



Meshkwadanaamong Aakoziwi-manijoozhens (RSV)

Mayaa Debwewinan owi RSV

- Meshkwadanaamong aakoziwi-manijoozhens (RSV) aawan ishpaamigag onji owi dibashish meshkwaadanaamong aakoziwin medokidaagemigag newen opanan miinwaa enji bimibideg nesewin, memdage gwa binoojiinsag, oshki binoojinig miinwaa gechi piitizijig bemaadizijig.
- RSV gnimaa adaa izhiwomigad ogigokaawin inamjiwinan miinwaa aawon onji ayaamong miskominiiganoon ini gaa-agaasaa giigangin opaning gaa-inaabiigisigin, owi kaakigan miniiwesin medokidoogwaad binoojiinsag miinwaa oshki binoojiinig.
- Maawaach gwa bemaadizijig debinamijig RSV miniiwesin adaaayaanaa'aa dibasaag aakoziwin miinwaa ada aabiziishinoog biinji nigo name'giizhigad maage niizh name-giizhigad gaawii minezisiwaad mashkikiwin maage naandowechigewin
- Gewe aanin bemaadizijig, RSV adaa ani aawon gichi niizanag miniiwesinan, memdage gwa binoojiinsag, oshki binoojinig miinwaa gechi piitizijig bemaadizijig. RSV adaa miigwemigad aabaji aakoziwin zinagiziwin woshme maji aawong.
- Bemaadizijig gagwech adaa debinaanaa-aa RSV ekwaa dagwaagig apiinish oshki minookamig apii owi aakoziwi manizhoshens gichi bimisemigag.

RSV gagwech gwa miigwemigad e'dibasaag inamjiwinan etemigag ojina minik gjizhigadoon miinwaa gaawii dowendaagosnon naandowechigewin. **Azhaan odi aakoziwin niizaanag aajikiniganing giishpin gwaya:**

- Aaniminaamad, waabiingwed, adoon waabinaagwog maage zhaawishkwaag, giishkanaamoshkaad maage jiwenaamo.

- Ayaang wegwen gwa ninda inamjiwinan:
 - gazhizad miinwaa aapaji giikiimigoshid maage zinagag awii bimajwebinind
 - aabaji zhiishagigowe miinwaa gaawii gashkitosiin awii majiginong minikwewin nishwaaswi dibagiisiwaan maage woshme
 - zhiishagigowe maage zhaabikaaziwin digosing niibna miskwi
 - naagwog nibiish minezid ayaang baate adoon maage gaawii zhiishiigisii nishwaaswi dibagiisiwaan maage woshme

Wegnesh newen waabmdowewinan miinwaa inamjiwinan owi RSV?

Inamjiwinan owi RSV zhaazhowaaj aawinon newen owi ogigokaawin maage gichi-agigokaa, e'digosing:

- ozosadam
- ziizibi jaaned
- gazhizang
- jiiwenaamo
- naazhisemigag wiisini zhayaawin miinwaa niinimiziwin
- niiskendamowin gewe binoojiinig

Zaam niinda aawinon gagwech inamjiwinan, wenpanad awii maazhi waabmjigaadeg RSV newen bkaan meshkwaadanaamong aakoziwinan, dibishko gonaa gichi agigokaang maage COVID-19. Aanwi gwa gegaa kina RSV inamjiwinan ada maajaamigadinon gmaaminik giizhigadoon, dowaabmdan mashkikiikewin giishpin giin maage gdo binoojiinim zinagiziyyeg nese'eg, miiinwaa gaawii deminig minikwesiweg maage ayaaman woshme maanaaji zhayaawin.

Aaniish ezhi bimiikiwad gwaya eyaang RSV

- Nikaazan e-daanding acetaminophen maage ibuprofen owi onji gazhiziwin maage wiisigineziwin. Gegwa miin'aake ibuprofen gewe binooniinsag nodaaj nigodwaaswi giizis epilizijig jlbwaa ntam ginonad naandowechigewin maagwed. Gegwa wilkaa miin'aake aspirin gewe binoojiinig.
- Deminig minikwen aaboon awii nigaasidowin baasiyin (naajitowin wiyyaw aaboon). Giishpin gdo binoojiinsim zinagizid minikwed, gajitoon awii biintowin gabijaaned nikaasiyin wiikibojigan maage ziitaagan (ziitaagin-aabo) ajaansh aaboo.
- Giziibiigizheng gaazho-aagimig nibiish maage nebiiwang giziingweganan gaawii ada aanjitosiim gwaya wiyyaw epiichi gazhidenig dash wiigwa woshme adaa mina zhayaawog. Miwishkan giziibiigizheng dekaagamig nibiish zaam gnimaa owa bemaadizid adaa niningji, ombisenig wiyyaw epiichi gazhideg. Gegwa gajitoke ishkode-aaboo zinigizhewin awii naazhinaman gazhiziwin.
- Biishkan e-naangong gwiwinan awii bagidinang wiyyaw awii dakising miinwaa giikinong mina zhayaawin. Giishpin owa bemaadizid maajii niningjid, aankesidoon gaazhowaag gwiwinan. Bimoon gaazhowaag gwiwinan apii niningjid nigaasemigag.

Ginosh owi nojimowin maagwed

- Jibwaa gnigsidowin bigoji maage mashkiki myaajiiging aankesijigan owi mashkiki, zaam aanin e-digosing adaa miigaadiisemigad.
- Aanin mashkikiin gashpinajigaadegin, osasdamowin miinwaa ogigikaang mashkikiin, digosinon digoniganan gaawii e-nishisinag gewe binoojiinig.

Aaniish agezhi ginowendiziyyin miinwaa bekaanzijig owi RSV?

Gdaa nigaasidoon owi swebideg owi RSV miinwaa aanin bkaan meshkwadanaamong aakoziwi-manijoozhens maanda nikiiyaa:

- bekaa endaayin ayaan giishpin giin maage gwya nyaagidowenimad aakozid apiinish giin/wiiniwaa gaawii yaanziwaad gazhiziwin miinwaa inamjiwinan naazhisemigag gnigen gwa 24 dibagiisiwaan (maage 48 dibgiisiwaan giishpin agii temigag maazhidewewin, zhiishagigowe miinwaa/maage zhaabkaaziwin)
- gaziibiiginijiyyin mino-aapii
- gabaman gdoon apii osasdaman maage jaachaamiyin
- apiichin biintowin yaabaji daanginigaadeg desaagin
- ombiniman biindig nodin
- naanaagidowendan biiskaman weweni menkaman, weweni ezhichigaadeg gabiingwegan zhiwe biindig ayaayin bemaadizijig endazhiikewaad, memdage gwa giishpin woshme niizaanziyin awii shpaamigag miniiwesiwin
- noon'aawason gdo binoojiinsim, giishpin gashkitowin. Dodoosh aabo digosinon aakoziwin maagaadang miinwaa bkaan naadamaagoying aakoziwining nigaasidood miinwaa miigaadang aakoziwinan
- miiwishkan semaa zigaswaadaman

Temigad ana RSV ashawizo mashkiki?

- Ontario maajiishkaatoon ntam ogimaa debagaademigag RSV ashawizo mashkiki zhichigewin gewe gechi piitizijig e'hiizaanzijig bemaadizijig. Zhiwe maanda zhichigewin, owi Gimaawin owi Mina Yaawin dibagaademigad owi ashawizo mashkiki gewe gechi piitizijig 60 biboon epiitizijig maage woshme endaajig gnesh gnovenjige gamigoon, Gechi Piitizijig Naagidowenjigaaziwaad Wiigwaaman, miinwaa aanin shkwaa nakiing wiigwaaming endaajig.
- Nongo megwaa gaawii gego ashawizo mashkiki begidinigaadeg awii nikaazang gewe binoojiinsag. Dash wiigwa, owi Meshkwadanaamong aakoziwi-manijoozhens (RSV) Prophylaxis gewe Gechi Niizaanzijig Binoojiinsag Zhichigewin ada temigad owi 2023-24 akiiwong. Owi biindaabaawajigan nigaasijigan awii bwaa debinamang miniiwesiwin goweta miigwem epiichi swebideg aakoziwin akiiwong gewe binoojiinsag nekweshkamowaad ogimaawin miigsewin nendowendaagwog awii dibagaademigag.

Aapiish age ondinimaambaa woshme gikendamowin?

- Ontario.ca/RSV
- Health811 waasamo asabi biiwaabikoong maage giigidan 811 (TTY: 1-866-797-0007 wenpash) owi mina bimaadiziwin giikimigewin maage gikendamowin 24 dibgiisiwaan ensa giizhigag, nigodwaaswi giizhigad ensa nigo namegiizhig