



CORONA AAKOZIWI-MANIJOOSHENS AAKOZIWIN (COVID-19) MAAJIISHKAANG, NIIGI`AAWASOWIN MMINWAA NAAGODOWENJIGAAZIWAAD ESHKI BIMAADIZIJIG: GIIKMIGEWIN GEWE E`GAZHIJIG EPIICHI TEMGAG COVID-19

GIGISHKAWAAWASO

Apii maajiishkaang, epiichi temgag COVID-19 aakoziwin adaa znagendaagwod, miinwaa gagwej agwa aawan awii znagendamang newen madookdaagewinan owi aakoziwi-manijooshens gdo maajiishkaawin miinwaa mashi bimaadizisig gdo binoojiinsim.

COVID-19 shki aakoziwin aawan miinwaa yaa-aabi ndo gaji gikendaanaa ezhi madookdaagemigag gewe gigishkawaawasojig kwewog. Megwaa agwa, gaawii gego debwewin tesno ekidomigag e`maajiishkaajig kwewog woshme niizaanziwog awii debinamwaad COVID-19 maage giishpin debinamwaad, woshme gichi aakoziwaad. Miinwaa age gaawii deminig debwewin maanda pii awii debwewendaagwog owa e`gitziimid adaa aankenaa COVID-19 ado binoojiiniman epiichi maajiishkaad. Gichi piitendaagwod gewe e`maajiishkaajig kwewog awii naagidowaad aangwaamziwinan awii ganawendiziwaad awii bwaa aakoziwaad:

- **Bekaa endaawin yaang** owi minik ezhi gshkitowin, dash goweta apii gichi piitendaagwog mashkikii giizhaa onaaknigaadegawii zhaawin, miinwaa endaawin onji nakiin ezhi gshkitowin.
- **Ginoosh gdo mashkikiininiim, odaapinaawasoo-mashkikiwinini maage odaapinaawasod** newen gnimaa aji zhisegiba giigido biiwaabikons maage mazinaatesing giigidang onaaknigewinan awii temgag.
- **Miiwishko bemaadizijig abi nibwaachejig endaawin**, dash goweta mashkikiwin onji.
- **Giziibininjiin** apiichin nikaazyin giziibiiginigan miinwaa nibiish gnigen gwa 20 dibagaans maage, giishpin bwaa temgag, nikaazan ishkodewaabo digosing ninjiin biinchigewin.
- Zhichigen **besha bwaa yaawin**. Yaan owi apii gnigen gwa niish nisiwe bimasewin dibagan gewe aanin bemaadizijig.
- **Miiwishkan daanginam** gdoon, gjaansh, miinwaa gshkiizhigon.
- **Miiwishkan daanginaman a`aabji daangingaadegin desaagin** apii bibaayaawin niibna bemaadizijig yaawaad.





- **Miiwishkan baatiinwaad bemaadizijig miinwaa owi apii jaanmiiwog.** Naazhinan minik ezhaawin daawegamgong naadiyin nendowendaagwog.
- **Miiwishkan bibaa yaawin nikaaziyin maamowi daabaanigowaad bemaadizijig.**

E'maajiishkaajig kwewog woshme e-niizaanzijig newen maanzhiweziwinan owi COVID-19, e'digoyaaajig gewe e'dewaapinejig maage opanaang aapinewin, ziizibaakodowaapinewin, maage e'dibasaanig naadamaagoying aakoziwining, aabdeg woshme awii aangwaamziwog, dibishko gonaa:

- Gagwejimind inodewiziwin, wiji-dazhiikemaagan maage gwijjikewen awii naadimaag nendowendaagwog awii zhichigeng (dibishko gonaa mashkiki naading, giishpinajigaadeg miijim).
- Gagwejim owa mina bimaadiziwin maagwed owi nikii-aa agezhi naagdowendiziwin miinwaa gagwekwendaman deminig yaaman mashkiki miinwaa mina bimaadiziwin nikaaziwinan.

Giishpin agii bibaayaawin zaagjiwiing Gaanada, besha agii yaawin gwaya eyaang maage gnimaa eyaang COVID-19 ekwa 14 giizhigag, aabdeg gwii **inaaknigaadeg gibaakwaadizang (gibaakodiziwin).**

Giishpin agii waawinjigaadeg yaaman COVID-19, maage gdo baabiiton awii gikendaman gaazhi makigaadeg agii ndakenimigowin owi COVID-19, aabdeg gwii **gibaakodis** endaawin.

NIIGI`AAWASOWIN

Niigi`aawasowin epiichi temgag COVID-19 gichi aakoziwin adaa znagendaagwod. Gagweji aawan agwa awii sidaawendamang, zegizing maage gwiiwinendamang. Megwaa gwa gaawii gego debwewendaagwog tesno awii kidang owa e'gazhid adaa miigwen COVID-19 newen ado binoojiiniman epiichi niigi`aawasowing. Gichi piitendaagwod awii ginonad gdo mina bimaadiziwin maagwed owi COVID-19 gnimaa agezhi madookdaagemigagba gdo ondaadiziikewin naaknigewin miinwaa gdo inodewiziwin shkwa ondaadiziikewin.

- Giishpin naaknigewin awii ondaadiziikewin odi aakozi gamig maage ondaadiziikewin gamig, gdaa ginonaa gdo mina bimaadiziwin maagwed owi gdo ondaadiziikewin naaknigewin, miinwaa gnimaa agezhi aanjsemigagba owi onji COVID-19.
- Nda gikendan owi COVID-19 naagjigewinwaa etemgag owi onji aasgaabwitaagewin miinwaa nebwaachejig.
- Giishpin naaknigewin awii ondaadiziikewin endaawin, ginosh gdo odaapinaawasod endagwen endaang ondaadiziikewin yaa-aabi aawang wenaamjigewin gdo kiinsing maage waasa wekamig, miinwaa aangwaamziing awii gagwekwendaagwog endaawin waankiwendagwog.
- Giishpin yaaman COVID-19, ginosh gdo mina bimaadiziwin maagwed owi gezhi madookdaagemigagba ondaadiziikeng.



Gdo mina bimaadiziwin maagwed gnimaa adaa ginoonaan aanin niigaaniid gichi-mashkikiwinini giin miinwaa gdo binoojiinsim ezhi dowendaagwog.

BONOJIINS NAAGDOWENIMIND

Giishpin gshkitowin, giin miinwaa gdo binoojiinsim gaawii gdaa zaagjiitiziim endaaweg giishpin goweta mashkikiwin dowendaagwog. Apiii shkwaa daadizid binoojiins, adaa debnaan COVID-19 bkaan aanin bemaadizijig, amiidash gichi piitendaagwog awii zhisidowin zhichigewin awii nigaasidowin swesemigag owi miniiwisewin. Giishpin yaaman maage nendaman yaaman COVID-19, aabdeg aga **gibaakodis** endaawin. Maanda digosin zhichigewin **beshaa bwaa yaawin** zhiwe endaawin, owi goweta gaawiin binoojiins. Gda majginaa binoojiins zhagay miinwaa zhagay naasaab aajikinigan gdo binoojiinsim giishpin msendaman, memdage gwa owi apii maajitaang nooni-aawisang.

Giishpin **inamjiwiin** (aanwi gwa inamjiwinan dibasaag) gdaa daapinaan **wiingeziwinan** awii miishkaman sweniman owi aakoziwi-manijooshens gdo binoojiinsim.

- Giziibiiginjiin wewiiba, memdage gwa jibwaa miinwaa shkwaa daanginad gdo binoojiinsim maage gewe aanin gdo binoojiinmag.
- Zhichigen gagwek nesewin minaadenjigewin.
- Biiskan gaawii mashkiki gabiingwegan maage dengwen gabiingwegan (dibishko gonaa eshchigaade kina awii gabagaadeg jaansh miinwaa gdoon bwaa dwewaag, miinwaa dikobideg dibaang nikaazang dikobijiganan maage gtoganing e'biimskosing) apii beshaa yaawin gdo binoojiinsim (woshme beshaa 2 bimasewin dibagan) memdage gwa apii shamaawisawin.
- Gagwekwendan owi gaataawiing yaawin biininaagwok miinwaa waabshkibiiginigaadek nikaazang menwaabmijigaadeg meskowaagin biinchiganan.

Nooni'aawisang giikmigaade, apii zhiseng, niibna tenoon mina bimaadiziwin bamitaagewinan miinwaa miigwemigad memaanji nishing gnowenjigewin newen miniiwisewin miinwaa aakoziwin miziwe binoojiinsiwin miinwaa binoojiiniwiin bimaadiziwin. Owi aakoziwi-manijooshens abi njibaamigag COVID-19 **gaawii agii mikigaadesno** zhiwe doodoshaabong. Noonni-aawisang adaa miigwemigad miijim e'waankiwendaagwog owa gdo binoojiinsim.

Giishin yaaman maage nendaman yaaman COVID-19, naagidon **aangwaamziwinan** maampii shpiming ezhibiigaadeg apii shamaawisawin. Miinwaa age, egitziingejig adaa dibawegendaanaa-aan ninda eni zhibiigaadeg:

- Giishpin nikaaziwin noonaawisang pakweshimowin, baanaagwog bengwiingwegan zhiwe pakweshimowining toon ensa pane gwa shamad gdo binoojiinsim.



- Giishpin nikaaziyyin ziinaakwa`igan, waabishkibiiginan nikaasiwinan weweni jibwaa nikaaziyyin miinwaa shkwaa nikaaziyyin. Giziibiiginan ziinaakwa`igan/taasowinan ensa pane shkwaa nikaaziyyin owi ninjiin giziibiiginan (dibishko gonaa naaginan giziibiiginan miinwaa e'baagimideg nibiish). Biinaabaawidon nikaaziyyin gezhaagmideg nibiish 10 apiinish 15 dibagaans.
- Gegwa maadookiike modensan maage ziinaakwa`igan.

Giishpin zaami aakoziwin awii nooni-aawisowin maage awii miinad binoojin naadowenjigewin, gdo giikmigo awii gagwejimad mina bimaadizid netaawigid awii shamad miinwaa awii naagdownimaad binoojiinsan. Miidash temgag COVID-19 zhiwe endaang, adaa biiskaanaa-aa gaawii mashkiki aawizinag **gabiingwegan** maage gabiingwedziwin miinwaa giziibigininjiiwaad apiichin apii naagdownimaawaad binoojiinsan.

NEBWAACHEJIG SHKWAA ONDAADIZID BINOOJIINS

Shkwaa ondaadizid gdo binoojiinsim, gwiiikiwenig miinwaa inoodewizinag gnimaa adaa dowendaanaa-aa awii abi nibwaachewaad miinwaa awii nkwehkwaa-aad gdo binoojiinsim. Nebwaachejig gaawii adaa bagidinigaasiwog endaawin giishpin goweta maashkikiikeng onji. Aapaji gwa maanda adaa znagad, dash gichi piitendaagwod awii waankiwaad inoodowiziwin. Gdaa naadmaage awii minaajichigaadeg agii ondaadizid gdo binoojiinsim yaaman waasamo biiwaabikons mazinaatesijigeng miinwaa nikaazang waasamo biiwaabikonsing nikaaziwinan. Gmaawipii gwa, inoodewiziwin miinwaa gwiiikiwenig ada gshkitonaa-aa awii nibwaachewaad, dikonaawaad miinwaa aabtojiinaawaad giin miinwaa gdo binoojiinsim—gajitooon awii makwendaman kowe goweta maanda aawan miinwaa beshaa bwaa yaang gagwek aawan awii ganawenimad gdo inoodewiziwin owi COVID-19.

INENDAMOWIN MINA YAAMIGAG

Gitziingeng epiichi temgag COVID-19 adaa znagad, miinwaa maajiishkaang/ ishkwa-nitaawigi naawasowaad kwewog woshme niizaanziwog awii yaamwaad inendamowin aakoziwin. Megwaa maanda apii, ninda niizaanziwinan gnimaa woshme adaa shpaanon, miinwaa gaawii gnimaa gdaa gshkitosiim awii debinaman aasgaabwitaagewin miinwaa nikaaziwin gagweji age debinamiba. Egitziingejig giigmigaazwog awii nikaaziwaad inoodewiziwin, wiiikiwewin, odenaang aasgaabwitaagewin miinwaa mina bimaadiziwin maagwed maanda apii znagendaagwod awii dibaatamiwaad ado inendamowin mina yaawin.

WOSHME GEGO AWII GIKENDAMAN OWI CORONAVIRUS:



Canada.ca/coronavirus
maage giigidan
1-833-784-4397

**WOSHME GEGO AWII GIKENDAMAN OWI MAAJIISHKAAWIN,
GNOWAABMDAN:**

www.pregnancyinfo.ca