

Endaso Gikinoonowin Gichi Agigokaang Badako'owaabo

Mino Ayaawin – Wiindamaagewina-mazina'igan

Badako'ogewin maamawe minose giimikigaadeg ge-onji mino-ayaawin. Badako'ogewinan wiiji'iyemagad ji-debinigosiyan ini manijoosan gaye aakoziiwinan. Badako'owaabo iga wiiji'igon ji gichi aakozisiwan.

Wegoneshi'i gechi aakoziwin endaso gikinoonowing?

Gichi agigokaawin flu-asosonaamowaapinewin. Ingoding gaawiin akoziwimanji'osi, geyabi dash misawa odaa aazhowaapinanaan owe agigokaayin. Ndigo gimichi agigokaa inendagwad iwe gichi-agigokaawin. Bakaan'ayaa dash, nawaj giga gichi aakoz. Nawaaj dash iga gichi-aakoz daabishkoo agigokaayin. Gemaa iga gichi-gizhish, gidade'igane, gichi-dayekoz, gigaagichi-gondashkwe, gibengwaa ososodam gaye. Gemaa giiwishkwemanjiwin, nishwaanaadamanjiw, aapijigo abinoojiyag ogichi-noojigawanaawaa. Nawaj gidaa gichi aakoz, gemaa iga nichikanaamowaapine, gegapii aakoziiwigamigoong iga biindiganigo.

Iga aazhookotinaag awiya giishpin ozosodoman, chaachaamowin gemaa wiidoopongewin. Iga debinigon gichi-agigokaayin dookinaman gidoon, gishkiizhigoon gemaa gijaan. Mii dash njida ge-onji ongonaman gijaan gemaa gaye gidoon. Gego tookinangen gidengwan, apane gaye giziininiin. Apane jibiinangen gininiin, giziibiiga'igan ji-aabajitoowin giziininiin, aapijigo giishkwaa ozosodaman, chaachaamowin gaye.

Gichi agigokaawin apane endaso gikinoonowin izhise. Omaa Manitoobaang, dagwaaging dagasinoomigad, baamaa dash ziigwang ishkwaa. Jimanaajii'idizowin gaye dash gaawiijiwido, gidaa badako'ogo jibwaa dagwaaging jibwaa dagashinomagag gichi-agigokaawin omaa Manitoobaang.

Wegonesh gichi-agigokaayin badako'owaabo?

Endaso gikinoonowin, miziwekamig naanaagajichigaade gichi-agigokaawin. Mii dash wenji gakendamowaad aaniin ge'izhinaagog gichi-agigokaawinbi-biboong. Mii wenji gashkitoowaad ji'ozhitoowaad badako'owaabo. Mii wenji bakaanag badako'awaabo endaso gikinoonowin. Mii dash ge onji badako'igaazowin endasa biboong.

Baadaniinadoon ini badako'owaabo obagidinaanawa Health Canada. Gaawiin maamwech jidiba'igewin badako'owaabo miinigowin. Manitoba Seasonal Influenza Immunization Program idizhi miigiweyog gakina Manitoobaang wenjiyaad.

Gaawin iga wiiji'igosiin badako'igan ji-debinaman agigokaayin, dewimisadeyin, gaawiin gaye COVID-19.

Mijiniizh ini badako'iwaabo gaa iyaagin, niwinoon manijoosag gaa izhi anokiimagakin. Mii maamowe ezhi noojitoomagag gichi agigokaawinan. Mijiniizh iga

badako'igo. Gaawiin bimaadinisinoon manijoos emiingoowin.

Gaa mishkawaagaming badako'owaabo, niiwing nawaj mashkawiziimagad. Gaa ningodwaasamidana-ashi naanano biboonigiziwad, awashime gaye, jimiinigoziwaad.

Giishpin nawaj gaas mishkawaag badako'owaabo, andawendaman, omaa izhaan manitoba.ca/flu.

Aanin dash ge onji badako'oon iban?

Giishpin badako'igaazowin daa minose, nawaj bangiiwan ji waabomad mashkikii'ininiwag, ji biindiganigoosiwan aakosiiwigamigong. Aapichi dash igiwe ge gichi aakoziiwaan gaachidinamowaad gichi agigokaawin.

Badako'igaazowin izhi maamowe minose ji gichi aakozisiwan, giwiijidaamaanag, giwiiwii'aaganag gaye ji aakozisiisigwaa. Ngoding igo gichi aakoz, gemaa iga ishkwaa'ayaa.

Badako'ogewin iga wiiji'igon ji gichi agigokaasiwin ini niigaaniseg.

Awenen ge-badaka'ond?

Ngodwaaso gisis dash ashi nishwaaswi biboonagizid inaawag jibadako'indwaa endaso gikinoonowing.

Niizho anama'e-giizhik jibwaa maajii anokiimagak ibadako'owaabo. Mii dash wenji gichii inendaagok jibadako'igowin jibwaa dagoshiimagak dagwaaging igichi-agigokaawin.

Endaso gikinoonowin, nawaj minose Manidoobaaganag ji badako'owindwaa ji gichi aakozisiwaad, gaaganenjigewaad, owiiji'aaganag gaye. Ogowe dagwiig:

- igiwe gaa ngodwaasamidana-ashinaanano biboonigiziwad, awashime dash gaye
- gichi ayaa'aag gaadaawaad, gaadizhi ganawenimindwaa gaye
- abinoojiyag gaa ngodwaasi-giizis biboonigiziwaad dash naano biboonigiziwaad
- ogowe gaamino ayaasigwaa:
 - giishpin wakewani debibinigooyin gichi aakoziiwin
 - ode' gemaa opanan inaaapinewin (taabishko oniiskwaaapine, giishkanaamo'ayaa)
 - gabeyii odaapinamowaad acetylsalicylic acid (Aspirin®) (ngodwaaso gisis dash ashi nishwaaswi biboonagizid eta)
 - giwiinindib gaye gipikwaneyaab inaaapinewin

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- o zhiiwaapinewin
- o odedikosiwaapine
- o miskwii'aapine
- o winininowin (body mass index ≥ 40)
- gagishka'aawisowaad
- maashkikiwigamik dash mashkikiwidaabaan gaa anookiwaad
- besho awiya gaa wiidanokii'idiwaad (shke jiimaaning enokiwaad)
- igiwe bebaa dananokiwaad gaadaayin
- abinoojiyag genawenimaawaad jibwaa naano biboonagisiwaad
- giishpin wiijidamad abinoojiyesan gaamashi gaaningodwaaso giizisasig ge gichi aakozinid giishpin gaajidinang gichi agigokaayin, gemaa gagishka'aawisawin
- Anishinaabeg
- abinoojiyag gaamashi gaa shaangaswi biboonagisiwaad, gaawiin dash wiikaa gi badako'osigwaa, niizhing da badako'owaa nitam. Niiwi anama'e giizhigak datawise jibwaa badako'ond minawaa. Aabiting eta badako'o ani niigaaniseg.

Giishpin noonde gikendaman enaagamising ibadako'owaabo, gidaa gagwedwe oweweshitood iwe wiindamaagewina-mazina'iganan (omaa andoneyan [manitoba.ca/flu](https://www.manitoba.ca/flu)) gemaa ganoozh gimashkikii'inini.

Awenensh GE'ODAABINASIG ibadako'owaabo?

Ogowe odaabinassnaawaa ibadako'owaabo:

- abinoojiyag jibwaa ngodwaaswi giizizisigwaa
- awegwenigo gaagichi maanishkaagod giibadako'ond odaanaang
- awegwenigo gaagichi maanishkaagod gegoo cyaamagak imaa badako'owaabo (gaawiin wiin waawanoon)
- awegwenigo gaamaajii ayaad iwe Guillain-Barré syndrome (GBS) gaa izhinikaadeg jibwaa ngodwaaswi anama'e giizhiganing gii miinind giibadako'owaabo

Bagidiniweyin gaamishkawaag badako'owaabo jimiinindwaa igiwe awashime ngodwaaswi ashi naanan beboonagisiwaad. Gaawiin jimiinindwaa gaamishkawaag badako'owaabo igiwe gaa mashi debinasigwaa ngodwaaswi ashi naanan biboonagisiwaad. Nawaj gaa mishkwaasinog jimiinigowin.

Gemaa bakaan iga inishkaagon i'badako'owaabo

Health Canada onanaagachitonaawaa mashkikiin jiminosegin.

Gemaa onowen iga inamanjiw gii shkwaa miinigowin badako'owaabo gakina Manitoobaang wenjiwaad, awashime ngodwaaswi giizisan biboonagisiwaad, dagaagidiziwig, damiskwaazhagewag, gemaa dabaagisiwig imaa gaa izhi badakowindwaa.

Nawaj niibiwa mashkiki ayamagad gaa mishkawaag badako'owaabo. Nawaj igagaagidiz, igamiskwaazhage, gemaa iga baagise imaa gaagiizhi badakoogowin.

Gemaa iga gizhis, iga de'ikwe, gemaa iga dayekoz inamanjiw. Acetaminophen (taabishko, Tylenol®) odaapinan giishpin gizhisowin gemaa gaagidiziwin. GEGO WIKAA miinaaken abinoojiyag Acetylsalicylic acid (taabishko, Aspirin®) gemaa gaanash oga debinigowaan okonii inaapinewin, wiindibi'inaapinewin Reye's Syndrome ezhinikaadeg.

Aanind oginii-naagwad oshkiinshigoon (ORS) odoodisigawaa jibwaa niishtanaa-ashiniwini diba'iganing giibadako'indwaa. Owe ORS izhinaagwad minjiniizh gishkiishigoon damiskwaawan, gemaa giga baagiingwe, bezhig idash onowen iga ayaan: iga ozosodam, iga gaaskanaam, iga jakanaam, da zanagad jibabakanaamowin gemaa gonjigeyin, giga gibiskwe gemaa gigawiisagigonewe. Wiindamo gaabadako'iged giishpin ORS ayaayin gemaa giniijaanisag giishkwaa miinigowin badako'owaabo.

Njitago chi-ayaayin imaa mashkikiwigamigoong azhi naano diba'iganesing giishpin gegoo maanishkaagowin ibadako'owaabo. Gemaa ina biikozhageshkaa, da zanagad jibabagitanaamowin, dabaagosewan gigondashkwe, gidenanewin gemaa gidoon. Giishpin izhiseyin giimaajaayin maskikiwigamig, wewiib gagwe waabam mashikikii'imini.

Giishpin maanidoodaagowin iwe badako'igan, wiindamo gimashkikii'ininim.

Badako'o mazina'iganens

Gakina badako'indwaa izhibii'igaadewan imaa Manitoba Immunization Registry gaa izhinikaadeg.

Wenji ganawenjigaadegin:

- ji onji gikendang gimashkikii'ininiim wegonen aazha gaa badako'ogowin, giniijaanisag gaye,
- ji onji wiindamaagowin wegonen gaa miinigoosiiyin badao'iganan,
- ji-gikendamowaad aaniin epiichi minosegin ini badako'iganan.

Gidaa miinigo giibadako'o mazina'iganens omaa izhi'inaabii'in forms.gov.mb.ca/immunization-update-request. Iga izhinizha'imaago giibadako'o mazina'iganens. Gemaa gaye gagwedweyin gimashkikii'igamigoong.

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Wiimikaman gimashkikiwigamig, omaa inaabin:

manitoba.ca/health/publichealth/offices.html

Personal Health Information Act onji ganawendaagwad ga onji-gakenimigooyin, gidabinoojiyag gaye. Giishpin andawendaman jigaajigaadeg wenji gakenimigooyin mazina'iganan jiwaabandasigwaa gimashkiki'iniiniwag. Nawaj gegoo wiigikendaman, omaa inaabin manitoba.ca/health/publichealth/surveillance/phims.html gemaa ando gagwejim mashkikiikwe imaa mashkikiwigamig.

Nawaj wiigikendaman iwe gichi agigokaawin gemaa badako'iganan:

- ganoozh gi mashkiki'iniiniim; gemaa
- omaa gagwedwen Health Links – Info Santé imaa Wiinibiiging 204-788-8200; gakina Manitoobaa akiing 1-888-315-9257; gemaa
- izhaan:

Manidoobaang Endaso Gikinoonowin Gichi-agigokaayan Waasiganii-isab Izhibii'igewinan:

manitoba.ca/flu

Health Canada Gichi-agigokaayan Waasiganii-isab Izhibii'igewinan:

healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/flu-grippe/index-eng.php

Immunize Canada:

immunize.ca

Omaa ayaawanoon gichi-agigokaawin badako'owewaabo wiindamaagewina-mazina'iganan:

manitoba.ca/flu