

## **Mzoowe Wiindmaagewin Nji Maanaadnaamang Aawkziwin**

### **Ngodwaasmidna Dbagaanhs Wiindmaagewin PSA:**

Pii aandseg ezhwebag kojiing, ga'ye go nii'zaanad wiya ji tkaj'pa.  
Engwaamidzan miinwaa giuwe ezaagaajig ka engwaam'aag.

Giishpin aawang kitchi gizhizwaapnewin, wii maanaadnaamang aawkziwin, kitchi giwg'kaawin maa'ge maanda Covid-19 bembideg, wii zhichgeyin gegoo, aapiji kitchi aawan. Giishpin dash jiiwbwaa aah'shad wiya.

- Endaayin yaan giishpin aawk'ziiyin.
- Aabji gziinjiin.
- Weweni gibiing'gwep'zan.
- Gbidoon'endizan pii jaa'chaam'yiin maage pii sas'dam'an.
- Nsaaw'kinan waa'sech'igan weweni wii mina zheyaamgag biindig.
- Aabiji biinton weweni zhiwe bemi'zhin'jiining pa'ne.
- Giishpin de zhiwebag, gdaa bidak'awi'gaaz.
- Kiin go ezhchigewyin aapiji kitchi piitendaagod miinwaa kina ezhi nawendaasyin miinwaa zhiwe kiin'win'ing.

Kina maam'wizing, gdaa kshkitoon'aah wiiwbwaa kitchi maandaadmaamyig.

Aabiji taadaa wii miikmang jiiwbwaa aashid'ying, naag'da'wend'ying miinwaa wii mina maadizing zhinda gdaa kwiinwin'naa.

Yaabi noonch gdaa kendaan: [Canada.ca/respiratory-disease](https://Canada.ca/respiratory-disease)

### **Nsamdana Dibagaanhs Wiindmaagewin PSA:**

Pii aandseg ezhwebag kojiing, ga'ye go niizanaad wiya ji dkajpa, dibishkoo kitchi gig'kaaw'win, kitchi maan'aad'naam'win, gizhiz'waap'newin, maa'ge Covid-19. Aang'waam'idzan gegii miinwaa giuwe kina e'zaagad'waa.

Maamnanendan aabdig:

- Endaayin yaan giishpin aawk'ziiyin.
- Weweni gibing'gwep'zan.
- Zhitoon biindig wii mina zheyaamgag.
- Aabiji gziinjiin.
- Gbidoon'nendizan pii jaachaamyin maage pii sas'dam'an.
- Pane biinton zhiwe bemi zhinjiining.
- Giishpin de zhiwebag, gdaa bidak'owi'gaaz.

Maam'wizing go, g'daa kshkitoon'naa go wii bwaa sawesh'kaamgag aawk'ziwin. Waan'kii'daa miinwaa Mina maad'zi'daa. Kina Daa.

Yaabi noonch gdaa kendaan: [Canada.ca/respiratory-disease](https://Canada.ca/respiratory-disease)