

Endaso Gikinoonowin Gichi Agigokaang Badako'owaabo

Mino Ayaawin – Wiindamaagewina-mazina'igan

Badako'ogewin maamawe minose giimikigaadeg ge-onji mino-ayaawin. Badako'ogewinan wiiji'iyemagad ji-debinigosiyan ini manijoosan gaye aakoziwinan. Badako'owaabo iga wiiji'igon ji gichi aakozisiwan.

Wegoneshi'i gechi aakoziwin endaso gikinoonowing?

Gichi agigokaawin flu-asosonaamowaapinewin. Ingoding gaawin akoziwimanji'osi, geyabi dash misawa odaa aazhowaapinanaan owe agigokaawin. Ndigo gimichi agigokaa inendagwad iwe gichi-agigokaawin. Bakaani'ayaa dash, nawaj giga gichi aakoz. Nawaaj dash iga gichi-aakoz daabishkoo agigokaawin. Gemaa iga gichi-gizhish, gidade'igane, gichi-dayekoz, gigaagichi-gondashkwe, gibengwaa ososodam gaye. Gemaa gigiwishkwemanjiwin, nishwaanaadamanjiw, aapijigo abinoojiyag ogichi-noojigawanaawaa. Nawaj gidaa gichi aakoz, gemaa iga nichikanaamowaapine, gegapii aakoziwigamigoong iga biindiganigo.

Iga aazhookotinaag awiya giishpin ozosodoman, chaachaamowin gemaa wiidoopongewin. Iga debinigon gichi-agigokaawin dookinaman gidoon, gishkiizhigoon gemaa gijaan. Mii dash njida ge-onji ongonaman gijaan gemaa gaye gidoon. Gego tookinangen gidengwan, apane gaye giziininjiin. Apane jibiinangen gininjiin, giziibiiga'igan ji-aabajitoowin giziininjiin, aapijigo giishkwaa ozosodaman, chaachaamowin gaye.

Gichi agigokaawin apane endaso gikinoonowin izhise. Omaa Manitoobaang, dagwaaging dgasinoomigad, baamaa dash ziigwang ishkwaaase. Niizho anamae-giizhik jibwaa maajii anokiimagak ibadako'owaabo. Mii dash, ge-onji nanaakwiidaman, gidinawemaaganag gaye aapiji apiitendaagwad gakina ji badako'igoweg jibwaa maaji-ayaamagak gichi-agigokaawin omaa Manitoobaang.

Wegonesh gichi-agigokaawin badako'owaabo?

Endaso gikinoonowin, miziwekamig naanaagajichigaade gichi-agigokaawin. Mii dash wenji gakendamowaad aaniin ge'izhinaagog gichi-agigokaawinbi-biboong. Mii wenji gashkitoowaad ji'ozhitoowaad badako'owaabo. Mii wenji bakaanag badako'awaabo endaso gikinoonowin. Mii dash ge onji badako'igaazowin endasa biboong.

Baadaniinadoon ini badako'owaabo obagidinaanawa Health Canada. Gaawin maamwech jidiba'igewin badako'owaabo miinigowin. Manitoba Seasonal Influenza Immunization Program idizhi miigiweyog gakina Manitoobaang wenjiyaad.

Gaawin iga wiiji'igosiin badako'owaabo ji-debinamasiwan gichi agigokaawinan, gaawin gaye ini ozosodamwaapinewinan, daabishkoo COVID-19.

Niizhinoon ini badako'iwaabonan omaa Manitoobaang. Nawaj bezhig mishkawiziimagad ibadako'iwaabo. Ono badako'owaabo gaa wii-abajichigaadegin, mii

enendaagokin ji-nii'inaapineng. Gaa ningodwaaso giiziso biboonagiziwaad ji'odaapinimowaad badako'iwaabo. Nawaj minosemagad ji-odaapinamowaad gichi ayaa'aag, gaa ningodwaasamidana-ashi naanano biboonigiziwad, awashime gaye.

Nawaj wii'andogikendaman awenenag ogowe gichi ayaa'aag gemiinindwaa, omaa inaabin manitoba.ca/flu.

Aanin dash ge onji badako'oon iban?

Badako'ogowin izhi minose ji-onji gichi aakozisiwan, gaye giningodwezhaanag, giwiichidaamaanag, gemaa iga gichi aakoz. Gichi agigokaawin badako'owaabo odaapinaman, gemaa gaawin maamwech iga waabamaasi gimashkikii'ininim, gaawin gaye gidaa biindigebinigoosii mashkikiwigamigong, agaasiinowag gaye genibowaad, aapichigo igiwe ge-gichi noochi'igowaad gichi-agigokaawin.

Awenen ge-badako'ond?

Ngodwaaso gizis dash ashi nishwaaswi biboonagizid inaawag jibadako'indwaa endaso gikinoonowing.

Nawaj apitendaagwad ogowe Manitoobaang wenjiwaad ji-badako'owinda gaanash mii-owe ge-gichi-aakoziwaad:

- igiwe gaa ngodwaasamidana-ashinaanano biboonigiziwad, awashime dash gaye
- gichi ayaa'aag gaadaawaad, gaadizhi ganawenimindwaa gaye
- abinoojiyag gaa ngodwaasi-giizis biboonigiziwaad dash naano biboonigiziwaad
- ogowe gaamino ayaasigwaa:
 - giishpin wakewani debibinigooyin gichi aakoziwin
 - ode' gemaa opanan inaapinewin (daabishkoo oniiskwaaapine, giishkanaamo'ayaa)
 - gabeyii odaapinamowaad acetylsalicylic acid (Aspirin*) (ngodwaaso gizis dash ashi nishwaaswi biboonagizid eta)
 - giwiinindib gaye gipikwaneyaab inaapinewin
 - zhiwaapinewin
 - odedikosiwaapine
 - miskwii'aapine
 - winininowin (body mass index ≥ 40)

- gagishka'aawisowaad
- gaa-nanaandawe'igewaad, mashkikiwigamik dash mashkikiwidaabaan gaa anookiwaad

Endaso Gikinoonowin Gichi Agigokaang Badako'owaabo

- besho awiya gaa wiidanokii'idiwaad (shke jiimaaning enokiiwaad)
- igiwe bebaa dananokiiwaad gaadaayin
- abinoojiyag genawenimaawaad jibwaa naano biboonagiziwaad
- giishpin wiiijidamad abinoojiyesan gaamashi gaaningodwaaso giizisasig ge gichi aakozinid giishpin gaajidinang gichi agigokaawin, gemaa gagishka'aawisawin
- Anishinaabeg
- igiwe enokiwaad gemaa edaminowaad eyaang bineshii agigokaawin A(H5N1) manijoosag

Abinoojiyag gaamashi gaa shaangaswi biboonagisiwaad, gaawin dash wiikaa gii badako'osigwaa, niizhing da badako'owaa nitam. Niiwi anama'e giizhigak datawise jibwaa badako'ond minawaa. Aabiting eta badako'o ani niigaaniseg.

Giishpin noonde gikendaman enaagamising ibadako'owaabo, gidaa gagwedwe oweweshitood iwe wiindamaagewina-mazina'iganan (omaa andoneyan manitoba.ca/flu) gemaa ganoozh gimashkikii'inini.

Awenensh GE'ODAABINASIG ibadako'owaabo?

Ogowe odaabinassnaawaa ibadako'owaabo:

- abinoojiyag jibwaa ngodwaaswi giizisigwaa
- awegwenigo gaagichi maanishkaagod giibadako'ond odaanaang
- awegwenigo gaagichi maanishkaagod gegoo eyaamagak imaa badako'owaabo (gaawin wiin waawanoon)
- awegwenigo gaamaajii ayaad iwe Guillain-Barré syndrome (GBS) gaa izhinikaadeg jibwaa ngodwaaswi anama'e giizhiganing gii miinind giibadako'owaabo

Giishpin ozaami-gizhizowin, baamaa shkwaagizhizowin gidaa miinigo badako'igewin. Iwe mashkiki geyaabi daa-miinaa giishpin bangii eta aakozid.

Gemaa bakaan iga inishkaagon i'badako'owaabo

Health Canada onanaagachitoonaawaa mashkikiin jiminoosegin.

Gemaa onowen iga inamanjiw giishkwaa miinigowin badako'owaabo gakina Manitobaang wenjiwaad, awashime ngodwaaswi giizisan biboonagisiwaad, dagaagidiziwag, damiskwaagazhewag, gemaa dabaagisiwag imaa gaa izhi badakowindwaa.

Gemaa iga gizhis, iga de'ikwe, gemaa iga dayekoz inamanjiw. Acetaminophen (taabishko, Tylenol®) odaapinan giishpin gizhisowin gemaa gaagidiziwag. GEGO WIIKAA miinaaken abinoojiyag Acetylsalicylic acid (taabishko, Aspirin®) gemaa gaanash oga debinigowaan okonii

inaapinewin, wiindibi'inaapinewin Reye's Syndrome ezhinikaadeg.

Aanind oginii-naagwad oshkiinshigoon (ORS) odoodisigawaa jibwaa niishtanaa-ashiniiniwini diba'iganing giibadako'indwaa. Owe ORS izhinaagwad minjiniizh gishkiishigoon damiskwaawan, gemaa giga baagiingwe, bezhig idash onowen iga ayaan: iga ozosodam, iga gaaskanaam, iga jakanaam, da zanagad jibabakanaamowin gemaa gonjigeyin, giga gibiskwe gemaa gigawisagigonewe. Wiindamo gaabadako'iged giishpin ORS ayaayin gemaa giniijaanisag giishkwaa miinigowin badako'owaabo.

Apiitendaagwad ji-baabii'owin imaa mashkikiwigamigoong azhi naano diba'iganesing giishpin gegoo maanishkaagowin ibadako'owaabo. Gemaa ina biikozhageshkaa, da zanagad jibabagitanaamowin, dabaagosewan gigondashkwe, gidenanewin gemaa gidoon. Giishpin izhiseyin giimaajaayin maskikiwigamig, wewiib gagwe waabam mashkiki'imini.

Giishpin maanidoodaagowin iwe badako'igan, wiindamo gimashkiki'ininim.

Badako'o mazina'iganens

Gakina badako'indwaa izhibii'igaadewan imaa Manitoba Immunization Registry gaa izhinikaadeg.

Wenji ganawenjigaadegin:

- gi-mashkiki-odanokii ji-gikendang minik mashkikiin giin zhiigwa gi-dabinoojiim(ag) ayaayeg,
- ji onji wiindamaagowin wegonen gaa miinigoosiyyin badao'iganan,
- ji-gikendamowaad aaniin epiichi minosegin ini badako'iganan.

Noonde gikendaman ji-ayaayan gi-mashkiki mazina'igan, inaabin: manitoba.ca/health/publichealth/cdc/div/records.html.

Personal Health Information Act onji ganawendaagwad ga onji-gakenimigooyin, gidabinoojiyag gaye. Gidaa izhichige gimazina'igan miinawaa gidabinoojiim(ag) jigaadamowaawaad mino-ayaawi-odanokiig jiwaabandasig. Geyaabi noonde gikendaman, omaa inaabin manitoba.ca/health/publichealth/surveillance/phims.html.

Nawaj wiigikendaman iwe gichi agigokaawin gemaa badako'iganan:

- ganoosh gimino-ayaawi-odanokii;
- giigidon Health Links – Info Santé imaa Winnipeg 204-788-8200; diba'igesowan omaa Manitoba 1-888-315-9257;
- omaa dizhi ando gakenjigen **Manidoobaang Endaso Gikinoonowin Gichi-agigokaayan Waasiganii-isab Izhibii'igewinan:** manitoba.ca/flu