



MINOWENDAAGOZIN OWI AGWAJING, BWAA AYAAD EZIGAA

Ezigaanaapinewin adaa swebide owi dikomigewin owa miniiwi mekodegaadejig ezigaanag. Gwanda ezigaanag makigaaziwog zhiwe maage besha mitigog, mitigonsag, e'shpiging miizhash maage niibiishan akosing.

Naagidon ninda wiindamaagewinan apii agojiing ani zhaawin:



01

NIGAASIDON

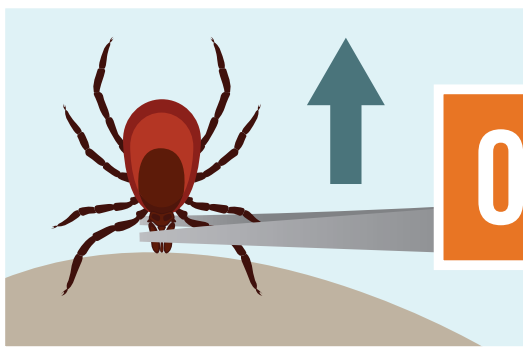
- ✓ Biiskan naangaandegin gagaanoonagweyaa babagwayaan miinwaa miiknod.
- ✓ Biinjiiginan bagiwayaan biinjiwiing gmiiknoding, miinwaa gmiiknod biinjiiginan gamidaasing.
- ✓ Biiskan gebagaadeg makozinan.
- ✓ Nikaazan minidons bodaajii-igan e'digosin DEET maage Icaridin (pane naagidon mazinigaansing ezhibiigaadeg).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



02

NDAGIKENDAN

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



03

ZHICHIGEN GEGO

- ✓ Nikaazan baaninaagwog biisi giinaag daakonjigaans wewiib awii bimadwaa ezigaanag nengaach gagweck nikiiyaa wiikabindwaa. Gajiton awii bwaa biimibinad maage ziinibad owa ezigaa.
- ✓ Giziibiiginan zhiwe agii dikomigowin nikaaziwin nibiish miinwaa giziibiiginan maage ishkode-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 zinagendaman agii shkwaa dikomig owa ezigaa.

Woshme gego awii gikendaman, zhaan
Canada.ca/LymeDisease

Canada



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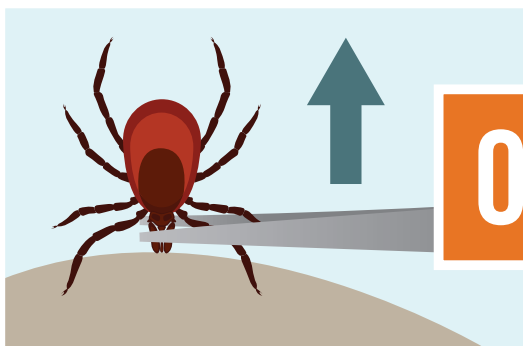
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