



OJIBWE DE L'EST / OJIBWE EASTERN

## Aaniish gezhi gibaakodiziyin anapii yaamdamban COVID-19

Gibaakodizing aawan bekaa yang endaang owi apii yaamang inamjiwin owi COVID-19 miinwaa gnimaa agii iniwediziyin owi aakoziwi-manijooshens. Miiwishkwadwaa aanin bkaan bemaadizijig, gdo naadmaage awii nigaasijigaadeg owi sweshkaag aakoziwin gewe aanin bemaadizijig endaawin miinwaa endinakiwin ayaajig.

### Aabdeg gwii:

- Gawwek aga anizhaan minwaa/maage bizaanyan endaayin
  - agii waawiingowin yaaman COVID-19, maage baabiitowin awii noondaman owi agaazhi makigaadeg gdo ndakenimigowin owi COVID-19
  - Gego inamjiwin owi COVID-19, boochigo dibasaag, miinwaa age
    - Besha agii yaawin gwaya gnimaa, megwaach maage debwemigag yaang COVID-19
    - agii wiindamaagowin owi mina bimaadiziwin nyaagdowendamajig (gagwek, zhiwe bemaadizijig wiindamaagaaziwaad maage giin dabizhiwidaziwin) gnimaa agii iniwe diziyin owi COVID-A9.
    - agii biskaabiiwin agii bibaayaawin zaagjiwiing Gaanada yaaman inamjiwinan owi COVID-19 (naaknigaade)\*
- naagzowaabmdan gdi inamjiwinan ezhi wiindamaag gdo mina yaawin maagwed maage Mina Bimaadiziwin Nyaagdowendamajig apiinish wiindamaagowin gaawii yaa-aabi gdo niizaanzisii awii sweniman owi aakoziwi-manijooshens gewe bkaan bemaadizijig
- wewiib giigidan gdo naandowechigewin maagwed maage Mina Bimaadiziwin Nyaagdowendamajig miinwaa naagidon ezhi wiindamaagowin awii zhichigewin giishpin woshme maanaaj inamjiwiwin

### Naazhinan wiiji yaawin bekaanzijig bemaadizijig.

- (odenaang bmiwnaadge daabaan, bimiwizhiwewidaabaanag maage maadhoohkiid bimiwsihiwewidaabaan
- Miiwishkan gibaakokiziyin endaayin giishpin shkitooziyin gnendiziyin pkaan nji gwiijedmaajig . Ezhi kinowabandaiwewin, giishpin giin
- Gdo wiiijigemwag ngowewaa 'gizidjig
- Gdo inaona agaasite aachkingans
- Gdo wiidgemag mchi ngodoode, minwaa niibna bimaadizijig naasaap wiigwaaming
- Gdo yaawaa e-wiidgemjig
- Kaawiin gii wiiji bbaa bmaadzidziwag, gdi miiwwishkanzii, maage
- Gdo bimaajiwe goji gbeshying, e-kinomaagaazijig endaawat, maage gooji besho dangnigeng, miwaa gdi naakaazwaan naasaap goji.



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- Manda dgongade gishpin wiijigemwad gwiichkiiwenag, gdo ngododenyag gaawiin ga gii bbaa wiiji bmaadzidziwwag
- Wewnii kina biinton naasaap ezhi yaaweg eshkwa nokaazing,
- Miiwishkwag bemaadzijig niizaan'zid wii debnamwad woshme animendaagzing aakziwin maaga e-zhawebling.
- Giishpin gbesiiyin nwebgamig. Gaawiin gdaa zhaazii ezhi bbaabiigeng, wiisiniwigamig, enji bagizing.

### **Aabaji biininjiin**

- Gaziibiigninjiin mino-aapii nikaaziwin gziibiginigan miinwaa nibiish gnigen agwa 20 dibagaans, miinwaa bengininjiin nikaaziwin mazinigni bengwigan maage aanji nikaazang bengwigan, aanjitowin apii nisaabaa'emigag.
- Gdaa bimon age waanag nikaaziwin nesaabaaweg gaziigaans miinwaa dash anikaaziwin ishkodewaabo digosin gziibiigninjiinwin gnigen agwa 60% ishkodewaabo.
- Miiwishkan daanginiman g'shkiizhgon, g'jaansh miinwaa g'doon
- Osasidang miinwaa jaachaaman zhiwe g'biskinikewin maage moshiweniigaansing.

### **Miiwishkan miniiwisewin e'aabaji nikaazang miinwaa e'desaagin.**

- Gnigen agwa ngoding ensa giizhigad, biinton miinwaa waabshkibiiganan newen e'aabjidanginaman, dibiskgo gonaa zaakigmo naagan, dobwinan shiwe nibaaganing etemgagk, shkwaandem ziginiganan, giigido biiwaabkonsan miinwaa mazinaatesijigan aanjibijigaadek.
- Gaawii maadokiike gdo dibendaasiwin gwaya bkaan bemaadzid, disbishko gonaa gaziiaabdewinan, gaziingweganan, waabowaanan, wiisning nikaazowinan maage waasamo biiwaabik mazinaatesijiganan.
- Awii waabishkibiignigewin, nikaazan goweta menwaabmjigaadeg meshkowaag-desaag waabishkigigaadeginan nikaaziwinan temigag Mshkiki Gikendamowin Gindaasowin (DIN). Owa DIN aaawan 8 agindaaso-biigan maagwewaad Mina Bimaadizin Gaanada e'debiwemigag owi waabishkigigaadeg nikaaziwin minwaabmjigaade awii nikaazang Gaanada.
- Toon bichibowiniwan gaawii age biinchigaadesinag zhiwe aagwiitosing taasijigan, gshkapidon gaaskiiniwazh miinwaa ngoji pagidon newen aanin endaawin webinigewin.
- Naazhinan gabagan zaakamonaaganing jibwaa iskaabiigiwebinaman.
- Biiskigaadeg gabiingwebichigan, miinwaa e'digosin mashkiki gabiingwebijigan maage gabidengwegan (dibishko gonaa zhichigan gnigen gwaa niishwegsing biimidaabiiginiganikaadeg gidagiigan, e-zhichigaadeg kina awii gibagaadeg jaansh miinwaa doon bwaa dwewaag, miinwaa dikobijigaadeg ndibaang maage toganing e'waaye dikobideg), adaa nakwebidon neseng bangigaag miinwaa nigaasjigaadeg awii bichibowin gaadeg e-desaagin gaataawiing etegin – dash biiskigaadeg gabiingwebichigan gaawii naazhisemgasno dowendaagwog awii biinchigeng.



## Naagdowendizan

- Giishpin gdi inamjiwnan maazhisemgagin maage gaagaanzomendaagag, wewiip ginoonsh gdi mshkikii gamigong maage public health authority. Naagdoon ezhi gaanzmigooyin
- Gishpin niizaanendizyiin wii debnaman woshme aakoziwinan maage gezhi zhiwebkiba gdaa nagdawaambdiz dewaabdaman maazhisemgag maage nizanendaagwag inamjiwnan naasaab:
- Pkaan maage maazhisemgag osasdamwin
- Dkwaamgag maage snagag awii nesewin
- Gzhisode
- Giikijiwin
- ekwaaziiwin maaage niinmizwin
- dewaakgane maage wiisgine,
- gbiiimaanjgesii maage dgdaagmandangsii
- sanagiziwin nin nokogan, tibishko; gaagii missadewin, zhaapk giawziwin, jishigagowe, maage maanaaji zhayang.
- Giishpin maashsemgag inamjiwnan ginoonigen 911 maage besho emergency help line wiindmoo gotadman COVID-19 gdo nind ineweidii

## Nikaaziwinan awaa yaaman endaawin epiich gibaakodiziyin

- Mashkiki gabiingwebchiganan giishpin temgag owi naagodwenjigewin miinwaa owa nyaagdowenjiged
  - giishpin bwaa temgag, gaawii mashkiki gabiingwebjiganan maage gabiingweganan (dibishko gonaa, zhichigan gnigen gwaa niishwegsing biimidaabiiginiganikaadeg gidagiigan, e-zhichigaadeg kina awii gibagaadeg jaansh miinwaa doon bwaa dwewaag, miinwaa dikobijigaadeg ndibaang maage toganing e'waaye dikobideg)
- Gshkiizhigon gnowenjigewin (Gibiingwepijigan maage gabi gshkiizhiwikaajiganan) awii nikaazad owa naagdowenimiged
- Ngoji epagjigaazijig majikaawinag (gegwa aanji nikaaske) awii nikaazad owa naagdowenimiged.
- Mazinigini gaziiginan
- Moshweniiganag
- Webinigaganaabik owi zhaabwaase'aag aagwiitosing
- Diba`izhiwebanaakoons
- Gaashpinajigaadeg mashkiki awii naazhinigaadeg gizhiziwin (dibishko gonaa ibuprofen maage acetaminophen)
- Nibiish bamijiwang
- Niinjiin gaziibiiginigan
- Ishkodewaabo digosing gaziibiigninjiwin gnigising ganigen agwa 60% ishkodewaabo
- Naaginan gaziibiiginigan
- Gwiwinan gaziibiiginigan



- Endaawin biinchigeng nikaaziwinan
- Meshkowaag desaag waabshkibiiginigan, maage bwaa temgag, mishkowi (5%) waabshkibiiginigan miinwaa bkaan modens awii gnigsijigaadeg
- Oshkodewaabo digosin gaziiganan maage maagsemigag biinchigeng nikaaziwin newen e'aabaji danginigaadegin waasamo biiwaabikonsan.

**KINA AGWA GDAA NAADMAAGEMI AWII NIGAASIDOWING SWESHKAAG COVID-19.  
WOSHME GEGO AWII GIKENDAMAN, GNOWAABMDAN**

Canada.ca/coronavirus maage giigidan 1-833-784-4397

**\*Gibaakogowin owi onji Aakoziwin Manijoshens Naanknigewin**

Gichi Gimaa maampii Gaanada maajiishkaaton Niizaanag Naanknigewin zhiwe owi Gibaakwaadizang Inaaknigaadeg dowendaagoziwog bemaadizijig abi biindigewaad Gaanada—endogwen gwaa mbaasjiganing, jiimaaning maage kiing—awii gibaakodiziwaad 14 giizhigag minik giishpin yaamwaad inamjiwinan owi COVID-19, owi onji awii nigaasjigaadeg biindigajigaadeg miinwaa swebideg. Owi 14 giizhigak minik maajitaamigad owi apii bemaadizid agii bindiged Gaanada.

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