



OJIBWE DE L'EST / OJIBWE EASTERN

Maajiishkaang, niigi`aawasowin miinwaa naagdowenjigaazad e`shki bimaadizid epiichi temigag COVID-19 miziwe kamig aakoziwin

Jitawaaganiwinan ji-onji-aakozising owi COVID-19

Myaajiishkaajig bemaadizijig woshme niizaanziwog newen gichi aakoziwin abi njibaamigag COVID-19. Yahii giimiikiikateh mRNA COVID-19 ashowiiso mashkiki chitahiigun eh`miinoseh`k awiiyak chii`otapiinamowaach mekwach kakiikiishkwasowach keh`mah kanoonihawiisoch. Yahii miisiweh wiitokewiin apiitamakewin mekwach kachiitahakanewaach eh`iinetamowaach kiiyapach chiinatawapataman miinawah naakeh chiichiitahokoyan oh`ho`weh mRNA ashowiiso mashkiki chitahiikan kiishpiin kiikiishkwawiisooyan keh`mah noniihawisooyan. Eh`kah kiitepiinaman mRNA ashowiiso mashkiki chitahiikan tiinookan, eh`kah kii`otaapiinaman chiimaniishkakoyan keh`tah mamiitiinedan chii`otapiinaman kakiishapooniikatek COVID-19 ashoshiiso mashkiki chitahiikan.

Gaawii gego tesino debwewin newen wegwen gwa ashowizo mashkikiin, e`digosing COVID-19 ashowizo mashkikiin, miigwemigadon gaawiin oniijaanisiwin.

Maajiishkaang

Maajiishkaang epiichi temigag COVID-19 miziwe kamig aakoziwin adaa znagendaagwod. Miigwa njida ezhibewak awii znagendamang newen madookdaagewinan owi aakoziwi-manijoozhens gdo maajiishkaawin miinwaa gdo mashi bimaadizisig binoojiins.

Debwewin waabmdowemigad gichi wewiikaa gdaa aanke miinaa COVID-19 gdo binoojiinsim epiichi maajiishkaawin.

Memaanji shkiwiiwang gikendaasowin debwewin waabmdowemigad owi COVID-19 gaawii madookdaagemigasno maajiishkaang naasaab nikiiyaa. Temigadon gmaaminig gechi piitendaagwod e-zhiwebak awii naanaagidowenjigaadeg, e`digosin:

- Gdo niizaanziwon owi iniwe diziwin owi COVID-19.
- Owi niizaanziwon newen woshme gichi aakoziwin maage age zhiwebkiba giishpin debinaman COVID-19 epiich maajiishkaawin.

Gichi piitendaagwod awii ginonad gdo mina bimaadiziwin maagwed.



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Giishpin debinaman COVID-19 epiichi maajiishkaawin, gdaawaan woshme niizaanziwin awii gichi aakoziyin maage age zhiwekiba, e' digosing awii ndowendaagwog aakoziigamigong gigetin naagdowenjigewin.

Owi niizaanziwin newen gichi aakoziwin maage age zhiwekbiba waabmdowemigad woshme awii aawang aanin COVID-19 anjinaagwog. Gichi piitendaagwod awii aabaji yaaman jibwaa binoojiinsimiiwin mashkiki naagdowenjigewin epiichi temigag COVID-19, giishpin gegwa aawang mazinaatesijigining naagdowenjigewin.

Giizhaa etemigag inaapinewinan

Giishpin yaaman giizhaa inaapinewin, woshme gdaa niizaanis newen gichi aakoziwin maage age zhiwekbiba. Ninda inaapinewinan digosinon:

- gichi-wiinowin
- ziizibaakodwaapinewin
- ozaami-gizhiijiwanini omiskwiim
- woshme gichi piitiziiwin epiich maajiishkaawin

Giishpin yaaman giizhaa etemigag inaapinewin miinwaa maajiishkaayin, gdaa naazhinaan gdo niizaanziwin awii aakoziwin owi COVID-19.

Gnowendizan miinwaa gewe aanin bemaadizijig

Epiich maajiishkaang, aabaji gichi piitendaagwod awii nikaazyin niibna gnowendiziyin zhichigewinan wewiib gwa, maajigwa iidik gdo jitaawaaganiwinan ji-onji-aakozising yaawong, dibishko gona:

- debinaman owi mNRA ashowizo-mashkiki
- biiskaman gibiingwegan
- naazhinaman gaawii nendowendaagozinag wiiji yaawin bemaadizijig abi onjibaajig zaagijiwiin gdo inodewiziwin
- miiwishkan gebaakogaadeg aajikiniganan (nigaawendaagwo biimskobideg nodin) miinwaa baatiinwaad bemaadizijig abi njibaajig zaagijiwiing gdo inodewiziwin
- zhichigen miwe-aapii gziibiigininjiwin.

Maanda aankesidowin zhichigewin aawan memaaji nishing nikiiyaa awii gnowendiziyin miinwaa aanin bekaanzijig awii debinamiwaad COVID-19.

Naanaagdowendan awii gagwejimid gdo mashkikiinini(kwe), odaapinaawasoo-mashkikiinini(kwe) maage odaapinaawasod owi giigido biwaabikonsing mazinaatesing



nakweshkidaadiwin, giishpin gishkitowin. Zhichigewin maanda ada naadmaagemigad awii miiwishkaman wiiji yaawin gewe bekaanzijig.

Niigi`aawasowin

Binoojiinsiming epiichi temigag COVID-19 miziwe kamig aakoziwin adaa zngendaagwod. Gagweji aawan agwa godagwendamowin, zegendamowin, miinwaa giinwinendamowin. Ginosh gdo mina bimaadiziwin maagwed owi COVID-19 gnimaa agezhi madookdaagemigag aba gdo ndaadiziikewin naaknigewin miinwaa gdo inodewiziwin shkwa binoojiinsmiiyin.

Giishpin naaknigewin awii ndaadiziikewin aakozii gamigong maage enji daadziikeng, ginosh gdo mina bimaadiziwin maagwed owi:

- gdo ndaadiziikewin naaknigewin
- gnimaa agezhi aanjisemigagba owi onji COVID-19

Nda gikendan newen COVID-19 naagijigewinan owi onji aasgaabiwichigewinan miinwaa nebwaachejig.

Giishpin naaknigewin endaawin awii onji ndaadiziikewin, ginosh gdo odaapinaawasod maanda onji:

- wiingeziwinan awii gagwekwendaman endaawin waankiiwendaagwog
- endagwen endang onji ndaadiziikeng yaa-aabi wenaamjigewin temgag gdo kiinsing maage waasa wekamig

Giishpin yaaman COVID-19, gagwejim gdo mina bimaadiziwin maagwed maanda agezhi madookdaagemigagiba ndaadiziikewin. Temgag weweni wiingeziwinan, nooni`aawasang, zhaga`ay miinwaa zhaga`ay miinwaa wiiji yaawin aajikiniganing gagaandinigaadenon apii ndaadizid binoojiins.

Gdo mina bimaadiziwin maagwed gnimaa adaa ginonaan bezhig gwaa goweta nyaagdowendamajig giin maage gdo binoojiinsim ezhi dowendaagwog.

Binoojiins gnowenjigaazad

Apii binoojiins ndaadizid, adaa onji debinaanaa-aa COVID-19 gewe bkaan bemaadizijig, dash gichi piitendaagwod awii naazhinaman beshaa awii yaawaad bkaan bemaadizijig.

Awii gnowendiziyin miinwaa gdo binoojiinsim, gdaa aabajitaa naagidowin gegaandinigaadegin gnowendiziyin zhichigewinan.



Ndo gagaandinaanaa-aa nooni'aawasong ezhi gashkitoong. Niibna tenoon mina yaawin bamitaagewinan miinwaa miigwemigad gnowenjigewin owi miniiwisewin miinwa aakoziwin epiichi binoojiinsiwing miinwaa binoojiinwing. Dodoosh aabo gaawiin nenjigaadesino awii miigwemigag COVID-19. Nooni'aawang adaa miigwemigad gechi piitendaagwog miijim owa gdo binoojiinsim.

Giishpin yaaman inamjiwinan maage agii debwemigag ndakenjigewin owi COVID-19

Maamowi aangwaamziwinan

Giishpin yaaman maage nendaman yaaman COVID-19, aabdeg aga gibaakodis endaawin. Yaa-aabi wiigwa gda majiginaa gdo binoojiinsim zhaga'ay miinwaa zhaga'ay miinwaa naasaab aajikiniganing gdaa ayaam memdage gwa apii wiijiindiwin miinwaa nooni'aawang.

Gdaa daapinaanang aangwaamziwinan awii miiwishkaman miinad owi aakoziwi-manijoozhens gdo binoojiinsim.

- Apii gashkoziyin, biiskan mashkiki gabiingwegan apii yaawin naasaab aajikinigan gdo binoojiinsim.
 - Giishpin bwaa temigag, gagwek biiskan weweni ezhichigaadeg miinwaa menkigaadeg gaawii mashkiki yaawizinag gabiingwegan.
- Giziibiigininjiin wewiiba, memdage gwa jibwaa daanginad gdo binoojiinsim.
- Giziibiiginan miinwaa waabshkibiiginan desaagin miinwaa nikaaziwinan apiichin e'daanginaman.
- Giishpin naasaab aajikiniganing nibaawin owi gdo binoojiinsim:
 - Gagwekwendan zhiwe yaaweg weweni nodin zhiibaa-aasing.
 - Giigisidon minik apii yaawin giin miinwaa gdo binoojiinsim.

Aangwaamziwin epiichi shangewin

Owi apiii shamad gdo binoojiinsim:

- Zhisidon baaninaagwog bengwiigegan gdo nooni'aawasawin pakweshimowin (giishpin bezhig nikaaziyin) ensa pane gwa nikaaziyin.
- Biinton wegwen gwa dodoosh ziinaakwa`igan nikaaziwinan weweni jibwaa miinwaa shkwaa nikaaziyin maanda:
 - Giziibiginaman owi ziinaakwa`igan miinwaa taasijiginan ensa shkwaa nikaaziyin owi gziibnaagne gziibiginan miinwaa e'baagimideg nibiish.
 - Biinaabaawidoon nikaaziyin gezhaagmideg nibiish 10 apiinish 15 dibagaans.



- Gegwa maadookiike modensan maage ziinaakwa`iganan.

Gnimaa zaam gdaa maanaajizhayaa awii nooni'aawasawin maage miigwewin gagwech binoojiins naagdowenjigewin. Giishpin gegeti, gagwejim mina izhayaad netaawigid awii shamaad miinwaa naagdowenimaad gdo binoojiinsim. Memaanji nishing, owa binoojiinsan nyaagdowenimaad adaa aawi gwayaa waaji yaad endaawin. Gnimaa adaa temigad COVID-19 zhiwe endaawin, owi binoojiinsan nyaagdowenimaad adaa:

- Miiwishkaan naasaab awii yaawin (dibishko gonaa aajikiniganing) maage wiji yaaweg ginondiiweg.
 - Giishpin bwaa gashkichigaadeg, adaa:
 - gagwekwendaanaa-aa ginondiwin bangii temigag, ajina, miinwaa temigag memaaji waasa yaang ezhi gashkitong
 - gagwek biiskan mashkiki gabiingwegan maage weweni e'zhichigaadeg gaawii mashkiki gabiingwegan
 - Miiwishkan gagwek awii bwaa daanginigowin
 - Giishpin gagwek danginigowin dinenjigaadeg, adaa biiskaanaa-aa mashkiki gabiingwegan.
 - Giishpin bwaa temigag, gagwek adaa biiskanaa-aa weweni ezhichigaadeg miinwaa menkigaadeg gaawii mashkiki yaawizinag gabiingwegan.
 - Giziibiigininjiwaad wewiiba

Nebwaachejig shkwaa ndaadizid binoojiins

Shkwaa ndaadizid gdo binoojiinsim, gwijikiwenig miinwaa inodewiziwinag gnimaa adaa dowendaanaa-aa awii nibwaachewaad miinwaa awii nakweshkwaawaad gdo binoojiinsim. Nebwaachejig **ada naazhinigaade minik eyaawaad awii dibasaag owi niizaanziwin owi gnimaa iniwediziyin owi COVID-19**. Aapaji gwa maanda adaa znagad, dash gichi piitendaagwod awii waankiwaad gdo inodewiziwin.

Makwendan awii minaajitowin agii ndaadizid gdo binoojiinsing yaaman mazinaatesijigan nibwaachwewin miinwaa nikaazang waasamo biiwaabikong nikaaziwinan.

Giishpin inendaman awii yaaman bemaadizijig awii abi nibwaachewaad, aabaji naagidon:

- Owi giikimigewin gdo mina bimaadiziwin naagaanzijig owi enigokwaag maawaanjidiwin.
- Aanin bkaan gegiikmigaadeg mina bimaadiziwin naagijigewinan, e'digosin gdo aangwaamziwin zhichigewinan.

Gagwekwendan bemaadizijig abi yaawaad tenon dibasaag niizaanziwin, dibishko gonaa agojiing maage weweni biimskwaasing nodin biindig. Gagwejim nebwaachejig awii:



- bekaa endaawaad awii yaawaad giishpin aakoziwaad
- biiskan gibiingwepchigan
- waasa ezhi gashkitoong awii yaawaad giin miinwaa gdo binoojiinsim
- giziibiigininjiwaad apii nibwaachewaad

Maanda aankesidowin zhichigewin aawan memaaji nishing nikiiyaa awii gnowenimad gdo inodewiziwin owi COVID-19, maanjigwaa iidik ezhigaabwiimigag kina gwaya ado jiiitawaaganiwinan ji-onji-aakozising yaawong.

Inendamowin mina yaawin

Binoojiinsiming aawan gichi aanjisewin gewe inodewiziwinan. Moozhitong nowonj dnowaa inendamowin gagwej agwa aawan miinwaa dinenjigaade. Giin agiikendis miinwa gdo binoojiinsim memaanji weweni. Giishpin nendaman gnimaa mineziyin aanke naadmaagewin miinwaa aasgaabowitaagewin, gichi piitendaagwog awii gagwedwewin.

Gishpin giin maage owaa zyaagad moshtoweg zhayaawin e'gwiiniwendimigiyyin, wiiba gagwedwewin naadmaagewin gdaa naadmaagwan woshme wiiba awii mina zhayaawin. Gitziingeng epiich temigag COVID-19 aapaji gwaa adaa maanendaagwod, dash wiigwa niibna naadmaagewinan temigadon.

Ndo giikimaanaanig egitziingejig awii dibaataamwaad ado inendamowin mina yaawin gewe:

- inodewiziwinag
- gwijkiwewin
- odenaang nyaadmaagejig
- ado mina bimaadiziwin maagwejjig

Woshme gego awii gikendaman, gnowaambdan Canada.ca/coronavirus maage giigidan 1-833-784-4397

Woshme gego awii gikendaman owi maajiishkaang, gnowaabmdan: www.pregnancyinfo.ca