

Aabaji zhiitaan: Gichi Gizhaatemigag



Aanjisemigag akiwang dinenjigaademigag awii ombisemigag owi epiichi wewiiba, epiitaamigag, miinwaa apiichi gneshe newe gichi gizhaatemigag.

Aangwaamzingh makowitaagoziwinan:

Gichi gizhaatemigag gdaa aakoziikaagoon ayaaman gizhidemigag babiikwazhewain, gazhizangh odaapinigowin, gazhidemigag aaniwitowin miinwaa gazhizangh niboowise.

Aabaji nibiikaadizan:

- Minikwen nibiish ensa 15 apiinish 20 dibagaans awaa-aaj gwa giishpin bwaa gaaskinaabeyin. Minikwewinan digosinsh ishkode-aabo miinwaa bazigwii-aabo gnimaa adaa baasiwin miinwaa gaawii giikimigaadesino.
- Nda gikenim bekaanzijig (digo okaanag/wesiinig) awii gagwekwendaman gewiinwaa minikwewaad niibna dekaagimig.

Aabaji dikizin:

- Bekaa biindig ayaan awii naazhinaman minik eyaayin enji gizhaatemigag. Ayaan apii maanji gizhaatemigag epiich giizhigag zhiwe nikaazan dekaasijigemigag biiwaabik bemaadizijig maamowi yaawaad (dibishko gonaa, naabidesengh daawe gamgoon, maziniginan enji enji ginowenjigaadeg, maage enji dikiishinong wiigwaam).
- Biiskan owi waabizi-aandeg, banangwodemigag gwiwinan.
- Wewiiba dikaabaawidizan maage giziibiigizhen. Giishpin gaawii gashkitosiwon dikaabaawidizayin/giziibiigizheyin, giziibiiginidizan nikaaziwin dekaagin nebiiwong giziingweganan.
- Ayaan dibashish bimisigaag giishpin bwaa temigag dekaasijigemigag biiwaabik miinwaa nikaazan nodin swe-aasijiganan apii gashkitowin.

Giishpin ayaayin agojiingh:

- Aanjitoon maage izhisidoon agojiingh dinakimigiziwinan apii bangii diki-aamigag owi giizhigag.
- Gegwa wiikaa bemaadizid maage okaan zhiwe negaashkaad daabaan maage enji pangidaatemigag.
- Biiskan wiikwaan awii ginowendaman gdengwen, UV-ginowenjige shkiizhigokaajiganan onji gdo shkiizhigoon, miinwaa ashoshen giizis bimide zhaabwaasemigasinaag. (SPF 30 maage woshme) awii nigaasidowin nagay agomowaapinewin.

Owi nikiiyaa awii zhiitaayin:

Gizhideg nigaasidoon endaayin

Giba-an waasechiganan owi biindige-aatemigag gizhep maage shkwaanaakwe giizis biindige-aasiged nikaaziwin aagobiiginiganag, gibaabiiginiganan maage kajigaatesijiganan. Giishpin gashkitoyin, nisaakinon waasechiganan apii dibikag awii zhitoyin zhiibaa aanimag.

Aabaji gikendan ezhiwebak

Ginowaabmdan ezhiwebak dibaajimowinan jibwaa azhaayin agojiingh apii gichi gizhaatemigag owi epiitaatemigag, epiichi gazhinaamdeg, UV epiitaag, miinwaa epiichi wiininaananimag.

Giizhiitaasidoon gdo gichi niizaanag nikaaziwin

Digosidoon aanke minik nibiish miinwaa akiwan ayaawong nikaaziwinan dibishko gonaa ashoshen giizis bimide miinwaa giizis shkiizhigokaajiganan (owi moshkiin UVA miinwaa UVB ginowenjigewin), maage boodaajigan modens zhiwe gdo gichi niizaanag azhitaawin nikaaziwin.

Nda-gikenim neniizaanzijig bemaadizijig

Nda-gikenim gewe gechi piitizijig inoodewiziwinan, besha endaaig, miinwaa gwijiikiwening, memdage gwa giishpin aakoziwaad maage maakiziwaad. Giishpin gashkitoyin, miigwen nikaaziwinan awii dikiziwaad miinwaa nibiikaadiziwaad.

Dowaabmdan enji dikishinong wiigwaaman

Aanin odenwinan ado yaanaa-aan enji dikishinong wiigwaaman epiichi wiisigaatemigag. Gikendan apii awaa maajaayin – memdage gwa giishpin gaawii ayaanzinon misendaman owi e'nakiimigag dekaasijigemigag biiwaabik, azhiitaan awii aanjiyiin giishpin dowendaagwog.

Giishpin giishkwezhayin, niinimizhayaa-in, maage zaam gazhiziwin:

- aanjiin ngoji enji dikiyaamigag
- nwebin owi nimadibiiyin or zhigishinon
- nibiish minikwen

Giishpin bwaa naawi zhayaayin wiiba, ndowaabmdan naadmaagewin wewiib gwa.

Aabaji zhiitaan: Gichi Gizhaatemigag



Agojiingh waankiingh:

- Biiskan owi waabizi-aandeg, banangwodemigag gwiwinan. Ashozhen giizis bimide zhaabwaasemigasinaag, giizis shkiizhigokaajiganan miinwaa wiikwaan nyaagidowendang gdengwen.
- Minikwen nibiish wewiiba (ensa 15 – 20 dibagaans). Miiwishkan ishkode-aabo/bazigwii-aabo.
- Gegwa wiikaa bemaadizid maage okaan negaashkaad daabaaningh maage enji pangidaatemigag.

Biidig waankiiwin:

- Wewiiba dikaabaawidizan maage gziilbiigizhen, maagonige atoon dekaagimig nibiish.
- Ayaan nowonj dnowaa nikiiyaa owi dikishinan giishpin aatemigag waasamowin.
- Ayaan dibashish bimisigaag, nikaazan dekaasijigemigag biiwaabik. Nikaazan dekaasijigemigag biiwaabik giishpin gashkitoyin.
- Nikaazan nodin swe-aasijiganan miinwaa makomii mashkimadens awii naadmaagiyin nibaayin weweni.

Aabaji dikishinon:

- Ginowaabmdan endinakiyin ezhiwebak dibaajimowinan miinwaa
- Ayaan apii maanji gizhaatemigag epiich giizhigag zhiwe nikaazan dekaasijigemigag biiwaabik bemaadizijig maamowi yaawaad (dibishko gonaa, naabidesengh daawe gamgoon, maziniginan enji ginowenjigaadeg, maage enji dikiishinong wiigwaam).
- Gikendan newen waabmdowewinan owi gizhidemigagg-enowendaagwog aakoziwin. Giishpin giishkweyin, niinimiziyin, maage zaam gazhiziin: nimadibin, zhigishinon enji diki-aamigag, minikwen nibiish, gziingwen nikaaziin dekaagimig.

Aabaji zhiitaan: Biboon Nchiwidoon



Biboon nchiwidoon woshme onjinewaad bemaadizijig maampii
Gaanada dash gichi biimskwaadimag, nimkiikaag, waaseseg,
moshkang miinwaa biimiskobidoowaanakwadoong maamiwi.

Gagwetaanaagonagaa miinwaa mikwam adaa zhitonan mikaanan
niizaanag miinwaa nashkwetood waasamowin.

Aangwaamizing makowitaagoziwinan:

- Miiwishkan gaawii nendowendaagosinag abibaayaangh
- Aankesidoon nyaangangh gwiwinan, majikaawinag miinwaa biboon wiikwaan.
- Biiskan zhaabibiisinag, giizhochigaadeg biboon m'kizinan awii gnowendaman gzidan awii giizhowaag miinwaa baatemigag miinwaa awii bwaa zhooshkshinan makomiingh miinwaa agoningh.
- Wewiiba nda-gikendan owi mashkowaakidingh – biinsizing maage waabaag gdengwe miinwaa wiiyaw (atooganan, ajaansh. Anowewinan. Ninjiin miinwaa Zidan memdage).
- Miiwishkan zaaminakiwin apii jiishaagonegeyin owi daapinaman wewiiba niwebwinan.
- Nikaazan asiniiziitaagan miinwaa zhashki awii nigizad makwam miinwaa naawitowin mina dikokiiyin zhiwe bimase miikanan miinwaa enji biindigebizad daaban.
- Biindigash wesiinig miinwaa aandishim gitaagaan wesiinig odi dibo-iganan temigag gaawii meshkowaakidizinag nibiish.
- Zhiwe zagiji odena: bimaabiiginan asabaab biitwi endaayin miinwaa wegwen gwa wiigwaamensan gnimaa aabdeg awaa nda-gikendaman epiichi nchiwag.
- Naabiisidoon agoon machikinan awii naazhinaman agoon ishpidaasingh zhiwe miikanan miinwaa bimasewinan.

Ezhi zhiitaayin:

Biboon Gashkiiwitoon endaayin



Giizhotoon aasmaatigwon miinwaa ishpimsagong:
bigiiwitoon maage gashkiiwisitoon shkwaandeman miinwaa
waasechiganan: zhisidoon nchiwog waasechiganan maage
giba-an waasechiganan nikaaziwin zhaabwaase'igan. Nokiin
gizhisige nikaaziwinan miinwaa gwandaaginaabkwon
biinchigaadeg miinwaa nda-gikenjigaadeg ngodingh ensa
biboon.

Zhitoon gdo nikaaziwinan owi ezhi akiwang



Aankesidoon waabo-aanan miinwaa giizho gwiwinan zhiwe
gichi niizaanag ozhitaawin nikaaziwinan (endaayin
nikaaziwinan.daabaan nikaaziwinan . Ayaan nowoonj dnowaa
awii giizhoziyin gnimaa waasamowin aatemigag.

Nda-gikenimin neniinwizijig bemaadizijig

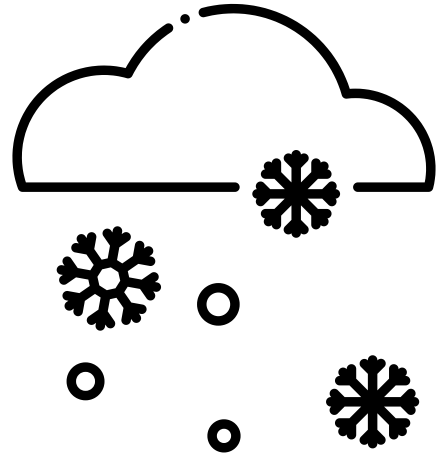


Nda-gikenim gechi piitizijig inodewizinag, besha endaajig
miinwaa gwijiikiwenig, memdage gwa giishpin
aakoziwaadiziwaad maage bwaanwitojig awii bimaajiiwaad.
Giishpin gashkotowin, miigwen nikaaziwinan awii dikiziwaad
miinwaa nibiish nondesewaad.

Aabaji gikendan:

- Nda gikendan endinakiying ezhiwebak agojiingh miinwaa enaamdakweji agojiingh ezhiwebak waasamo-asabi biiwaabikoons mazina-igan
- Nda gikendan Ontario 511 onji miikanan ezhinaagwog miinwaa bimibizochigengh gikendamowin.
- Nda gikenjigen gdo gikinomaage gimaawin owi gikendamowin owi gibaakogaademigag gikinomaadiwin wiigwaam miinwaa gikinoo'amaagewidaabaanag.
- Nda gikendan gdo endinakiyin owi gikendamowin agoon bimigaazad miinwaa naakinigewinan etemigag epiichi temigag zoogipwog niizaanag.

Aabaji zhiitaan: Biboon Nchiwidoon



Agojiingh waankiingh:

- Biiskan izhiwebak maagsemigag gwiwinan (aagwiitoshiman gwiwinan, wiikwaan, majikaawinag, biboon-makizinan)
- Kwe nwebin biindig awii giizhoziyin
- Wewiiba ndakanjigen owi mashkowaakijiwin

Biboon Gashkiiwitoon gdo zhiitaawin nikaaziwin:

- Aankesidoon waabo-aanan miinwaa giizho gwiwinan miinwaa waajiwewinan zhiwe endaayin miinwaa daabaan nikaaziwin
- Digosidoon niibna onjibaamigag owi giizhochigan owi gnimaa waasamowin aatemigag
- Ganawendan waasamowin kaadeg nikaaziwin moshkin nimikiins giizhiitaasingh
- Ashin waaskonenjigaans nimikiinsag zhiwe kina aajikiniganan endaayin

Aabaji gikendan:

- Nda gikendaan endinakiyin ezhiwebak agojiingh miinwaa agojiingh ezhiwebak waasamo-asabi biiwaabik mazina-igan
- Nda gikendan Ontario 511 onji miikanan ezhinaagwog miinwaa bimibizochigengh gikendamowin. Miiwishkan gaawii nendowendaagosinag abibaayaangh
- Nda gikendan gdo endinakiyin owi gikendamowin agoon bimigaazad miinwaa enji giizhozhinong.