

# COVID-19

Miziwe Mino-ayaawin ozhibii'igan

## IWE NOVEL CORONAVIRUS

Manitoba 

### Nishike-ayaawin gaa-aakoziwaad Ji-mino-ayaawaad endaawaad

Iwe COVID-19 aakoziwin, oshki-aakoziwin iwe, gaawiin gaye gegoo megwaa ayaamagasinoon ji-onji-mino-ayaawi'igoyan. Gagaana awiyag gaa-ayaawaad iwe COVID-19 aakoziwin gaawiin iwe minik da-aakozisiwag, aanind dash gichi-inaapinewag, gemaa onisigonaawaa'. Niibowa dash eyaawaad iwe, daa-mino-ayaawag endaawaad, onjida dash ji-nishike-ayaawaad naagajitoowaad ayinamanji'owaad. Nishike-ayaang endang ji-aazhoo'idizisiing COVID-19, mii gaye ji-ondinamowaad gegoo gewiji'igowaad awiyag aakoziwigamigong ji-ayaawaapan. Wiindamaw awiya enanokiid geshkitoosiwan ji-nishike-ayaayan endaayan. Besho izhaasiwan awiya ete ji-naagaji'idizowan, gekenimadwaa zhidwa gechiwaag eyaawaad.

#### Ji-nishike-ayaayaan ina, aaniin gaye minik?

##### Giishin:

- **Gii-gaachidinaman COVID-19 aakoziwin, geshkitoowan ji-mino-ayaayamban endaayan.** Gonage midaasogon (10) nishike-ayaan apii gaa-maadaapineyan. Apii owe izhiseg, awiya mino-ayaawin enokaadang endaso-giizhidig giga-ganoonig aaniin epiichi-gizhizowan, enamanji'owan gaye. Mii giga-wiindamaag awe enanokiid aanapii ji-booni-nishike-ayaayan.
- **Ayaan COVID-19 aakoziwin inamanji'owinan, gii-waabamigoowan megwaa dash gibiiw aaniin ezhiwebiziwan.** Nishike-ayaayan endaayan eshkwaababiitooyan daga ji-ayaayamban. Giishin iwe COVID-19 aakoziwin izhinaagwak ayaasiwan, gidinamanjiw dash ayaayan, gemaa ningoji igii-izhaa, gemaa awiya besho igii-izhaa ayaad, onjida ji-nishike-ayaayan (14) dasogon, gegoo gaye jinamanji'osiwan (24) dasowaakaase izhiseg. Giishpin dash gii-gaachidinaman, awiya enanokiid iga-ganoonig.
- **Gidagigokaa gemaa gidinamanjiw ambe gaawiin besho igii-izhaasii awiya ayaad gemaa gii-babaami-ayaasiwan.** Awiya bezhidig gegoo maadamanji'od anaaming iwe A gaa-ozhibii'igaadegin gemaa niizh gemaa awashime gegoo imaa B anaaming wezhibii'igaadegin, ji-waabamindwaaban COVID 19 aakoziwin onji. Giishpin andawendanziwan ji-waabamigoowin, (10) dasogon ji-nishike-ayaayan endaayan. Gidaa-booni-nishike-ayaa ishkwaab (10) dasogon giishin gegoo inamanji'osiwan (24) dasowaakaase minik. Giishin gii-waabamigoowin

COVID-19 onji, gii-ayaasiwan dash, ji-nishike-ayaayan (24) dasowaakaase minik. Giishpin dash gii-gaachidinaman COVID-19 aakoziwin, awiya enanokiid giga-ganoonig.

<b>A</b>	<b>B</b>
Gizhizowin/dakimanji'owin	Bangigaajaanewin
Ozosodaman	Dewiziwin
Wiisagondashkwewin/gibiskwewin	Ayekoziwin
Zanagi'igoowin bagidinaamowin	Miskojaabiwin
Biinisipijigewin gemaa minaanjigesiwinn	Dewikwewin
Zhiishigagowewin gemaa zhaabokaawiziwin awashime 24 dasowaakaaseg	Miskozhewin gemaa noonde-wiisiniwin

### **Aandi ge-mikamaan ezhiwebiziyaan ishkwa-waabamigooyaan?**

Mino-ayaawin anokaadamowaad giga-ganoonigoog giishin gii-gaachidinaman iwe COVID-19 aakoziwin. Gii-gaachidinanziwan gidaa-mikaan maagoniganing imaa <https://sharedhealthmb.ca/covid19/test-results/> .24 akoo 48 dasowaakaase minik da-gikenjigaade aaniin ezhiwebiziyan ishkwa-waabamigoowin.

Giishpin ayaasiwan iwe Manitoba Health Family Registration Card mazina'igan, omaa Manitoba daasiwan gemaa gashkitoosiwan ji-ondinaman ezhiwebiziyan, gidaa-giigid izhi COVID Line imaa Health Links--Info Santé **204-788-8200** izhi-giigidon gemaa ji-diba'anziwan imaa **1-888-315-9257**.

### **Wegonen iwe nishike-ayaang?**

Nishike-ayaawin iwe ji-nishike-ayaayan endaayan gaawiin gaye awiyag besho ji-izhaayan (wiiji-ayaamadwaa gaye) ji-aazhoo'idizisiing endaayan gemaa gechiwaag gaa-daayan. Mii dash biindig gemaa agwajiing endaayan eta gegoo gidaa-danakamigiz. Giishin aanikesing daawining daayan, biindig ji-ayaayan endaayan. Desijigaadeg agwajiing gidaa-izhaa (6) mizid dash ji-wiimaashkawad awiya imaa onji. Apii eta giizhi-nishikeyaayan, gego anda-anokiiken, gikina'amaagooken gemaa izhaaken ningoji awiyag ayaawaad (daashkoo, gego moozhaginangen miijim opimekanaang, adaawigamigong, wiisiniwigamigong, anami'ewigamigong), giishin eta gichi-izhi-ayaayan ji-wiiji'igoowin.

Megwaa nishike-ayaayan, biindig nebaayan eta Ayaan gemaa bakaan ishpimisag besho ji-ayaasig gaa-wiiji-ayaamadwaa. Giishin izhiseg, bakaan miiziiwigamig aabajitoon. Giishpin dash wiiji-aabajitooyeg miiziiwigamig, waawiiba ji-giziinigaadeg. Giishin dash ji-zaaga'aman onji gebeshiyan, aagwiingwe'on biizikan (6) mizid wiimaashkaw awiyag. Gaawiin gaye awesiyag

gaa-wiiji-ayaamadwaa besho ji-izhaayan. Noonde-gikendaman wiiji-ayaamad awiya gemaa naagaji'ad awiya ayaad COVID-19 aakoziwin gemaa, maagonan owe, [click here](#).

Gaawiin awiya ji-mawadisig endaayan owe apii. Giishin nishikewiziyon, anookiin agwaji-gidishkwaandeming ji-nagajigaadegin ge-aabajitooyan besho ji-izhaasiwan awiya.

Giishkinan gemaa wiindamaw awiyag netaa-bi-izhaawaad bi-wiiji'ikwaa awiya endaayan COVID-19 aakoziwin ayaad. Daabishkoo gaa-wiiji'iwewaad, mino-ayaawin enokaadamowaad, gaa-wiidookaagewaad gaye). Giga-wiindamaagoog aaniin ge-izhi-minoseg ji-wiiji'ikwaapan.

### **Aaniin ge-naagajitooyaan ayinamanji'owaan?**

Awiya neshike-ayaad ji-naagajitood daga gegoo bakaan ani-ayinamanji'od gemaa awashime ani-izhi-ayaad. Mii dash:

- Gikendaman bakaan ani-inamanji'owan gemaa awashime izhi-ayaayan, gizhizoyan, ozosodaman, dewikweyan, bangigaajaaneyan, wiisagondashkweyan gemaa zanagi'igooyan ji-bapagidanaamowin.
- Niizhing endaso-giizhig ji-odaapinaman epiichi-gizhizoyan (gigizheb dago dibikag), gidooning ji-onji-odaapinaman. Gwayak ji-odaapinaman epiichi-gizhizoyan. Gego wiisiniken, minikweken, zagaswaaken gemaa zhaashaagomikiweken 30 nisimidana daso-diba'iganens jibwaa odaapinaman epiichi-gizhizowin. Bii'on (4) niywaakaase ishkwaaw odaapinaman (Tylenol®) gemaa Ibuprofen (Advil®).
- Aabajitooyan Temperature Self-Monitoring Form ji-gikendaman epiichi-gizhizoyan zhigwa bakaan ayinamanji'owan apii owe nishike-ayaayan.

### **Aaniin ji-doodaman awashime ani-inamanji'owaan?**

Awashime ani-inamanji'owan apii nishike-ayaayan (daashkoo maani-bagidanaamowin) giigidon:

- Health Links -- Info Santé (204-788-8200 gemaa 1-888-315-9257). Mashkikiwikwe iga-wiindamaag daga ji-waabamigooyamban ji-gikenjigaadeg ezhi-ayaayan.
- **911 giishin inaapineyan.**

Onjida wiiba ji-waabamigoowin gwayak ji-wiiji'igoowin.

### **Aaniin ji-doodamaan naagaji'idizoyaan endaayaan?**

- Aateshinin, minonjigen, niibowa nibiwaagaming gegoo minikwen (daashkoo nibi).

- Giishin gizhizoyan, gagiidiziyan gaye, odaapinan (Tylenol®) or ibuprofen (Advil®).
- Gagwejim gaa-naagaji'ig daga gegoo bakaan mashkikiin ji-odaapinamamban.
- Zanagan nishike-ayaayan, gidaa-zhagadendam. Gaganoonzh awiyag gekenimadwaa, ozhibii'amaw, maagonigan aabajitoon gemaa bakaan izhi.

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

Aakoziyan, bebakaan gegoo gidaa-doodam ji-aazhoo'aasiwadwaa bakaan awiyag. Gidaa:

### **Waawiiba giziininjiin**

Giziibiiga'igan aabaji' gonage igo 15 diba'igens gemaa ishkodewaabowang giziininjii'on gonage 60 % dibach eyaamagak.

- Jibwaa dago ishkwa dazhiikaman miijim (gego dazhiikangen ge-miijid awiya)
- Jibwaa wiisiniyan
- Gego miiziiwigamig aabajitoken
- Ishkwaa zaaminaman gegoo aabadakin endaayan (daashkoo, onaaganan, gaasiingwaaganan, iwe izhi)
- Jibwaa dago ishkwa aabajitoon aagwiingwe'on
- Ishkwaa webinaman gegoo (daashkoo gaasiininjaan) gemaa ge-aazhoowemagakin a'iiman gemaa wiinininjiiyan

### **Gibinan ozosodaman, jaachaamoyan gaye**

- Ginagwaying izhi ozosodamon gemaa izhi jaachaamon, gemaa gaasiininjaaning
- Zhemaag webinan gaasiininjaanan, mii giziininjiin gemaa ishkodewaabowang gegoo aabajitoon ji-giziininjiiyan.

### **Gego gagwe-wiiji-aabajitokeg gegoon**

- Gego wiiji-aabajitoken onaaganan, minikwaaganan, wiisiniigaagewinan, gaasiingwaaganan gemaa gegoon bakaan. Gego asemaans wiiji-zagaswaakeg gemaa odoonimaang gegoo echigaadeg.

### **Biinitoon gegoon netaa-zaaminigaadegin**

- Biinitoon netaa-zaaminigaadegin (miiziiwinaagan, nibi maagoniganan, waasikonebijiganan, zaginiganan, waasigani-aabajichiganan) gonage niizhing endaso-giizhig gemaa ge-izhi-

minosegiban.

- Adaawigamigong onji aabjitoon giziinigan. Ayaasiwan iwe onji, waabishkaabaawajigan 20 ml (niyo-emikwaanens) endaso litre nibi) zhiywa bagidinan ji-zhaabobiig ningo-diba'iganens jibwaa gaasii'aman.
- Gizhaagamidewaaboo aabajitoon giziinaaganeyan gemaa giziibiiga'igeyan.

### **Ji-zhaazhaabwaanimag endaayan**

- Izhiwebak, baakinan giwaasenigan.

## **Giishin dash awiya wiiji-ayaamag nawach niinamizid ge-gichi-inaapinepan iwe COVID-19 aakoziwin onji?**

Aanind awiyag nawach niinamiziwag apii gaachidinamowaad iwe aakoziwin, aakoziwigamigong daa-izhaawag gemaa oada-nisigonaawaa'. Mii igi 60 apiitiziwaad gemaa awashime, gegoo megwaa niinamizishkaagowaad (awiya dazhiikawind amogod).

Ganoonzh mino-ayaawin enokaadang gemaa ganoonzh Health Links - Info Santé giishin wiiji-ayaamad awiya niinamizid ge-gaachidinangiban COVID-19 aakoziwin gemaa daa-zanagad ji-nishike-ayaayan. Gidaa-wiiji'igoog enanokiiwaad ji-mikamookwaa ningoji ji-nishike-ayaayamban gemaa igi nawach niinamaadiziwaad ji-aazhoo'aasiwindwaaban.

## **Giiyaabi gegoo ji-gikendman iwe COVID19:**

Giigidon:

- Health Links -- Info Santé imaa **204-788-8200** gemaa **1-888-315-9257**

Gemaa izhaan:

- Naagaji'ad awiya endaayan COVID-19 aakoziwin ayaad - [www.manitoba.ca/covid19/resources/index.html#factsheets](http://www.manitoba.ca/covid19/resources/index.html#factsheets)
- Manitoba government's COVID-19 website - [www.manitoba.ca/covid19/](http://www.manitoba.ca/covid19/)
- Government of Canada's COVID-19 website - [www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html](http://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html)