

Gimaa Gamig owi Mina Bimaadiziwin

Wegnesh aabdeg awaa gikendaman owi gdo COVID-19 ashowizo-mashkiki zhisijigewin

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Akinwaadendan: Maanda mazinigan shkibiigan aawan maandosijigaadeg maziniganan aazhigwa agaa zhinkaadeg “Nendowendaagwog awii gikendaman jibwaa gdo COVID-19 ashowizo-mashkiki zhisijigewin” miinwaa “Ashowizo-mashkiki Gnowendiziyin Mazinigan”.

Maanda giikimigewin miigwemigad bangii gikendamowin goweta. Maanda mazinigan gaawii nenjigaadesino awii miigwemigag maage meshkidosing mashkikiwin giikimigewin, waawinjigaadeg aakoziwin maage naandowechigewin, maage onashowe giikmigewin.

Agii wenaabimigo miigsewin awii debinaman COVID-19 ashowizo-mashkiki. Aga bigosenimigo awii gindaman maanda mazinigan awii gikendaman awaa dinendaman owi gdo ashowizo-mashkiki zhisijigaadeeg.

Zhiitaawin owi COVID-19 jiiawaaganiwi ji-onji-aakozising

Wegnesh aabdeg awaa biidoowaan odi zhisijigewining?

- Mina yaawin mazinigaans/ Ontario Health Insurance Plan (OHIP) mazinigaans. Giishpin bwaa yaawad OHIP mazina-igaans, biidoon bkaan gimaa gamig maagwed debwe mazinigan yaawiyin mazinichigan digosing dibishko gonaa bimibizochige mazinigan, bibaami yaawin mazinigan, Giizhaa Agaa Yaajig gindaasowin Mazinigan, maage bkaan dnowaa kiinsing mina yaawiyin masinigans. Yaa-aabi gwa gdaa debinaan jiiawaaganiwi ji-onji-aakozising giishpin bwaa yaawad OHIP mazinigaans.

- Gdo jiiitawaaganiwi ji-onji-aakozising zigagibiigan, giishpin temgag, awii naagzowaabmjigaadeg gdo COVID-19 ashowizo-mashkiki.
- Omaanaashkaagemigag mazinigan, giishpin dowendaagwog.
- Gego naadmaage nakaaziwinan gnimaa age mineziyin (dibishko gonaa waasamo daabaanens, ditibisemagak desabiwin, skagon) miinwaa newen age naadmaagiyin awii gizhiibideg epiichaag (dibishko gonaa, bemwijigaadeg giigido biiwaabikons, gindaasowin mazinigan).
- Gindaasang shkiizhigokaajiganan miinwaa/maage noondamowin naadmaagewin, giishpin dowendaagwog
- Gdo gabiingwegan
- E'aasgaabwitaaged, giishpin dowendaagwod (dibishko gonaa, aankinotaaged, gwaya awii naadmaag epiichi debinaman jiiitawaaganiwi ji-onji-aakozising).

Wegnesh meneziaan awii zhiitaa-in owi ndo zhisijigewin?

- Gindan owi [Ashowizo-mashkiki Gikendamowin Mazinigan](#) miinwaa na'aab gdaa ginonaa gdo mina yaawin maagwed giishpin yaaman gagwedwewinan gdo aakoziwin zhaazhigwa agaa yaaman maage omaanaaskaagwinan.
- Daapinan gdo mashkikiin miinwaa wiisiniwin naasaab agwa nikiiyaa. Gagwekwendan gego awii miijiyin jibwaa abi zhaawin enji bidakogeng awii bwaa nikaamidam zhayaawin epiichi bidakogowin.
- Biiskan banangwegag maage babigwayaan owa mina yaawin maagwed aji wenpanizid awii waabmdang ishpiming gdo onik owi awii debinaman jiiitawaaganiwi ji-onji-aakozising.
- Gegwa nikaaske minamaagichiganan.
- **Giishpin yaaman [inamjiwinan owi COVID-19](#), gaawii gdaa zhaasii enji bidakoding. Giigidan odi enji bidakoding miinwaa naagidon ezhi wiindamaagowin.**
- Gaawii abi zhaake midaaso dibagaans jibwaa bidakogowin awii miiwishkigaadeg baatiinwaad bemaadizijig enji bidakoding.
- Aabdeg agojiing gnimaa aga baabiichige jibwaa bidakogowin. Weweni nikamowen owi ezhi giizhigag.

Wegnesh age dinendamaambaa apii digoshinaa odi ndo zhisijigaadewin.

Mina yaawin maagwejjig aapaji agwa aangwaamziwog awii nigaasidowaad owi sweshkaamigag COVID-19 apii miigwewaad jiiitawaaganiwi ji-onji-aakozising. Enji bidakoding enkiitaagejjig zhichigewog ayaangwaamziwin awii gagwekwendaagwog gdo mina yaawin miinwaa waankiiwin epiichi yaawin zhiwe. Bemaadizijig mina yaawin naagjjigewinan, dibishko gonaa besha bwaa yaawin, giziibiigininjiwin, gabiingwegan biiskigaadeg ada tenoon enji bidakooding. Kina mina yaawin maagwejjig, nyaagdowenjigaaziwaad, aanin bkaan enkiitaagejjig, miinwaa nebwaachejjig aabdeg awii naagidonaa-aan bemaadizijig mina yaawin naagjjigewinan zhiwe enji bidakoding. Aga bigosenimogo awii gindaman miinwaa naagidowin agwaakoginan maage wiindamaagewinan maagweng odi enji bidakogoding.

- Aga gagwejjimigo awii miigwewin gdo OHIP maage Giizhaa Agaa Yaajig gindaasowin mazinigaans (maage bkaan gimaa gamig maagwed debwe mazinigan yaawiyin mazinichigan digosing ID giishpin bwaa yaawad OHIP mazinigaans) awii debwetowin gdo zhisijigewin.
- Aga gagwejjimigo awii nakwetaman gmaaminig gagwedwewinan awii ndakenjigaadeg endagwen aji yaaman waabmdowewin maage inamjiwinan e'nowendaagwog owi COVID-19 jibwaa biindigewin enji bidakoding.
- Aga gagwejjimigo gagwedwewinan owi gdo aakoziwinan agaa yaaman (dibishko gonaa gego omaanaaskaagemigag e'yaaman).
- Aga gagwejjimigo awii biiskaman gabiingwegan epiichi yaawin zhiwe enji bidakodong, awii biintowin gninjiin, miinwaa besha awii bwaa yaawin gewe bkaan bemaadizijig (gnigen agwa nigodwaasizid).
- Aga gagwejjimigo awii kwe nimadibiwin midaaswi shi naanan apiinish nisimdana dibagaans shkwaa debinaman owi ashowizo-mashkiki awii naagzowaabmjigaadeg gego e'dinenjigaadesinag aanjisemigag gdo mina yaawin maage omaanaashkaagiyin ashowizo-mashkiki.

Aaniish giishpin yaamaa omaanishkaagowinan?

Owa mina yaawin maagwed odi ashowizo-mashkiki enji bidakogowin ada gagwedwe newen omaanishkaagowinan. Gnowaabmdan owi [COVID-19 Vaccine Information Sheet](#) woshme niibna awii gikendaman newen ashowizo-mashkiki dagoniganan, e'digosin polyethylene glycol, tromethamine miinwaa polysorbate.

- Giishpin zhaazhigwa agii yaaman gego agii omaanishkaagiyin (e'digosing gichi gaa-maanishkaagod, gegaa gaa nisigod) owi ntam agaa bidakogowin owi COVID-19 ashowizo-mashkiki maage gego e'dagonigaadeg, aabdeg gwii waabmaa enkiitang omaanishkaagowin/naadamaagoying aakoziwining jibwaa debinaman jiiitawaaganiwi ji-onji-aakozising awii gikenjigaadeg endogwen aji waankiiwendaagwog awii debinaman ashowizo-mashkiki.
- Giishpin zhaazhigwa agii yaaman gego agii omaanishkaagiyin biinjiwiing niinwin dibagiisiwaan miinwaa/maage gichi maanaaskaagod, gegaa gaa nisigod gaawii digosizinag owi digonigan maage nepaaji dodaagemigag e'digosing digonigan newen COVID-19 ashowizo-mashkikiin, gdaa debinaan owi COVI-19 ashowizo-mashkiki. Aga gagwejimigo awii baabiichigewin zhiwe enji bidakooding nisimdana dibagaans shkwaa debinaman ashowizo-mashkiki.
- Giishpin zhaazhigwa agii yaaman gichi omaanishkaagiyin miinwaa/maage gich maanaaskaagod, gegaa gaa nisigod, owi gego miijim, mashkiki, maji-mashkiki, pashkwegin maage gego bkaan myaanaazkaagemigag gaawii e'nowendaagozinag COVID-19 ashowizo-mashkikiin, gdaa debinanan newen COVID-19 ashowizo-mashkikiin. Aga gagwejimigwo awii baabiichigewin zhiwe enji bidakoogong gnigen gwa mindaaswi shi naanan dibagaans shkaa debinaman ashowizo-mashkiki.
- Giishpin yaaman maanaaskaagewin zhayaawin dibishko gonaa ziizibi jaaneng, jaachamowin, gizhiib jaaneng miinwaa shkiizhigon, giishkanaamoshkaa miinwaa zaagibiigishkaawin gdaa debinaan owi ashowizo-mashkiki. Aga gagwejimigwo awii baabiichigewin zhiwe enji bidakoogong gnigen gwa mindaaswi shi naanan dibagaans shkaa debinaman ashowizo-mashkiki.

Woshme miziwe giikimigewinan gewe bemaadizijig eyaamijig omaanishkaagiyin, gnowaabmdan [Vaccination Recommendations for Special Populations](#) giikmige mazinigan.

Aaniish giishpin ayaamaa bkaan dnowaa aakoziwinan?

Giishpin maajiishkaayin, nonaawisawin, yaaman gaa-miigaanigod genaadamaagopan, maage miigaadamang aakoziwin nizhizinag zaam onji aakoziwin maage naandowechigewin, gnimaa aabdeg gdaa gnouaa gdo mina yaawin maagwed jibwaa debinaman jiiawaaganiwi ji-onji-aakozising. Aga bigosenimigo awiignowaabmdan owi [Vaccination Recommendations for Special Populations](#) giikmige mazinigan woshme gego awii gikendaman. Gdaa ginouaa gdo mina yaawin maaged owi endogwen owi ashowitzo-mashkiki awii debinaman owi onji gdo aakoziwin eyaaman.

Aaniish giishpin daapinamaa miskwi zhiigaagimig mashkiki?

Giishpin yaaman gichi miskwiiwiin, ntaa ozhaawashkoshinan, maage nikaaziyaan miskwi zhiigaagimig mashkiki (dibishko gonaa warfarin maage heparin) gdaa debinaan agwa ashowitzo-mashkiki.

Aaniish giishpin agii nikaamdamaa shkwaaj agii debinamaa ashowitzo-mashkiki maage gotaamaa zhaabiniginan?

Giishpin agii nikaamdaman, maage agii giishkwewin newen zhaazhigo apii agaa debinaman jiiawaaganiwinan ji-onji-aakozising maage naandowechigewinan, maage giishpin aapaji gotaaman bidokogowinan, yaa-aabi gwa gdaa debinaan owi ashowitzo-mashkiki. Wiindamo owa mina yaawin maagwed odi enji bidakoding awii miingowin maagsemigag aasgaabwitaagewin age miingowimba. Gdaa abi wijiwig gwaya awii aasgaabwitaag.

COVID-19 Shkwaa Jiiawaaganiwi ji-onji-aakozising Gnowendiziin

Aaniish age zhichige-aan wewiib agwa shkwa debinamaa ashowitzo-mashkiki?

- Shkwaa debinaman gdo ashowitzo-mashkiki, gdaa ayaa zhiwe enji bidakoding midaaswi shi naanan apiinish nisimdana dibagaans minik. Amii maanda awii gagwekwendaagwog gaawii yaanziwan omaanishkaagowin.

- Omaanishkaagowinan wewiikaa tenoon. Enkiitaagejig maagwewaad ashowizo-mashkiki giikendaanaa waazhi naagodewendamowaad omaanishkaagewinan. Wiindamo enkiitaagejig giishpin waabmdaman mishkozhewin, baagiingwewin maage baagidonan, znagag awii newsewin, miinwaa/maage maanaaj inamjiwiyin.
- Giishpin baabiichigewin biindig enji bidakoding, aabdeg biiskan gdo gibiingwegan miinwaa ayaan gnigen gwa nigodwaasizid onji gewe aanin bemaadizijig.
- Nikaazan ishkodewaabo gnigsing gziinjiigan awii biintowin gninjiin jibwaa zaagjiitaman enji bidakoding.
- Gegwa bimibizowaake daabaan maage bkaan dnowaa bimidaabaangowin gnigen agwa midaaswi shi naanan apiinish nisimdana dibagaans shkwaa bidakogowin (ezhi giikiged owa mina yaawin maagwed) maage giishpin maanaaj inamjiwiyin.
- Giishpin gwaya abi naanig zhiwe enji bidakoding, baamaapii gdaa abi naanig shkwaa baabiichigewin midaaswi shi naanan dibagaans zhiwe enji bidakogong. Gdo aasgaawitaage bemaadizid maage bemidaabaanig adaa naagidon ezhi wiindamaagwod enji bidakoding enkiitaaged awaanji nakweshkaag/abi naanig.

Wegnesh age dinendamaambaa ani bimiseg giizhigag?

- Gnimaa gda debinaan anan omaanishkaagonan owi onji ashowizo-mashkiki. Ngoji gwa ada anizhaamigadon gmaaminig giizhigag.
- Aanin gagwech omaanishkaagonan digosinon: wiisginezing, mishkozheng maage baagizhinang zhiwe agii bidakogowin. Owi dekaamigag, bangi nesaabaa-eg gdagiigin zhiwe gaanji debinigaadeg ashowizo-mashkiki gnimaa adaa naadmaagemigad gaagiidizing.
- Aanin bkaan inamjiwinan gnimaa adaa digosinon: ekoziwin, dekwendibeng, mishkowiziiwinan gaagiidag, zaazaajiwini, aanikosing wiisgiziwini, miinwaa gazhizang. Giishpin dowendaagwog, wiisgaapineng maage gizhizo mashkiki (dibishko gonaa acetaminophen maage ibuprofen) gnimaa adaa naadmaagemigad owi wiisgaapineng maage gizhizang.

- Neniizaanag omaanishkaagonan shkwaa debinigaadeg owi ashowizo-mashkiki wewiikaa tenon. Dash wiigwa, giishpin ani zhiwomigag ninda maanaaj inamjiwinan biinji nisiwi giizhigag shkwaa debinaman ashowizo-mashkiki, gagwedwen mashkikiinini waabmigowin wewiib agwa maage giigidan 911 giishpin gichi maanaaji zhayaawin:
 - babiikozhageshkaa
 - baagiingweng maage baagidoneng
 - znagag awii neseng
 - aapaji gwaa waabnaagozing miinwaa gogwetaani giikiimgoshing
 - gichi gizhisang (woshme 40°C)
 - ojibinigo maage odaabishkaa
 - aanin yaa-aabi neniizaanag inamjiwinan (dibishko gonaa, "giikimizing" maage biinisamanji'o)
- Owi AstraZeneca/COVISHIELD ashowizo-mashkiki wiijibide owi gichi wewiikaa bkaan omaanishkaagonan ezhi gikenjigaadeg [Vaccine-Induced Prothrombotic Immune Thrombocytopenia \(VIPIT\)](#). Giishpin maajitaamigag gego ninda inamjiwinan shkwaa debinaman ashowizo-mashkiki wewiib debinan mashkikiinini waabmigowin:
 - nonde naamiyin
 - gaagijj kaakoganang
 - baagising maage dikaag anik maage okaad
 - aabaji wiisgi-masidewin
 - aapaji maage woshme aapaji dewikwendibeng maage biigizawinam
 - niibna egaaching ozhaawashkosewinan yaaman, miskwaa maage miinaandeg gidagiziwinan maage miskwi apishkwebiigiziwin naami nagay
- Giishpin znagendaman newen maanaazkaagewinan e'yaaman shkwaa debinaman owi ashowizo-mashkiki, gdaa ginonaa gdo mina yaawin maagwed. Miinwaa age gdaa ginonaa gdo [mina bimaadiziwin nakiigamig](#) gego awii gagwedwewin maage awii wiindamaagewin maanaaj inamjiwin.

Newen age makwendaman shkwaa debinaman owi ashowizo-mashkiki.

- **Aabaji biiskan gibiingwegan, yaawin gnigen gwa nigodwaasizid aanin bekaanzijig miinwaa naazhinaman/miiwishkaman beshaa yaawin gewe aanin bemaadizijig zaagijiwiin owi endaawin.**
- Gaawiin debinange gego yaa-aabi ashowizo-mashkikiin nongo apiinish niishtana shi nshaaswi giizhigad shkwaa debinaman bidakogewin owi gdo COVID-19 ashowizo-mashkiki (giishpin goweta aabdeg dowendaagwog kidad gdo mina yaawin maagwed).
- Giishpin inaanigewin awii binoojiinsimiiwin biinji niishtana shi nshaaswi giizhigad apii debinaman bidakogewin, gda gnonaa gdo mina yaawin maagwed.
- Gnowendan maanda mazinigan (maage bkaan dnowaa bidakogwin zigagbiigan) MIINWAA mazinaakizigan owi COVID-19 jiiitawaaganiwi ji-onji-aakozising debwewin owi agii debinaman jiiitawaaganiwi ji-onji-aakozising nongo giizhigag zhiwe awii gashkiiwising miinwaa biidoon newen baamaa COVID-19 jiiitawaaganiwinan ji-onji-aakozising ezhi wiindamaagowin owi bidakogewin maagwejjig (dibishko gonaa ekwa niizhing bidakogowin, penimandaagwog agwa ashowizo-mashkiki agaa miigweng).