



## Respiratory Syncytial Virus (RSV)

### Keh kendimin (RSV) odja

- ➔ Respiratory syncytial virus (RSV) ka ijinkadek, mihi wedi ka nisebigemigik awik ka ponehtok kidja sesetc, anish kinoweh notc tcijik, abinodjishik mamowi ka apitadiziyatc.
- ➔ RSV kidodja inwendagon awik ko ka osisidik, mihi yedi awik kanita gwe nodjibidok ka akozitc ogotckwa kak, koni tcidjik mamowi abinojishik ka wisigendimowatc odisnakeh kak.
- ➔ Nanda notc awik keh nojibidok RSV akozowini, kan kida kitcha akozosin acitc nogomnashtagik eta minigik kidja minomadizitc agwa mankac mishkikini koni mishkikinikwekak kidja ijatc.
- ➔ Nanda dish awik, nanda awik maneh kida ija akoziyok akozowini, anish kinotc kinoweh tcijik, abinojishik mamowi ka apitadiziyatc. RSV acitc kinoweh notc oshmesh kida okozinan ishpin akozowin kodik kegon.
- ➔ Notc awik onojibidon weni RSV akozowini apitc notc ki tigwagik kopni modja sigok, mihi apitc wedi akozowin matsek.

RSV akozowin wedi, kan tebwe kigi kitcha akozosin acitc kan kinesh kidja madjamigik acitc kan mankac (1) mishkikini kinadenmasin. **Ijan akozimigwamik ishpin awik:**

- Ponehtok kidja nesetc, wabiniyozitc, mikidiyanik odon, koni ka midehgimizitc awik.
- Ayak weni pejik kegon:
  - Winibatc koni ponehtok kidja abitc
  - Pishik shigowetc acitc agwa kinesh kishka kinowendik omidjimim oshmesh 8 nishwasidibeganehnik.
  - Shigogwetc koni kijiyoshkadetc miskwini dish wabidik
  - Nagonik eh nodehsetc nibini, patehnik odom koni kinesh agwa shishikwtc oshmesh nishwasidibeganehnik

## **Adi keh ija kendimin odja ayamin wedi RSV?**

Miya gotc tapskotc osisidimin koni kegon nodjibidowin inendagon, koni acitc:

- Osisidimin
- Odjigwik kikiyon
- Kijizowapinewin
- Midehgimizin
- Agwa kishka wisiniwin koni agwa tgebwe mishkwiziwin
- Wishtadimidjiyotc abinojish

Ozam pinigotc weni awik onojibidon, wedin nanda awik oga odja anamandan RSV eh ayak ishpin ponetok kidja nesetc, tapishkot nodjibidowin kodik akozowin koni Covid 19. Nanda notc RSV akozowin kida majamigan wibitc, ndowabon mishkikini ishpin kin koni kinijanish ponetok kidja nehsetc, agwa tibiseh maneh nibi kishka minokwewin koni kendimin kinoweh notc ana akozowin.

## **Adi keh todimin awik ayak RSV**

- Ndowabidin tehkweh mishkiki acetaminophen koni buprofen ka ijinkadek ishpin kijazowapinehwin koni wisigendimowin. Kan minaken tcijik ka nigidowasikisezitc agwa dish mishi ki kinonitc kimishkinim. Kan wikit minaken tcijik tekwe mishkikini aspirin ka ijinkadek.
- Maneh nibi minokwen agwa kidja onitowin nibi pijehi kiwiyo kak (ka onitcigadek maneh nibi) ishpin ponehtok kidja minokwetc nibini kidjidjim. Pintow ka kipikiyonetc mamowi pintcigin mishkiki koni (shotaginiyabo) koni kikiyon kak odja mishkiki.
- Kan oshmesh kida ponsesinon awik ka kijizowapinetc ishpin misowatc madigetc koni kizigwetc, (1) anish misowatc oda minimijiton. Kan ka tikigimik madigeyagweken ozam kida kikidimijiyo, kinoweh kida kijizowapineh. Kan kagwe abijitoken ka kijizigemigik kidja kigwe nisibidowitc ka kijizowapinetc.
- Kan kipigikoniyaken kidja najadowemiginik ka kijizitc, notc kinoweh kida minomijiyo. Ishpin kikijitc, kijkonehi. Minibido apitc ana kijozitc

## **Kinosh ki-mikinim**

- Abomshi mamowisidowin ka nitowgik mishkiki mamowi mishkiki keh minigowin, kidoja nanda mishkiki mamowisin mamowi.
- Kodigin mishkikin, tapishkotc ka kishpinjigadek osisidimon mishkiki, agwa keh minoshkagotc abinojish.

## **Keh todomin agwa kidja ayamin kin koni kodigik awik RSV?**

Kida kishkiton agwa kidja nojibidowin koni kodik awik RSV odi todimin:

- Ishpin abiin ki-migwam kak, kin koni awik ka akozitc ka kinowenimitc nash gotc agwa kinigeh kijizowapineyin koni kendimin agwa eh akozowin 24 minigik tisitibegan (koni 48 tisidibeginek ishkwa shigogwemijiyowin, shigogoweyin acitc/koni mamowi kijiyoshkidewin)
- Kizinjin ayapitc
- Kiban kidon osisidimin koni chachamowin
- Kasiyan ka ija nita sasaminigadek kegon
- Kan pishik shebidoken ishkwadem, kida minonowemigik pidigimik
- Piskin kegon kidon kak, wewenda kibodonepizin awesh pidigewin (1) acitc ishpin okwe akozowin dish.
- Tcodjoshkeyosin tegotc, ishpin kishkitowin. Ki tcojoshnabom kinoweh kida minoseni kidja migadimiginik oda akozowin (1) kinowe kan kida ija akozosin acitc notc oda kishka migadan akozowini.
- Gweshton agwa kidja sigisawin

## **Tigon nah maneh RSV mishkikin?**

- Ontario odoshtonawa nitim kidja abidinik RSV mishkikini odja kehtehyak kinoweh ka okwe nojibidowatc akozowini. Wedi keh kishka abijitowin, kakina ogijikanawa Ministry of Health Canada weni kakina (1) mishkiki ka apitadiziaytc nash 60 oshmesh ka tisoboneziyatc ka kinowendagoziyatc shomshi-migwamik, kehtehyak shomshimigwamik mamowi ka ishkwa odimtayatc shomshi-migwamik.
- Kan nogom tigosnon mishkiki ka pigidinigadek tcijik odja. Anish misowatc, yedi Respiratory Syncytial Virus akozowin ka ijinkadek (RSV) Prophylaxis High Risk Program ijinkadeh odja kinowe ka kitcha akoziyatc tcijik, apitc oditsek 2023/2024 Mishkiki wedi kida pigidinagadeh apitc kitcha akozinanok tcijik odja keh minosenik ogimanodagini kak kidja kijikomowaginiyatc .

## **Adi keh ija odiniman kiyabitc kidja nda kendiman kegonon.**

- [Ontario.ca/RSV](http://Ontario.ca/RSV)
- Health811 kozabijigina kak koni midesjigini kak811 (TTY: 1-866-797-0007 kan kegon inagidaksonon) odja kidja widimagowin akozowin odja 24 hours etsa kijigik etsa nigomnashtaginiyok