

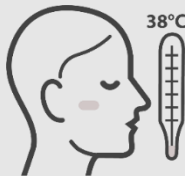
Gaa-zanagak aakoziwin Niizhosagoons-ashi-zhaangaswi (gaa-zanagak aakoziwin-ashi-zhaangaswi)

How to Self-Monitor

Biminizha'an gaagii wiindamaago'an gowe aakoziwigamigong enokiiwad

Giishpin gegoo noonde gakendaman, gemaa maaji maanzhimanji'owin, gaanoozh aakoziwigamigong enokiiwad, gaagiidowin mino'ayaayin (1-866-797-0000 gema gaye gaa-dagwiiwin mino'ayaayinwigamigoons

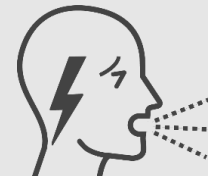
Naanaagajichitooon gaa-inamanji'owin ashi-niiwin daso giizhigad gii-ishkwaa aazhoo'iwe gaa-aakozid



Gizhizo



Ozosodam



Zanagad chi-bagidanamad

Gego izhaaken niibiwa awiya gaa-ayaawad

- Gego izhaaken niibiwa awiya gaa-ayaawad idash gochi chi-zanagak(niizhomizid-diba'akaan chi-ayaayin awiy) giishpin aakoziyan
- Giishpin gashkitoosiiwin chi-ayaasiwin niizhomizid-diba'akaan onji awiya biizikan agwazhe'on gemaa gibiigwegan chi-gibichi'ayaag gi-aakoziwin

Aaniin gaye izhichigeyin ayaayin nowe inamanjiwinan

- Bezhigo'ayaayan azhemang idash ganoozh gaa-dagwiiwin mino'ayaayinwigamigoons idash gaye aakoziwigamigong enokiiwad
- Owe iga izhichige wii bezhigo ayaayin:
 - Gikinaamaagewinan [how to self-isolate](#)
 - Giziibiiga'igan, nibi gemaa/ ishkodewaaboo-bekichigan gaa-onitoot manijooshensag miigaa aakoziishkaa-gewaah chi-bekitoot gininjiin
- Apii wii-waabamad aakoziwigamigong enokiiwad, gego aabijitooken akina awiya gaa-aabijitoot chi-booziwad daapishkoo gaa-bimibideg odaabaanan iwe gaye gego wiji-boozinodawaken awiyag. Apane biizikan agwazhe'on idash ayaan niizhomizid-diba'akaan onji awiyag gemaa anamadabin odaanang imaa odaabaan.

Gagwe gakendan akina gegoo mii'iwe oshki-aakoziwin-manijoozhens.

Aakoziwin-ashi-zhaangaswi mii'iwe oshki-aakoziwin-manijoozhens, aazhoo'iwe gaa-aakozid gii-ozosodang ozikowin gowe gaa-wiiji-daamad gemaa gaye gaa-ganawenimigod. Gi-daa inaab omaa gikendamaawin onji aakoziwin-ashi-zhaangaswi omaa onderiyoo wegimaawaadiziji onji mino'ayaawin giiwiitaakamisab:

ontario.ca/coronavirus

Geyaabi noonde gakendamin omaa izhaan: _____

Owe gikendamaawin megwaa go opii miinike-giizis nisimidana, niizhosagoons-niishtana

Ogimaakwe gaa-ozhibii'igeyaamagak onji onderiyoo, niizhosagoons-niishtana

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