



## Corona-aakoziwi-manijooshens Aakoziwin (COVID-19) Agii zhiitaan debwe mazinigan

Gaanada ado mina bimaadiziwin izhichigewin zhiitaawog awii nkwehkmowaad maanaaji zhayaawinan maampii Gaanada, dash wiigwa gichi piitendaagwod bemaadizijig miinwaa odenwinan awii agii zhiitaadwaad giishpin baatiinag aakoziwin maampii endaawing.

### Giizhaa inaaknigen

Kwe boontaan awii kwe naanaagdowendaman age zhichigewin giizhpin giin maage gdo inodewiziwin aaskozid miinwaa dowendaagwod awii naagdowenimindwaa. Makwendan owi:

- Wegnesh miijim miinwaa endaawin nikaaziwin giin miinwaa gdo inodewiziwin age mineziyeg.
- Wegnesh mashkiki meneziyin, owi edagosin aanji biigaadeg mashkikiinin zhibiigan miinwaa giizhaa gagwedwewin mashkiki.

Dazhingan gdo inaaknigewinan gdo inodewiziwinan, gwijikiwenig miinwaa gwiji dazhiikewinag, miinwaa zhisidon zhichigewin awii ndakendimidiyeg gnimaa nikaaziweg giigido biiwaabikons, maajibiigan mazinaatesijigan maage zhibiigewin apii gego minesiyin.

### Giizhaa zhiitaan

Giizhaa ayaan nikaaziwinan memkaach awii bwaa zaagjiitaman endaawin giishpin maajii aakozii-in. Aankesidon bangii aya'iin daabaanensing ensa pane agwa abaa yaajigewin Gaawii gichi bimiwenesiiwog gewe baadaasijig, miinwaa aga naadmaagwan awii bwaa mineziyin zhoonyaa.

### Nikaaziwinan:

- bakweshiganaabiins miinwaa minomin
- bakweshiganaabiins apangijigan
- kikwaabkoonsing baandeg nibop, anoonj getigaadeg miinwaa miskodiisming
- wesiin miijim miinwaa nikaaziwinan owa wesiin
- kwewog biinitwaawin nikaaziwinan
- diba`izhiwebanaakoons
- aanziyaanan
- giziibiiginigan
- Ishkodewaabo digosin ninjiin biinchigewin e`dagosin gnigen agwa 60% ishkodewaabo
- naazhinigaadeg gizhiziwin mashkiki (acetaminophen maage ibuprofen onji gichi ayaawijig miinwaa binoojiinig)
- moshweniigaan
- giziidimegan





- mazinigin gaziiganan
- zhaabwaasewaag webinigan mashkimadan
- naaganan gaziibiiginigan
- gziibiiginigeng gisiibiiginigan
- endaawin biinchigeng nikaaziwinan
- meshkowaag edesaag waabshkibiiginigan, maage bwaa temigag, meskowaagimig (5%) waabshkibiiginigan miinwaa bkaan modens awii gnigsidowin

### **Aabaji mina yaan miinwaa naazhinan sweshkaag**

- Zhichigen beshaa bwaa yaawin pane gwa
- Wewiiba gaziibigininjiin nikaaziwin gziibiiginigan miinwaa e'baagmideng nibiish gnigen agwa 20 dibagaans.
- Jaachaaman miinwaa osasdan gnikaang maage gnigwaaning.
- Mikwendan animkaagen wewesiinijitawin awii naabshkaagemigag ziginjiindiwin, aabtojiingewin maage jiimiwin.
- Naazhinan gdo iniwe idiziyin newen baatiinwaad bemaadizijig abaa giishpinajigewin maage nikaaziwin maamowi abimaadaabangowin epiichi jaanimiwisinag.
- Gdaa giikimag gewe gekenimajig aakoziwaad bekaa endaawaad awii yaawaad apiinish gaawii yaanziwaad inamjiwinan.
- Giishpin maajii aakoziwain, bekaa endaawin yaan apiinish owi apii yaanziwan inamjiwinan. Giigidan gdo mina yaawin negijitod maage gdo mina bimaadiziwon nyaagdowendang miinwaa wiindamo gdo inamjiwinan. Aga wiindamaagwog miinwaa awaa zhichigewin.
- Aaniin bemaadizijig 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 naagdowenimindwaa bemaadizijig gaataawing eyaajig.

### **Aabaji Ndakenjigen**

WOSHME GEGO AWII GIKENDAMAN OWI CORONAVIRUS:

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[canada.ca/coronavirus](https://canada.ca/coronavirus)

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