



# Tahkounawashowin, nihtawwikiwin akwa chi-kanwayimik aen pchi beebée maykwawt ooma COVID-19 en malajee kaw-awshoupayik

## Kawcheestahoukawiyeen poor COVID-19

Il i awn famee aykwawniki poor mitouni ayiwawk en risk kawmshi-awhkousihk ouschi COVID-19. La prav wawpastahikayw aykwawnima mRNA COVID-19 cheestahouwina i soon paw meshawn poor li moond aykwawniki il i awn famee keema kanoohawashoow. Ooma La saasyitii Weestamakaywin en Bawnd ouschi Cheestahouwin weestamakayw chi-outinamaen mitouni kahkiyuw tout sort avek mRNA cheestahouwin keeshpin maykwawt kitahkounawashoun keema kinoohawashoon. Keeshpin namoo wiya kashkihtawn chi outinamaen mRNA cheestahouwin, tapishkoot, akouz kimuypitikoun, chikee itaystamin kootak la paarmisyoon COVID-19 cheestahouwin.

Noo akwuykoohk la prav ikouhk oohin cheestahouwina, avek COVID-19 cheestahouwina, oushistow enihtawwoukihk li troub.

## Tahkounawashowin

Il i awn famee maykwawt ooma COVID-19 en malajee kaw-awshoupayik chikee mawshkoot li troub. Namou nawnduw chi nakwkatawayhtamen ouschi oohin moushistawin ouschi la malajee ishi ki tahkounawashowin akwa noo kanihtawwikit toon pchi beebée.

La prav wawpastahikayw si baen rawr chi ashoushkamakayin COVID-19 ishi toon beebée maykwawt tahkounawashowin.

Anoush maykwawt scientific la prav wawpastahikayw aykwawnima COVID-19 namoo wiya ayimihikoowin kahkiyuw paray maykwawt tahkounawashowin. Ihtakoun ikouhk ouschi aenportaan li vayritee chi itayitakwun, avek:

- toon en risk ouschi ka nakishkamin COVID-19
- en risk kawmshi-awhkousihk ouschi en malajee keema chi ishpayik keeshpin ki kawshchitinayn COVID-19 maykwawt il i awn famee



Si aenportaan meena chi peekishkwayin avek toon li piblik la saantii pamihwayw.

Keeshpin kawshchitinayn COVID-19 maykwawt kiya il i awn famee, chikee ayawn en risk kawmshi-awhkoushihk ouschi en malajee keema chi ishpayik, avek chi natawayhtaen poor intensive keniwaymowin.

Ooma en risk kawmshi-awhkoushihk ouschi en malajee keema chi ishpayik noukwun plupir avek awtist COVID-19 li variant. Aenportaan chi ahkamaymou reglee il i awn famee keekwaywin maykwawt COVID-19, kiyawn keeshpin chi pounishtahk daan li computer.

## Awnshay la michinn ouschi itamashchihowin

Keeshpin ki ayawn la michinn ouschi itamashchihowin, kiya meena chikee en risk kawmshi-awhkoushihk ouschi en malajee keema chi ishpayik. Oohin la michinn ouschi itamashchihowin avek:

- trou graws
- en malajee di suk
- li sawn ipay
- awn navawn lawzh maykwawt tahkounawashowin

Keeshpin ki ayawn la michinn ouschi itamashchihowin akwa kiya il i awn famee, chikee ashaynamim toon en risk ouschi awhkoushiwin avek COVID-19.

## Kenawaymishoo akwa kootakak

Maykwawt tahkounawashowin, kiyawpit aenportaan chi awpachistawyin awtist prochikee kipihtinikaywin shaymawnk, kiyawm ouschi toon kawcheestahoukawiyeen chi ishpayihk, tapishkoot:

- chi ayawyin aen mRNA cheestahouwin
- chi poostishkamin en mask
- chi ashaynamin namoo wiya si nissisayr didawn-parsonn mamowwiitowin avek li moond ouhpimaen ouschi itay kawweekiyen avek tee famee
- kawshoushta kaw-kipahikawtayk la plaes (avek poor ventilation) akwa daw la bawnd la plaes avek li moond ouhpimaen ouschi itay kawweekiyen avek tee famee
- kouchee mishchaytwow kisheepaykishchihchaywin.

Ooma ka oushkwastahk nakishkawtaywin akwawnima li miyoer ka ishi kenawaymishooyin akwa kootakak pakwatem ouschi COVID-19.



Itayitaka chi kwaychim toon doktoer, obstetrician keema en faem aykawschitinawt poor aen foonn keema daan video naasaamblii napwaenmawn, keeshpin si possib. Kawtoutamihk ki weechihikoun chi miyawshkamin didawn-parsonn mamowwiitowin avek kootakak.

## **Nihtawwikiwin**

Nihtawwikiwin maykwawt ooma COVID-19 en malajee kaw-awshoupayik chikee mawshkoot li troub. Namou nawnduw chi gashkayhtamaen, kishaykishin keema or confused. Peekishkway avek toon li piblik la saantii pamihwayw ouschi tawnsheeshi COVID-19 chikee ayimihikoun toon nihtawwikiwin plawn akwa toon famee apray nihtawwikiwin.

Keeshpin aen plawn chi ayawyin nihtawwikiwin didawn daan lapital keema nihtawwikiwin en plass, peekishkway avek toon li piblik la saantii pamihwayw ouschi:

- toon nihtawwikiwin aen plawn
- tawnsheeshi toon plawn chikee mayshkoohtaashtahk akooz ouschi COVID-19

Kishkayhta ooma COVID-19 tawnshi chi tootamihk ouschi weechihwaywin akwa keewkaywak.

Keeshpin aen plawn chi ayawyin nihtawwikiwin keekouwawhk, peekishkway avek toon en faem aykawschitinawt ouschi:

- pat dawnzhee ka kayschinahow chi pashpinatikawin ita ka weekihk
- keeshpin keekouwawhk nihtawwikiwins keyawpit nawashoonikewin didawn toon provayns keema li tayritori

Keeshpin ki ayawn COVID-19, peekishkway ishi toon li piblik la saantii pamihwayw ouschi tawnsheeshi chikee ayimihikoun kaw ayawyin nihtawwikiwin. Avek kwayesh pat dawnzhee noohawashoowin, la poo-daan-la poo akwa nihtawwikiwin chi endawayhtakwahk ishi nihtawwikiwin.

Toon li piblik la saantii pamihwayw chikee kakayeshkimiwayw kootak specialists poor kiya keema toon beebie ishpee si nissisayr.



## **Beebee keniwaymowin**

Ishpee li beebee kanihtawwikit, chikee ayow COVID-19 ouschi kootakak li moond, akoushchi aenportaan chi nakawinawayk mana nakishkawtoowin avek kootakak.

Chi kenawaymishooyin akwa toon beebee, ahkamaymou chi pimitishahamin ka weestmakayhk prochikee kipihtinikaywin shaymawnk.

Chi weestmakayahk noohawashoowin ishpee si possib. Ashtayw mischayt la sawnte kimiyeutootawkoun akwa miyoumaykiw nawut mischet kenawaymoowin pakwatem ka-awshooshkamatoohk akwa awhkousiwin shawpou li ptsee-iwit akwa kaw-apisheeshihk. Ka-noohawashoohk namoo wiya kishkayistakwan chi ashoushkamakayw COVID-19. Noohawashoowin geemiyikiw aenportaan la mawnzhee ka miyooshkakohk poor toon beebee.

## **Keeshpin ki ayawn etamahchihouwin keema aen kayshchinahoow ayawyin poor COVID-19**

### **Kahkiyuw awiyek por pat dawnzhee chi kayschinahow**

Keeshpin ki ayawn keema itayhtahmin ki ayawn COVID-19, pikou ka peeyakohk keekouwawhk. Kiyawpit ka ki michiminaw toon beebee la poo-daan-la poo akwa ayahk daan tout la shawnbr, sourtoo ishpee when bonding akwa noohawashoowin.

Pat dawnzhee chi kayschinahow chi miyashkamin ka-awshoohiwihk ooma la malajee ishi toon beebee.

- Ishpee koushoupayiw, poostiska enn mask di malaahjii ishpee tout la shawnbr avek toon beebee.
  - Keeshpin namoo wiya astayw, kwayesh ouschikawtayw akwa kwayesh taypishkumin namoo wiya enn mask di malaahjii.
- Mishchaytwow kisheepaykishchihchaywin, sourtoo avawn eshinikounit toon beebee.
- Payhkun akwa nipahtaw pour la malajee daan disseu akwa kaykwuwuy ka mishchaytwow eshinikounamin.
- Kishpin ki nipawn didawn la shawnbr avek toon beebee:
  - kayschinahow la plass si boon ventilated
  - tapitow aen siparii ka kanwayimishook awntor deu kiya akwa toon beebee



## Pat dawnzhee chi kayschinahow maykwawt ka noohawashoo

Ishpee ka noohawashooyin toon beebée:

- ashta nawau payhkun aen niseumaen didawn ki noohawashoowin li daryee (keeshpin ki awpachistawn) tapitow ka awpachistawyin
- payhkun toohtoosh li poomp awpaciichikanaa payhtik avawn akwa apray ka awpachistahk ishi:
  - ksheepaykinathe li poomp akwa la can apray ka awpachistahk avek li savoon poor d visel akwa keeshoushin diloo
  - raens avek aen kishitayw diloo poor jhis ishko kaynz aen sigoon
- kawya aan paar li boutay keema toohtoosh li poomp

Ahpoo itikway ki awhkoushin chi noohawashoowyin keema chi keniwaymit beebée. Keeshpin tapway, kwaychim la bonn sawntee en grawn parsonn chi ashamat akwa chi keniwaymat toon beebée. Mawka nawut, ptsi beebée soon ka kanwayihchikayt akwana ouschi itay kawweekiyen avek tee famee. Ayish chikee astayw COVID-19 didawn keekouwawhk, ptsi beebée soon ka kanwayihchikayt chikee:

- miyawshkamin chi ayahk aan paar la plass (tapishkoot tout la shawnbr) keema chi ayahk didawn-parsonn mamowwiitowin avek kiya
  - keeshpin namoo wiya si posibb, wiyawow chikee:
    - kayschinahow mamowwiitowin apshesh, achiyow, akwa ishpayin wawhyow ouschi aen siparii ka kanwayimishook si posibb
    - kwayesh poostiska enn mask di malaahjii keema kwayesh ouschikawtayw akwa kwayesh taypishkumin namoo wiya en mask di malaahjii
- miyawshka akouta rawaylichi kayhchiwawk nakishkawtoowin avek kiya
  - keeshpin kayhchiwawk kiitayihkaakwun, wiyawow chikee poostiska enn mask di malaahjii
    - Keeshpin namoo wiya ihtakoun, chikee kwayesh poostiska kwayesh ouschikawtayw akwa kwayesh taypishkumin poostiska namoo wiya en mask di malaahjii
- kisheepaykishchaywak mishchaytwow



## Keewkaywak apray toon kanihtawwikit

Apray toon beebie kanihtawwikit, aen namee akwa toon famee chiweekeewkaywak akwa chi wawpamawywak toon beebie. Keewkaywak chikée **nakawinawayk chi ashaynamim en risk ouschi si posibb nakishkaminowin COVID-19**. Mitouni chikée awymen ooma, mawka aenportaan chi pashpinatichik toon famee.

Maamitoneyihtahk chi selabratee ooma nihtawwikiwin ouschi toon beebie chi ayahk daan computer keewkaywin akwa awpachista daan computer awpachichikanaa.

Keeshpin namoo wiya aen plawn chi ayahk didawn-parsonn keewkaywin, ahkamaymou chi pimitishahamin:

- weestmakaywin ouschi toon li piblik la saantii ouschi ikouhk mamowwiitowin li size nakawinawayk
- kootaka endawayhtakwahk li piblik la saantii la sort, avek prochikée kipihtinikaywin shaymawnk

Kayschinahow didawn-parsonn keewkaywin ishpayik didawn apsheesh-en risk la plass, tapishkoot dahor keema kwayesh-ventilated peehchee ayowin la plass. Kwaychim keewkaywak chi:

- ayahk weekiwahk keeshpin awhkoushiw
- poostiska en mask
- chikanawayhtamihk nawut aen sipaarii ka kanwayimishook si posibb ouschi kiya akwa toon beebie
- kisheepaykishchaywak mishchaytwow ishpee keewkaywin

Chi awpachistawhk prochikée kipihtinikaywin shaymawnk nakishkawtaywin akwawnima li miyoer anoush chi kenawaymishooyin akwa toon famee ouschi COVID-19, kiyawm ouschi kahkiyuw awiyek kawcheestahoukawichik chi ishpayihk.



## La sarvel la sawntee

Ka ayawow beebie aykwawnima aen groo mayshkouchipayiwin poor li famee. Ka moushistawhk ikouhk pikwayihtamoowin si kwayesh akwa kiitayihatakwun. Kiya pikou gishkayimishoun li miyoer akwa toon beebie. Keeshpin ki itayihayn aen dawayhtamin kiyawpit nawut weechihwaywin akwa, mitouni aenportaan chi natounamin.

Keeshpin kiya keema awiyek ka shawkihayt moushistaw kaykwuy akwa li troub kiya, natouna weechihwaywin shaymawnk chi miyeumaschihooyin nawut wiput. La parawn di la beebie maywawt COVID-19 sourtoo mawna ayiman, mawka ihtakoun mischayt weechihwaywin.

Si awnkourazhee lee parawn chi peekishkwayt ouschi soon la sarvel la sawntee avek:

- famee
- aen namee
- alawntour weechihwaywin
- soonli piblik la saantii pamihwayw

Poor ayiwawk information, keewkaywin [Canada.ca/coronavirus](https://Canada.ca/coronavirus) keema taypwayhkun 1-833-784-4397

Poor ayiwawk weehstamakaywin ouschi tahkounawashowin, keewkay: [www.pregnancyinfo.ca](https://www.pregnancyinfo.ca)

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