



## WIIBA MIKAGEWIN GICHI PIITENDAAGWOD

Aawenjigaadeg owi Ezigaawaapinewin shki maajitaamigag gichi piitendaagwod. Gegaa gwa kina Ezigwaapinewinan, giishpin wiiba debinigaadeg, Ezigwaapinewin adaa naandowechigaade weweni nikaazang giige-mashkikiin.

**Inamjiwinan** gagwech temigadon 3 apiinsh 30 giizhigadon shkwaa dikomigowin. Bkaan gwa zhinaagidon bezhig bemaadizid miinwaa gwaya bkaan bemaadizid minwaa **adaa digosinon** wegwen gwa ninda eni zhibiigaadeg:

- ▶ Omigzhe (aangwadinang gwa miikwa'ige izhinaagwog)
- ▶ Gazhizang
- ▶ Giikajiwin
- ▶ Dewikwe
- ▶ Ekoziwin
- ▶ Gaagijiiwigizing mashkoziwin miinwaa aankosing kanan
- ▶ Baagishiwaad giniiskwensag

**Woshme nenizaanag inamjiwinan** (mozhitooong niibna anami'e-giizhig apiinsh giizisan shkwaa dikomig ezigaag, giishpin bwaa naandowigowin):

- ▶ Gichi dewikwewin
- ▶ Dengwen niboowisemigag (dibishko gonaa Nabane Niboowiseg dengwen)
- ▶ Gaagiidag aankosing okanan
- ▶ Giiwaajibideg ode
- ▶ Gaa-onji-wawaakawid awiya wiiyawing maanaajibideg (dibishko gonaa giiwashkweyaabandamang, gwiinwinendamowin maage gashkitosing weweni awii naanaagdowendamang, miinwaa naajitowin makwendamowin, gaa-onji-nisidoziyin gaagiidag, biinisamanji'o maage giikimanizing ninjiin maage ozidan)

**Ginosh gdo mina bimaadiziwin myaagwed** giishpin maanaaji zhayaawin maage zinagendaman agii shkwaa dikomig owa ezigaag.

## GWESIINIMAG MIINWAA EZIGAAWAAPINEWIN

Aaniwi gwa gwesiinimag gaawii adaa swenziinaa-aa Ezigaawaapinewin gagwek gwa bemaadizijig, adaa bimiwinaa-aan miniiwi-ezigaanag biindig endaawin maage agojiing endaawin. Minwe-aapii ezigaag ndowaabmind miinwaa wewiib bimad ezigaag naasaab piitendaagwod gewe wesiinig debinimajig dibishko bemaadizijig.



Gaagijiiwigizing mashkoziwin miinwaa aankosing kanan memaanji naasaab inamjiwin owi Ezigaawaapinewin gewe wesiinig. Aanin wesiinig adaa ozhi-oomigadinon gashiziwin maage gichi ekoziwin. Ginosh gdo awokaan mashkikiinini owi ezigaa nigaaazijigaadeg maage giishpin nendaman gwesiinim ayaang Ezigaawaapinewin.

Woshme gego awii gikendaman, zhaan

[Canada.ca/LymeDisease](https://Canada.ca/LymeDisease)

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## MINOWENDAAGOZIN OWI AGWAJIING, BWAA AYAAD EZIGAA

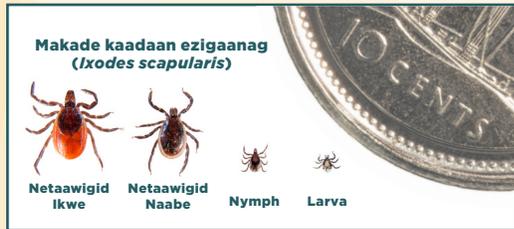
# TICK

## EZIGAAWAAPINEWIN TEMIGAD MAAMPII GAANADA. NIGAASIJIGAADeg GICHI PIITENDAAGWOD.

## GIKENDAN OWI NIKIYAA AGEZHI NAAZHINAMAN GDO INIWE-DIZIWIN

Ezigaanaapinewin adaa swebide owi dikomigewin owa miniiwi mekodegaadejig ezigaanag. Gwanda ezigaanag makigaaziwog zhiwe maage besha mitigog, mitigonsag, e'shpiging miizhash maage niibiishan akosing. Aapaji gwaa ada miigwemigad neniizaanag mina bimaadiziwin giishpin bwaa naagdownjigaadeg, dash gdaa nda zhichige awii naazhinaman gdo iniwe-idiziwin.

## GDA NISIDWAABMAA ANA MEKODE GAADED EZIGAA?



Abi njibaamigag ezigaa masinchigan: URI TickEncounter Resource Center

Gagwech gwa, bemaadizijig aakoziishkaagonaa-aa owi dikomigowaad mashi netawigisig ezigaa ezhi nikaaziwaad nymphs megwaach gwa enginiwaad minominesing. Netaawigijig ezigaag (megwaach agwa mitig minomin nigina) adaa swenaan Ezigaanaapinewin. Ezigaanag gwa aapaji gaachiinwog miinwaa dikongewinan gagwech gwa gaawii wiisgikaagemigasno, dash gaawii gnimaa gdaa gikendiziin agii dikomigowin.

## NIGAASIJIGAADEG WIINDAMAAGEWINAN!



Memaanji nishing nikiiyaa awii nigaasjigaadeg Ezigaanaapinewin aawaan awii miiwishkaman dikomig ezigaa. Naagidon ninda wiindamaagewinan apii agojiing ani zhaawin zhiwe ezigaa aji makigaaziwaapa:

### NIGAASIDON

- ✓ Biiskan naangaandegin gagaanoonagweyaa babagwayaan miinwaa miiknod.
- ✓ Biinjiiginan bagiwayaan biinjiwiing gmiiknoding, miinwaa gmiiknod biinjiiginan gamidaasing.
- ✓ Biiskan gebagaadeg makozinan.
- ✓ Nikaazan minidons bodaajii-igan e'digosin DEET maage Icaridin (pane naagidon mazinigaansing ezhibiigaadeg).
- ✓ Bimasen zhiwe agaa mazhiigaadeg miikaans maage enji bimaseng.
- ✓ Miinwaa age gdaa biiskan permethrin-treated gwiwinan, nongo etemigag maampii Gaanada (pane naagidon mazinigaansing ezhi biigaadeg).

### NDAGIKENDAN

- ✓ Giziibiigizhen maage giziibiignidazan wewiib gwa ezhi gashkitowin agojiing shkaa bibaayaawin.
- ✓ Ensa giizhigag ndakendan kina gwiyaaw endagwen ezigaa aji yaawod, gdo binoojiinimag, gdo wesiinig, miinwaa gdo nikaaziwinan.
- ✓ Bengwaasadon gdo gwiwinan memaanji gashideg gnigen gwa midaaswi dibagaans.

## AANIISH AGE ZHICHIGEMBA GIISHPIN DIKOMIGOWIN?

### ZHICHIGEN GEGO

- ✓ Nikaazan baanaagwog biisi giinaag daakonjigaans wewiib gwa awii bimad e'zigased ezigaanag:
  - ▶ Debibidoon owi ezigaa ndib memaanji besha gwa gdo nagay epiichi gashkitowin.
  - ▶ Nengaach wiikbish gagwek nikiiyaa. Gajiton awii bwaa biimbinad maage ziinibad owa ezigaa.
  - ▶ Giispin aanin adon owa ezigaa bakweshkaag miinwaa yaa-aabi temgag biinji nagay, mamoon newen nikaazyin daakonjigaans.
  - ▶ Giishpin gashkitosiwan awii bimowin adon, nigadan, miinwaa bagidinan gdo nagay awii nojimaad.
- ✓ Giziibiiginan zhiwe agii dikomigowin nikaazyin niibiish miinwaa giziibiiginan maage ishkoda-aabo digosin giziibiiginan.
- ✓ Zigakish owa ezigaa gebaakogaadeg taasijigan miinwaa maajiish apii awii waabmad mina bimaadiziwin maagwed.
- ✓ Ginosh gdo mina bimaadiziwin myaagwed giishpin maanaaji zhayaawin maage zinagendamani agii shkwaa dikomig owa ezigaa.

