

Otakikomo-ahosiwin Cistahokewin

Kanatawiwewak – Tapwewina Masinahikanis

Cistahokewin peyak mawac ekistapatak kanatawewikamikohk osiscikewiniwawa. Cistahokewin wickemakan ekipitinahk ekwa epaminahk ekatsipetamakahk miniwaspinewin ekwa akosowina. Cistahokewin wickemakan 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 okotaskiw ekwa kapak-ostostotem. Kamacamasciho ekwa kawipakomo wawis awasisak. Oakiti-cakatamo, akosikamikok kakikanentakosin.

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

Otakikomowin ahosowin ihin tato aski. Ota Manitoba, etakawkihk macipaniw isko esikwak. Kanawenimiso ekwa kanatawenimik oki kamekoskawacik, cistahokewin oma apacita otakikomowin ahosowin osci wipac e-takawkihk emwes takosimakahk 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 apacitaniwana ta-ositaniwak cistahokewina. Tasipaw pitos oma otakikomowin cistahokewin tato-aski. Tasipaw kanawenimisowin cistahokewin asemakan otakikomowin ahosiwin, kistapatan tacistakowiyan tato aski.

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

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

Manitoba mekwac asotamakew nihnikohk ekwa kisci otakikomowin cistahokewin, kikanawenimikon mawac ohih kwayaci wihvikewin otakikomowi ahosowina. Ohi cistahokewina kicistokawin eminikawiyan. Moc kekon pimatisiwi-ahosowin astew ita.

Nihnikohk otakikomo-cistahokewin asotamowawak kakino awiyak nikwatasik espicisit ekwa wasime, kisci otakikomo-cistahokewin wasme newo inikohk maskihi astew ekwa nikwatasik niyanosap nantaw wasime espicisicik osci ta-ayacik emaskawanihk nawac.

Kiyapic kiskenitamowin nema kisci otakikomiwin cistahowewin ekwa awena kekicistahot, natona ota manitoba.ca/flu.

Kekon osci inisiniwak ta-ayacik omeno otakikomowin cistahowewin?

Kisin kitayan oma otakikomowin cistahowewin ta-asekanow maskikiwino tawapamat, akosiwikamikohk tayayan, ekwa nipowin mekwac oma otakikomowi-aspinewin, asam nekik kawetapinecik otakikomowin osci.

Cistahokewin mawac kawicikon, kiwitikemakanak, ekwa kotakiyak anisininiwak kititawinihk ta-asenikatek oma otakikomo-aspenewin, taki-moskitentakon ekwa askwa kakikinipapinan.

Cistahokewin wiciwew kiyaw tanakaskahk omeno otakikomo-aspinewin tasipiniyan.

Awena ka-ayapacitat omeno otakikomo cistahokewin?

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

Otakikomowi-cistahokewin nantaw nisaw espanik enikohk tati maci-atoskemakahk. Eko osci kistentakwan kina akwa kiwitikemakanak ta-cistakowiyeck wipac etakwakihk emwes oma otakikomo-ahosowin sipetamakahk.

Tato-aski otakikomo-cistahokewin mitoni kistentakwan Manitobans osci kakikinapapinecik, kanakatenimikewak, ekwa kisiwak kawitatoskemacik. Oma asitakimikewina:

- asininiwak nikwatasik niyanosap ekwa wasime etwataskinecik
- kayacik kiteyakimikohk nantaw kanenitawikamikohk
- awasisak nikwatasik isko niyanan etwataskinecik



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- awiyak kapekahosit akosiwespinet:
 - nesowatisiwin ahosiwin nantaw natawihowin osci
 - mitehi nantaw ohpanaspenewina (tapiskoc notetatomowin)
 - kines acetylsalicylic acid (Aspirin®) natawihowin (nekik osci tastawic nikwatasik ekwa mitatat ka-ispicisicik poko)
 - mosihowin nantaw mosihowinaspinewin
 - sokwaspinewin ekwa kotak ahosiwina
 - mitihtihkohaspinewin
 - nesomihkohaspinewin nantaw miho-aspinewin
 - osamikamowin (miyawispitinikwahk wasme newo mitanow)
- okiskawawasowak
- nakataweyimo atoskewak ekwa nistam naskwehamakewak
- 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-ocawasimisisit
- Nehiniwak
- 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 mosec 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

Kisci otakikomo cistakewin taki-apacistawak oki nikwatasik niyanosap ka-ispicisicik ekwa wasime. Anisiniwak emwes nikwatasik ka-ispicisicik moc taki-cistahowak omeno kisci-otakikomo cistahokewin. Maka taki-ayawak omeno ninikohk otakikomo cistahokewin.

Maciskakowewina otakikomo cistahokewin osci

Minawewin Kanata sitoskam cistahokewin ispi ekanatah ekwa minosin.

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

Kisci otakikomo cistahokewin astew wasime apacistawina inkohk ninikohk otakikomo cistahokewin, eko osci wasime kahitiso, mihopaniw ekwa/ nantaw pakipaniw ita kaki-cistahot.

Kotakiya maciskakewina kisitewipaniw, tewistikonew, ekwa cakiwin. Acetaminophen (tapiskoc Tylenol®) kakiminaw e-kistewipanit 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 kaki maciskakon. Oma asici kakimoskipaniw, nestwatamon nantaw kakipakikotaskepanin, 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 masinahikanihk.

Kma masinahikan nisokamake:

- kinatawiwew takiskenitahk taniweha cistahowewina kina nantaw kicawasimisak asih kayayek,
- oma osiscikewin cistahokewin masinahikana nantaw witamakewin e-ociscipaniw cistahokewin,

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- kinatawiwewak kanawapatam tanisi kwayesk otakikomo cistahokewina ispanikih eka tahosiyan.

Kakiyan kicistahokewi-masinahikan kakinatotaman ota forms.gov.mb.ca/immunization-update-request.

Kicistahokewin masinahikan ka-isitismakawin. Kaki-ayan mina kiskinawatasinahikan nah:

- kakecikemo natawiwekamikohk ite kayayan; nantaw
- nakatawapata mahti natawiwekamikohk nantaw maskikiwinokamikohk kekiminiskik; nantaw
- kakecikemo natawiwekamikohk ite kayayan nantaw akosikamikohk.

Kamasinahikateki natawiwekamikaw itapi:
manitoba.ca/health/publichealth/offices.html

Kiminawawin kiskenitamawin masinahikan kanawenitam kimasinahikana ekwa/nantaw kicawasimis(ak) omasinakaniwawa. Kaki-ayan kiminawawin kimasinahikana ekwa/nantaw kicawasimis(ak) omasinahikana akwayawik astewa eka tawapatahik kinatawiwewak. Wasime kiskenitamawin, wicikatew ota manitoba.ca/health/publichealth/surveillance/phims.html nantaw kakecikemo natawiwekamikohk ta-ayamihacik natawiwew maskikiwiskew.

Wasime kiskenitamawin oma otakikomo akosowin nantaw otakikomo cistahokewin:

- ayamihk kinatawiwewak; nantaw
- tepwasik Health Links – Info Santé ote Winnipeg 204-788-8200; mosci mikewin pokotite Manitoba 1-888-315-9257; nantaw
- natawapata:

Manitoba otakikomo cistahokewin osiscikewin:

manitoba.ca/flu

Minawin Kanata otakikomo cistahokewin osiscikewin:

healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/flu-grippe/index-eng.php

Cistahokewin Kanata:

immunize.ca

Aniskowewin osiscikewina otakikomo cistahokewina kapacistacik kakimiken ote:

manitoba.ca/flu