



**Corona-aakoziwi-manijooshens aakoziwin (COVID-19):
NIGAASIJIGAADEG COVID-19 ZHIWE ENJI NAKIING: GIIKIMIGEWIN GEWE BEMIBIDETOJIG NAAKIWIN,
ENKIITAAGEJIG MIINWAA NIIGAAANENDAAGWOG ANOOKIWIN ENKIITAAGEJIG**

Miziwe-kiing Gaanada, ndo zhitonaanin mamaandaa zhichigewinan awii nigaasijigaadeg awii sweshkaag owi COVID-19. Newen aanin nakii gamigon, gnimaa adaa aawan aanjichigaade maage naazhinigaadeg minik dibagiiswaan nesaaksing, maage agwa gibaakogaadeg gmaaminig. Niibna enkiitaagejigi agii wiindamaagaaziwog bekaa endaawaad awii yaawaad, miinwaa aanin agii gagwejimigaaziwog endaawaad awii onji nakiiwaad, miinwaa age aanin agii gagwejimaaziwog awii aabaji nakiiwaad zaam owi enankiiwaad ndowendaagodon awii aabajibideg Gaanada epiichi temgag maanda aakoziwin.

Niigaanendaagwog enankii jig azhi gnowaabmjigaadeg gichi piitendaagoziwog awii gnowendamowaad bimaadiziwin, mina yaawin miinwaa awii aabaji bimibideg bimaadiziwin. Gwanda digoyaawog, gaawii dash wiigwa gwanda goweta, ntam nekwetamajig gwaya mazhiniged, mina bimaadiziwin nyaagdowendamajig, gechi piitendaagwog gego awii bimibideg, waasamowin miinwaa aki bimide, miinwaa enkiitaagejig e'niigaanendaagozjig awii miigwewaad gechi piitendaagwog nikaaziwinan dibishko gonaa miijim miinwa mashkiki.

Aanwi agwa kina enkiitaagejig adaa zhichigewog [inakodekosinang bemaadizijig](#) miinwaa [biinitwaawin](#) ado bimaadiziwinwaa, aabdeg age gwii daapinaanaanin aanke zhichigewinan awii gnowenjigaadeg gechi piitendaagwog nakii gamgon miinwaa enkiitaagejig, maagwejig e'niigaanendaagwog anookiwinan. Bemibidetojig nankiiwin miinwaa enkiitaagejig aabdeg awii wiiji nakiindog awii gnowejigaadeg owi mina yaawin gewe enkiitaagejig miinwaa enkiitaagaazijig, miinwaa awii aabajisemigag owi nakii gamig awii aabaji miigwewaad owi e'niigaanendaagwog nankiiwin.

Bemibidetojig nankiiwin adaa nikaazinaawaa owi iniwe idiziwin-gikendamowin giizhaakinigeng [naagzowaabmjiganan](#) newen nakii gamgoon/bibaamiziwinan epiichi temgag owi COVID-19 miziwe kiing aakoziwin.

Gewe kina enkiitaagejig

Kina enkiitaagejig adaa gagwekwendaanaa-aa nisastamiwaad miinwaa naagidowaad newen miniiwisewin nigaasijigaadeg inaakngewinan miinwaa zhichigewinan etemigag zhiwe enji nakiiwaad:

Aabaji biinininjiin:

- [Giziibiigininjiin](#) minwe aapii nikaaziwin giziibiiginigan miinwaa nibiish gnigen agwa 20 dibagaans





- Giishpin bwaa temgag giziibiiginigan miinwaa nibiish, nikaazan ishkodewaabo dibosing gaziinjiwin
- Miiwishkan daanginiman g'shkiizhgon, g'jaansh miinwaa g'doon
- Osasdan miinwaa jaachaaman zhiwe biskinikewening
- Gegwa daanginange bemaadizijig e'aabaji daanginamiwaad
- Owi meshkod ziginjiinigewin, miigwen animkaagewin wewesiinijitawin maage doskan bitaakshkigan
- Nikaazan wegwen agwa nendowendaagwog gnowenjige nikaaziwinan, ezhi wiindamaagowin.

Gnowendan gaataawing yaawin awii biininaagwog:

- Nikaazan maagegin [nikaaziwinan](#) awii biintowin miinwaa waabishkibiiginaman ninda nikaaziwinan dibishko gonaa azhibiige adoopwin, desaagin enji nakiing, giigido biiwaabikonsan, maamaagonigan miinwaa waasamo biiwaabikonsan, zhoonyaa zigakinigaadeg, maamaagonigan desising, akwaadawebizad gibadoonsan miinwaa wiisinii gamig adoopwinan gnigen agwa niizhing ensa giizhigag giishpin naagwog wiininaagwog.
- Giishpin niibiwitowaad nikaaziwaad nibiikaagin awii waabishkibiiginigewaad, newen e'aabaji daanginigaadegin waasamo biiwaabikonsan dibishko gonaa giigido biiwaabikong, mazinaatewibii`igeseg miinwaa aanin waasamo nikaaziwinan adaa nikaazam 70% ishkodewaabo digosing (dibishko gonaa ishkodewaabo digosin gziiganan).

Gnowendan besha awii bwaa yaawin:

- Ayaan 2 nisiwe bimasewin dibagan giin, waaji nakiimijig miinwaa abi zhaajig.
- Giigisidon minik apiichi beshaa etimigak azhibiige adoopwinan, adoopwinanan miinwaa aajikinigaans enji nakiing.
- Naazhinan danakimigiziwin zhiwe dowendaagwog beshaa awii yaang aanin bemaadizijig maage wiiindiwin bemaadizijig, dibishko gonaa waaji nakiindijig nakweshkidaadwinan.
- Naazhinan gnondiwin woshme 2 nisiwe bimasewin dibagan owi memaanji bangii minik.

Giishpin yaaman inamjiwin owi COVID-19:

- Giishpin nendaman gnimaa yaaman COVID-19, nikaazan ndo [nda-gikendiziwin nikaaziwin](#) awii nda gikendaman awaa zhichigewin.
- Gichi piitendaagwod owi, giishpin yaaman bezhig inamjiwin owi COVID-19 (gazhizang, osasdamang, znagag neseng), maage agwa dibasaag inamjiwinan, bekaa endaawin gdaa ayaa awii miiwishkaman sweniman aakoziwin gewe bkaan bemaadizijig.
- Giishpin maajii yaaman e'dibasaag [inamjiwinan](#) epiichi yaawin enji nakiiwin, bakendizan gewe aanin bemaadizijig miinwaa ani giuwen, miiwishkan nikaaziwin bemaadizijig maamowi



bamidaabaangowaad (dibshko gonaa gichi daabaanag, ishkode daabaan, bimiwizhiwewidaabaan) giishpin gashkitowin.

- Giigidan gdo [Bemaadizijig Mina Bimaadiziwin Nyaagdowendamajig](#) miinwaa naagidon ado giikmigewin.
- Giishpin znagendiman owi gdo zhoonyaa gizickaawising maanda apii, owa Gichi Gimaa maampii Gaanada miigwen [naadmaagewin](#).

Gewe bemibidetojig nankiiwin

Zhiton inaaknigewinan awii naazhinigaadeg sweshkaag owi COVID-19 zhiwe enji nakiing miinwaa gagwekwendan wiindamodwaa miinwaa nisastamiwaad enkiitaagejig:

- Nikaazan owi iniwe-idiziwin-gikendamowin giizhaakinigeng [naagzowaabmjiganan](#) newen nakii gamgon/bibaamiziwinan epiichi temgag owi COVID-19 miziwe kiing aakoziwin.
- Giikisidon ginondwaa enkiitaagejig miinwaa abi zhaajig owi COVID-19 miinwaa zhichigewinan e'nikaaziwin owi nigaazijigewin.
- Agwaakon dibaajimowinan gagwejimindwaa yaakozijig miinwaa abi zhaajig awii bwaabi zhaawaad nakiigamgong.
- Agwaakon dibaajimowinan gagaandinigaadeg e'nishing meshkodanaamowin_biiinitwaawin, oninj biinitwaawin, miinwaa aanin mina yaawin zhichigewinan
- Zhiwe gshkitong, aanjiton inaakinigewinan miinwaa zhichigewinan awii naazhinigaadeg inakodekosinang wiijiyaang, dibshko gonaa mazinaatesijigan nankiiwin, basabigideg dibaagiisiwan owi apii nakiing, bebakaan apii maajii nakiing, nikaazang waasamo biiwaabikons zhibiigan miinwaa masinaatesijigan nakweskdaadiwin.
- Nigaasidon maage aanjisidon gaawii nendowendaagikin nakweshkdaadiwin maage bibaayaang.
- Dibaamidani owi enji nakiing zhiwe bemaadizijig yaamwaad aabaji nakweshkdaadiwaad miinwaa maadinimwaadwaad enji nakiiwaad miinwaa nikaaziwinan, miinwaa giikinan owi minik e'biinchigaadeg ninda yaang.
- Naanaagdowendan newen nikiiyaa enkiitaagejig agezhi zhichigewaapa inakodekosinang bemaadizijig, dibshko gonaa giigisijigaadeg owi apii etemigag zhibiige adopwinan, bemaadizijig niibidegaabiwiwaad miinwaa aajikinigaans enji nakiing.
- Naanaagdowendan naazhinaman gnondiwin gewe abi yaajig miinwaa enkiitaagejig, dibshko gonaa naazhinaman minik abi yaajig e'bigidinigaazijig zhiwe gdo wiigwaaming maage bebaamenmaawaad bemaadinjin giigido waabikonsing. Memaanji nishing agwa aawan, 2 nisiwe bimase dibagan adaa naagijigaade, gaawii gnimaa goweta temgag aadaagshkigan (diboshko gonaa, aajikinigaans, waasechigankaadeg).



Miigwen nendowendaagwog nawiin miinwaa biinchigewinan awii ganowenjigaadeg baaninaagwog miinwaa e'waankiwendaagwog enji nakiing:

- Miigwen misenjigaadeg enji giziibiigininjiing miinwaa atoon ninj biinibiignigewin ziignigaadeg zhiwe mazhisha etemgag kina ngoji enji nakiing.
- Gagwekwendan niibna yaawaad enji nakiing miinwaa e'aabaji danginigaadeg waabishkibiiginigaadeg niizhing ensa giizhigag.
- Gagwekwendan newen biinchige nikaaziwinan temigag enkiitaagejig awii biinitowaad miinwaa waabishkibiiginimwaad enji nakiiwaad.
- Miinigaaziwaad enkiitaagejig wiinwaa gnwenjige nikaaziwinan e'gagaandinigaadeg owi naangizhewin mina bimaadiziwin miinwaa aangwaamiziwin naagijigewinan, miinwaa gikinomaagewin awii gagwekwenjigaadeg gagwek azhi nikaazang.

Gagwekwendan gewe enkiitaageji gikendamowaad awaa zhichigewaad yaamiwaad inamjiwinan:

- Naanaagdowendang awii nainginaman aakozing onji bonitaang nakiing naaknigewinan awii aasgaabwitaagaaziwaad enkiitaagejig gibaakodiziwaad apii akoziwaad. Maanda digosin bagijiwebinigaadeg dowendaagwog mashkikiinini (kwe) zhibiiganan awii biskaabiing enji nakiing, owi naazhinigaade gozignigan owi zhaazhigwa e'gadogtomigag mina yaawin gnwenjige zhichigewinan.
- Giishpin aabdeg enkiitaagejig nikaaziwaad bemaadizijig maamowi daabaangowaad awii nakiiwaad, naanaagdowendan basabigideg dibaagiisiwan awii gshkitowaad awii miiwishkamowaad apii jaanimi bibaayaang.
- Naanaagdowendan gewe enkiitaagejig agezhi agiiwewaad bwaa nikaaziwaad bemaadizijig maamowi daabaangowaad giishpin maajitaamigag inamjiwinan enji nakiiwaad.
- Giizhiitaan awii giigisemigag bwaa nakiitaageng zaam onji aakoziwin gewe enkiitaagijig miinwaa ado inodewiziwinwaan maage gnimaa gibaakogaadeg gikino amaadiiwiigwaaman.

Abibaa yaang owi onji nakiiwin

- Nendowendaagosinag bibaa yaang gaawii adaa tesno maanda apii.
- Dibegendan newen e'iniwe diziwinan miinwaa bamitigewinan e'nowendaagwog owi nendowendaawog bibaa yaang miinwaa dibaaamidand bkaan aanin wenaamjiganan, dibishko gonaa, aanjisijigaadeg, nigaasijigaadeg maage mazinaatesijigining wiijiweng.
- Ndakendaan memaanji shkiwii gikendamowin newen enji midookdaagemigag aakoziwin miinwaa gego [bibaa yaang mina bimaadiziwin wiindamaagewinan](#).
- Apii abi biskaabiwin shkwaa bibaayaawin zaagijiwiing Gaanada, aabdeg gwii gibaakodis 14 giizhigadon minik.



- Apii abi biskaabiiwin shkwaa bibaayaawin maampii Gaanada, naagzowaabmdizan newen inamjiwinan, dibishko gonaa osasdamiwin, gzhiziwin maage zmagag neseng 14 giizhigadon minik.
- Giishpin maajitaamigag e'dibasaag [inamjiwinan](#), dibishko gonaa osasdamiwin, gzhizang maage zmagag neseng, [gibaak](#) odizan endaawin miinwaa giigidan gdo [Bemaadizijig Mina Bimaadiziwin Nyaagdowendamajig](#) woshme gego awii wiindamaagowin awaa zhichigewin.

Nakiing-enowendaagwog abibaa yaang gewe Niigaanendaagwog enankijig

- Niigaanendaagwog bamijigewin e'nankijig, dibishko gonaa gichi-aawadaasodaabaan bemibzowaajig, ishkode daabaan maage baasjiganing enkijig, dowendaagoziwog awii bibaa yaawaad awii gagwekwenjigaadeg bamibideg nikaaziwinan miinwaa bamijiwigaaaziwaad bemaadizijig nendowendaagwog owi COVID-19 nkwehkiigaadeg miinwaa aabjijibideg kina gego zhinda gichi kiing.
- Niigaanendaagwog e'nankijig gaawii dowendaagozisiwog awii gibakodizowaad 14 giizhigadon minik shkwaa bibaa yaawad owi onji nakiiwin, dash wiigwa [dowendaagoziwog awii](#) weweni naagzowaamidiziwaad newen inamjiwinan, miinwaa wewiib awii gibaakodizowaad giishpin maajitaamigag aanwi gwa e-dibasaag inamjiwinan.

Kina agwa gdaa naadmaagemi awii nigaasidowing sweskaag covid-19. Giishpin woshme gego awii gikendaman, zhaan Canada.ca/coronavirus maage giigidan 1-833-784-4397
Canada.ca/le-coronavirus