



Gigishkawaawasowin gaye nitaawigid abinoojii gaye bami'ind oshkabinoojiizhens megwaa GOOBID-19

Aakoziwin ayaamagak

Jiita'ogoowin ji-aazhoo'iwesiwan GOOBID-19

Gaa-gigishkawaawasowaad nawach o-daa-gichi-inishkaagonaawaa GOOBID-19. Gikenjigaade mRNA GOOBID-19 azhowizii-mashkiki onizhishin giishpin gigishkawaawasod ikwe gemaa nooni'aawasod. Gaanada Aki Gaa-naagajitoowaad Jiita'ogoowin ikidowag ji-odaapinaman gakina mRNA azhowizii-mashkiki giishpin gigishkawaawasoyin gemaa nooni'aawasoyin. Giishpin miinigoosiwan mRNA azhowizii-mashkiki ozaam maanishkaagoyin, godak dinookaan GOOBID-19 ashowizii-mashkiki gi-daa-gagwe-debinaan.

Gaawiin inenjigaadesinon jiita'ogoowin daabishkoo GOOBID-19 jiita'ogoowin ji-izhisegiban ji-booni-oniijaanisiyamban.

Gigishkawaawasowin

Gigishkawaawasoyin megwaa GOOBID-19 aakoziwin ayaamagak zegendaagwan. Niibiwa awiyag gotaajiwag aaniin ge-inishkaagemagak aakoziwin gii-gigishka-waawasoyin gaye gidabinoojiyensim mashi gaa-nitaawigisig.

Gikendaagwan gaawiin gi-daa-aazhoo'aasii gidabinoojiyensim GOOBID-19 megwaa gigishkawaawasoyin.

Izhigikendaagwan gaawiin naasaab odoodaagosiinaawaa gakina gaa-gigishka-waawasowaad iwe GOOBID-19. Gegoonan ge-gikendamamban daabishkoo ono:

- Gi-daa-aazhoo'igoo na GOOBID-19
- Nawaach na gi-daa-gichi-inishkaagon GOOBID-19 megwaa gigishkawaawasoyin

Gichi-inendaagwan ji-ganoonad mino-ayaawin gaa-naagajitood.

Giishpin GOOBID-19 ayaayin megwaa gigishkawaawasoyin, nawach gi-daa-gichi-inaapine, daabishkoo aakoziwigamigong ji-izhaayamban niinamiziyin.





Nawach gaa-zanagakin dinookaan GOOBID-19 nawach gi-daa-gichi-inishkaagon. Gichi-inendaagwan ji-waabamad mashkikiwinini megwaa gigishkawaawasoyin GOOBID-19 aanawi daataanginiganing izhi-waabamad.

Gegoon aazha gaa-izhiiyaayin

Giishpin gegoon aazh izhiiyaayin, nawach gi-daa-gichi-inishkaagon iwe aakoziwin. Daabishkoo onowe:

- Aanjiboyin
- Ziinzibaakwadwaapinewin
- Gaa-gizhiijiwang miskwi
- Awashime niimidana-daso-bibooneyin gigishkawaawasoyin

Giishpin gegoon izhiiyaayin megwaa gigishkawaawasoyin, gi-daa-izhichige ji-gichi-aakozisiwamban giishpin GOOBID-19 ayaayin.

Weweni ganawenindizodaa

Megwaa gigishkawaawasoyin niibiwa gegoonan izhichigen ji-onji-gichi-aakozisi-wan, aanawi gaa-jiita'ogooyin, daabishkoo owe:

- Iwe mRNA jiita'ogoowin debinan
- Gigishkan aagwiingwepizon
- Gego ganoonaaken awiyag gaa-waabamaasiwadwaa moozhag, gaawiin memwaach ji-ganoonadwaa besho.
- Gego ashijya'ii gaa-izhi-agaasisagaak izhi-waabamaaken awiyag gaa-inawemaa-siwadwaa, ji-baatiinowaad awiyag imaa biindig
- Apane go giziininjiin.

Izhichigeyin iwe nawach gaawiin gi-ga-aazhoo'igoosii iwe GOOBID-19 aakoziwin gaye ji-aazhoo'adwaa awiyag.

Gagwejim mashkikiwinini gaye ikwewa' gaa-waabamaadd mashkikiwinini gemaa gaa-inanokii ji-michi-ganoonig eta giigidowining gemaa daataanginiganing. Iwe izhichigeyin gaawiin memwaach besho gi-ga-waabamaasii awiya.



Nitaawiginaawasoyin

Nitaawiginaawasoyin megwaa GOOBID-19 ayaamagak da-zanagendaagwan. Bizaanigo giishpin maanendaman gemaa gotaajiyin gemaa wawaanendaman. Ganoosh mino-ayaawin gaa-naagajitood aaniin GOOBID-19 ge-inishkaagoyin megwaa wii-nitaawigid giniijaanis aaniin gaye ge-izhisewaad gidinawemaaganag.

Giishpin aakoziwigamigong wii-dazhi-nitaawiginaawasoyin, ganoosh mino-ayaa-win gaa-naagajitood owe ji-dazhindameg:

- Apii nitaawiginaawasoyin
- Maagizhaa gi-ga-aandaakonige ozaam GOOBID-19 e-ayaamagak

Gikendan aaniin enaakonigen iwe GOOBID-19 ganage gi-daa-mawadisigoo.

Giishpin endaayin wii-dazhi-nitaawiginaawasoyin ganoosh waabamaawasookwe:

- Aaniin ge-izhi-bekitoo'amban endaayin ji-onji-mino-ayaayin
- Endaayin na gi-daa-dazhi-nitaawiginaawas akiikaaning gaa-ayaayin

Giishpin GOOBID-19 ayaayin, ganoosh mino-ayaawin gaa-naagajitood aaniin ge-izhiseyin nitaawiginaawasoyin. Weweni izhichigeyin gi-daa-nooni'aawas, gi-daa-zaaminaa giniijaanisens gaye jiiigiya'ii gaa-izhi-nibaayin daa-asaa giniijaanis ishkwa-nitaawigid.

Awe mino-ayaawin gaa-naagajitood o-daa-ganoonaa' godak awiya ji-minoseyin gaye giniijaanisens.

Naagaji'ad Gidabinoojiiyensim

Apii nitaawigid abinoojiiyens, daa-aazhoo'aawag GOOBID-19 godak awiyag onji, gego dash izhichigeken godak awiyag ji-waabamaawaad giniijaanisan.

Ji-onji-mino-ayaayeg, owe gidaa-izhichigem ji-aazhoo'igoosiweg, giin gaye giniijaanisens.

Nooni'aawason giishpin gashkitooyin. Maawach onizhishin ji-nooni'aawasoyin gaawiin aapiji da-aakozisii giniijaanisens megwaa agaashiinzhid gaye ani-mindidod. Gaawiin nooni'aawasoyin gi-daa-onji-aazhoo'aasii GOOBID-19 giniijaanis. Miijimishkaagemagan nooni'aawasowin doodooshaabo ji-wiisinid giniijaanis.



Giishpin GOOBID-19 ayaayin, gemaa inamanji'oyin e-ayaayin

Owe gagwe-izhichigen ji-onji-mino-ayaayin

Giishpin inendaman GOOBID-19 e-ayaayin, nishikewabin endaayin. Bizaanigo gi-daa-dakonaa giniijaanis, gaye ji-wiizingwaamad ji-nooni'ad ji-onji-zaagi'idiyeg.

Owe gi-daa-izhichige ji-mananaa-aazhoo'ad giniijaanisens.

- Goshkoziyin, gigishkan mashkikii-aagwiingwepizon besho ayaad giniijaanisens.
 - Giishpin ayaasiwan gigishkan godak dinookaan aagwiingwepizon.
- Giziininjiin moozhak memindage wii-zaaminad gidabinoojiiyensim.
- Giziinan gaa-zaaminaman adoopowin gemaa aabajichiganan.
- Giishpin wiizingwaamad gidabinoojiiyensim:
 - Izhichigen bangii ji-noodiniwang imaa.
 - Gego aapiji besho ayaawaaken giniijaanisens.

Ge-izhichigeyin nooni'ad giniijaanis

Megwaa nooni'ad giniijaanis:

- Ashi gaa-bekiigizid giziingwaan apikweshimoning (aabaji'ad) dasing aabaji'ad.
- Giziinan gakina aabajichiganan jibwaa gaye ishkwa-aabajitooyin owe izhi:
 - Giziinan wiikwa'igan gaye moodayaabikoon ishkwa-aabajitooyin giziibiiga'igan gaye gaa-giizhoo'aagamig nibi ji-aabajitooyin.
 - Gaa-gizhaagamideg nibi aabjitoon ji-giiziiyaabaawadaman 10 – 15 minik diba'iganensens.
- Gego bagidinaaken bakaan awiya ji-aabajitood moodayaabikoon gemaa wiikwa'iganan.

Maagizhaa gi-daa-ozaami-aakoz ji-nooni'aawasoyin gemaa ji-bami'ad giniijaanis. Bizaanigo gagwejim awiya gaa-mino-ayaad ji-ashamaad gaye ji-bami'ad giniijaanisan. Maawach daa-onizhishin giishpin endaayin ayaad awedi ge-naagaji'ad giniijaanisan. Giishpin GOOBID-19 ayaamagak endaayin, awe ge-naagaji'ad giniijaanisan:

- Gaawiin daa-ayaasii imaa gaa-izhi-nibaayin (eyaayin ako) gemaa besho ji-waabamig.
 - Giishpin owe izhisesinog, owe daa-izhichigewag:
 - Gaawiin nasine gi-daa-waabamaasii, ajina eta gaye, waasa gaye ji-onji-ganoonig imaa ayaad gaa-ayaayin.



- Gigishkan mashkikii-agwiingwepizon gemaa weweni gaa-zhagashkising giwadengong aagwiingwepizon.
- Gego giga-zaaminigoosii.
 - Giishpin zaaminigooyin odaa-gigishkaanaawaa mashkikii-aagwiingwepizon.
 - Giishpin ayaasigwaa iwe, o-daa-gigishkaanaawaa gaa-ziindapideg aagwiingwepizon.
- Daa-giziininjiiwag nasine.

Mawadisigooyin ishkwa-nitaawigid giniijaanis

Ishkwa-nitaawigid giniijaanis, giwiiijiwaaganag gaye gidinawemaaganag o-da-wii-waabamaawaan giniijaanis. Aapiji bangii **gi-daa-bagidinaag ji-waabamaawaad ozaam GOOBID-19 aakoziwin**. Da-zanagan nawach dash gichi-inendaagwan ji-aazhoo'igoosiweg.

Daataanginiganing onji-waabanda'iwen mazinaakizonan ezhinaagozid awe abinoojiizhens gaa-gii-nitaawigid.

Giishpin awiya wii-bi-mawadishiwed, owe izhichigeg:

- Gagwejim awe mino-ayaawin gaa-naagajitood aaniin minik ge-biindigewaad.
- Godak mino-ayaawin gaa-naagajitoowaad daa-gagwejimaawag enendamowaad geminoseg.

Maagizhaa agwajiing gi-daa-izhi-waabamaawaag gaa-mawadishiwewaad, gemaa giishpin biindig, ezhi-mangisagaak. Gagwejim gaa-mawadishiwewaad:

- Ji-biizhaasigwaa giishpin aakoziwaad
- Ji-gigishkamowaad aagwiingwepizon
- Waasa ji-onji-niibawiwaad, gaawiin besho imaa abinoojiyens eyaad gaye giin
- Ji-giziininjiiwaad wii-mawadishiwewaad

Gakina ji-izhichigeng onon maawach da-onizhishin ji-manaa-aazhoo'igooyeg iwe GOOBID-19 aakoziwin, aanawi aazha gii-jiita'ondwaa awiyag.



Mino-ayaawin gidinendamowining

E-ayaad oshkabinoojiizhens gichi-aanjisemagan endaayeg Niibiwa bakaan gi-ga-onji-inamanjiw gaye gi-ga-inendam. Giin mayaa gigikendaan enendaman gaye enendimad giniijaanisens. Giishpin andawendaman ji-wiiji'igooyin ji-ziidoshkaagooyin, gagwedwen.

Giishpin giin gemaa awiya gaa-wiijiwad bakaan inenimigooyin wiiba ganoosh awiya ji-wiiji'igooyin weweni miinawaa ji-inendaman. Ombigi'aawasowin megwaa gii-ayaamagak GOOBID-19 zanagan, giyaabi dash niibiwa wiiji'iwewin ayaamagan.

Ni-wiindamawaanaanig gaa-gii-oniijaanisiwaad ji-dazhindamowaad enendamowaad, enamanji'owaad gaawiin eta wiiyawawaang, onowe izhi:

- Gidinawemaaganag
- Giwijiwaaganag
- Gaa-ziidoshkaagewaad gidazhiikewining
- Mino-ayaawin gaa-naagajitood

Giyaabi andawendaman wiindamaagewin, omaa inaabin Canada.ca/coronavirus gemaa izhi-giigidon 1-833-784-4397

Giyaabi wii-gikendaman omaa inaabin: www.pregnancyinfo.ca

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