

Aabaji waankiin: Gizhidemigag-enowendaagwog aakoziwinan



Nisidwaabmdan newen waabmdowewinan

Gizhidemigag babiikwazhewin: misko maage mishkozhewin gagwech tenoon zhiwe baweziwin maawaanjisemigag.

Gazhidemigag aaniwitowin: gichi bweziwin, niinimizingh, giwishkwewin, maazhidewin, oshashigowewin miinwaa nikaamidamangh.

Gazhizangh odaapinigowin: wiisigi jiitad odaapinigowinan, onjibaamigag nibiish nondesengh miinwaa nondesengh mijimiwinan onji zaam bawezingh.

Gazhizangh niboowise: dekwendibengh, giwishkwewin, gwiinwinendamowin miinwaa nikaamidamangh; nagay gnimaa adaa gazhidemigag miinwaa baatemigag maage nibiiwan. Maanda aawon aakpziwin niizaanag – debinan niizaanag naadmaagewin miinwaa dikishim owa bemaadizid **wewiib gwa.**



Aabaji zhiitaan

Aabaji nibiikaadizan: minikwen niibna dekaagimig. Nibiish memaanji nishin

Aabaji dikizin: biiskan owi waabizi-aandeg, banangwodemigag gwiwinan, biiskan wiikwaan miinwaa ashozhen giizis bimide zhaabwaasemigasag.

Ayaan biindig: ayaan memaanji gizhaatemigag giizhigag (gagwech gwa naakweg apiinish niizho dibagineg) zhiwe dikaag nodin endaangh maage bemaadizijig maamowi yaawaad (dibishko gonaa, niibidesingh daawe gamgoon, maziniginan enji ginowenjigaadeg, maage enji dikiishinong wiigwaam).



Ginoosh owa mina yaawin maagwed maage giigidan Health811 (TTY:1-877-797-0007) giishpin moozhitowin ninda inamjiwinan.

Gnimaa zhiwebak aakozi gichi niizaanag (dibishko gonaa nikaamidamangh), giigidan gichi niizaanag nankiiwin wewiib gwa.

Ganowendan endaayin mina piichi zhayaamigag: nisaakinon waasechiganan apii dibikag awii zhitoyin zhiibaa animag. Gibaakwan kajigaatesijiganan, aagobiiginiganag maage gibaabiiginigan epiich giizhigag awii naazhinaman gazhideg biindig.

Nda-gikeninim gwijikiwenig, inoodewizinag miinwaa bezha endaajig: nda gikenim ensa giizhigad, memdage gwa woshme niizaanziwaad maage bwaa yaamiwaad misendaman owi e'nakiimigag dekaasijigemigag biiwaabik..