



Bemaadizijig woshme e'niizaanzijig awii gichi aakoziwaad owi COVID-19

Aanwi gwa wegwen agwa bemaadizid inaapinewinan adaa aakoziikaaginan, aanin maampii bemaadizijig Gaanada woshme niizaanziwog awii maajitamigag gechi zinaagikin inamjiwinan abi njibaamigag aakoziwining owi onji giizhaa naapinewinan miinwaa epiitizing. Giishpin niizaanziwin newen gechi zinaagikin inamjiwinan, gdaa zhichige nendowendaagwog awii naazhinaman aakoziwin owi abi njibaamigag COVID-19.

Wegnesh gewe e'niizaanzijik?

- Bemaadizijig eyaamjig gaagige naapinewin e'dagosing:
 - Ode waapinewin
 - Ishpaabikiseg miskwi ozaam e-gizhiijiwang
 - Opanag apinewin
 - Ziizibaakodwaapinewin
 - Manijoo shiwaapinewin
- Bemaadizijig eyaamijig e'dibasaag naadamaagoying aakoziwining owi onji aakiziwin maage naandowechigewin, dibishko gonaa mashkiki gaa-aabadak ji-nichigaadeg manijooshiwaapinewin
- Woshme gechi piitizijig bemaadizijig

Giizhaa Zhiitaan

- Gikendan owi COVID-19 miinwaa aabaji ndakenjigen zhiwe www.canada.ca/coronavirus.
- Gnowaamdan gdo [kiinsan/waasa wekamig](#) miinwaa odenwin mina bimaadiziwin waasamo asabi mazina-igan awii aabaji gikendaman ezhiwebak owi COVID-19 gdo odenwining.
- Zagakinan nikaaziwinan age mineziyimiba giishpin aabdeg bekaa awii yaawin endaawin gmaaminig minik inamegiizhigag, dibishko gonaa miijim, wesiin miijim miinwaa biinchigeng nikaaziwinan.
- Gagwejim owa mina bimaadiziwin maagwed owi nikii-aa gezhi naagdownendiziyin miinwaa gagwekwendan deminig yaaman agaa zhibiimaagowin mashkiki miinwaa aakoziwin nikaaziwinan.
- Gagwejim gdo inodewiziwin, gwiji dazhiikewinag maage gwijikiwen awii naadmaag newen nendowendaagwog awii zhichigewin (dibishko gonaa naading mashkiki, miijim giishpinadoong)
- Wenaamdan wegwen zhichigewinan etemigag awii bijigaadeg miijim maage mashkiki odi endaayin.
- Naanaagajichigendizan newen inamjiwinan.

Waazhi naazhinaman gdo niizaanziwin owi COVID-19

- Giishpin gazhkitowin, zaagijiitan endaawin goweta awii waabimad mashkikiin.
- Gaawii zhaake gewe bemaadizijig e'yaakoziwig yaawaad.





- Miiwizhkan bekaanzijig bemaadizijig awii bwaa yaawin, memdage ago gewe agaa bibaayaajig maage gewe agaa iniwe idiziwaad owi aakoziwi-manijooshens.
- Giishpin gaawii maamda gshkichigaadesnag awii wiiijiaawan bemaadizid, daapinan ninda aangwaamziwinan:
 - gnigen gwa 2 nisiwe bimase dibagan giin yaan miinwaa aanin bkaan bemaadizijig
 - animikaagewin desininjiitaawin owi meshkod zginjiinigeng, jiimiwin maage aabtojiinigeng.
 - Ajina goweta nakweshkaageng
- Wewiibaa gziibigininjiin nikaaziwin gziibiiginigan miinwaa nibiish gnigen gwa 20 dibagaans, maage giishpin bwaa temgag, nikaazan ishkodewaabo digosin gziibiignijiwin gnigen agwa 60% ishkodewaabo digosing.
- Miiwishkan daanginaman gdoon, gjaansh miinwaa gshkiizhigwan miinwaa/maage miijim nikaaziwin gninjiin.
- Bimiwidoon ishkodewaabo digosing gziibiigninjiwin digosin gnigen gwa 60% ishkodewaabo apii zaagijiwiing yaawin endaawin.
- Gegwa daanginange pane e'daanginigaadegin desaagin dibishko gonaa shkwaandem zaginiganan, majiginamaakwiiwinan miinwaa akwaadawebizad gibadoonsan zhiwe bemaadizijig e'dazhiikewaad.
- Giishpin aabdeg awii danginam e'desaagin zhiwe bemaadizijig e'dazhiikewaad, mooshiweniigans maage ginik gwayaan nikaazan awii gibaman gininj.
- 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.
- Awii waabshkibiignigewin, nikaazan goweta menwaabmjigaadeg meshkowaag-desaaag waabshkigigaadeginan nikaaziwinan temigag Mshkiki Gikendamowin Gindaasowin (DIN). Owa DIN aaawan 8 agindaaso-biigan maagwewaad Mina Bimaadizin Gaanada e'debiwemigag owi waabshkigigaadeg nikaaziwin minwaabmjigaade awii nikaazang Gaanada.
- Giishpin bwaa temgag minwaabmjigaadeg waabshkigigaadegin, endaang awii waabshkibiignigeng, ningaabaawajigaadeg waabshkibiiginigan digwaagminigan adaa zhichigaade naagidoong ezhibiigaadeg zhiwe mazinigaansing, maage owi minik 5 millilitres (mL) waabshkibiiginigan zhiwe minik 250 mL nibiish MAAGE 20 mL waabshkibiiginigan zhiwe bezhig litre nibiish. Maanda enigokwaag digosijigan aawan waabshkibiiginigan temgag 5% sodium hypochlorite, awii miigwemigag 0.1% sodium hypochlorite digosijigan. Naagidon waazhi nikaazang gagwek dizhiikigaadeg owi endaang (chlorine) wiibshkibiiginigan.
- Giishpin gshkitowaad nikaaziwaad nibiwaabo awii waabshkibiignigewaad, newen e'aabaji daanginigaadeg waasamo biiwaabkonsan (dibishko gonaa, maamaagowebinigan awii zhibiigeng, e'daanginigaadeg mazinaatesijigan) adaa waabshkibiiginigaade nikaazang 70% ishkodewaabo gnigen ngoding ensa giizhigag.
- Mikowaabam aanin bemaadizijig e'aakoziwig, gnimaa age agaa iniwe idiziwaad owi manijooshens aakoziwin, wiibwaa abi zhaawaad.



- Miiwishkan baatiinwaad bemaadizijig miinwaa gichi maawaanjidiwinan.
- Miiwishkan jiimaaning bebaayaang miinwaa gego nendowendaagozinag awii bibaayaang zaagijiwiing Gaanada

Owi age zhichigewin giizhpin inamjiwin yaaman owi COVID-19

- Inamjiwinan owi COVID-19 digosinon:
 - shki osaasdamiwin maage woshme gichi aabji osasdaman, maage
 - gzhiziwin maage
 - znagizing awii neseng
- Giishpin maajitaamigag inamjiwinan, bekaa yaan endaawin giigidan odi gdo mina bimaadiziwin maagwed maage gdo mina bimaadiziwin nyaagdowendamajig miinwaa wiindamo enamjiwiwin.
- Pane giizhaa giigidan jibwaa o'waabimad gdo mina bimaadiziwin maagwed maage naandowechige gamig awii naadmowaa-aad aanin bkaan bemaadizinjin awii bwaa iniwe idiziwigaaaziwaad.
- Ninda ezhibiigaadegin adaa azhi gnowaabmjigaadenon wewiib endaagwog:
 - Gichi znagag awii neseng (dibishko gona, bwaa debinigaadeg nesewen, gichi akoknamang)
 - Gaagijj kaakinaang maage gazigwendaagwog
 - Shki gwiinwinendamang maage znagag awii gshkozing
- Giishpin maajitaamigag ninda e'wewiib endaagwog inamjiwinan, giigidan 911 miinwaa wiindamo gnimaa gdaa yaan COVID-19 miinwaa gdo niizaanis woshme awii yaaman gechi zinaagikin inamjiwinan.

Kina agwa gdaa naadmaagemi awii nigaasidowing sweshkaag COVID-19. Woshme gego awii gikendaman: Canada.ca/coronavirus maage giigidan 1-833-784-4397