



Ge-izhi-nishikewabiyin giishpin GOOBID-19 ayaayin

Nishikewabin endaayin giishpin moonzhitooyin iwe aakoziwin GOOBID-19 gaye giishpin nin-gii-aazhoo'igoo inendaman. Gego waabamaaken godak awiyag ji-manaa-aazhoo'iweyin iwe aakoziwin endaayin gaye gidazhiikewining.

Owe Izhichigen:

- **zhemaak giuwen, gemaa abin endaayin giishpin** owe ayaayin:
 - GOOBID-19 odayaan gaa-igooyin, gemaa ebi'oyin ji-wiindamaagooyin giishpin eyaawanen iwe GOOBID-19
 - Inamanji'oyin e-ayaayin iwe GOOBID-19 aanawi bangii eta, owe dash gaye
 - giishpin besho gaa-waabamad awiya maagizhaa GOOBID-19 gaa-ayaagwen
 - giishpin gaa-wiindamaag mino-ayaawin gaa-naagajitood (dibinawe gemaa wiin-damaagewining gemaa giin gi-gii-waabandaan) e-gii-aazhoo'igooyin GOOBID-19
 - agwajiing Gaanada Akiing gaa-onji-dagoshinan, ginamanjiw dash GOOBID-19 (zhaagooch igo ji-izhichigeyin owe)*
- naagajitooon gaa-inamanji'oyin gaa-izhi-wiindamaag mashkikiwikwe gemaa Mino-ayaawin gaa-naagajitood bamaa wiindamaagooyin gaawiin ji-aazhoo'aasiwadwaa godak awiyag
- zhemaak ganoosh mashkikiwikwe gemaa Mino-ayaawin gaa-naagajitood gaye bizindaw ekidowaad giishpin awashime inamanji'oyin

Gego aapiji godag awiyag megwaashkawaaken

- Gego nagadangen endaayin aakoziwigamigong eta wii-izhaayin
- Gego booziken basing, gaye daakisii gaye ji-adwaa'amadwaa awiyag owe apii
- Andodan miijiman gaye ge-aabajitooyin ji-bagijiwebinigaadegin endaayin gaawiin memwaach ji-ganoonaasiwad besho awiya.
- Gego nishike-ayaaken endaayin giishpin gashkitoosiwan ji-manaa-wiidabimadwaa igi gaa-wiijidaamikwaa. Daabishkoo owe, giishpin
 - wiijidaamadwaa awiyag gemaa baatiinoyeg waakaa'iganing
 - izhidaayin gaa-agaasing dinookaan izhidaawinens gichi-waakaa'iganing
 - wiijidaamadwaa niibiwa awiyag bebakaan gaa-izhi-inawendiwaad gewiinawa
 - wiijidaamadwaa awiyag gaa-gii-wiiji-babaamaadiziimadwaa gemaa gaawiin gi-gashkitoosiin ji-manaa-wiidabimadwaa besho gemaa
 - dazhiikewining agwajiing daayin gemaa gichi-gikino'amaadiwigamigong daayin gemaa godak bakaan waakaa'igan gaa-izhi-waabamadwaa niibiwa awiyag gaye besho e-waabandiyeg.





- Bikish dazhi-nibaa, bikish miiziiwigamig gaye aabajitoon giishpin izhiseg iwe ji-izhichigeyin. Amii gaye bezhigwan giishpin wijiidaamadwaa giwijiwaaganag gemaa gidinawe-maaganag gaa-gii-wiji-babaamaadiziimadwaa.
- Weweni bekitoon gaa-izhi-aabajitooyin imaa waakaa'iganing.
- Giishpin zhaagooch gaganoonadwaa awiyag waasa onji-ganoosh ganage go ngodwaasomizid onji-ganoosh ganoonad awiya.
- Gego besho wijiwaaken awiya gaa-okewaadizid.
- Giishpin nibewigamigong izhidaayin, gego nagadangen gaa-izhi-nibe'igooyin. Gego izhaaken imaa gaa-izhi-mishweyaak daabishkoo gaa-izhi-biindigewaad awiyag, gaye agwajiing, gaye wiisiniwigamigong gaye gagwejiwigamig gaye bagizoowigamig.
- Gego ginwesh waabamaaken besho awiya, gigishkan gaye aakoziwigamigong gaa-onjiimagak aagwiingwepizon giishpin ayaayin gemaa, gaa-michi-ozhichigaadeg aagwiingwepizon (niizhweg bagwaaniigin ji-aagawi-shkaag, gijaaning gaye gidooning gaawiin ji-baakii-gishkaasinog, ji-naabising gitawagaang) giishpin ososodaman jaachaamoyin gemaa wiji-ayaamadwaa awiyag bakesaginiganing daawining.
- Mino-ayaawin gaa-naagajitood gi-ga-wiindamaag aaniin ge-izhi-giziinaman iwe aagwiingwe'onan gaa-ayaayin, aaniing gaye ge-izhi-aabajitooyin.
- Gego zaaminaaken awakaanag, aanind awiyag iinzan odaazhoowaawaa' GOOBID-19 odayiwaa' animoshag gaye boozhag.

Bekininjiin

- **Nasine** giziininjiin giziibiiga'igan ji-aabaji'ad gaye gibi 20 paso-diba'iganensens gaye mazina'iiginoonsan ji-bengonin-jii'idizoyin, gemaa gizingwaan gaa-bengozid ji-aabaji'ad.
- Gaa-dipaabaawe'iigak aabajitoon ji-bekininjii'odizoyin gaye ishkodewaaboong gaa-onji-ozhichigaadeg giziinigan 60% ishkodewaabo.
- Gego zaaminangen gishkiinzhigoon gijaan gidoon.
- Ginagwaying gemaa Kleenex izhi-ososodan gaye jaachaamon.

Gego zaaminangen gegoonan endaayin

- Aabiding endaso-giizhig giziinan gaa-aabajitooyin nasine daa-bishkoo miiziiwinaagan gaye adoopowinens jiigi-nibewining, ishkwaandemaabik, giigidowin gaye gaa-aabajitooyin ji-aanjitooyin mazinaatesijigan
- Gego awi'aaken ariya gidaya'iiman daabishkoo giziyaabide'on, gizingwaan, nibewiniigin, emikwaanag gemaa giigidowinens.
- Ji-giziinigeyin, aabajitoon eta gaa-ikidowaad ji-aabadakin giziiniganan 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 zaaminaman giishpin dash gashkitoosiwan ji-giziinaman gashkiiginan amii dash izhi-webinan gaa-izhi-webiningeng
- Niisanan miiziiwinaagan ishkwa-miiziiyin jibwaa-maajiiyaabogotooyin gimoow



- Giishpin gigishkaman agwiingwepizon gaa-gii-michi-ozhichigaadeg (niizhweg bagwaaniigin ji-aagawi-shkaag, gijaaning gaye gidooning gaawiin ji-baakii-gishkaasinog, ji-naabising gitawagaang), amii imaa ge-izhi-gichiwisegin zikowin gaa-zaagidaasing gii-gaagiigidoyin, gaawiin dash gi-daa-aazhoo'aasiig awiyag besho gaa-niibawiwaad giyaabi dash gigishkaman iwe aagwiingwepizon, giyaabi gi-daa-bekichige imaa gaa-izhi-zaamingeng.

Naagaji'idizon

- Naagajitooon gaa-inamanji'oyin gaa-izhi-wiindamaag mashkikiiwikwe gemaa Mino-ayaawin gaa-naagajitood
- Zhemaak ganoosh mashkikiiwikwe gemaa Mino-ayaawin gaa-naagajitood gaye bizindaw ekidowaad.
- Giishpin awashime wii-izhiyaayin, gi-daa-naanaagadawaabandaan owe ji-inamanji'oyin daabishkoo ono:
 - maajii-ososodaman gemaa awashime ososodaman
 - gaawiin de-bagidanaamosiwan, gemaa gashkitoosiwan ji-bagidanaamoyin
 - awashime 38 C inaakoshkaag gaa-dakwanjigaadeg
 - gizhizo-manji'oyin
 - dakiseyin
 - ayekoziyin gemaa
 - dewimanji'oyin miziwe
 - gashkitoosiwan aapiji ji-minaanjigeyin gemaa ji-nisidopidaman miijim
 - dewikweyin
 - gizhiwashkadeyin, maanashkadeyin, zhaabokaawiziyin zhiishigagoweyin
 - gaawiin mino-manji'osiyin
- Giishpin gichi-inamanji'oyin, 911 izhigiigidon zhemaak gemaa awe agindaason eyaamagak ge-onji-wiiji'igooyamban, wiindamaw dash
 - maagizhaa e-ayaawanen GOOBID-19
 - awashime dash ji-izhiyaa'amban
- Anweshinin gaye gaa-onizhishing miijim miijin gaye ganoosh giwiiijiwaaganag gaye gidinawemaaganag giigidowining gemaa daataanginiganing.

Ge-aabajitooyin abiyin endaayin nishikewabiyin

- Aakoziwigamigong gaa-onjiimagakin iniweniwan aagwiingwepizonan o-daa-gigishkaanaawaan igi gaa-bami'aawaad gaa-aakozinid gemaa gaa-gitaadizinid
 - giishpin ayaasinog iwe dinookaan, bizaanigo agwiingwepizon gaa-gii-michi-ozhichigaadeg (niizhweg bagwaaniigin ji-aagawi-shkaag, gijaaning gaye gidooning gaawiin ji-baakii-gishkaasinog, ji-baabising gitawagaang) daa-aabadan.
- Oshkiinzhigokaanan (ji-aagoosingin) ji-aabajitood gaa-naagaji'iwed.
- Gaa-zaabobiisigwaa minjikaawanag (gego giuwe-aabajii'aakwen).



- Gaa-webinigaadegin gizzii'onan.
- Ziinskiigome'onan.
- Webinigan-makak gaye gaa-zhaabobiisinogin mashkimodan.
- Gaa-dakwanjigaadeg.
- Mashkiki ge-adaawe'amban giishpin gizhizod awiya (dewikwe mashkiki).
- Nibi gaa-biijjiwang endaayin.
- Giziibiiga'igan.
- 60% Ishkodewaaboong gaa-onji-ozhichigaadeg giziinigan.
- Giziinaagane giziibiiga'iganaabo.
- Giziibiiga'ige giziibiiga'igan.
- Gaa-aabajichigaadegin giziiniganan endaayin.
- Ge-giziinigaageyin, gemaa, (5%) gaa-aakomaagwak giziinigan gaye ge-izhi-ziiginaman ji-atooyin nibi gaye.
- Ishkodewaaboong gaa-onji-ozhichigaadeg gizzii'onan gizzii'an daataanginiganan.

**GAKINA GI-DAA-WIJITWAAMIN JI-GIBITINIGAADEG IWE GOOBID-19. GIIYAABI
ANDAWENDAMAN WIINDAMAAGEWIN, OMAA INAABIN**

Canada.ca/coronavirus

gemaa omaa giigidon 1-833-784-4397

*** Nishikewabiwin Inakonigewin**

Gaanada Aki ikido ji-ayaamagak Inakonigewin imaa Nishikewabiwin Inakoni-gewin awiyag gaa-biindigewaad omaa Gaanada Akiing, bimisewaad gemaa jiimaaning gemaa odaabaaning ji-nishikewabiwaad 14 dasogon giishpin GOOBID-19 inamanji'owaad e-ayaawaad ji-manaa-aazhoo'iwewaad. 14 dasogon maajise gii-biindiged awiya Gaanada Akiing.

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