

Kitchi mishkikini ka miyosetc

Agonenkeh kendimibin keh pidikagowin COVID-19 mishkiki odja

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Ke mizinaman kodik: Wedi mizinigan ikidomgan, kagi ojibigadek nitim “agonen keh kendimibin abomshi nda odapinimin COVID-19 mishkiki” mamowi keh todimin kidja kijigomidiziwin ijskwa pidikagowin.

Wedi mizinigan kawin kina kegon kida mizinadesinon Wedi mizinigan kawin ikadomigisinon kidja pikan sidowin mishkikini omizinigan, kegoni ikaditc kidja nosniyamin, kiga widimak anenapinewin mamowi adi keh ija ndowigowin, kini.

Kibigidingo kidja odapinimin COVID-19 mishkiki. Nabwadin wedi kidja kendimin an keh todagowin ndomitc ki mishkinim.

Aji kidja odapinimin COVID-19 mishkiki

Agonen keh pidowan ndomik ni-mishkinim

- Kidakozi-atogan mamowi Ontario ki mishkiki mizinigan atogan. Ishpin agwa ayowitc kidakozi atogan OHIP, pish kodik ishpin ayawotc, ki-miznazowin ka abitc, tapskotc, ki-mobidetcigeh atogan, kida anishnabe atogan koni gotc kodik ehjanagozitic ishpin ayawotc. Misowatc kidja minigo kidja pidikagowin COVID-19 mishkiki ishpin agwa ayawotc kidakozi atogan.
- Ki mizinigan mishkikinikwe kak.
- Mizinigan ishpin kegon pakishkagowin, ndendagok.
- Kegen keh widokagowin (ka mobideshik ka nijogadiyak, tesibiwagan ka mobidek, kizikon) kegon kotch wibitc kiji-inendimin ima abi-in (ki-midesidjigan, mizinigan).
- Ki-wapkawan koni ki-toga odja, ishpin ndendagok.
- Keh piskamin ki-donkak
- Awik ke widokak, ishpin ndendimin, (keh ankonotimak, keh widokak pidikagowin).

An-ketodiman apitc apitc aji ndowamik ni-mishkinim

- Nabwadin iyedi, [mishkiki mizinigan](#) kigwedjim ki-mishkinim ishpin winda kendimin kidakozi mizinigan, an kabi inapinehyin.
- Odapinin gotc misowatc kodigin ki-mishkin ka odapinimin megwatc, mamowi wisinin. Wisinin panima agomshi ndowamitc ki-mishkinim, agwa kidja win-nikabidimin megwatc pidikagowin.
- Piskan abigan keh kishka minabidok ki-mishkinim kinik kak nehkehnaah, kidja kishka pidikagowin.
- Kan kegon piskaken ka minomagok.
- **Ishpin ayamin [inendimin iyedi akozowin COVID-19](#) kawin ijaken mishkikini kak. Kinojik kimishkinim actic nosiniyam an keh ikadowatc.**
- Kawin wibitc kagwe oditken ki-mishkinikak, kawin dish kida manenanosinon.
- Panima koni agodjik kiga pabiyonin agomshi wamigowin. Pitchokonen adi keh ijakijgak.

Agonen ke-pabitowan oditiman ima ni-mishkinim kak

Tedigo agwamiziyok mishkikinik agwa kidja obwebidenik akozowini weni COVID-19 odja, pidikwadjin awin. Oga nanagijitonawa agwa wedi kidja nojibidowin wedi akozowin megwatc ndowamitc ki-mishkinim. Keh mizinadek ke todimin, agwa kidja peshwamitc awik, kidja kizinjin, kidja agonamin kiddom ima kida atcigadeh miskikinikwe kak. Kina mishkikinik, ka akoziyatc, ka kiyodeyatc, panima oga nosiniyanawa keh mizinagadenik. Enabigis nabwadin mamowi nosiniyan ke ikadowatc mishkikinikwe kak.

- Kiga gwedjimigo kidakozi atogan OHIP koni kida-nishnabe atogan (koni gotc kodik atogan ka ayawotc, kimiznazowin ka abidizitc, kidja kishka wamigowin.
- Kiga gwedjimigo maneh kegon ashkwen kidja ayamin wedi COVID-19 akozowin, agwa mishi pidigewin mishkikinikwe kak.
- Kiga gwedjimigo wedi mishkikinikwe kak ashkwen kidja pakishkagowin kegon.
- Kiga inago kidja piskamin kegon kidon kak apitc pidigeqwin mishkikini kak, kidja kizinjiwin, actic agwa kidja peshwamitc awik, (nijin nash minigik eh nendimin kinik ehkwakok).

- Kiga kagwedjimigo kidja abin ima apta tibegan minigik ishkwá pidikagowin wedi mishkiki, kidja kijigamigowin ashkwen kegon kidja ijasehwin.

Ishpin dish kegon pakishkjagowan

Kiga gwedjimigo wedi mishkikinikwe kak ashkwen kidja pakishkagowin kegon. Kijigabidan iyedi [COVID-19 mishkiki mizinigan kidja](#) wabidimin agonen ima ka abidjicigadek mishkikikak mamowi polyethylene glycol, tromethamine mamowi polysorbate ka ijinkadegon.

- Ishpin ki ayamin wikat kidja pakishwin (mamowi gotc kinowe keh akozigowin wewdi ka ijinkadek anaphylaxis) megwac koni apitc kashkwa minigowin wedi mishkiki COVID-19, koni kodik kagi minigowinpanima kiga gwedjima ki-mishkinim ka kijigabidik weni ka pakshinanonik ashkwen kidja kishka minigowin wedi mishkiki.
- Ishpin ki-pakshen newi-tibegan minigik ishkwá pidikagowin mishkiki agwa ka atek ima kegon keh todagowin apitc pidikagowin COVID-19 mishkiki, kiga kishki-minigo wedi mishkiki COVID-19. Kiga gwedjimigo apta tibegan minigik kidja abin ishkwá pidikagowin
- Ishpin odi ishkwiyak wikat kibi akoziwin ona pakishkagowin kegon koni awik, koni midjim, mishkiki, kinebik omishkin, ka shepstehtc mijikawan koni kodik agwa ka peshwabidimigik COVID-19 mishkiki, kiga kishkaminigo wedi mishkiki COVID-19. Kiga inago kidja abin wenibik ishkwá pidikagowin wedi mishkiki.
- Ishpin odjagwek kikiyon, chachamowin, kinigiziwin kikiyon koni kishkijik, agwa tebwe kishka nesewin koni mokijiyesehyin, kiga kishka odapinan wedi mishkiki. Kiga inago kidja abin wenibik ishkwá pidikagowin wedi mishkiki.

Ishpin notc winda kendimin adja awik ka ayak ka pakshinanonik, widimok [Mishkikinik ka kijigabidimowac eh ija manenanonik](#) mizinigan ka noswabidjigadek.

Ishpin dish ayaman kodik akozowin?

Ishpin odjidjimin, tcojoshkewasiwin, akoziwin pijayi kimisit kak, koni ka omindjoshmitc koni ka ndoyaginitc awik, panima kiga kinona ki mishkinim agamshi odapinimin mishkiki Kinendimin kinosh [Mishkikinik ka kijigabidimowac eh ija manenanonik](#) mizinigan ka noswabidjigadek kinowe kidja ndinjamowac. Kagwedjim kimishkinim ashkwen kidja kishka odapinimin wedi mishkiki, akoziwin dish.

Ishpin dish odapiniman mishkiki kidja nokagimik nimiskwim?

Ishpin pishik kibitneyin, okwe apisiziwin, koni odapinimin mishkiki kidja nokagimik kimiskwim (warfarin koni heparin) ka ijinkadegan, kiga kishka odapinan wedi mishkiki

Ishpin dish nikabidiman, ka ijaseyan ishkwiyak ka pidikagowan koni kotiman kidja pidikagoewan?

Ishpin ki-nikabidimin kon I koshkwesiwin kiskwiyak ka pidikagowin, koni ishpin kotimin ona pidikagowin, misowatc gotc pigidinin kidja pidikagowin. Widimok kimishkinim, kiga widokagok dish kidja sogidehyin. Kiga kishki-pina awik keh sogideshkak.

Ke todamin ishkwa minagowin COVID-19 mishkiki.

An ketodiman teshigotc ishkwa minigowan wedi mishkiki?

- Apitc ishkwa pidikagowin, panima wenibik kiga abinin mishkikinikwe kak nash apta tibegan minigik. Kidja kijigamigowin agwa kidja ayamin kidja pakshin. Kawin pinigotc wedi ijasesinon. Mishkikini kwek ka pidikowadjin awin oga kendanawa keh todimowatc kegon ijasewin. Widimok mishkikinik ishpin kegon inamadjiwin kijigakak, paksha midjiyowin koni kidon kak, animizin kidja ne sewin koni kodik kegon inamadjiyowin.
- Ishpin pabiyowin pidagamik mishkikinikwe kak, piskan kegon kidon kak ashitgc kawin peshwamaken awik, nigidwasi tikokan minigik.
- Kizisibidon kinidji agamshi sagamin mishkikinikwe kak.
- Kawin mobidetcigeken apitc apta tibegan ishkwa pidikagowin wedi mishkiki (keh ikaditc gotc mishkikini) koni agwa minimidjiwin.
- Ishpin awik pi-mojiginik, ishkwa apta tebegane eta ta pija, ishkwa pabiyowin. Panima kewin oga nosiniyan keh pindowmik, keh ikidinjin mishkikinin afi keh ija mojjiginik.

Agonen keh pabitowan apitc

- Koni kegon kigodja pijimitcton ishkwá pidikagowin wedi mishkiki. Kida madjamigan apitc.
- Ka pidjimitcagadek: kiga wisigendan, kiga miskozinan, kiga tekwe, kiga pakshinan keh ija pidikagowin. Kegon eh nibiyehgik aton ka ija pidikagowin.
- Kodik keh odja pijimitctowin dish: kiga kitimnin, kiga tekwe, kiga wisigendan ehija mishkwiziwin, kiga kikiidimjiyonin, kiga wisigendan ehija ankosik kikin, acitc kiga kijizwapineh. Ishpin ndendimin, tekwe koni kijizwapineh mishkiki (acetaminophen koni ibuprofen) ka ijinkadegan, kiga odja widokagon agwa kidja tekwewin koni agwa kidja kijizwapinen.
- Kawin tebwe tigosinon kida kitcha akozigowin apitc ishkwá minigowin wedi mishkiki. Anish ishpin, ishpin kego nojibidowin ishkwá nisi-kijik ishkwá pidikagowin, teshigotc ndowabom kimishkinim koni ndendin akozi-odaban.
 - amo pidikak
 - pakishin kidon kak
 - animizin kidja nesewin
 - wabiniyozin koni kiyoshkwesiwin
 - kiziswapineyin (oshmesh 40 ijamigik)
 - ka niksehnanok koni shigogewin
 - kodik kegon kitcha ijasewin
- AstraZeneca/COVISHIELD ka ijinkadek mishkiki, kawin tebwe ima tigosinon kidja kitcha akozigowin mishkiki ka ijinkadigadek [Vaccine-Induced Prothrombotic Immune Thrombocytopenia \(VIPIT\)](#). Ishpin wedi pejik odja pidjimitctowin apitc, ishkwá pidikagowin enabigis teshigotc ndowabom mishkikinikwe:
 - agwa kiishka nesewin
 - akozidinakewin
 - pakishiwin ki katkak koni kinik kak
 - akozimisedewin
 - ona tekwewin koni agwa tebwe wabin
 - apisiziwin, miskozin koni pepekidja miskozin kijiga kak
- Ishpin kegon wikendiminan keh ijasewin kidja ijasewin ishkwá pidikagowin, kinosh ki mishkinim. Kida kishka kinona acitc [ka minijack mishkikini](#) kidja gwediwin kegon koni wi tibadjimowin ehsehwin.

Kegon keh kendimin ishkwa pidikagowin wedi mishkiki

- **Pinigotc piskan kidja kibodonehpiziwin, agwa kidja peshwamitc awik mamowi agwa pinigotc kidja ndowamitc awik.**
- Kawin kodik odapiniken mishkiki ishkwa odapinimin COVID-19 mishkiki, nishtina actic nishwasi-kijigak panima gotc eta ikaditc ki-mishkinim
- Ishpin inendimin kidja miyonowsawin ishkwa nishtina actic nishwasi-kijigak ishkwa minigowin wedi mishkiki widimo ki-mishkinim
- Kinendin wedi mizinigan, (koni kmodik mizinigan ke minigowin) mamowi COVID-19 kida-akozi mizinigan, awesh agwa keh ija onatowin, pido dish minowatc ndowamitc mishkikinikwe nda kenimigowin COVID-19 odja, (kodik dish minagowin kidja pidikagowin).