



Owi woshme niibna bemaadizijig bekaa ayaawaad biindig epiichi gsinaag daso giizis, gdaa dinendaanaa awii ombisemigag newen meshkwaadanaamong aakoziwinan dibishko gonaa COVID-19 miinwaa gichi-ogigokaang.

Jiitawaaganiwi ji-onji aakozising awii ginowenimigiyin owi gichi-ogigokaang miinwaa COVID-19 ayaa-aabi aawon memaanji nishing gewe bemaadizijig awii ginowenjigaaziwaad newen gichi niizaanag epiichi aakozing, e'digosing aakozii gamig ayaang.

Waankiiwendaagwog miinwaa wenpanad awii debinigaadeg nenish gwa COVID-19 miinwaa gichi-ogigokaang bidakogewinan naasaab gwa apii, naazhinaman dowendaagwog niibna n'ching awii waabmad mashkikiinini, mashkikiikwe maage mashkiki daawenini.

## **Awii ginowendiziin miinwaa aanin bekaanzijig, memdage gwa epiichi aawong meshkwaadanaamong aakoziwin akiiwong:**

- ➔ abaji oshkiwiwong gdo COVID-19 jiitawaaganiwinan ji-onji aakozising miinwaa gichi-ogigokaang bidakogewinan
- ➔ naanaagidowendan biiskaman weweni menkaman, weweni ezhichigaadeg gabiiingwegan zhiwe biindig bemaadizijig endazhiikewaad, memdage gwa giishpin woshme niizaaniiyin awii shpaamigag miniiwesiwin
- ➔ naagizowaabmdan ensa giizhigag newen nyaagwog aakoziiyin miinwaa bekaa ayaan endaayin giishpin aakoziiyin
- ➔ giziibiiginjinjin wewiiba
- ➔ gabaman gdoon apii osasdaman maage jaachaamiyin
- ➔ apiichin biintowin yaabaji daanginigaadeg desaagin
- ➔ ombiniman biindig nodin

Gdaa ginonaa gdo mina bamaadiziwin maagwed onji gnimaa netod ashawizo manijoshens naandowechigewin owi COVID-19 (Paxlovid maage Remdesivir) miinwaa gichi-ogigokaang (oseltamivir) giishpin maajii aakoziiyin miinwaa ayaamon bezhig maage woshme niizaanziwinan ani ayaayin gichi niizaanziwin. Woshme gego awii gikendaman, giigidan 811 maage azhaan [Ontario.ca/antivirals](http://Ontario.ca/antivirals).

## COVID-19 Ashowizo-mashkikiin

### Aaniish enji gichi piitendaagwog awii debinigaadeg COVID-19 jiitawaaganiwi ji-onji aakozising

Jiitawaaganiwi ji-onji aakozising aawon memaanji nishing awii aabaji ginowenimigiyin owi memaanji majidodamowinan owi COVID-19 miniiwesiwin miinwaa naazhinaman owi niizaanziwin shkwaa ayaaman COVID-19 izhayaawin (miinwaa ezhi gikenjigaadeg gichi gnesh COVID).

Owi oshki naagimisjigan owi COVID-19 ashawizo-mashkiki gido-aakaademigag owi XBB aanji-naagwog aakoziwın minwaabmjigaademigad gewe bemaadizijig nigodwaaswi giizis miinwaa woshme epiitizijg miinwaa woshme weweni ginowenjigaaziwog owi oshki Omicron XBB yaanji-naagwog.

### Owi apii awii debinigaadeg COVID-19 jiitawaaganiwi ji-onji aakozising

Bemaadizijig nigodwaaswi giizis miinwaa woshme epiitizijg adaa debinaanaa-aa owi COVID-19 ashawizo mashkiki naasaab gwa apii newen gagwech debinigaadeg jiitawaaganiwinan ji-onji aakozising maage manjigwa apii agii giikimigaaedg nigodwaaswi giizis apii shkwaach agii bidakogewin maage agii debwemigag COVID-19 miniiwesiwin.

### Aapiish a'genji debinamang COVID-19 ashawizo-maskiki

Inaakinigewin adaa zhisijigaademigad gewe maagsejig bemaadizijig nigodwaaswi giizis miinwaa woshme epiitizijg zhiwe:

- owi COVID-19 jiitawaaganiwin ji-onji aakozising shkwaandem
- owi Provincial Vaccine Contact Centre odi 1-833-943-3900 (TTY gewe bemaadizijig gegiibishejig, noondamowin aanamag maage giigidowin aanamag: 1-866-797-0007), temigadon woshme 300 iniwewinan, Shkwa-naamegiizhigag apiinish Jiibaato-giizhigag (gaawii gichitwaa giizhigadoon) onji 8:30 a.m. apiinish 5:00 p.m. Eastern time
- bemaadizijig mina yaawin nakii gamgoon wiinwaa e'zhitowaad inaakinigewin zhichigewin
- waajii-ejig ntam ginowenjigewin maagwe-aad
- waajii-ejig mashkiki daawe-gamigoon (gewe onji nigodwaaswi giizis miinwaa woshme epiitizijg)
- Giizhaa agaa Yaajig naagaaniwidowaad jiitawaaganiwin ji-onji aakozising mashkikiikewinan

## **Aapiish age dinigaademigag woshme gikendamowin owi covid ashawizo-mashkiki?**

- [Ontario.ca/covid](http://Ontario.ca/covid)
- Owi Provincial Vaccine Contact Centre odi 1-833-943-3900 awii ginonad enkiitaaged (TTY: 1-866-797-0007)
- Owi VaxFacts+ Clinic awii ginonad e'penimandaagozid mashkikiinini onji owi Scarborough Health Network odi [www.shn.ca/vaxfacts](http://www.shn.ca/vaxfacts)
- Health811 waasamo asabi biiwaabikoonsing maage giigidan 811 (TTY: 1-866-797-0007 wenpash) onji mina yaawin giikimigewin miinwaa gikendamowin 24 dibagiisiwaan ensa giizhigag, nigodwaaswi giizhigad ensa nigo namegijjig.

## **Gichi Ogigokaang bidakogewin**

### **Aaniish enji gichi piitendaagwog awii debinamang gichi ogigokaang bidakogewin**

Owi gichi ogigokaang adaa niizaanad miinwaa adaa ani zhaamigad gichi zinagiziwin ani aawongaabdeg aakozii gamig awii ayaang, memdage gwa gechi piitizjig miinwaa oshki binoojiinig. Gichi zinagiziwinan adaa digosinon opan miniiwesiwin maage niningode'winan. Aanin gwa gichi aakoziwini, adaa ani zhiwebad niboong. Owi gichi ogigokaang bidakogewin aawon memaanji nishing miigaajigewin owi debinigaadeg owi gichi ogigokaang.

### **Aaniish apii awii debinamang gichi ogigokaang bidakogewin**

Gdaa debinaan owi gichi ogigokaang bidakogewin wewiib gwa apii temigag, zaam onjitaamigad niizh namegijzhigad shkwaa debinaman jiitawaaganiwin ji-onji aakozising apii zhitomigag ginowenjigewin. Owi ginowenjigewin ishko nakiimigag miinwaa gichi ogigokaawinan ezhinaagwog aanjisemigadoon wewiiba, gichi piitendaagwod awii debinigaadeg owi gichi ogigokaawin bidakogewin ensa biboon.

### **Aapiish enji debinigaadeg owi gichi ogigokaawin bidakogewin**

- mashkikiinini maage maskikiikwe
- aanin bemaadizijig mina yaawin nakii gamigoon
- waajii-ejig mashkiki daawe-gamigoon (gewe bemaadizijig nigodwaaswi giizis miinwaa woshme epiitizijg)

## **Gichi ogigokaawin bidakogewin gewe gechi piitizijig**

Owi 2023/2024 akiiwong, giishpin 65 maage woshme piitiziyyin, tenon niswi bkaan dnowaa gichi ogigokaawin bidakogewin e'temigag:

- Owi gagwech minik ashawizo-mashkiki e'ginowenimigwong newen niiwin bebakaan ezhinaagwog gichi ogigokaawin aakoziwi-manijoozhens
- Owi aaboo aankesijigaadeg owi ashawizo-mashkiki e'ginowenimigwong newen niswi dnowaa gichi ogigokaawin aakoziwi-manijoozhens miinwaa digosin aabo (owi aabo aankesijigaadeg owi ashawizo-mashkiki naadmaagemigag owa e'debinang maajiishkaatod woshme e'nishing naadamaagoying aakoziwining nakwetamowin)
- Owi shpaamigag minik ashawizo-mashkiki, e'ginowenimigwong newen niiwin bebakaan ezhinaagwog gichi ogigokaawin aakoziwi-manijoozhens, dash woshme spaamigag minik

Kina niswi gichi ogigokaawin ashawizo mashkikiin dnowaa waankiimigadoon, nakiimigadoon miinwaa miigwemigadoon mashkowi ginowenjigewin gewe gechi piitizijig. Ginoosh gdo mashkikiinini, mashkikiikwe, mashkiki e'daawed maage bemaadizijig mina yaawin nakii gamig owi wenaamjigan memaanji nishing giin onji.

## **Aapiish age ondinamaa woshme gikendamowin owi gichi ogigokaawin ashawizo mashkikiin**

- [Ontario.ca/flu](http://Ontario.ca/flu)
- Health811 waasamo asabi biiwaabikoonsing maage giigidan 811 (TTY: 1-866-797-0007 wenpash) onji mina yaawin giikimigewin miinwaa gikendamowin 24 dibagiisiwaan ensa giizhigag, nigodwaaswi giizhigad ensa nigo namegijijig.