



GIISHPIN GIGISHKAWAASOYIN (GOOBID-19) DASH AYAAYIN, GAYE NITAA-WIGID GINIJAANIS GAYE OMBIGI'AD OSHKABINOOJIIYENS: IZHI-WIINDAMAWAAG GAA-OMAAMAA'IWAAD GOOBID-19 AYAAWAAD

GIGISHKAWAASOWIN

Gigishkawaasoyin megwaa gii-ayaamagak iwe GOOBID-19 zanagan, gaye dash bizaanigo gi-daa-gotaaj aaniin ge-inishkaagowin gaye ginijaanis.

Oshki-aakoziwin owe GOOBID-19 amii dash giyaabi ni-maajii-gikendaamin aaniin ezhisewaad gaa-gigishkawaasowaad ikwewag. Gaawiin mashi inedaagosinon nawach gaa-gigishkawaasowaad ji-debinamo-waapan GOOBID-19, gemaa giishpin ayaawaad nawach ji-gichi-aakoziwaad. Gaawiin gaye gikenjigaadesinon giishpin ikwe ji-aazhoo'aapan onijjaanisensan iwe GOOBID-19 megwaa gigishkawaasod. Gichi-inendaagwan gaa-gigishkawaasowaad ikwewag owe ji-doodamowaad ji-manaa-aakoziwaad:

- **Abin endaayin** epiichi-gashkitooyin, mashkikiwigamigong eta ji-izhaayin giishpin ngoji wii-izhaayin, endaayin dananokiin giishpin gashkitooyin.
- **Ganoosh mashkikiwinini, gaa-waabamaawasod mashkikiwinini gemaa ikwe gaa-inanokiid** jigaganoonad giigidowining gemaa gaa-mazinaateseg.
- **Gego da-bi-mawadishiwesiiwag** awiyag endaayin, mashkiki eta biidoowaad.
- **Giziinjinjin** giziibiiga'igan ji-aabaji'ad gaye nibi 20 daso-diba'iganens-ens gemaa ishkodewaaboong gaa-onji-ozhichigaadeg giziinigan aabajitoon.
- **Waawaasa izhi-naaniibawig** giishpin waabamadwaa awiyag. Ngojigo ngodwaaso-mizid onji-ganoosh awiya.
- **Gego zaaminangen** gidoon gijaan gishkiinzhigoon.
- **Gego zaaminangen niibiwa gaa-izhi-zaaminigaadeg** zaaga'aman.
- **Gego izhaaken gaa-izhi-baatiinowaad awiyag.** Gaa-wii-gitaabajitooyin eta gegoonan ando-adaawen adaawewigamigong.
- **Gego basing booziken wii-izhaayin ngoji.**





Gaa-gigishkawaawasowaad gegoon gaa-inaapinewaad aazha daabishkoo opan inaapinewin, ziizibaakodwaapinewin gemaa bakaan daabishkoo iwe nawach daa-ayaangwaamiziwag ji-debinanzigwaa iwe GOOBID-19:

- Gi-daa-gagwejimaa awiya ji-wiji'ig (daabishkoo ji-odaapinang mashkikiwan mashkikiwigamigong gemaa miijiman adaawewigamigong).
- Ganoosh mino-ayaawin gaa-naagajitood ji-wiindamawig aaniin ge-izhi-naagaji'-idizoyin gaye ji-ayaayin mashkikiwan ge-aabajitooyin.

Giishpin agwajiing Gaanada iinzan gaa-izhaayin, gemaa gaa-ganoonad besho awiya gaa-gii-izhaad, gemaa gaa-ayaagwen GOOBID-19 gaa-ako 14 dasogona-gaag, **nishikewabin (gego ngoji ihzaaken)**.

Giishpin odayaan GOOBID-19 inenimigooyin, gemaa gabiitooon ji-ayaawanen iwe GOOBID-19, **gi-daa-nishikewab** endaayin.

NITAAWIGINAAWASOYIN

Nitaawiginaawasoyin megwaa gii-ayaamagag GOOBID-19 zanagendaagwan. Bizaanigo giishpin maanendaman, zegiziyin gemaa wawaanendaman. Gaawiin gaye gikenjigaadesinooon giishpin ikwe ji-aazhoo'aapan onijjaanisensan iwe GOOBID-19 megwaa nitaawiginaawasod. Gichi-inendaagwan ji-ganoonad mino-ayaawin gaa-naagajitood ji-gikendaman aanin GOOBID-19 ge-izhi-aanjisegiban waa-izhichigeyin ishkwaan-nitaawigid bebi.

- Giishpin aakoziwigamigong gemaa mashkikiwigamigong wii-dazhi-nitaawigi'aa-wasoyin, ganoosh mino-ayaawin gaa-naagajitood aaniin ge-izhi-aanjiseg gaa-wii-izhichigeyin GOOBID-19 e-ayaamagak.
- Gikendan aaniin enaakonigeng GOOBID-19 ge-izhiseg wiji'igoowin gaye ge-mawadisigwaa.
- Giishpin giyaabi endaayin wii-dazhi-nitaawigi'aawasoyin, ganoosh awe ikwe ge-waabamaawasod giishpin giyaabi e-bagidinigaadeg iwe ji-izhichigeyeg gaye ji-ayaangwaamiziyeg ji-doodameg endaayin.
- Giishpin ayaayin GOOBID-19, ganoosh mino-ayaawin gaa-naagajitood ji-wiinda-mawig aaniin ge-izhiseg nitaawiginaawasoyin.

Maagizhaa gi-daa-wiindamaag awe mino-ayaawin gaa-naagajitood ji-ganoonad-waa godag awiyag gaa-nagajitoowaad aaniin ge-izhi-minoseyeg.



GANAWENIMAD GINIJAANISENS

Gego nagadangeg endaayin giin gaye giniijaanisens ishkwa-nitaawigid baamaa eta wenjidoo go izhiseg ji-zaaga'aman. Apii nitaawigid giniijaanis, awiyan o-daa-aazhoo'igowaan GOOBID-19, gichi-inendaagwan dash ji-manaa-izhiseg iwe aazhoo'iwewin. Giishpin ndayaan GOOBID-19 inendaman, **gi-daa-nishikewab** endaayin. **Waawaasa onji-niibawitaw** gaa-wiijidaamadwaa endaayin giniijaanisens eta besho ji-waabamad. Besho dakon giniijaanisens, gego naganaaken, memindage apii wii-maajii-nooni'aawasoyin gichi-inendaagwan ji-dakonad giniijaanis apane go.

Giishpin **ayaayin iwe inaapinewin**, gakina gegoon doodan **ji-manaa-aazhoo'ad** giniijaanisens:

- Giziininjiin bizhishig, memindage jibwaa zaaminad giniijaanis gaye ishkwa-zaa-minad giniijaanis gaye godag giniijaanisag.
- Weweni doodan gibagidanaamowin.
- Aagwiingwe'on gigishkan (daabishkoo ji-aagawinaman gijaan gaye gidoon, weweni gaye ji-izhi-dakobideg gitigwaaning gitawagaang ji-izhi-naabising) giishpin besho dakonad giniijaanisens (ngojigo ngodwaaso-mizid) memindage gaye megwaa nooni'aawasoyin.
- Bekitooon endaayin ji-aabajitooyin gaa-mashkawaagin dinookaanan giziiniganan wiingegogaa-inendaagokin ji-bekichigemagakin.

Onizhishin **ji-nooni'aawasoyin**, giishpin gashkitooyin, nawach aaniish da-mino-ayaa giniijaanisens minikwed gidoodooshaaboom, ji-aakozisig aapiji ani-nitaawigid gaye ani-mindidod. Iwe GOOBID-19 **gaawiin mikigaadesinooon nooni'aa-wasoo-doodooshaaboong**. Onizhishin nooni'aawasowin ji-ondinang ge-miijimishkaagod giniijaanisens.

Giishpin ndayaan GOOBID-19 inendaman, **weweni izhichigen gaa-wiindeg omaa megwaa nooni'aawasoyin**. Gaye, omaamaamaag owe daa-izhichigewag:

- Giishpin apikweshimonens aabaji'ad ji-nooni'aawasoyin, gaa-bekag gizingwaan atoon dasing gii-nooni'aawasoyin.
- Giishpin wiikwa'igan aabajitooyin ji-wiikwa'aman gidoodooshaaboom, weweni iziinan jibwaa-aabajitooyin, ishkwa-aabajitooyin gaye. Gizhaagamide gaye giziibiiga'iganaabo aabajitoon ji-giziinaman iwe wiikwa'igan dasing gii-ishkwa-aabajitooyin. Gaa-gizhaagamideg nibi gizii'aabaawajigaagen 10-15 daso-diba'iganensens.
- Gego awi'iweken giwiikwa'igan gemaa moodayaabikoon.

Giishpin ozaam aakoziimanji'oyin ji-nooni'aawasoyin gemaa ji-naagaji'ad giniijaa-nisens, gagwejim godak awiya ji-wiiji'ig ji-naagaji'ad giniijaanis. Giishpin GOOBID-19 inaapinewin ayaag endaayin, o-daa-bisikaanaawaan **aagwii-ngwe'onan** gaye daa-giziininjiiwag nasine dazhiikawaawaad abinoojiyensan.



MAWADISHIWEWAAD ISHKWAA-NITAAWIGID GINIJAANISENS

Ishkwaa-nitaawigid giniijaanisens, da-bi-mawadishiwewag gidinawemaaganag gaye giwijiwaaganag. Gaawiin daa-bagidinaasiwag ji-biizhaawaad, mashkikiikewaad eta. Da-zanagan gichi-inendaagwan dash ji-manaa-aazhoo'igooyeg aakoziwin. Bizaanigo daataanginigan aabajitooon ji-waabanda'iweyin mazinaakizonan ji-waa-banjigaazod giniijaanisens. Baamaa naagach o-da-waabamaawaan giniijaanisens gidinawemaaganag gaye giwijiwaaganag – ajina eta owe da-izhise bikish gii-ayaang, amii eta ge-izhi-chigeng ji-manaa-aazhoo'iding iwe aakoziwin GOOBID-19.

MINO-AYAAWIN GIDINENDAMOWINING

Megwaa **GOOBID-19 ayaak** da-zanagan, gaa-gigishkawaawasod ikwe gaye gaa-ishkwaa-waabamaawasod nawach oke-maanendam gaye okewigidaazo. Megwaa owe apii, da-zanagan, gaawiin gaye gi-ga-debinanziin ge-wiji'igoyin owe apii ozaam e-bagidinaasiwindwaa awiyag ngoji ji-izhaawaad. Gidigoo dash wiin, ji-ganoonadwaa gidinawemaaganag gaye giwijiwaaganag gaye gaa-ayaamagak gidazhiikewining gaye mino-ayaawin gaa-naagajitood giishpin maanendaman gaye okewigidaazoyin.

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