

Ministry ouschi La sawntee

# Kaykwawy chikee kishkayistamin ouschi toon COVID-19 cheestahouwin napwaenmawn

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Note: Ooma li papyee aykwawnima aen ooshkayi keestwawm takwashtawin ouschi li papyee kaw ki avawn shinihkawtayw "Kaykwawy chikee kishkayistamin ouschi toon COVID-19 cheestahouwin napwaenmawn" akwa "Cheestahouwin Apray Kenawayhmiwin Li papyee".

Ooma chiweechihikooyin geemiyikiw li promyee weehstamakaywin pikou. Ooma li papyee namoo wiya ka geemiyikihk keema chi-outinuk la plaes ouschi la medical weestamakaywin, li dokter la malajee kawmishkuhk keema tretmaan, keema la lway weestamakaywin.

**Ki nishtawinkaywin aen kakashkihooyin chi outinamin COVID-19 cheestahouwin. Si voo play amistaw ooma li papyee kaykwawy kiitatayihtaakwun poor toon cheestahouwin napwaenmawn.**

## Aen kwayachayawin poor COVID-19 Kawcheestahoukawiyen

### Kaykwawy aen paytawyawin ishi moon napwaenmawn?

- Toon la kaart ka apachiyet poor li dokter/Ontario La Sawntee L'aenseurawns Lee plawn (OHIP) la kaart. Kishpin namoo wiya ki ayawn OHIP la kaart, paytaw kootak itowahk ouschi li gouvanimaw-kaw-maykaweyin lee portray nishtawaynikashoowin tapishkoot chipaminikayin lisawns kitayawn, li papyee pour lout bor, Toon Rizarv poor la Kaart, keema kootak enn provayns la kaart ka apachiyet poor li dokter. Kiyawpit ka ki ayawan cheestahouwin kishpin namoo wiya aen ayowaw OHIP la kaart.

- Toon cheestahouwin maashinahikaywin, kishpin ihtakon, chi pishkapahtamin toon COVID-19 cheestahouwin.
- Muyipitikouwin li papyee, kishpin natawayihtakwun
- Pikou kaykwuy pamihwaywin ka natawayihtamin (tapishkoot scooter, la shayz en roo, en ken) akwa kaykwuy ka weechihikooyin la tawn ka kisheepayik (tapishkoot cell li foonn, aen leevr).
- Amischikaywin li loonett akwa/keema payhtamoohikun, kishpin natawayihtakwun
- Toon en mask
- Ka weechihwayt en parsonn, kishpin natawayihtakwun (tapishkoot awnturpretee, awiyek ka weechihish maykwawt ooma kawcheestahoukawiyen).

### **Kaykwawy chikee ayawyawn aen paree poor moon napwaenmawn?**

- Amistaw ooma [Cheestahouwin Nagrimawn Li Papyee](#) akwa kayschinahoo ka pimitishahikayin avek toon li piblik la saantii pamihwayw kishpin ki ayawn li kesyoon ouschi toon la michinn pawsee keema muyipitikouwin.
- Outina toon regular li michinn akwa meetshou di koucheum. Kayschinahoo aen meetshouyin avawn ka itouhtayin itay la plass poor li docteur kawya ka wanikishkishiyin maykwawt ki cheestahouwin.
- Pootishka pat mawsh en shmeezh keema en szmeezh ekoshishi li piblik la saantii pamihwayw ka wayhchipayin aen mishka toon awn layr li braw kawcheestahoukawiyen.
- Kawya ashta ka weehkimawkwun li sawn ipay.
- **Kishpin ki ayawn [etamahchihouwin ouschi COVID-19](#), namoo wiya chikee itoustayin la plass poor li docteur. Taypwaytik la plass poor li docteur akwa pimitishaha oohin weestamakaywin.**
- Kawya keetakoushini ayiwawk jhis minwit avawn toon napwaenmawn kawya ka kipishkamin itay la plass poor li docteur.
- Mawshkoot pikou aen payhooyin dahor avawn toon napwaenmawn. Si voo play poushtaywinishee poor ka ishi keeshikawk.

## Kaykwawy kiitatayihtaakwun ishpee ka takoushiniyawn moon napwaenmawn?

Li piblik la saantii pamihwayw mitouni payhtik pishkayistam ka nakinahk ooma ka tashweetiimakahk COVID-19 ishpee ka ka maykit cheestahouwina. La plass poor li docteur atoushkaywak chikee awpachistawak toot pishkayischikaywin ka kayshchinahook toon la saantii akwa toon pat dawnzhee maykwawt toon visit. Li piblik saantii la sort, tapishkoot aen sipaarii ka kanawayimshook, kaashihchihchee, ka poshtishkamin enn mask ka ihtakon itay la plass poor li docteur. Kahkiyuw li piblik la saantii pamihwaywak, arn malad, kootak atoushkaywak, akwa keewkaywuk pikou chikee pimitishaham kahkiyuw li piblik saantii la sort didawn itay la plass poor li docteur. Si voo play amistaw akwa pimitishahamin aen sinn keema kaw-itikawshouyin itay la plass poor li docteur.

- Ka kwaychimbawin geemiyikiyin toon OHIP keema Toon Rizarv poor la Kaart (keema kootak itowahk ouschi li gouvanimaw-kaw-maykaweyin kishpin namoo wiya kaykwuy OHIP la kaart) ka weestamin toon napwaenmawn.
- Ka kwaychimbawin aen nashkoumoyin series ouschi li kesyoon kishpin ki wawpahtaen kaykwuy keema etamahchihouwin ouschi COVID-19 avawn ka peehtikwayin la plass poor li docteur.
- Ka kwaychimbawin li kesyoon ouschi toon la michinn history (tapishkoot kishpin ki ayawn pikou kaykwuy muyipitikouwin)
- Ka kwaychimbawin ka poshtishkamin enn mask maykwawt itay la plass poor li docteur, ka kaashihchihcheeyin, akwa aen sipaarii ka kanawayimshook ouschi kootakak (nandaw deu metres/sis lee pyee).
- Ka kwaychimbawin aen payhooyin poor nawut kaynz keema traazyam mineut apray ki cheestahouwin ka pishkawyamkawayin poor pikou kaykwuy shishikwut mayshkouchipayiwin didawn toon la saantii keema muyipitikouwin.

## Kaykwuy mawka kishpin ni ayawn muyipitikouwin?

Oki li piblik la saantii pamihwayw itay cheestahouwin la plass poor li docteur ka kwaychimik ouschi muyipitikouwin. Wawpasta ooma [COVID-19 Cheestahouwin Nagrimawn Li Papyee](#) poor kiyawpit nawut weehstamakaywin ouschi cheestahouwin awpaci hchikanaa, avek polyethylene glycol, tromethamine akwa polysorbate.

- Kishpin ki ayawn muyipitikouwin (avek nawut mitouni ki muyipitikoun tapishkoot anaphylaxis) ouschi neekawn chi-outinamen ouschi COVID-19 cheestahouwin keema pikou kaykwuy oohin awtiht ouschi , pikou ka peekishkwayin avek muyipitikouwin li docteur/immunologist avawn aen ayawyin cheestahouwin ka wawpaschikawtayk kishpin cheestahouwin geemiyikaweyin pat dawnzhee.
- Kishpin ki ayawn muyipitikouwin didawn kaatr aen neur akwa/keema anaphylaxis kay ishpayin avek cheestahouwin keema nijweey outinayn li michinn aykwawnima namoo wiya ashtayw awtiht ouschi keema cross-reacting awtiht ouschi COVID-19 cheestahouwina, ka ki ayawn ooma COVID-19 cheestahouwin. Ka kwaychimkawin aen payhooyin didawn itay la plass poor li docteur poor traazyam mineut apray toon cheestahouwin.
- Kishpin ki ayawn en pawsee ouschi grous muyipitikouwin akwa/keema anaphylaxis, pikou kaykwuy li mawnzhee, li michinn, venom, latex keema kootak muyipitikouwin namoo wiya ouschi ooma COVID-19 cheestahouwina, ka ki ayawn ooma COVID-19 cheestahouwina. Ka kwaychimkawin aen payhooyin didawn itay la plass poor li docteur poor nandaw kaynz mineut apray toon cheestahouwin.
- Kishpin ki ayawn muyipitikouwin li troub tapishkoot ouhchikawin lee nee, chawhchawmouwin, kaykishin li nee akwa li zyeu, en maelajee aykwawtakihtawhk chipakitatawmouhk akwa eczema ka ki ayawn ooma cheestahouwin. Ka kwaychimkawin aen payhooyin itay la plass poor li docteur poor nandaw kaynz mineut apray toon cheestahouwin.

Poor kiyawpit nawut weehstamakaywin poor aykwawniki avek muyipitikouwin, si voo play ka peekishkwayin [Kawcheestahoukawiyeen Weestamakaywin poor Kishchi Li Moond](#) chiweechihikooyin li papyee

## **Kaykwuy mawka kishpin ni ayawn kootak la michinn ouschi itamashchihowin?**

Kishpin aen ptsee wee-ayawayw, ki noohawashoon, ki ayawn autoimmune en malajee, keema immunocompromised ouschi en malajee keema tretmaan, pikou aen peekishkwayin avek toon li piblik la saantii pamihwayw avawn kawcheestahoukawiyen. Si voo play ka peekishkwayin [Kawcheestahoukawiyen Weestamakaywin poor Kishchi Li Moond](#) chiweechihikooyin li papyee poor kiyawpit nawut weehstamakaywin. Chikee ka peekishkwayin toon li piblik la saantii pamihwayw kishpin ooma cheestahouwin kwayesh poor kiya ouschi toon la michinn ouschi itamashchihowin.

## **Kaykwuy mawka kishpin aen outinamaen li sawn chi ashaynanamihk la michinn?**

Ki ayawn li sawn ouhchikawin awkhoushiwin, mashinahoukoushin wawhkaypayin, keema ki apawchistawn li sawn-ashaynanamihk la michinn (tapishkoot warfarin keema heparin) ka ki ayawn ooma cheestahouwin.

## **Kaykwuy mawka kishpin kaw-wanikishkiskeyan ashpinay ka ayayawn cheestahouwin keema koushtamin aen nijweey?**

Kishpin ki ayawn wanikishkishow, keema ki wanikishkishin apray kawcheestahoukawiyen keema li michin paaminikaymin, keema mitouni ki koushtamin aen nijweey, keyawpit chikee ayawyin ooma cheestahouwin. Weestamoo li piblik la saantii pamihwayw itay la plass poor li docteur akoushi nahi ashtayw pamihwaywin chikee va oofayr. Ka ki payshiwaw awiyek avek kiya poor weechihwaywin.

# COVID-19 Kawcheestahoukawiyen Apray Kenawayhmiwin

## Kaykwawy chikee itotamawn apray ka maykawiwin ooma cheestahouwin?

- Apray cheestahouwin, chikee payhooyin itay la plass poor li docteur poor kaynz keema traazyam mineut. Aen kayschinahoo ouschi namoo wiya aen ayawyin muyipitikouwin. Muyipitikouwin mawna si rawr. Atoushkaywak kaw maykit cheestahouwina aen paree ka pamina oohin muyipitikouwin. Weestamoo atoushkaywak kishpin ki wawpastayn kawmooshkipayiyen, pawkipayihk ki kwawkun keema la boush, si jeur mawyipukitatawmouhk, akwa/keema la malajee.
- Kishpin ka payhooyin peehchayihk la plass poor li docteur, kayschinahoo aen poshtishkamin enn mask akwa aen sipaarii ka kanawayimshook nandaw deu metres/sis lee pyee ouschi kootakak.
- Awpachistaw taakwashtew-larkahol kaashihchihcheewin shinikoonikan ksheepaykinamin tee maen avawn ka shipwayhtayin ooma la plass poor li docteur.
- Kawya pamin li shawr keema kootak itouwahk pooshiwin poor nandaw aen payhooyin poor nawut kaynz keema traazyam mineut apray cheestahouwin (ka weestamakayhk ouschi li piblik la saantii pamihwayw ) keema kishpin la malajee.
- Kishpin awiyek ki mooshahkinik ouschi la plass poor li docteur, chikee takoushinit apray kaynz mineut ka ponpayhooyin itay la plass poor li docteur. Ka weechihwayt en parsonn keema paminikayw chikee pimitishaha li direksyoon ouschi la plass poor li docteur atoushkaywak ouschi tawnday ka nakishkawit/ mooshahkinish.

## Kaykwawy kiitatayihatakwun didawn keestwawm awtist d'zhournee?

- Ka ki ayawn awtist muyipitikoun ayishpayiwina ouschi cheestahouwin. Aen namatakoun apray awtist d'zhournee.
- Nawut mawna kiitatayihatakwun muyipitikoun ayishpayiwina tapishkoot: li pwaen, mihkoupayiw keema pawkipayihk itay aen nijweey ka maykawtayk. Aen tahkaw, miyoumawow l'ayen ita cheestahouwin ka maykawtayk aen ki weechihikoun.

- Kootaka etamahchihouwin tapishkoot oohin: ayeshkoushihk, li mal di tet, li nayr li pwaen, nanihkachiwin, li zhwaen li pwaen, akwa la fyayvr. Kishpin natawayihtakwun, li pwaen keema la fyayvr la michinn (tapishkoot acetaminophen keema ibuprofen) ka ki weechihikoun avek la pwaen keema la fyayvr.
- Siirieu muypitikoun ayishpayiwina apray ka maykawiyin cheestahouwin aykwawnihi si baen rawr. Mawka, kishpin ki mooshihtawn pikou itowahk ounhin etamahchihouwin didawn trwaa d'zhournee apray ka maykawiyin ooma cheestahouwin, natouna la michinn pamihawaywin shaymawnk keema taypwaykun 911 kishpin meena mitouni la malajee:
  - mooshkipayiwun
  - pawkipayihk ki kwawkun keema la boush
  - si jeur mawyipukitatawmouhk
  - mitouni wawpinaywshiwin akwa siirieu ayeshkoushiwin
  - mishtahi la fyayvr (ayiwawk 40°C)
  - doochipitikoon keema ouchipitikoowin
  - keema kootaka siirieu etamahchihouwina (tapishkoot "li zipaenyg akwa aen nijweey" keema kiishkimishin)
- Ooma AstraZeneca/COVISHIELD cheestahouwin ouschi avek mitouni si baen rawr si baen rawr kishkayistakwan ishi [Cheestahouwin-Itochikemakan Prothrombotic Immune Thrombocytopenia \(VIPIT\)](#). Kishpin ki mooshihtawn pikou kaykwuy oohin etamahchihouwin apray ka maykawiyin cheestahouwinsi voo play natouna la michinn pamihawaywin shaymawnk:
  - kipatamoowin
  - li pwaen didawn l'istamaw
  - pawkipayihk keema kawachin daan li braw keema en zhawnb
  - namoo nakeewin vawntr li pwaen
  - vilaen keema il i peer li mal di tet keema noo kwayesh kiwawpin
  - mischayt pchee mashinhoukoushin, roozh keema vyalet nwaenr li tash keema li sawn aen boufeed doo awntsoor la poo
- Kishpin kipishkawkoon ouschi pikou kaykwuy muypitikouwin ka mooshihtawyin apray ka maykawiyin ooma cheestahouwin, taypwaykun ishi toon li piblik la saantii pamihawayw. Chikee meema taypwaykun ishi toon [li piblik la sawntee enn seksyoon](#) aen kwaychihkaymouhk kesyoon keema ka weestmakayhk ki muypitikoun ki mooshihtawn.

## Kaykwuy chi-kishkishi apray ka maykawiwin ooma cheestahouwin

- **Noo poonayistahk ka poshtishkamin enn mask, aen ayawyin nandaw deu metres ouschi kootakak ka ashaynamihk/ kipihtinkewin avek kootakak namoo wiya kawweekiyen avek la famee.**
- Kawya chi outinamin kootak cheestahouwina anoush ouschi zeusk nandaw vaenwit d'zhournee apray chi-outinamen ouschi toon COVID-19 cheestahouwin (kishpin pikou itayistakwun si nissisayr ouschi toon li piblik la saantii pamihwayw).
- Kishpin maykwawt aen ptsee wee-ayawow didawn vaenwit d'zhournee d'zhournee ka maykawiwin chi-outinamen, chikee peekishkwayin avek toon li piblik la saantii pamihwayw.
- Kenawayihta ooma li papyee (keema kootak cheestahouwin maashinahikaywin) AKWA toon maashinahikaywin COVID-19 Cheestahouwin aen rseu ouschi kawcheestahoukawiyen anoush didawn pat dawnzhee plaes akwa paytaw avek kiya poor toon napwaenmawn COVID-19 kawcheestahoukawiyen ka weestmakayhk ouschi kawcheestahoukawiyen la plass poor li docteur (tapishkoot poor toon keestwawm chi-outinamen, ashpaymouwin ouschi kiko cheestahouwin ka maykawiwin).