitwaamin ji-gibitinigaadeg iwe GOOBID-19.

Giiyaabi andawendaman wiindamaagewin, omaa inaabin

Canada.ca/coronavirus gemaa izhi-giigidon [1-833-784-4397](tel:1-833-784-4397)

*** Nishikewabiwin Inaakonigewin**

Gaanada Ogimaawiwon ogii-ozhitoonaawaa Gichi-gegoon Inakamigak Inakoni-gewin imaa Nishikewabiwin Inaakonigewin gaa-inaakonigeng giishpin awiyag biindigewaad Gaanada Akiing – bimisewin, gichigamiing gemaa akiing ji-nishike-wabiwaad (nishike abin) 14 dasogon aanawi gaawiin inamanji'osigwaa ji-manaa-aazhoo'iwewaad iwe GOOBID-19. 14 dasogon maajise gii-biindiged awiya Gaanada Akiing.