



CORONAVIRUS LA MALAJII (COVID-19) ITAAN FAAMII, NIHTAWAKIW IANFAN, AKWA PAMIHAWAASHISHIWIN: MAAMAANAK OUSCHI COVID-19

ITAAN FAAMII

kaa ayawaawashohk ooma meekwaach COVID-19 kaa pimakotek mitoni ka shiihchiyayhtayn, akwa ochitaw ka waawaaniyayhtayn tawnishi ooma ka itashpinaymikowayan miina biibii.

COVID-19 ooma mashtaw aahkoshiwin akwa kiyaapich ay kway kishkihtamaahk tawnshi ooma kiitaashpinayht awa la fam aen pchii kaawii ayaawaat. Namaakaykway meekwaach ihtakon keeshpin awiyak aen pchii kaawii ayaawak noo maashkawooshiiw ooma ouschi COVID-19. Namaakaykway meena ihtakon kiishpin naanitaw ka iiyishaayaat awa kaa meekwaach ohpikit aen taanfaan oshaam ooma COVID-19.

- Taapitaw kakway **ayapi kiikihk**, anih piko ka manaa patinayn li docteur kaa wii nitawaapimat.
- **Peekishkwaash li docteur, aen pchi taanfaan li docteur keemaa kaa pamihat kaa ayawaawashoowet** anima kaa aapachihtaan la phone keemaa aen computer-phone.
- **Kaaya aen visiteurs** ka pay kiiwookewak, piko la michinn ooshchi.
- Mishtahi **kakway kishiipaykinichihchay** ouschi li savoon akwa diloon naanitaw 20 chipahikanisha keemaa, keeshpin namakiikway ihtakohki, la bwason savoon kaa aahpachihtaan
- Nanitaw deu metres **kakway niipawin** taapitaw ohpimee.
- Kaaya shaamina la boosh, li nii, akwa li zyeu
- kaaya shaamina mishchet mishtahi ka shaaminamihk
- Namooaya kaa miicheetik ootinaahkay. kaaya mishtahi kakway ootanaahkaan.
- Kaaya pooshih too dret pimohtew

La Faam kaa ayawaawasoochik kaawii ayamaycik oshaam ooma COVID-19, Eyako ooki kaa mitayhashpinaychik keemaa kaa oohpinaashpinaychik, kaa-seeweeyashpinaychik, keemaa mooy kaa shokkishichik, piko kwayash ka naakatookaychik, taapishkooch:

- ka kweechimachik lii faamii, li waazayn keemaa lii naamii ka pimohtayshtakawayan (e.g., ka mooshaakinaakik la michinn, li maanzhii ka ataway).
- ka piikishkwaatat ana li docteur tawnishi ka ishi naakatayimishohk akwa miina ka tihpipayan la michinn akwa anih kotaka kaa wiichihikowayan.

Keeshpin ki papaamaachihon akwa kii wayawaan Canada, akwa awiyak aya aahkoshit keemaa awiyak COVID-19 kaa ayaat ootay naaway 14 la zhoornii, piko **ka-peeyakwaa ayaayan**.





Keeshpin kitayaan ooma COVID-19, keemaa kipiison ooma keeshpin kakii ayaayin ooma COVID-19, maaka ka **peeyakwaa ayaayin** poko kiikiwaa.

NIHTAWAKIWIN

Kaawii nihtawakiw oota ooma meekwaach COVID-19 kaa iyishpaayek taapway kaakii waawaanihtamayikon. Ohchitaw piko ka kashkiyahtamihk, ka shiikishiik keemaa ka waanihtamihk. Namaakiikway ihtakon maykwaach kiishpin naanitaw ka iiyisaayaat awa maamaan akwa ka ashooshkamowaat aen pchi taanfaan ooma COVID-19 kaa nihtawakit biibii. Piko ka piikishkwaataht li docteur ooma ouschi COVID-19 kaakii meeshkotashiwaan kiishi nihtaawikichi biibii akwa lii faamii tawnishi ka itohtamihk:

- Keeshpin kiwii nitawi pihtikwaan la pitaal keemaa anita la nihtawakiw pitaal, kakway kishkayhta taawnshi anih la lway ay itashtayhki ooma ouschi COVID-19.
- Oohi la pitaal akwa la nihtawakiw pitaal anita mooy mishtahi pakitinaawak keemaa mooy shooshkwaach ka aen visiteur.
- Keeshpin keemaa kinohtay kishahtayn kiikiik, ka piikishkwaataw ana kaa wii pamayhis keeshpin kakii pakitinikaatayk ka-oochawaashimishiyann provayns maykwaach ooma kaa-ishpayayk.
- Keeshpin kitayaan ooma COVID-19, kakway piikishkwaataw ana kaa niikaan apiishtahk la pitaal taawnshi kwayashk ka pimitishamihk.

Aen sawntee la zhawnsree ka piikishkwaatayw perinatal (pamways kaa nihtaawikit lii pchi zaanfaan), neonatal (kaa-nihtaawikit), kaa ashooshkamaatowin kaa naakatohkayt akwa mishtahi kaa itaashpaynihk kaa naakatohkayhk, nanitawihkahtayhki.

ENN PLAAS POOR LII BIIBII

Kiishpin, kiiya akwa li biibii namooya ka shipwayhtek kiikiwahk piko la michinn ooshchi. kiishi nihtawakichi biibii, li moond kaakii aashooshkamaakoo COVID-19, piko ka kanawayshchikayhk mooya ka shoopayhtaymakahk. Kiishpin COVID-19 kit ayaan keemaa piko **ka peeyakw ayaayin** kiikiwaahk. eeyakohk miina **kakwii-pishkiichi niipawin** taapitaw kiikiwaahk, maaka mooy wiya kataach biibii. kaakii-nichiminaaw biibii akwa chiiki miina kaakii ayaan, waaweesh noohaawashwayini.

Kiishpin **kimaamooshihon** (kiyaam miina pchi) piko kakway **naakatohkayan** ka manaa aashooshkamowat biibii:

- Taapitaw kisheepaykinichihchiy, waaways pamways akwa kaa kishi pamihat lii pchi zaanfaan keemaa kotakak li pchi zaanfaan.
- Kaakihtwaam itootamihk kwaayash pakitatamowin.



- Manaa nakishkaw awiyak kinwaysh akwa pootishka la michin ouschi aen mask keemaa aen faas mask (i.e., ka ooshtaahk anita li kooverr li nii akwa kitoon namaakaykway aen troo, akwa ka taahkoopiteen li tet keemaa li zaray) keeshpin chiiki biibii (didaan 2 metres) akwa kaa aashamat biibii.
- Kwayask piko meena kakway kanaachihchikayan akwa anihii kaa miywaashihki li savoon kaa-aapachihtaayan

noohawaawashiwin ooma nawach, taapitaw, mishtahi miiyaashin akwa mitoni boon saantii akwa mooya aahkosho biibii meena oohpikichi zaanfaan. Ooma la malaajhii aashoohiwew COVID-19 tohtosaapoy akwa **moy kakii ashooshkamowaaw** ouschi noohawaawashiwayni. Kaa noohawaawashiwayan ooma wihchiihikow biibii li maanzhii ouschi.

Kiishpin maaka ay itahyihtamani, ay ayaayin keemaa aashay kiwihtamaakawin ay ayaayin COVID-19, **payhtuk** apachihtaa aakwaaniki kaa mashinayikaateeki ishpiimihk kaa aashamat biibii. miina lii paraan ohi kaa katwayhteen:

- Kiishpin ki aapachihtaan enn tet daryii, payhkunn aen torshoon apachihtaa kaa noohaawaashiwiyn.
- Keeshpin ki aapachihtaan keekway ka wihchiihikween kohtinaman kitohtooshaapoy, kwayashk piko ka kanaachihtaayin (i.e. li owiyaakan savon akwa diloo). Raynsii ouschi ka kishitek diloo 10-15 secs.
- Kaaya enn bootay di baybii awiyak ka aapachihtawak keemaa anima kaa wihchihikon kohtinaman kitohtooshaapoy

Kiishpin kit aahkoshin ka noohawaawashiwiyn keemaa enn plaas poor lii biibii, aankoorajii ka piikishkwaatat awiyak ka wiichihis ka aashamat akwa enn plaas poor lii biibii. Kiikiwaahk miikwaach COVID-19, **aen mask** kakii poshtishkaakik keemaa fas mask akwa mishtahi kakway kishiipaykinichichay niikaan.

OKIIYOOKEWUK KAAKISI NIHTAWAKIT

Okiiyookewuk kaakisi kihtawakit, aen naamii akwa faamii pleu taar kaa pee kiiyookewuk akwa ka kakishkaweewuk aen pchi biibii. okiiyookewuk mooya kakii kiiyookewuk maaka piko la michinn ooshchi. Taapway ka ayimun, maaka ka nakatwaytamaawak lii faamii. Pleu taar mishawaach aen party di mayzoon ouschi ooma kaa nihtawakit aen pchi biibii akwa aen computer ka apachihtaan. Pleu taar, faamii akwa aen naamii ka kiiyookewuk, michiminiiwuk, ka shakiwayniwayhk aen pchi biibii akwa miina kiiya-kishkishi ooma piko poor achiyow akwa kaa pishkiichi ayaahk ekoshi piko ka kanawayimaawuk lii faamii ouschi COVID-19.

MIYOO MAAMITONIICHIKIWIN



Oohpikihaawashoowin oota miikwaach COVID-19 kwatakun, akwa itaan faamii ahkooshiyiko ooshaam aen nakatwayitahk. Anoosh li taan, nawaach mishtahi riskii, akwa mooya aweeyuk ka piikishkwaatat akwa ka wiichihis. Lii paraan piko aankoorajii ka piikishkwaytachik lii faamii, aen naamii, akwa enn vill wiichihewuk akwa miyoo maamitoniichikiwin li docteur ka piikishkwaytaw.

OOTA KA TAKOO MISHKAYN CORONAVIRUS:

Canada.ca/coronavirus

keemaa

1-833-784-4397

OOTA KA TAKOO MISHKAYN ITAAN FAAMII

www.pregnancyinfo.ca