



TAGALOG / TAGALOG

## Corono manijooshens aakoziwin (COVID-19)

Inaaknigaadegin nendowendaagwog gewe bebaayaajig e'nendagoziwaad owi gibaakodiziwaad abi digoshinowaad  
**MBAASJIGINING**

Owi Gimaa Gamig maampii Gaanada agii zhisidoonan gichi niizaanag inaaknigewinan awii babejibideg owi biindagajigaadeg miinwaa sweshkaamigag owi COVID-19 miinwaa bkaan ezhinaagwog aakoziwinan maampii Gaanada. **Aabdeg GWII GIBAAKODIS** midaaswi shi niwin giizhigad minik, miigwewin gagwek yaawang waazhi debinigowin miinwaa naagozowaabmidis e'naagwog aakoziwin miinwaa inamjiwinan ezhi dowendaagwog owi Naazhinigaadeg owi Niizaanziwin owi COVID-19 zhinda Gaanada Naankigewin (*Gibaakogong, Njikwe awii Yaawin miinwaa Yaa-abi Bkaan Nendowendaagwog*).

Owi Bemaadizijig Mina Bimaadiziwin Niigaaziigamig maampii Gaanada aga ginonigog awii dibaatomwaad gdo ndakenjigewin mikagewinan miinwaa/maage awii gagwekwenjigaadeg naagidowin newen gibaakogong inaaknigewinan. Esna gagwekwendan owi gikendamowin maagwewin gagwekwendaagwog. Miigweng awezhigemigag gikendamowin baataadiwin aawan zhiwe *Gibaakogong Naaknigewin*.

### AABDEG gwii

- **GIBAAKODIZ** wewiib agwa odi agaa waawinjigaadeg gibaakogowin wiigwaam maage waanji gibaakodiziyin ezhi wiindamaag owa zhaabwaachiged naagaanzid maage gibaakogong naagaanzid
- **DAAPINAN** COVID-19 molecular ndakenjigewinan owi **SHKI NTAM GIIZHIGAD** biindigewin Gaanada miinwaa **NISHWAASWI GIIZHIGAD** gdo gibaakodiziyin ezhi wiindamaag gibaakogong naagaanzid
- **BEKAA YAAN** zhiwe aanke gibaakodiziyin giishpin gdo **NISHWAASWI GIIZHIGAG** ndakenjigewin debwemigag yaaman aakoziwin. Aabdeg gwii gibaakodiz aanke midaaswi shi niwin giizhigad owi onji giizhigag gdo **NISHWAASWI GIIZHIGAG** ndakenjigewin debwemigag yaaman aakoziwin
- **BEKAA YAAN** zhiwe aanke gibaakodiziyin giishpin gdo **MIDAASWI GIIZHIGAG** ndakenjigewin debwemigag yaaman aakoziwin. Aabdeg gwii gibaakodiz aanke midaaswi shi niwin giizhigad owi onji giizhigag gdo **MIDAASWI GIIZHIGAG** ndakenjigewin debwemigag yaaman aakoziwin
- **ZHITON** wegwen mina bimaadiziwin ndakenjigewinan owa gibaakogong naagaanzid nendowendang
- **GINOSH** bemaadizijig mina bimaadiziwin naagaanzid (gnowaabmdan nipaaji biigan) ezhi gagwek taagozid owa zhaabwaachiged naagaanzid maage gibaakogong naagaanzid giishpin mineziyin aanke aakoziwin naagdowenjigewin
- **DIBAAJIMAN** ani digoshinan odi njike waanji yaawin binji niimdana shi nishwaaswi dibagiiswaan shkwa biindigewin Gaanada



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- Giishpin agii nikaaziyan ArriveCan awii biindigewin Gaanada, aabdeg gwii aabaji nikaazan owi awii wiindamaagewin agii digoshinan
- Giishpin gaawii agii nikaazisiwan ArriveCan awii bindigewin Gaanada, giigidan 1-833-641-0343 awii wiindamaagewin agii digoshinan
- **ZAGAKINAN** mazinaakiziginan kina e'nowendaagwog agii bibaayaawin gdo COVID-19 molecular ndakenjigewin agaa mikagaadeg. Gnima gdaa gagwejimigwo awii waamdowewin maanda debwewin Gichi Gimaa Gamig maampii Gaanada maage Gimaa Gamig kiinsing maage waasa wekamig, maage gdo bemaadizijig mina bimaadiziwin nyaagdowendamajig epiichi gibaakodiziyin

## E'nishing awii diniziyin gibaakogowin AABDEG ada aawan giin:

- **GAAWII** nikaazke bemaadizijig bamidaabaangowaad (dibishko gonaa, mbaasjigan, gichi daabaan, ishkodaabaan, naamkamig bembizad ishkodaabaan, bimiwizhiwedaabaan maage wiiji-bimidaabangong), odi awii ani zhaawin waanji gibaakodiziyin
- **GDA AAYAA** midaaswi shi niwin giizhigad maage gnima woshme minik
- **GAAWII AGA YAANZIIN** ginondwaa bemaadizijig:
  - nigodwaasmidna shi aabita piitizii-in maage woshme piitiziiwin
  - ayaaman aakozii-aadiziwin
  - yaaman e'dibasaag naadamaagoying aakoziwining owi onji aakoziwin
  - enkijig maage nyaadmaagejig bemaadizijig endinizaada, endaawaad maage nakii gamig e-digoyaawaad e'niizaanzijig bemaadizijig, e'digosing:
    - Mashkiki kwewog, mashkikiinwog, aanin bkaan mina yaawin negijitog, gewe aasgaabiwitaagejig, zhiwenjige enankijig
    - Ntam nekwetamajig, dibishko gonaa mina yaawin maagwewaad
    - Baanchigejig miinwaa nyaagodowendamajig wiigwaaman, e-nimkaagejig miinwaa bimibidechigeng enkiitaagejig, miiijim nyaagdowendamajig, wenspash e-naadmaagejig, nendowendaagozijig nebwaachejig gewe endajig gnesh gnwenjige gamgoon
- **GDA YAAN bkaan enji nibaang gewe gaawii agaa bibaa wiijiwidwaa**
- **GASHKITOWIN AWII MIWISHKAMAN** beshaa awii bwaa yaawin gewe gaawii agaa bibaa wiijiwidwaa
- **AWII MISENDAMAN** newen nendowendaagwog awii bimaadizing, e'digosing nibiish, miiijim, mashkiki miinwaa giizhoziwin bwaa maajaawin enji gibaakogowin
- **GAAWII MAAMDA AWII YAAWIN zhiwe enji maamiwidaang.** Aanin gikinowaabanjigewinan digosinon:
  - owi enji dabinoshinang, maamowi daang wiigwaam, maamowi wiijigendaawin, wenspash endinizing, zhichige nankiing endinizing, nakiing zgappigan maage bkaan dnowaa maamowi yaang endinizing
  - e'skonwijig endinizaada (dash goweta giishpin giizhaa agii bagidnigowin)
  - e-gaaching endinizing wiijgendwadwaa aanin bkaan bemaadizijig



- e'maadokidaading maamowi daang gewe niibna yaawaad inodewiziwin maage inodewisiwinan maage niibna bemaadizijig
- maadookiing endaang waajigendwajig gaawii agaa bibaawiiwidwaa gashkitosiwan awii miishkaman ginondwaa

## Bemaadizijig mina bimaadiziwin inaaknigewinan awaa naagidowaad epiichi bami yaawaad.

- **NJIKE DEBENJIGAADEG** bimidaabaangowin aabdeg awii nikaazam awii ani zhaawin waanji gibaakodiziyin
- **BIISKAN** weweni e'zhichigaadeg, menkigaadeg, gaawii mashkiki gabiingwegan epiichi bami yaang, dash wiigwa gaawii memkaach aga biiskaziin njike yaawin debenjigaazad daabaan.
- **BEKAA YAAN** binji daabaan minik ezhi gshkitowin
- **MIIWISHKAN** nigaashkaawin miinwaa beshaa awii bwaa yaawin bkaan bemaadizijig apiich bami yaawin
- **MIIWISHKAN** danginaman e'desaag e'aabaji daanginamwaa aanin bkaan bemaadizijig
- **GAJITON** beshaa awii bwaa yaawin ningwadwaasizid pane gwa
- **DIBAGEN** enji ziiginaman bimide miinwaa nikaazan zhiibaabizang giishpin awii dowendaman miijim
- **GIZIIBIIGININJIIN** miniwe apii

## Epiichi gibaakodiziyin

- **NAKWETAN** abi ginonigowin maage abi waabmigowin gewe zhaabwaachigejig naagaanzid maage dikonweninwog. Giigidowaabikoonsing abi ginonigowin ada masinaatesin aawang GOV-GOUV CANADA maage 1-888-336-7735. Zhaabwaachigejig naagaanzijig maage dikonweninwog aabdeg awii waawiindiziwog miinwaa waabmdowewog debwewin yaawiwaad, miinwaa ada waawiindaanaawaa g'dinoziwin abi giigidowaad
- **GEGWA** nigadige enji gibaakogowin giishpin goweta bimaadizing aakoziwin niizaanag, nendowendaagwog mashkiki zhichigewin maage naandowechigewin, awii debinaman COVID-19 molecular ndakenjigewin, maage giizha bagidinigang owa gibaakogong naagaanzid
- **ZHITON** wegwen mina bimaadiziwin ndakenjigewinan owa gibaakogong naagaanzid nendowendang.
- **GOWETA** agoojiing aga zhaa shpiming egodeg desijigan maage gojiing mazhishiwaag gewe aanin e'wiji gibaakogaazijig
- **GAAWIII MAAMDAA** awii yaawidwaa nebwaachejig gdo inodewiziwin, gwijikiwenig maage bkaan abi nibwaachejig. Miijim, nikaaziwinan, maage aanin bkaan nendowendaagwog, ada nigajigaadenon jiigi shkwaandem owi onji besha awii bwaa yaawin owi apii biijigaadeg
- **GAAWII MAAMDAA** awii nikaaziwin e'maamowi nikaazang dibishko gonaa, enji biindigeng, gebagaadeg mazhishiwaag, shange gamig, enji nakiitong wiyaw maage enji bigizang giishpin yaawin debendaman maamowi daang wiigwaam, maage maamowi temgag endaang maage gabeshigamig.



## AAABDEG gwii naagoizowaabmdaan enamjiwiwin midaaswi shi niiwin giizhigad

Giishpin woshme maanaaj inamjiwiwin maage giishpin shki inamjiwinan maajisemigag, naagidon COVID-19 wiindamaagewinan gewe gdo mina bimaadiziwin naagaanzijig (niisawiing waabmdan). **Ninda eni zhibiigaadegin wiji-emgadoon owi COVID-19:**

- shki maage woshme gichi osasdamang
- nondenaamang/znagag awii neseng
- zaazenjiwin, biingeji zhayaang, maage gazhisiyin naasaab maage woshme 38°C
- nagay aanjinaagozid maage mashkozhem (binoojiinig)
- jiidat maage wiiyo gaagiidizing, ekoziwin, niinimiziwin, maage aapaji maanaaji zhayaawin
- shki naajitowin biijimaanjigewin maage biijipojigewin
- dekwendibeng
- omasidaang maanaaj inamjiwinan dibishko gaagii omasdeng, zhaabokaawizing, maage oshashgoweng

**Gdo naagidowin ninda nendowendaagwog ada gnowaabmjigaade awii gagwekwenjigaadeg miinwaa gagaandinigaadeg**

**Aga abi ginonigo onji 1-888-336-7735 miinwaa gnimaa aga abi nibwaachig owa zhaabwaachiged naagaanzid maage dikonweninwog awii gagwekwendaagwog naagidowin nendowendaagwog epiichi yaawin midaaswi shi niiwin giizhigad gibaakogowin. Aga debinaanan giizhaa aga biindwewesijigaadeg giigido biiwaabikonsing miinwaa waasamo biiwaabikon zhibiiganan awii makowaamgowin gdo nendaagoziwinan.**

**Gewe e'naagodosigwaa newen nendaagoziwinan gnimaa adaa maajiingaaaziwog enji gibaakogong, dikongaaziwog, dibage mazinigaansan adaa miinaawog, miinwaa/maage gibaakodiigamig adaa zhaawog.**

- Akinwaadendan gnimaa age gdaa abi ginonigwog kiins maage waasa wekamig naagaanzijig epiichi aawang owi midaaswi shi niiwin giizhigad.
- Giishpin Gichi Gimaa miinwaa kiins maage waasa wekamig naagsowaabmjiganan bkaan aawong, naagidonan memanji mishko'aakinigaadeg.



## Bamaadizijig mina yaawin naagaanzijig

<b>Kiinsan miinwaa waasa wekamig</b>	<b>Giigido biiwaabikong gindaasowin</b>	<b>Waaasamo-asabi mazina-igan</b>
British Columbia	811	<a href="http://www.bccdc.ca/covid19">www.bccdc.ca/covid19</a>
Alberta	811	<a href="http://www.myhealth.alberta.ca">www.myhealth.alberta.ca</a>
Saskatchewan	811	<a href="http://www.saskhealthauthority.ca">www.saskhealthauthority.ca</a>
Manitoba	1-866-626-4862	<a href="https://manitoba.ca/covid19/restartmb/prs/orders/index.html#current">https://manitoba.ca/covid19/restartmb/prs/orders/index.html#current</a> <a href="https://www.youtube.com/user/ManitobaGovernment">www.youtube.com/user/ManitobaGovernment</a>
Ontario	1-866-797-0000	<a href="http://www.ontario.ca/coronavirus">www.ontario.ca/coronavirus</a>
Quebec	1-877-644-4545	<a href="http://www.quebec.ca/en/coronavirus">www.quebec.ca/en/coronavirus</a>
New Brunwich	811	<a href="http://www.gnb.ca/publichealth">www.gnb.ca/publichealth</a>
Nova Scotia	811	<a href="http://www.novascotia.ca/coronavirus">www.novascotia.ca/coronavirus</a>
Prince Edward Island	811	<a href="http://www.princeedwardisland.ca/covid19">www.princeedwardisland.ca/covid19</a>
Newfoundland miinwaa Labrador	811 maage 1-888-709-2929	<a href="http://www.gov.nl.ca/covid-19">www.gov.nl.ca/covid-19</a>
Nanavut	1-867-975-5772	<a href="http://www.gov.nu.ca/health">www.gov.nu.ca/health</a>
Northwest Territories	811	<a href="http://www.gov.nt.ca/covid-19">www.gov.nt.ca/covid-19</a>
Yukon	811	<a href="http://www.yukon.ca/covid-19">www.yukon.ca/covid-19</a>