

COVID-19

Miziwe Mino-ayaawin ozhibi'igan

IWE NOVEL CORONAVIRUS

Manitoba 

Nishike-ayaang (nishike-ayaawin) gegoo Inamanji'osigwaa bi-azhegiwewaad awiyag besho gii-izhaawaad odaakoziin

Oshki-aakoziwin iwe COVID-19 gaa-ijigaadeg, gaan gegoo megwaa mashkiki onji iwe COVID-19 aakoziwin. Niibowa ayaawaad iwe aakoziwin, gaan gegoo inamanji'osiiwag, aanind dash daa-gichi-aakoziwag gemaa oada-nisigonaawaa'. Daa-aazhoo'idim iwe aakoziwin abooshke gegoo awiya inamanji'osig, daa-aazhoo'iwe. Mii dash awiyag gii-babaami-ayaawaad gemaa besho gii-izhaawaad awiyan aakozinid, ji-nishike-ayaawaad (mii nishike-ayaawin) endaawaad. Nishike-ayaayan minose ji-naagaji'idizoyan, gekenimadwaa gemaa gechiwaag imaa gaa-ayaawaad.

Awenen ji-nishike-ayaapan (nishike-ayaawin) aaniin minik gaye?

- **Babaami-ayaawaad** – giishin gii-babaami-ayaayan, maagizhaa jiigaya'ii awiya igii-izhaa aya COVID-19 aakoziwin. Awiyag agaamakiiwang zhigwa gechiwaag akiing biindigewaad Manitoba zhigwa Ontario (waabanong Terrace Bay), Quebec zhigwa Atlantic akiikaanan ji-nishike-ayaawaad (nishike-ayaawin) 14 dasogon apii dagoshinowaad Manitoba (ezhising Federal Quarantine Act onaakonigewining zhigwa gechiwaag akiikaanan onji). **NASHKE:** Gichi-ogimaa, akiikaan Ogimaawinan daa-aanjisewan bebaami-ayaawaad awiyag, megwaa gikendaagwak (bakaan inaakongeng) gidaa-mikaan imaa: www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html zhigwa www.manitoba.ca/covid19/soe.html, aayaanike.
- **Jiigaya'ii izhaang COVID-19 awiya ayaad** – giishin jiigaya'ii awiya gii-izhaayan ayaad COVID-19 aakoziwin, (niizh metre dago awashime 15 diba'igens), ji-nishike-ayaayin (nishike-ayaawin) 14 dasogon apii ishkaach jiigaya'ii gii-izhaayan awe. Enokaadang owe giga-ganoonig.
- **Awiya wiiji-ayaamad neshki-ayaad gii-babaami-ayaad**
-giishin giin izhisesiwan, jiigaya'ii awiya igii-izhaa aakozid apane 14 dasogon apii degoshinowaad, ji-nishike-ayaayan (nishike-ayaawin) minik ji-booniseg ginishike-ayaawin (nishike-ayaawin).

Wegonen iwe nishike-ayaang (nishike-ayaawin)?

Awiya mino-ayaad, maagizhaa dash besho gii-izhaad awiyan COVID-19 aakoziwin ayaanid, iwe ekidong “nishike-ayaawin” ijigaade awiya ji-nishike-ayaad. Apii nishike-ayaang (nishike-ayaawin), ji-nishike-ayaayan endaawining jiigaya’ii ji-izhaasiwan awiyag (abooshke gaa-wiiji-ayaamadwaa jiigaya’ii gii-izhaasigwaa awiya ayaanid iwe COVID-19) Ji-aazhoo’aasiwadwaa igi zhigwa gechiwaag imaa gaa-daawaad. Mii dash endaayan ji-dazhikeyan gemaa gechiwaag agwajiing endaayan. Gidaa-aabajitooon gaa-desijigaadeg endaayan, gaawiin dash ningodwaaso-mizid minik jiigaya’ii ji-izhaayan gwekishkwaand eyaad. Baamaa ishkwa nishike-ayaayan (nishike-ayaawin) gidaa-zaaga’am ji-andawanokiiyan, gikina’amaagoowin gemaa ningoji awiyag ayaawaad (daashkoo gegoon ji-moozhaginaman gegoo opimekana, wiisiniwigamigong gemaa anami’ewigamigong), giishin eta gegoo gichi-izhiwebiziyaan.

Giishpin gii-oko-izhaayeg ningoji gemaa gakina gaa-wiiji-ayaamadwaa besho gii-izhaawaad awiyan **ayaanid iwe COVID-19 aakoziwin, gidaa-nishike-ayaam (nishike-ayaawin) bigo gidaa-doodaam. Giishin dash giineta gii-babaami-ayaayan, gemaa besho gii-izhaayan awiya aakozid COVID-19 ayaad, ji-nishike-ayaayan (nishike-ayaawin) besho ji-izhaasiwan gaa-wiiji-ayaamadwaa.** Mii gaa-gabeshiwan ji-ayaayan gemaa ningoji ishpinisag, besho ji-izhaasiwan gaa-wiiji-ayaamadwaa. Bakaan miiziiwigamig aabajitooon. Giishin dash wiiji-aabajitoooyeg, waawiiba ji-biinichigaadeg. Giishin ji-zaaga’aman gaa-gabeshiwan onji, aagwiingwe’o biizikan, gego (ningodwaaso-mizid) besho izhaaken gaa-wiiji-ayaamadwaa. Gego gaye besho izhaaken awesiyag endaayan.

Gego gaye awiya ji-mawadisookaag endaayan o’o apii. Giishin nishike-ayaayan, onatoon ji-biidamaagoowin gidishkwaandeming wiisiniwin gemaa gegoo ge-aabajitoooyan besho ji-izhaasiwan awiya. Giishkinan gemaa wiindamaw awiyag netaa-bi-izhaawaad bi-wiiji’ikwaa awiya endaayan megwaa nishike-ayaawin. Daabishkoo gaa-wiiji’iwewaad, mino-ayaawin enokaadamowaad, gaa-wiidookaagewaad gaye). Giga-wiindamaagoog aaniin ge-izhi-minoseg ji-wiiji’ikwaa.

Aaniin ji-naagajitoowaan ayinamanji’owaan?

Bigo awiya nenishike-ayaad, ji-naagajitoowaad daga gegoo ji-maajii-inamanji’owaad gemaa awashime izhi-ayaawaad. Mii dash:

- Gikendaman oshki-maajii-inamanji’owinan, gizhizowan, ozosodaman, dewikweyan, bangigaajaaneyan, wiisagondashkweyan, zanagi’igoowin ji-bapagidinaamowin. Niibidebii’igaadegin inamanji’owinan, inaabin:
www.manitoba.ca/covid19/about/index.html.
- Odaapinan epiichi-gizhizowan niizhing endaso-giizhig (gigizheb dago dibikag), gidooning aabadak ji-odaapinaman epiichi-gizhizowin (gidooning). Onjida gwayak ji-odaapinaman gigizhizowin. Gego gegoo miiijken, minikweken, zagaswaaken gemaa zhaashaagomikiweken 30 diba’iganens jibwaa odaapinaman gigizhizowin. Niiwaakaase gonage bii’on jibwaa odaapinaman (Tylenol®) gemaa Ibuprofen (Advil®).

- Aabajitoon iwe [Temperature Self-Monitoring Form](#) ji-zagakibii’aman gigizhizowin zhidigwa aaniin ayinamanji’owan apii owe 14 dasogon nenishike-ayaayan.

Aaniin ji-doodamaan gegoo maajii-inamanji’owaan?

Giishin gegoo maajii-inamanji’owan ozhibii’igaadeg anaaming imaa A ezhibii’igaadeg gemaa niizh gemaa awashime imaa anaaming B gaa-izhising (niisaya’ii inaabin), abooshke gichi-izhi-ayaasiwan, zhemaag nishike-ayaawidizon. Gidigoo ji-waabamigoowin onji iwe COVID-19 apii maajii-inaapineyan gegoo. Abooshke ani-minomanji’owan, gidigoo ji-waabamigoowin onji COVID-19 aakoziwin. Giigidon Health Links--Info Santé (**204-788-8200** gemaa **1-888-315-9257**) giyaabi gegoo noonde-gikendaman aandi ji-izhaayan ji-waabamigoowin.

A	B
Gizhizowin/dakamanji’owin	Bangigaajaanewin
Ozosodaman	Dewiziwin
Zanagi’igoowin bapagidinaamowin	Ayekozowin
Biinisipijigewin gemaa biinisimaanjigewin	Dewikwewin
Zhigagowewin gemaa zhaabokaawiziwin awashime 24 dasowaakaase	Gezika miskozhesewin
	Noondeskaadesig abinoojiyens
	Zhishagoweshkaawin gemaa noonde-wiisiniwin

Giishpin ningoding maadapineyan (daashkoo zanagi’igoowin bapagidinaamowin), giigidon 911 gemaa noojitoon zhemaag ji-waabamigoowin gichi-izhiwebiziwin zhemaag gaa-waabangeng.

Ningii-waabamigoo onji COVID-19. Aandi ge-ondinamaan ji-gikendamaan ezhiwebiziyaan?

Mino-ayaawin enokaadamowaad giin igo giga-ganoonigoog giishin gii-gaachidinaman iwe COVID-19 aakoziwin. Gii-gaachidinanzowan gidaa-mikaan maagoniganing imaa <https://sharedhealthmb.ca/covid19/test-results/>. Mekigaadeg 24 akoo 48 dasowaakaase da-noojichigaade apii andooshkigaadeg.

Giishpin ayaasiwan iwe Manitoba Health Family Registration Card, daasiwan omaa Manitoba, gemaa gashkitoosiwan ji-gikendaman ezhiwebiziyaan, gidaa-ganoonaag iwe COVID ezhi-giigidong imaa Health Links--Info Santé at **204-788-8200** gemaa ji-diba’anziwan giigidowin **1-888-315-9257**.

Wegonen miinawaa ge-doodamaan ji-aazhoo’idizisigwaa COVID-19 endaayaan?

Abooshke gegoo megwaa inamanji' osiwan, maagizhaa gidaa-maadaapine megwaa nishike-ayaayan (nishike-ayaawin) gidaa-aazhoo'iwe jibwaa abooshke maajii-aakoziyan. Mii wenji-igoowan besho ji-izhaasiwan awiya (abooshke gaa-wiiji-ayaamadwaa besho gii-izhaasigwaa awiyan aakozinid COVID-19) megwaa nishike-ayaayan endaayan. Onjida gaye gidaa:

Apiichinaag gagiziininjiin

Giziibiiga'igan dago nibi onji giziininjiin gonage 15 diba'igens gemaa ishkodewaabowang giziinigan aabajitoon gonage 60 % dibach ji-ateg:

- Jibwaa zhigwa ishkwa dazhiikaman miijim (gego dazhiikangen bakaan awiya omiijimiwaan)
- Jibwaa wiisiniyan
- Ishkwaa aabajitooyan miiziiwigamig
- Ishkwaa zaaminaman gegoon gii-zaaminigaadegin (onaaganan, gaasiingwaaganan, iwe izhi)
- Jibwaa zhigwa ishkwa aabajitooyan aagwiingwe'on
- Ishkwaa webinigeyan (daashkoo gaasiijaanewin, iwe izhi) gemaa ishkwa zaaminaman wiinakin a'iiman zhigwa apii wiinininjiiyan

Gibinan ozosodaman zhigwa jaachaamowin

- Ginagwaying izhi ozosodan gemaa izhi jaachaamon.
- Zhemaag webinan gaasiijaanewinan ishkwa aabadakin, zhemaag giziininjiin gemaa aabajitoon giziininjii'igan.

Gego gagwe-wiiji-aabajitookeg gegoon

- Gego wiiji-aabajitookeg onaaganan, minikwaaganan, wiisinigaagewinan, gaasiingwaaganan, apishimonan gemaa bebakaan gegoon.
- Gego wiiji-zagaswaakeg asemaans gemaa gegoo odoonimaang echigaadegin.

Biinitoon gaa-abitaman

- Biinitoon gegoo netaa-zaaminigaadegin (miiziiwinaagan, wenjiiwang nibi, waasikonebijiganan, zaginiganan, waasigani-aabajichiganan) gonage niizhing endasogiiizhig gemaa ge-izhi-minosegiban.
- Adaawigamigong onji giziinigan ondinan. Giishin ayaasinog, waabishkaabaawajigan (niyo-emikwaanens) nibiing atoon, bagidinan ji-baateg ningo-diba'iganens jibwaa gaasii'aman.
- Gizhaagamidewaaboo aabajitoon giziinaaganeyan gemaa giziibiiga'igeyan.

Izhitoon ji-zhaabwaanimag endaayan

- Baakinan waasenigan, giishpin iwe izhiwebak.

Giiyaabi gegoo noonde-gikendaman COVID-19

Giigidon:

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

Inaabin:

- Naagaji'ad awiya COVID-19 aakoziwin ayaa

www.manitoba.ca/covid19/resources/index.html#factsheets

- Manitoba gichi-ogimaawin COVID-19 maagoniganing - www.manitoba.ca/covid19/
- Gichi-ogimaawin Canada's COVID-19 maagoniganing – www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html