

## Aaniin ji-naagaji'ad awiya COVID-19 aakoziwin ayaad endaang



Niibowa awiyag ayaawaad iwe COVID-19 aakoziwin bangii da-aakoziwag, daa-mino-ayaawag endaawaad. Endaawining dazhi-mino-ayaad awiya COVID-19 daa-wiiji'iwese ji-aazhoo'idizisiing. Giishin awiya naagaji'ad ayaad iwe aakoziwin, gemaa awiya wiiji-ayaamad ayaad COVID-19, ji-mamino-ayaad endaad, biminizha'an owe ezhibii'igaadeg ji-naagaji'idizoyan zhigwa awiya wiiji-ayaamadwaa dago gechiwaag eyaawaad gaa-ayaayan.

Naagaji'ad awiya endaad COVID-19 ayaad, maagizhaa giga-nishike-ayaa/nishike-ayaadiz minik 24 dasogon. Giishin owe gashkitoosiwan, gaganoonzh mashkikiiwikwe dezhiikang COVID-19 aakoziwinan aaniin gaye ge-izhi-nishike-ayaa'idizowiyamban.

### Aaniin ge-izhi-wiiji'ag enawemag gemaa gaa-wiiji-ayaamag?

Awiya ayaad COVID-19 aakoziwin ji-nishike-ayaad. Mii gaawiin ji-zaaga'ang endaad onji giishin eta gegoo gichi-izhiwebizid. Gaawiin gaye besho ji-izhaad awiyan wiiji-ayaamaad abooshke awesiya'. Giishin izhiseg, bakaan ningoji daan gemaa bakaan ishpimisag ji-ayaapan, bakaan gaye miiziiwigamig ji-ayaawaapan. Giishpin awiya ji-wiiji-aabajitoomad awiya miiziiwigamig, apiichinaag ji-biinichigaadeg (daashkoo miiziiwinaagan, nibi wenjibideg, zaginiganan, waasikonenjiganan, iwe izhi).

Bezhiig eta awiya ji-naagaji'aapan awiyan COVID-19 aakoziwin ayaanid. Giishin awiya niinamizid ji-aakozipan, ji-naagaji'aasig awiyan iwe onji aakozinid gemaa besho ji-izhaasig awiyan aakozinid. Mii owe 60 dasowaki epiitiziwaad awiyag, gaa-niinamiziwaad weweni mino-ayaasigwaa. Ji-aazhoo'idizisiing endaawining COVID-19, gaa-inanokiiwaad daa-wiiji'iwewag ji-mikamawindiban awiya aakozid bakaan ji-nishike-ayaapan gemaa gaa- aakozid bakaan daa-aanjigozi'aa. Giiyaabi gegoon noonde-gikendaman iwe COVID-19 aakoziwin onji gidaa-ganoonaa enanokiid imaa Health Links -- Info Santé (204-788-8200 gemaa 1-888-315-9257).

Mino-ayaawining onji daabida da-ganoonaa awiya ayaad iwe COVID-19 aakoziwin ji-gikenjigaadenig epiichi-gizhizod, enamanji'od, ji-nakwetang gegoo gagagwejimind. Awiya ayaad iwe COVID-19 aakoziwin onjida ji-nishike-ayaad gonage igo 10 dasogon apii gaa-maajii-aakozid minik ji-boonamanji'od gonage igo 24 daswaakaase. Ogii-wiindamaagoon awiyan onji mino-ayaawining ji-booni-nishike-ayaa'idizod. Ji-ayaangwaamizing o'o apii minik wiindamawind awiya ji-booni-nishike-ayaapan.

Maaagizhaa awiya endananokiid mino-ayaawining giga-ganoonig, imaa onji Public Health COVID-19 Contact Center gaa-ijigaadeg, Canadian Red Cross, 24/7 In Touch gemaa bakaan awiyag. Maagizhaa gaye bebezhiig awiyag da-ganoonaawag gaa-giigidosemagak onji gemaa SMS gaa-ozhibii'igesemagak. Da-wiindamaadim apii ji-izhaang ji-anda-gikenjigaadeg daga gii-gaachidinaman aakoziwin apii 9:00 a.m. akoo 8:00 p.m. izhiseg endaso-giizhiig. Giishkinan ji-ganoonisinog awiya gekenimasiwad. Daabida giga-ganoonigoo apii booni-aakoziwin ji-giba'igaadeg ginaagaji'igoowin. Giiyaabi gegoon noonde-gikenjigaadeg, dago gaye gaa-

giigidosemagak, SMS gaa-ozhibii'igesemagak gemaa gegoon andawenziwan ji-gikenjigaadesinog, gidaa-izhaa imaa [manitoba.ca/covid19/testing/monitoring/index.html](http://manitoba.ca/covid19/testing/monitoring/index.html).

Giishin awiya COVID-19 ayaad, awashime ani-inamanji'od, ganoonzh Health Links - Info Santé (204-788-8200 gemaa 1-888-315-9257). Giga-wiindamaag mashkikiiwikwe daga ji-waabamindiban awiya.

Giishin awiya ayaad COVID-19 aakoziwin gegoon izhi-ayaad ono niisaya'ii wezhibii'igaadegin:

- maajii-zhiawaakiganed gemaa gichi-inamanji'od imaa
- zanagi'igod ji-bagidinaamod
- Ozhaawaskodooned gemaa oganagiing
- Gezika wawaanendang
- Dewinikewin, biinisiziwin, zagamodooned gemaa banangwiingwesewin
- Giigidon 911.

Onjida wiiba ji-waabamigoowin gwayak ji-naagaji'igooyan.

## **Awe gaa-naagaji'aad awiyan COVID-19 aakoziwin ayaanid, aaniin ji-doodaman geniin ji-aakozisiwaan?**

Gii-giizhi-badaka'ogowan **COVID-19** onji, daa-wiiji'iwese ji-aakozisiwan. Gaa-naagaji'iwewaad ji-giizhi-badaka'ondiban giishin gashkitoowaad.

Awe gaa-naagaji'ad ogashkitoonaadog gegoon ji-doodamaazopan (inaabin Factsheet -- Isolation for Symptomatic Individuals Recovering at Home maagizhaa dash naanigoding giga-wiiji'aa. Giishin awiya naagaji'ad aakozid, gidaa-aangwaamiz:

- Waawiiba giziininjiyan. Giziibiiga'igan aabaji zhidwa gizhaagamideg nibi gonage 15 diba'igens, weweni baasan gininjiin. Ishkodewaabowang gaye giziinigan gidaa-aabajitoon.
- Gegoo zaaminangen awiya gegoo onibiwaagamon, memindage odooning onji, ojaaning gaye daabishkoo zikon, ozosodaming, jaachaamong gaye.
- Aagwiitooshkiganan ji-biizikaman ji-aazhoo'igoosiwan.
  - Giishin nawach besho apiich (ningodwaaso-mizid) ji-izhaayan awiya aakozid, biizikan aagwiingwe'on. Naagaji'iwewaad oshkiinzhidgokaanan ji-biizikamowaad (ji-aazhoo'igoosiwan). Giziininjiin ishkwa besho izhaayan awiya aakozid.
  - Minjikaawanag ji-webinindwaa biizikaw, aagwiingwe'on, gigishkiinzhidgokaanan giishin wii-zaaminad awiya dezhiikawad (daashkoo zikon, agigi, zhidgagowewin, zhidgiwin, moo).
- Gwayak gigishkigan gidaagwiitooshkiganan.
  - Gaawiin aagwiingwe'on ji-biizikamowaad abinoojiyensag jibwaa 2 apiitiziwaad, awiya zanagi'igod ji-bapagidanaamod gemaa awiya geshkitoosig ji-giizikang aagwiingwe'on.
  - **Apii biizikaman aagwiitooshkiganan**, akawe giziininjiin gemaa ishkodewaabowang giziinigan aabajitoon (60% dibach ishkodewaabowang).
  - Biizikaman aagwiingwe'on, gitawagaang onapidoon gemaa dakobidooyan odaanaang

gishtigwaaning, mii maagonan ishpi-gijaaning, ezhi-wiikobiidooyan anaami-odaamikan. Mii gigishkiinzhigokaanan dago giminjikaawanag.

- **Apii giizikaman gidaagwiitooshkiganan**, giizikaw giminjikaawanag, giziininjiin, ishkwaach gigishkiinzhigokaanan, mii gidaagwiingwe'on. Miinawaa giziininjiin.
- Weweni giziininjiin ishkwaaw zaaminaman gegoo.
- Weweni gwayak dazhiikan gegoo onji awiya COVID-19 aakoziwin ayaad.
  - Webinigan (daashkoo gaasiijaanewinan, aagwiingwe'onan gii-aabadakin, iwe izhi) ji-webinigaadegin aagwiikoopideg ataason.
  - Zaagjiwebinaman gegoon, gashkapidoon mashkimod apii gegoon zaagjiwebinaman. Gego gagwe-zaaminangen giganagiing gemaa webinigan.
  - Giziininjiin gemaa ishkodewaabowang giziinigan aabajitoon apii dazhiikaman webiniganan.
- Apii giziibiiga'igetamawad awiya COVID-19 aakoziwin ayaad.
  - Ge-webinadwaa minjikaawanag biizikaw, aagwiingwe'on gaye apii giziibiiga'igetamawad awiya aakozid.
  - Atoon wiinakin a'iiman mashkimodaang gemaa ataason aagwiikoopideg. Gego mamigowebinangen.
  - Bakaan a'iiman gaye gidaa-dagonaanan giziibiiga'igetamawad gaa-aakozid.
  - Giziibiiga'igan netaa-aabadizid aabaji'aa giziibiiga'igeng, ji-gizhaagamideg ipidoon gaa-giziibiiga'igeseg. Weweni ji-baasaman geziibiiga'aman.
  - Giizikaw giminjikaawanag, giziininjiin, giizikan gidaagwiingwe'on, miinawaa giziininjiin.
  - Giishin gaa-ataasowin a'iiman zaamiseg gaa-aakozid owiini-a'iiman, waabishkaabaawjigemagak nibiing aabajitoon ji-giziinaman.

### **Aaniin ge-doodamaan ji-aazhoo'idizisigwaa COVID-19 endaawining?**

- Netaa-zaaminigaadegin gegoon gonage niizhing endaso-giizhig giziinan, minik igo ge-izhi-minoseg (daashkoo miiziiwinaagan, nibi wenjijiwang, desijiganan, adoopowinan, waasikonebijiganan, zaginiganan, waasigani-aabajichiganan, iwe izhi).
- Apii giziinigeyan, gaasii'igeyan, onjida:
  - Biizikaw ge-webinadwaa minjikaawanag
  - Biinitoon ningoji gemaa gegoo **giziibiiga'igan nibi** gaye aabajitooyan, giishin wiinag. **Mii giziinigan aabajitoon ji-biinitooyan.**
- Biminizha'an aaniin ezhibii'igaadeg gaa-aabajitooyan, gwayak inaabajitooyan ge-izhi-minoseg. Niibowa dino gaa-aabadakin ji-bagidinaman noomag ji-zhaabobiig ji-biinichigemagak. Aanind izhisinon minjikaawanag ji-aabaji'adwaa, mino-bimaanamag biindig, mii gaasii'aman gaa-biinitooyan ishkwaaw aabajitooyan.
  - Gonage igo 70% dibach ji-ishkodewaabowang geziinigaageyan gemaa ji-izhising EPA

nayendang ji-aabakipan. Gidaa-ozhitamaaz ge-giziinigaageyan, gidaa-ginigonaan 20 ml (niiyo-emikwaanens) waabishkaabaawajigan nibiing. Gonage ningo-diba'iganens ji-ateg geziinaman jibwaa gaasii'aman.

- Giziininjiin giziibiiga'igan zhigwa nibi gonage 15 diba'igens apii giizhi-giziininjiian gemaa ishkodewaabowang gegoo giziinigaagen.
- Giba'an miiziiwinaagan apii iska'aman.
- Gego wiiji-aabajitooken (daashkoo gaasiibide'onan, gaasiingwaaganan, apishimonan, asemaansag, wiisinigaageyan, minikwewinan, giigidoowensan, maagoniganan gemaa waasigani-aabajichiganan).
- Gegoo bakwenimaadikeg gegoo miijiyeg, minikweyeg gaye.
- Baakinan waasenigan, giishpin iwe izhiwebak ji-doodaman.

## **Wegonenan aabajichiganan endawendamaan naagaji'ag awiya endaawining?**

- aagwiingwe'onan
- ge-webinadwaa minjikaawanag
- gigishkiinzhigokaanan
- gizhizowin diba'iganens
- mashkikiin ji-booni-gizhizong
- biinidigebideg nibi
- giziibiiga'igan onjiin onji
- ishkodewaabowang giziinigan gonage 60 % dibach
- gaasiijaaganan
- webinigan ataason aatooshkipideg
- geziinigaagewinan endaawining
- adaawigamigong onji giziinigan gemaa waabishkaabaawajigan nibiing aabajichigaadeg
- ishkodewaabowang (70%) gaasiiniganensan
- giziibiiga'igeng giziibiiga'igan
- giziinaaganeng giziibiiga'igan
- webinigeng mazina'igani-gaasii'igana

## **Aaniin ge-doodaman ji-aazhoo'idizisiing COVID-19 agwaji-endaayaan?**

Giishin enawemad gemaa awiya wiiji-ayaamad naagaji'ad, gego besho izhaaken awiya. Nishike-ayaan (nishike-ayaang) naagajitooon daga gegoo ayinaapineyan (daashkoo gizhizowin, dakamanji'owin, ozosodaman, wiisagondashkwewin/gibiskowewin, noondenaamowin, biinisipijigewin gemaa biinisimaanjigewin, gemaa zhishagoweyan gemaa zhaabokaawiziwin awashime 24 dasowaakaase, gemaa ezhising ayaang COVID-19 inamanji'owinan) minik 14 dasogon apii ishkwaach besho gaa-izhaayan awiya aakozid. Ji-gashkitooyan ji-ondinaman gegoo ge-andawendaman apii nishike-ayaayan/nishike-ayaadizowan 24 dasogon, giishin owe gashkitoosowan, ganoonzh mashkikiiwikwe aaniin ge-izhichigeyamban giishpin owe gashkitoosowan ji-doodaman. Giishin gii-giizhi-bajiishka'ogowan, maagizhaa gidaa-nishike-ayaa'idiz, onjida dash ji-naagaji'idizoyan aaniin enamanji'owan onji iwe COVID-19 gonage 14

dasogon apii ishkwaach besho gii-izhaanodowad awiya.

Anokiin gegoo ji-moozhiginigaadegin gemaa gagwejim awiya gekenimad ji-nagadang gegoon ge-miijiyan gemaa ge-aabajitooyan gidishkwaandeming agwajiing ji-aazhoo'aasiwad awiya. Gego bagidinaaken awiya ji-mawadishiwed naagaji'ad awiya COVID-19 aakoziwin ayaad. Giishkinan gemaa aandoon awiya netaa-bi-izhaad endaayan gegoo onji, ji-gikendang aakozinid awiyan COVID-19, gemaa babiitoonid ji-gikendaminid daga aakozinid. Mii ogo gaa-wiiji'iwewaad endang, mashkikiwininiwag, gaa-wiidookaagewaad, mii iwe izhi. Giga-wiindamaagoog enanokiwaad aaniin ge-izhi-mino-wiiji'iweyan owe apii.

### **Giiyaabi noonde-gikendaman COVID-19 aakoziwin:**

- Gaganoonzh gimashkikiwikwem.
- Giigidon Health Links-- Info Santé imaa Winnipeg **204-788-8200**; diba'igesiwana omaa Manitoba **1-888-315-9257**

### **Inaabin:**

- Manitoba gichi-ogimaawin COVID-19 maagoniganing at [www.manitoba.ca/covid19/](http://www.manitoba.ca/covid19/)
- Government of Canada's gichi-ogimaawin COVID-19 maagoniganing: [www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html](http://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html)