



## Ayaawag awiyag ge-gaachidinamowaapan iwe aakoziwin GOOBID-19

Awenenigo aaniish daa-aakozi, ayaawag dash aanind awiyag omaa Gaanada Akiing nawach ge-gaachidinamowaapan aako-ziwin onzaam aazha e-aakoziwaadiziwaad. Giishpin giin ge-oke-gaachidinamamban aakoziwin, gi-daa-izhichige gegoo ji-onji-debinigosiwan iwe GOOBID-19.

### Awenen ge-oke-gaachidinangiban iwe aakoziwin?

- Owe gaa-idaapinewaad awiyag:
  - Ode'ing gaa-aakoziwaad
  - Gaa-gizhijiwang miskwi
  - Opaning gaa-aakozid
  - Ziinzibaakwadwaapinewin
  - Manijooshiwaapinewin
- Awiyag gaa-maakiziwaad onzaam e-gii-miinindwaa mashkiki ji-nichigaadeg manijooshiwaapinewin
- Gaa-gitaadiziwaad

### Nepemiin

- Gikendan iwe GOOBID-19 aakoziwin gaye inaabin imaa [www.canada.ca/coronavirus](http://www.canada.ca/coronavirus).
- Inaabin imaa [akiikaan](#) gaye oodena mino-ayaawin daataangiwebini -gan ji-gikendaman aaniin ezhiseg GOOBID-19 gidazhiikewining.
- Adaawen ge-aabajitooyin giishpin ango-giizis abiyin endaayin daabishkoo miijiman, ge-ashamadwaa gidayag gaye bekichi-ge-aabajichiganan.
- Gagwejim gaa-wiiji'ig ji-mino-ayaayin ji-wiindamawig aaniin ge-izhichigeyin ji-mino-ayaayin ji-debiseyin gimashkikiiman gaye godag ge-aabajitooyin ji-mino-ayaayin.
- Ayaan giigidowin gaye daataanginigan ji-ganoonadwaa awiyag.
- Gagwejim gidinawemaagan gemaa giwijiwaagan ji-naanzikamawig (daabishkoo miijiman gemaa mashkikiwan).
- Gikendan aaniindi ge-izhi-giigidoyin ji-andodaman miijim gemaa mashkikiwan ji-biijigaadegin endaayin.
- Nanaando-gikenindizon aaniin enamanji'oyin.

### Aaniin ge-onji-gaachidinanziwan iwe aakoziwin GOOBID-19

- Mashkikiwinini eta ji-waabamad onji-nagadan endaayin.
- Gego mawadisaaken awiya gaa-aakozid.
- Gego besho naanzikawaaken awiyag, memindage igi gaa-gii-babaamaadiziwaad gemaa gaa-gii-aazhoo'indwaa.





- Giishpin gaa-gaganoonad awiya, owe izhichigen:
  - Ngojigo ngodwaaso mizid apiichi-waasa niibawin ganoonadwaa awiyag
  - Michi-waawaata'igen, gego zagininjiinaaken awiya gemaa ji-ojiimad.
  - Ajina eta ganoosh awedi.
- Giziinan gininjiin nasine, giziibiiga'igan gaye nibi ji-aabajitooyin 20 daso-diba'iga-nensens, gemaa 60% ishkodewaaboong gaa-onji-ozhichigaadeg giziinigan.
- Gego zaaminangen gidoon gijaan gaye gishkiinzhigoon gemaa gimiijimim gininjiin aabajitooyin.
- Maajiidoon ishkodewaaboong gaa-onji-ozhichigaadeg giziinigan 60% ji-ayaamagak ishkodewaabo giishpin agwajiing endaayin izhaayin.
- Gego zaaminangen ishkwaandemaabikoon gaye gaa-daninig-aadegin ishpaandaweyin gaye ishpaandawebizoyin oodenaang.
- Giishpin zaaminaman ini, ziinzkiigome'oniigin aabajitoon gemaa ginagway ji-apininjiitaayin.
- Aabiding endaso-giizhig giziinan gaa-aabajitooyin nasine daa-bishkoo miiziiwinaagan gaye adoopowinens jiigi-nibewining, ishkwaandemaabik, giigidowin gaye gaa-aabajitooyin ji-aanjitooyin mazinaatesijigan.
- Ji-giziinigeyin, aabajitoon eta [gaa-ikidowaad ji-aabadakin giziinigan](#) gaa-ozhibii'igaadeg owe agindason (DIN). Iwe DIN ayaawan 8 agindaasonan Mino-ayaawin Gaanada Aki gaa-ikidod ji-aa-badak iwe dinookaan giziinigan omaa Gaanada Akiing.
- Giishpin ayaasiwan gaa—igooyin ji-aabajitooyin giziinigan, bizaanigo aabajitoon gaa-aakomaagok jaabeks gaa-izhinikaadegiban, nibiing ji-dagonaman, 5 mL minik giziinigan 250 mL dash nibi. GEMAA 20 mL giziinigan gaye dash bezhig L minik nibi. Iwe giziinigan 5% ayaamagan zhiiwitaagani-mashkiki ji-ayaamagak 0.1% zhiiwitaagani-mashkikiwaabo ji-bekichigemagak. Bizindan wiindamaagooyin [aaniin ge-izhi-aabadak \(gaa-aakwaagamig\) giziinigan](#).
- Giishpin bizaanigo ji-minoseg, giziinan nasine gaa-zaaminaman (daabishkoo daataanginigan, giigidowinens) giziinigan 70% ishkodewaabo gaa-onji-ozhichigaadeg endaso-giizhig.
- Wiindamaw gaa-aakoziwaad gemaa gaa-gii-waabamaawaad awiyan gaa-aakozinid ji-biizhaasigwaa endaayin.
- Gego izhaaken gaa-izhi-baatinowaad awiyag.
- Gego gichi-jiimaaning booziken gemaa ji-babaamaadiziyin.

#### **Aaniin ge-izhichigeyin giishpin GOOBID-19 inaapineyin**

- Giishpin GOOBID-19 izhiyaayin owe gi-ga-inamanjiw:
  - gi-ga-ososodam gemaa bionisch gi-ga-gichi-ososodam gemaa
  - gi-ga-gizhiz gemaa
  - agaawaa bagidanaamo
- Giishpin iwe inamanji'oyin, abin endaayin gaye ganoosh gaa-wiiji'ig ji-mino-ayaayin gemaa Mino-ayaawin gaa-naagajitood ji-wiindamawadwaa enamanji'oyin.
- Bizhishig niigaan ganoosh ando-waabamad Mino-ayaawin Gaa-naagajitood ji-izhichigewaad ji-ayaasigwaa awiyag imaa jibwaa-dagoshinan ji-aazhoo'aasiwadwaa.
- Giishpin owe inamanji'oyin gi-daa-gichi-inendaan:



- gashkitoosiwan ji-bagidanaamoyin (agaawaa ikwanaamoyin, gaye ikwanaamoseyin)
- gikaakiganing wiisagendaman gemaa maagoshkaayin
- wawaanendaman gemaa agaawaa ji-goshkoziyin
- Giishpin iwe inamanji'oyin, 911 izhi-giigidon wiindamaagen dash maagizhaa GOOBID-19 e-ayaayin gaye dash gegoo ji-izhiseyamban.

Gakina gi-daa-wiijitwaamin ji-gibitinigaadeg iwe GOOBID-19. Giiyaabi andawendaman wiindamaagewin: [Canada.ca/coronavirus](https://Canada.ca/coronavirus) gemaa omaa giigidon 1-833-784-4397