



AGII ZHIITAAN (COVID-19)

GIIZHAA INAAKNIGEN

Tenona e'wenpanag, menwaabidag zhichigewinan age zhichigemba awii zhiitaawin gnimaa giin maage gwaya bekaanizid endaawin maajii aakozid maage giishpin COVID-19 maamowi-ang gdo odenwing.

Zhiton inaaknigewin e'digosing:

- **Niigaanendaagwog nikaaziwinan** (bangii anamaa e'giizhik minik) giizhaa temgak gaawii dash memkaaj aga zaagijiitizii giishpin maajii aaksoziwin.
 - Miiwishkan gichi zegendamowin giishpinajigewin. Aankesidon bangii aya'iin daabaanensing ensa pane agwa abaa yaajigewin Gaawii gichi bimiwenesiiwog gewe baadaasijig, miinwaa aga naadmaagwan awii bwaa mineziyin zhoonyaa.
 - Aanji majidiwen miinwaa moshkinadon gdo mashkikiim agaa zhibiimaagowin.
- **Meshkwad giizhaakonigewin** gnimaa aakoziiwin maage aabdeg awii gnowenimad yaakozid inodewiziwin waajii-ed. Dibishko gonaa:
 - Giizhaa temgak binoojiin gnowenjigewin gnimaa giin maage owa e'gagweji gnowenjiged aakozii-eg.
 - Giishpin naagdownimadwaa e'penimandaagiyin, giizhaa awaa gnowenjiged gdaa yaawaa.
 - Ginosh enkiitwod owi awii onji nakiiwin endaawin giishpin zhisegmigag.
- **Naazhinan bibaa iniwe idiziwin** baatiinwaad bemaadzijig COVID-19 baatiinag gdo odeniwing. Dibishko gonaa:
 - Abaa giishpinajigen miinwaa nikaazan bemaadizid bamidaabaan shkwaa jaanimiiwog
 - Nakiiton gwiiyaw agojiing gaawii memkaach biindig enji nakiitong wiiyaw wiiiji'ewin
 - Aaniin bemaadzijig adaa miigwewog COVID-19 aanowi gwaa bwaa naagodaning gego inamjiwinan. Biiskigaadeg gabiingwepijigan, edigosin gaawii mashkiki gabiingwepijigan maage gabiingwegan (dibisho gonaa niishwegsing biimidaabiiginiganikaadeg gidagiigan, zhichigaadeg kina awii gibagaadeg jaansh miinwaa doon bwaa dwewaag, miinwaa dikobijigaadeg ndibaang maage toganing e'waaye dikobideg) adaa naadmaagemigad awii naagdownimindwaa bemaadzijig gaataawing eyaajig.

DIBAAJIMAN

- Maadokiin gdo inaaknigewin gdo inodewiziwin, gwiijikiwenig miinwaa gwiiji dazhiikewinag.
- Zhisidon wiijikiwen zhichigewin awii ndakendimidiyeg gnimaa nikaaziyin giigido biiwaabikons, maajibiigan mazinaatesijigan maage zhibiigewin apii gego minesiyin.

AABAJI NDAKENJIGEN

- Gikendan newen inamjiwinan owi COVID-19, ezhi swebideg miinwaa gezhi nigaazidowin aakoziiwin.





- Debnan gdo gikendamowin gewe e'penimandaagaazijig dibishko gonaa Kina Mina Bimaadiziwin Nakii Gamig maampii Gaanada, miinwaa kiinsing, waasawekamig miinwaa odenaang kina mina bimaadiziwin nyaagdowendamjig.
- Giishpin owi dibaajimowin mezinaatesing znagendamigowin, kwe boonitaan bazindaman.

GIISHPINAJIGE ZHIBIIGAADEG

MIIJIM

- bakweshiganaabiins miinwaa minomin
- bakweshiganaabiins apangijigan
- kikwaabkoonsing baandeg nibop, anoonj getigaadeg miinwaa miskodiisminag
- wesiin mijim

BIINITWAAWIN

- gaziidmegan
- kwewog biinitwaawin nikaaziwinan
- aanziyaanan
- moshweniiganag
- gziibiiginigan
- ishkodewaabo digosin ninjiin biinchigewin e'dagosin gnigen agwa 60% ishkodewaabo

MINA YAAWIN

- diba`izhiwebanaakoons
- naazhinigaadeg gzhiziwin mashkiki (acetaminophen maage ibuprofen onji gichi ayaawijig miinwaa binoojiinig)

BIINICHIGENG

- mazinigin gaziiganan
- zhaabwaasewaag webinigan mashkimadan
- naaganan gisiibiiginigan
- gaziibiigne gaziibiinigan
- endaawin biinchigeng nikaaziwinan
- meshkowaag desaag waabshkibiiginigan, maage bwaa temgag, mishkowi (5%) waabshkibiiginigan miinwaa bkaan modens awii gnigsijigaadeg

WOSHME GEGO AWII GIKENDAMAN OWI CORONAVIRUS:

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