

Naagaji'idizowin Ji-aazhoo'aasiwad awiya COVID-19 aakoziwin



Daa-aazhoo'iwe awiya iwe COVID-19 aakoziwin abooshke gegoo inamanji'osigwaa gemaa gegoo ani-izhi-ayaawaad. Mii ogo gaawiin odaa-gikendanziinaawaa' awenena' gaa-aazhoowimimind. Mii dash gaa-niigaaniwaad mino-ayaawin daa-wiiji'iwewag wiindamaagewaad aandi imaa ge-gii-aazhoo'iwewaapan COVID-19 aakoziwin. Giishin giizhaawan imaa gaa-gii-ozhibii'amaang maagoniganing, ji-gii-nishike-ayaayan 14 dasogon apii ishkwaach gaa-inaabiyen imaa, giishpin dash ani-meshkwajimanji'owan, zhemaag nishike-ayaawidizon, izhichigen ji-waabamigoowin.

Gidaa-mikaan gegoo ji-wiiji'igoowan imaa <https://sharedhealthmb.ca/covid19/screening-tool/> Gikendan gakina mino-ayaawining enokiwaad oga-andooshkaanaawaa' eyaang COVID-19, oga-wiiji'aawaa' ini besho gaa-gii-izhaanodawindwaa.

Aaniin ge-naagajitoowaan eni-inamanji'owaan?

Naagajitooon aaniin bakaan eni-inamanji'owan, daabishkoo gizhizowin, ozosodaman, dewikwewin, bangigaajaanewin, wiisagondashkwewin, noondenaamowin gemaa zanagi'igoowan ji-bagidinaamowin. Ezhisingin gakina inamanji'owinan, izhaan www.manitoba.ca/covid19/about/index.html.

Odaapinan epiichi-gizhizowin niizhing endaso-giizhig (gigizheb, dibikag gaye), odooni-aabajichigan onji (gidooning etoowan). Onjida weweni ji-gikendaman ezhi-gizhizowan. Gegoo wiisiniken, minikweken, zagaswaaken gemaa bigiw zhaashaagomaaken 30 daso-diba'iganens jibwaa odaapinaman gigizhizowin. Bii'on gonage (4) niiwaakaase ishkwaaw odaapinaman ini acetaminophen (Tylenol®) gemaa ibuprofen (Advil®) mashkikiin.

Ozhibii'an epiichi-gizhizowin, aaniin gaye ayinamanji'owan, mooshkinebii'aman [Temperature Self-Monitoring Form](#).

Aaniin ji-doodamaan gegoo ani-inamanji'owaan?

Giishpin gegoo ani-izhi-ayaayan, gemaa awashime inamanji'owan, gaa-ozhibii'igaadegin imaa Column A gemaa awashime bezhig imaa eteg Columb B (inaabin), abooshke bangii eta moozhitoowin, zhemaag nishike-ayaa'idizon onji awiyag abooshke gaa-wiiji-ayaamadwaa, ganoonzh Health Links – Info Santé (204-788-8200 gemaa 1-888-315-9257) giyaabi gegoon noonde-gikendaman ji-waabamigoowin gemaa nishike-ayaawin. Wiindamaw igi Health Links – Info Santé daga ji-gii-aazhoo'igoowin.

A

- Gizhizowin/dakamanji'owin
- Ozosodaman
- Wiisagondashkwewin/gipagitaagoziwin
- Zanagi'igoowin bagidanaamowin
- Biinisipijigewin gemaa binisimaanjigewin
- Zhiishagowewin gemaa zhaabokaawiziwin awashime 24 daswaakaase

B

- Bangigaajaanewin
- Dewiziwin
- Ayekoziwin
- Miskojaabiwin (aakoziwin)
- Dewikwewin
- Miskozhewin gezika ozhiseg
- Mino-noonaawasosowan, oshkabinoojii onji
- Zhiishigoweshkaawin gemaa noonde-wiisiniwan

Bigo apii ani-gichi-inamanji'owan (daashkoo noondenaamowin, zanagi'igoowin bagidinaamowin), giigidon 911 gemaa izhaan ningoji zhemaag ji-waabamigoowin

Gegoo inamanji'osiwaan, ji-waabamigoowaambaan ina? Ji-nishike-ayaa'idizowaan (nishike-ayaawin) giishin goji'igoowaan?

Mino-ayaawin ogaa-onendaanaawaa' ge-izhi-onashowaadamowaad, daga gaye ji-nishike-ayaang (nishike-ayaawin) gemaa ji-waabamigoowin. Mino-ayaawining onji, **gaawiin** memech ji-goji'igoowin. Giishpin gegoowang COVID-19 aakoziwin inamanji'osiwan, besho igii-**izhaasii** awiya aakozid (ekidong mino-ayaawining onji, gemaa babaa-ayaawin), **gaawiin** memwech ji-nishike-ayaayan (nishik-ayaawin).

Ji-naagaji'idizoyan daga gegoo ji-inamanji'owan 14 dasogon minik imaa gaa-gii-aazhoo'iding gii-ayaayan.

Giishpin gii-inaabiyaan ezhisingin mino-ayaawining aandi ge-gii-aazhoo'igooyaambaan, aaniishwiin ji-onji-nishike-ayaayaan (nishike-ayaawin)?

Miziwe wiindamaagewin aandi ge-onji-aazhoo'iweng naniizaanisinogin. Awiya besho gii-izhaasiwindwaa ekidong mino-ayaawining onji ji-nishike-ayaawaad 14 dasogon apii gii-izhaawaad ningoji gii-aazhoo'iding. Ikidom gaawiin besho ji-izhaasiwan awiyag, gego izhaaken ningoji okwiinong besho ji-izhaasiwan awiya memindage awiyag niinamiziwaad ji-gichi-aakoziwaapan. Giishpin mookisegin COVID-19 inamanji'owinan, zhemaag nishike-ayaan, noojitooon ji-andooshkigaadeg daga ji-aakoziwan.

Aaniin ji-izhichigeyaan awashime ji-aazhoo'idizisiing COVID-19?

Bebakaan gegoon gidaa-doodam ji-aazhoo'idizisiigwaa awiyag COVID-19 aakoziwin.

Nitam, gego izhaaken ningoji agaasateg, okwiinog gaye, aaniin minik awiyag wiijichigemadwaa agwaji-aya'ii endaawining onji.

Ani-niizhwewig, gikendang wendakin gegoon, daabishkoo:

- Ayabiyan apii aakoziwan
- Giziinjiyan/waawiiba gaasiininjiyan gegoon inaabadak
- Besho ji-izhaasiwan awiyag wiiji-ayaamaasiwadwaa
- Gibiingwepizowan giishin onjida besho ji-izhaayan awiya gemaa aaniin ekidong mino-ayaawining onji.

- Zhemaag bajiishka’ogon apii inateg ji-badaka’ogowan.

Ishkwaach idash, ondinan maagoniganing onji iwe **COVID Alert App** noongom imaa onji www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html. Iwe COVID AlertApp gaa-ijigaadeg wiji’iwemagad ji-aazhoo’idizisigwaa awiyag. Wiindamaagemagad gaye awiyag ji-gikendamowaad maagizhaa gii-aazhoowindwaaban, aaniin gaye ji-izhi-aazhoo’aasiwadwaa awiyag COVID-19 aakoziwin.

Aandi ge-mikamaan ji-gikendamaan daga gii-aazhoo’igoowaan ningoji?

Wezhibii’igaadegin aandi ge-gii-aazhoo’igoyamban atewan imaa [#RestartMB Pandemic](#) maagoniganin mazinisin:

[Interlake Eastern Regional Health Authority](#)

[Northern Regional Health Authority](#)

[Prairie Mountain Health](#)

[Southern Health – Santé Sud](#)

[Winnipeg Regional Health Authority](#)

Gii-booziyan gaa-bimaasing maagizhaa gii-aazhoo’iding gidaa-mikaan imaa www.manitoba.ca/covid19/updates/flights.html

Giiyaabi noonde-gikendaman gegoon COVID-19 aakoziwin inaabin:

Giigigdon:

- Health Links - Info Santé imaa **204-788-8200** gemaa **1-888-315-9257** Inaabin:
- Manitoba gichi-ogimaawin COVID-19 maagoniganig www.manitoba.ca/covid19/
- COVID-19 nishike-ayaayan (nishike-ayaawin) nishike-ayaawin wiindamaagewinan– www.manitoba.ca/covid19/updates/resources.html#factsheets
- Government of Canada’s gichi-ogimaawin COVID-19 maagoniganing– www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html