

Otakikomo-ahosiwin Cistahokewin

Kanatawiewewak – Tapwewina Masinahikanis

Cistahokewin peyak mawac ekistapatak kanatawewikamikohk osiscikewiniwawa. Cistahokewin wicikemakan ekipitinahk ekwa epaminahk ekatsipetamakahk miniwaspinewin ekwa akosowina. Cistahokewin wicikemakan sipinewin ekwa nakaskam misiwanaciscikewin ahosiwina osci.

Kekon oma otakikomo-ahosowin?

Otakikomiwin ahosowin pakitatamowin eminiwak mancosak osci. Mona kakino awiyak ka-otakikomit kacitinam ohi, maka ta-ki-asohiwew kotak awiyakaw, wawis e-ostototak nantaw eyenimot. Otakikomiwin ahosiwin kekac piyakon kanocikot awiyak opakitatamowin. Maka wasime ahoso inikok kamosci otakikomit awiyak. Kaki kisitewipaniw, kakakitisiw, kacakiw, tahosiw okotaskwih ekwa kapak-ostostotem. Kamacamasciho ekwa kawipakomo wawis awasisak. Oakiti-cakatamo, akosikamikok kakikanentakosin.

Otakikomowin ahosiwin wehtan ta-asowihat awiyak e-ostotaman, eyenimoyan, nantaw e-asonomatoyek micim nantaw minikewina. Mina kaki-ayan otakikomowin ahosiwin esaminaman kekona asiy misiwanaciscikewin osci ekwa eti saminaman kiton, kiskisikaw ekwa kikot. Tasipaw kistenitakwan ta-akwanaham kikot ekwa kiton kispiton osci ispi e-ostotaman ekwa eyenimoyan. Kana samina ki-mihkwakan ekwa kape ta-pehahi kiciciya. Ta-pehahi hiciiciya kape kasicisce kisipekinihan ekwa nipi apacita nantaw maskihi kisipekinihan apacita ispi e-ostotaman ekwa eyenimoyan.

Otakikomowin ahosowin ihin tato aski. Ota Manitoba, etakawikih macipaniw isko esikwak. Otakikomowin-cistahokewin nantaw nisaw espanik enikohk tati maci-atoskemakahk. Kanakateyimiso ekwa mina kanakateyimik kotakiyak, kistenitakwan kiwitikemakanak wistawaw tacistahkowiye emwes mahcipanik oma ocostotamowin ahosiwin ota Manitoba.

Kekon oma otakikomowin cistahokewin?

Tato aski, okiskentamawak matahamohk omeno ahosowino ota askik. Apacitawak omeno kamiskahik taniwe mawac siscikemakahk ta-ahosinaniwak mina ahosinaniwahih. Ohi kasiscikemakahi apacitananiwa ta-ositananiwak cistahokewina. Tasipaw pitos oma otakikomowin cistahokewin tato-aski. Tasipaw kanawenimisowin cistahokewin asemakan otakikomowin ahosiwin, kistapatan tacistakowiyan tato aski.

Miscet nanto cistahokewina tepenemototamowin Minayawin Kanata osci. Tepenemototamowin cistahokewina pahi Manitoba otakikomiwin cistahokewin osiscikewin itakwan mosci-mekiwin kakino Manitobans osci.

Otakikomowin cistahokewin moc kaki kanawenimikon kotakiya ahosowina tapiskoc otakikomowin, nantaw pakitatamowin ahosowina tapiskoc COVID-19.

Manitoba mekoc pakitinam nihnikohk ekwa kisci otakikohmo cistahokewina. Ohi cistahikewina kiwicikon nikanihk ispi mitoni kasisciyen oma kahosinaniwak. Kakino awiyak nikotwasik pisim awasisak ekwa wasime espicisit asotamakewak omeno nihnikohk otakikomowin cistahokewina. Ohi kisci-otakikomowin cistahokewina wasime maskawawa ohi osci kawesci ahosicik tapiskoc okik

nikotwasi mitanaw mina niyanosap wasime ka-ispicisicik anisininowak.

Wasime kisenitamowin oma osci kisci-otakikomowin cistahokewina ekwa nikotwasi mitanaw mina niyanosap wasime ka-ispicisicik anisininowak, ota itapi manitoba.ca/flu.

Kekon osci inisiniwak ta-ayacik omeno otakikomowin cistahokewin?

Kiwicikon mitoni oma otakikomowin cistahokewin kiwitekemakanak, ekwa kota awiyakak kititawinih eka mitoni taki mayaspneyan. Oma otakikomowin cistahokewin nokwan enakaskahk ohoni, eka nasik tanatat maskikiwino, eka akosikamikohk tayayan, ekwa nipowin, mina oki ka wetahpincik nantaw kata-ahosicik.

Awena ka-ayapacitat omeno otakikomo cistahokewin?

Tato-aski otakikomo cistahokewin tatapwetamek ekwa itakwan mosci-mekiwin kakino Manitobans osci nikwasatik ekwa wasme etwataskinecik pahi oma Manitoba kikitom cistahokewin osiscikewin.

Kistenitakwan Manitoba anisininowak ta-ayacik omeno otakikomowin cistahokewin osam osci mitoni taki ahosiyan:

- asininiwak nikwasatik niyanosap ekwa wasime etwataskinecik
- kayacik kiteyakimikohk nantaw kanenitawikamikohk
- awasisak nikwasatik isko niyanan etwataskinecik
- awiyak kapekahosit akosiwespinet:
 - nesowatisiwin ahosiwin nantaw natawihowin osci
 - mitehi nantaw ohpanaspenewina (tapiskoc notetatamowin)
 - kines acetylsalicylic acid (Aspirin®) natawihowin (nekik osci tastawic nikwasatik ekwa mitatat ka-ispicisicik poko)
 - mosihowin nantaw mosihowinaspinewin
 - sokwaspinewin ekwa kotak ahosiwina
 - mitihtihkohaspinewin
 - nesomihkohaspinewin nantaw miho-aspinewin
 - osamikamowin (miyawispitiniwakahk wasme newo mitanow)
- okiskawawasowak
- ininiw nanatawihewewak, kanatawiewewak ekwa nistam naskohtamowewak

Otakikomo-ahosiwin Cistahokewin

- atoskenakanak kisiwak kawitatoskemitocik anisininowak kapaspinemototahik (tapiskoc katoskecik kisci-cimanihk)
- anisininowak kapetacik kiscikekekon-apacitawina otihtawinowaw
- onikikowak kakinenimacik awasisak niyanan akwa wasime ka-itwatwaskinecik
- witikemakanowawa kapaspinemototahik omeno otakikomowi ahosowin asici nekikh apisci awasisak nikwatasik pisimecik nantaw kawi-ocawasimisi
- Nehiniwak
- anisiniwak katoskecik ekwa sesawicik wasime moskonotasiwak taki-ayacik ohi akosowina A(H5N1)

Awasisak emwes kekac mitatat ka-ispicisicik, ekawihac ka-ayacik otakikomo cistahokewin, kwetamaw niso cistahokewin, kanake papiskic newa espanik kwayesk tawicikemakak eka tayacik otakikomo ahosowin. Mwestas peyak poko cistahokewin tato aski.

Kescinahowina oma otakikomowi cistahokewin, natonoske ota cistahokewin kasi-ositaniwak (aniskowewin kaminikon Manitoba otakikomo cistahokewin osiscikewin manitoba.ca/flu) nantaw ayamih minawin-nakatenimiwew otatoskew.

Awena MOC keki-ayat omeno otakikomo cistahokewin?

Oki anisiniwak mosc taki-ayawak omeno otakikomo cistahokewin:

- awasisak emwes nikwatasik pisimecik
- poko awiyak kaki-maciskakocik ispi nistam otakikomo cistahokewin kaki-ayat
- poko awiyak kamaciskakot apacitawina otakikomo cistahokewin osci (mona ina wawa)
- poko awiyak kaki-ayat miscestayapi-ahosowin nikwatasik espanik ispi eki-ayat otakikomo cistahokewin

Poko awiyak kakisitewipani eka tacistahot patima minawaci. Cistahikewin kiyapic taki-apatan kiyam ata eyahosiyan, tapiskoc e-otakikomiyani.

Maciskakowewina otakikomo cistahokewin osci

Minawewin Kanata sitoskam cistahokewin ispi ekanatah ekwa minosin.

Kisci-maciskakewin oma cistahokewin asotamakewin kakino Manitobans nikwatasik pisim e-ispicisicik ekwa wasime takahitiso, mihopaniw nantaw tapakipaniw ita kaki-cistahot.

Kotakiya maciskakewina kisitewipaniw, tewistikonew, ekwa cakiwin. Acetaminophen (tapiskoc Tylenol®) kakiminaw e-kisitewipaniw nantaw e-kahitisit. Acetylsalicylic acid (tapiskoc Aspirin®) MOC WIHAC kakiminaw awasisak takiswanacistaw oskwan ekwa omamitonecikan Reye's Syndrome isnikatew.

Atihk inisininowak mosohowak opakitatamowinowak (ORS), nakes mina ewapak ispi eyat otakikomo cistahowewin. ORS oma mihowa kiskisikaw kaki pakicapipaniw, ekwa mina kaki: ostototen, sihtamon, sitaskikanan, nestwatamon ekwa moc kayesk kaki koscipancikan, paskekotakanan nantaw kawisakikotaskon. Kyamih minawin otayoskew kisin kina nantaw kicawasimis(ak) mosohowak ORS mwestas ayacik omeno ootakikomo cistahokewin.

Kestentakwan tapehoyan maskikiwikamikosik mitatat niyanosap tipahikanis mwestas cistahokewin ispi eyayan apwatike/askow kaki maciskakon. Oma asici kakimoskipaniw, nestwatamon nantaw kakipakikotaskapani, pakitenaniwepaniw nantaw pakitonanepaniw. Kispin ekosi kitispanikon ispi esipeteyan maskikiwikamikosok, kistentakwan tanatonaman minawin-nakatenicikewin.

Acimo kekomaciskakowewina minawin-nakatenicikewin isi.

Kimasinahikasowin kikanawenitakosowin

Kakino cistahowewina masinahikatewa ota awiyak cistahokewin kanawenitakosowin ota Manitoba cistahokewin masinahikanikh.

Oma masinahikan nisokamake:

- kinatawiwew takiskenitahk taniweha cistahowewina kina nantaw kicawasimisak asih kayayek,
- oma osiscikewin cistahokewin masinahikana nantaw witamakewin e-ociscipaniw cistahokewin,
- kinatawiwewak kanawapatam tanisi kwayesk otakikomo cistahokewina ispanikih eka tahosiyan.

Awasisime kiskentamowin tanisi kekisi-ayayan kina cistahikewin masinayikan, natona: manitoba.ca/health/publichealth/cdc/div/records.html.

Kiminawawin kiskenitamowin masinahikan kanawenitam kimasinahikana ekwa/nantaw kicawasimis(ak) omasinakanawawa. Kaki-ayan kiminawawin kimasinahikana ekwa/nantaw kicawasimis(ak) omasinahikana akwayawik astewa eka tawapatahik kinatawiwewak. Awasisime kiskentamowin, ota natona: manitoba.ca/health/publichealth/surveillance/phims.html.

Wasime kiskenitamawin oma otakikomo akosowin nantaw otakikomo cistahokewin:

- ayami minawawin otatoskew;
- tepwasik Health Links – Info Santé ote Winnipeg 204-788-8200; mosci mikewin poko-ite Manitoba 1-888-315-9257;
- kiwke ota **Manitoba Otakikomo Cistahokewin Osiscikewin:** manitoba.ca/flu