



COVID-19 Biintowin miinwaa waabi-biiginam manidoshensan zhiwe endaayin

COVID-19 zhiwe desaagin miinwaa nikaaziwinan

Yaabaji danginigaademigag desaagin miinwaa nikaaziwinan aawinon newen bemaadizijig yaabaji daanginamiwaad, miinwaa woshme ada bichibowiniwan owi COVID-19 manijooshens aakoziwin. COVID-19 adaa swenigaademigag daanginigaadeg bichibowiniwan temgag desaagin miinwaa nikaaziwinan, miinwaa ani daanginaman gdoon, jaansh maage, oshkiinzhigoon wiininaagwog gninjiin.

Gaawii gagwekwenjigaadesino owi minik bichibowiniwan temgag desaagin miinwaa nikaaziwinan naadmaagemigag owi swebidemigag COVID-19. Nda-gikenjigewinan waabdowemigadoon owi manijooshens aakoziwin adaa bimaadiziimigag zhiwe desaag maage nikaaziwinan onji gmaaminig dibagiisiwaan apiinish giizhidoon. Owi manijooshens adaa bimaadiziimigad woshme gnesh:

- epiichi gazhidemigag nondaaj 20°C
- owi epiich gazhi naamideg epiitaag noondaaj 40% miinwaa woshme 60%
- Newen e'zhoskwaagin dibishko gonaa zhaabwaase-aag miinwaa biiwaabik apiidash owi zhiibaag desaagin dibishko mitig miinwaa maziniginiwii.





Biintowin miinwaa waabi-biiginam manidoshensan yaabaji danginigaademigag desaagin miinwaa nikaaziwinan adaa bimoon miinwaa nitoon owi manijooshens aakoziwin. Naadimaagemigag awii naazhinigaademigag owi niizaanag owi swenigaademigag COVID-19.

Gagiikigaademigag biinichigewin miinwaa waabi-biiginam manidoshensan zhichigewinan

Gagwekgwa, aabdek gwa gdaa biintonan desaagin miinwaa nikaaziwinan ntam nikaaziyi giziibiiginigan, miinwaa miidash waabi-biiginaman.

Biinichigewin nikaazang giziibiiginigan miinwaa nibiish gaawii nisigaasiwog manijooshensag. Dash wiigwa, naazhinigaademigag owi minik manijooshensag eyaawaad bimobiiginigaaziwaad.

Nibochige'aaboon nitsaan manijooshensan miinwaa nitoon owi manijooshens aakoziwin nikaazang naagidoong wiindamaagewinan ezhibiigaadeg mazinigaans e'digosing.

Nda gikendan owi mazinigaans owi mashkiki waawinjigaade gindaasowin (DIN) gagwekwendaagwog owi Mina Bimaadiziwin Gaanada agii minwaabmdaan awii daaweng maampii Gaanada. Ngi zhitonaa naabidebiigan newen meshkowaag desaagin nibochige-aaboon debwechigewin temigag awii nikaazang miigaajigaademigag COVID-19. Giishpin owi menwaabmjigaademigag nibochige-aaboo tesinag, nikaazan waabshki biiginigan digosidowin nibiish.

Gindan miinwaa naagidoon owi agaa zhitood wiindamaagewinan owi waankiimigag nikaaziwin new biinichigeng nikaaziwinan miinwaa nibochige-aaboon. Dibegendaagwog owi nikaaziwin gnimaa aabdeg gdaa;



- biisgaan gnowenjige nikaaziwinan dibishko ninjii-minjikaawan, shkiizhikaajiganan maage gibishkiizhigeganan
- nikaazan zhiwe wweni zhiibaa-aasing nodin
- bagidinan deminig minik dibagaans owi niboohige-aabo awii nitood owi manijooshens aakoziwin
- Weweni zigakanan miinwaa webinan owi nikaaziwin

Atoon agaa nikaaziwin biinchige aabajichigewinan, dibishko gonaa giziisaga`iganan maage gidagiiginiganan, zhiwe biito mashkimad jibwaa ngoji pagidaman. Giziibiiginan aanji nikaazang biinchigewinan nikaaziwin giziibiiginan miinwaa gezhaagimideg nibiish (60° C apiinish 90° C).

Giishpin nikaaziwin ninjii-minjikaawanag, giziibiigininjiin nikaaziwin giziibiiginan miinwaa nibiish gnigen gwa niishtana dibagaans shkwaa giiskodwaa. Giishpin gaawii tesinag giziibiiginan miinwaa nibiish, nikaazan ishkode-aabo dibgosin ninjiin biinchigewin gnigen gwa 60% ishkode-aabo digosing.

Biintowin miinwaa waabi-biiginam manidoshensan endaayin

Minwe-aapii biintowin miinwaa waabi-biiginam manidoshensan yaabaji danginigaademigag desaagin miinwaa nikaaziwinan zhiwe endaayin. Memdage maanda gichi piitendaagwod naagwog wiininaagwog maage apii gwayaa aakozid.

Yaabaji danginigaademigag desaagin miinwaa nikaaziwinan zhiwe endaayin adaa digo aawinon:



- daminonan
- wiigwaamensan
- biskanebijiganan
- gwiwinan biindeg
- doopiwinan miinwaa e'desaag taasiwin
- giigido biiwaabikoonsan, mazinaatesijigan nisaakibijiganan miinwaa waasamo biiwaabikonsan
- shkwaandeman, shkwaademan zaginiganan, makomii taasiwin, waasamo gziibiignaaginegan, taasiwinan miinwaa nibiish nisaakibijiganan

Apii gwayaa ayaang maage agii ayaang COVID-19 endaayin

Biinton miinwaa waabi-biiginam manidoshensan yaabaji danginigaademigag desaagin miinwaa nikaaziwinan zhiwe endaayin woshme wewiiba awii naazhinam owi niizaanag awii azhoweng. Memdage gwa maanda gichi piitendaagwod giishpin gwayaa endaayiin niizaanizid owi woshme gichi aakoziwaad maage wegwen enjibaamigag owi COVID-19.

Minwe-aapii biintowin miinwaa waabi-biiginam manidoshensan zhiwe ayaad owa bemaadizig eyaang maage agaa ayaang COVID-19 agaa nikaazad, dibishko gonaa enji nibaang miinwaa wiigwaamensan. Epiichi biintowin miinwaa waabi-biiginam manidoshensan, biishkan memaanji nishing miinwaa memaangi minakiman meshkwadanaamong nikaaziwin maage gabiingwegan etemigag awii nikaazyin.



Gdaa giziibiiginnaan manijoosensiwang miinwaa waaninaagwog gwiwinan, e'digosing anji nikaazang gabiingwebichiganan, digo owi bkaan waaninaagwog. Apii giziibiiginigewin, gdaa:

- gagwek atoon waaninaagwog zhiwe owi giziibinige nikaaziwin, maage zhiwe aagwiitosing majiginigan giishpin gaawii wewiib awii giziibiiginigaadesinag
- giziibiiginigen nikaazyin gezhaagimideg (60° C apiinish 90° C) nikaazyin giziibiiginigan
 - Giishpin tesinag giziibiginige nikaaziwin, weweni giziibiiginan nikaazyin giziibiiginigan miinwaa gezhaagimideg nibiish
- weweni baasan agaa giziibinaman

Giziibininjiing wewiib gwa shkwaa giizhiitaayin dazhiikiman waaninaagwog gwiniwinan.