

MEMAANJI NISHING NA'KII'WIN

Zaami shpaam'gag wiya misk'kwiim

Naag'doo'win waanakaaz'waat
be'maad'zidjig shpaa'nig wiya
misk'kwiim

Niizhwaaswag shi niizh'ta'na shi niiwin biboon'gad



Ontario
Health

Ontario Mina Maad'zi'win debwe'taa'naa'waa wii nishi'too'waad wii nishing mina maadziwin naag'doo'wenj'gewin be'kish wii naad'maad'waat bemaad'zin'jin en'kaaz'waat na'kii'winan, mshki'kii kwe'wag miinwaa mshki'kii nini'wag miinwaa gwa aaning endaa'gaaz'jig.

Wii zhich'geng dash maanda, aabdig wii nishin na'kii'win Ten'wan mziniganan ezh'bii'gaa'deg maanda enishing nakii'win zhiwe waa zhi mnab'deg a'we na'kii'win'ing zhiwe tem'gag shi'naat'se'win ezhi mib'deg naag'da'wej'ge'win, maa'ge temgag baak'sing biit'wa'ying (2) naag'da'wenj'ge'win ezhi miinding Ontario miinwaa naag'da'wenj'ge'win bemaad'zid'jig yaa'min'jig ge deb'nam'waa'pa. Ninda memaanji nishing na'kii'win gwa da na'kaa'zam wii mina maa'jiish'kaang Aawan'oon zhi'si'noon meg'waa e'tem'gag yaam'ji'gaa'deg miinwaa zhaa'zhi gaa biindigeb'deg gaa mii'gwe'at kitchi naap'kaaz'jig yaa'min'jig, mshki'kii'kwe'wag, mshki'kii'niniwag miinwaa nend'waab'ji'ge'jig.

Maanda yaa'min'jig naag'doo'win naad'maa'gem'gad nji [zaa'mi shpaa'nig wiya misk'kwiim](#) shpaa'nig wiya misk'kwiim Zhi'bii'gaa'de niizh'waas'we zhiwe Mshkiki en'kii'taa'ge'jig ge zhi miik'ma'waa'pa kitchi Aahn e'yaam'nit eshpaa'nig misk'wiim'waa Maanda yaam'min'jig gwa ga'ye tem'gad ge zhich'ge'yaa'pa wii naad'maad'zoo'waat miinwaa wii dbaaj'ma'too'waad ni'we en'kii'taaw'gwaa'jin.

Wenesh a'we shpaa'nig wiya misk'kwiim?

Pii yaa'man shpaam'gag gmisk'kwiim, g'de aabdig wii kitchi na'kiim'gag wii mnab'deg mskwi.

Kiin gnimaa gdaa moosh'too'siin maa'ge gaa'wii gegoo gda zhi'web'zi'sii shpaag gmisk'kwiim. Giish'pin dash bwaamiik'man, daa binaad'doon gmisk'wii'yaa'biin, gdoon'koz, maa'ge gwa aanind biinj'na. Mii ge gwa gezhi maaj'taam'gak'ba ooshmi wii ni aaw'zii'yin, dbishoo wii ode'aapine'yin maa'ge wii nbweg'se'yin.

Aapiji gwa kitchi pii'ten'daa'got wii nda'ken'mi'goong. Aab'dig dash wii mina maad'zii'yin miinwaa wii aabiji nan'kii'yin zhii'biig'taa'yin.

Aaniish pii ezeg'en'daa'gog wiya shpaa'nig misk'kwiim

Gegaa gwa kina wiya gaawii gii kend'ziin pii shpaa'nig misk'kwiim. Giishpin yaa'man shpaak gmisk'kwiim, zhaan oodi besha aawk'zii'gamig'oong wii waa'mi'goo'yin maage gdaa zhi'gii'git 9-1-1

- Kaak'naang wiis'gin'ez'yin
- Zna'gag wii ne'se'yin maa'ge wii giig'da'yin
- Gegoo moosh'toos'wan gdeng'gwaang, g'ni'kaangmaa'ge g'kaa'ding
- Kitchi dek'we'yin
- Naach'too'yin waab'yin
- Mnab'des'nog g'de

Kina gegoo zhi'bii'gaa'deg Niizhwaas'wi minig waa zhi nishing wii miik'man shpaam'gag gmisk'kwiim

Me'maan'ji nishing kidwin Aad'zoo'win
Naag'doo'wenj'ge'win



Ezh'bii'gaa'deg

Gii'webe'maad'zid'jig e'yaam'waad zaami
shpaam'gag mis'kwiim'waa maa'ge gwa wii ni
zhi'web'zii'waat (Miinwa zhiwe ezhi
ngod'we'aan'giz'waad miinwaa niwe
e'naad'maag'waad'jin) Mina maadziwin
enkii'taa'gejig na'kii'wag wii mina
waam'goom'di'waat, wii gnood'dam'waat
giish'pin wiya kend'zig zaami shpaanig
misk'wiim, wii daap'nam'waad giishpin zna'gag
wii mka'ming naad'maad'win, miinwaa
miig'weng wen'ji'shing naag'da'wend'win.



Aaniish maanda edming?

Giiwe be'maad'zid'jig zhiwe mina maadziwin
en'kii'taa'ge'jig gwa aab'deg wii
mnaa'den'mig'gin miinwaa wii
bzin'daaw'go'gin Aab'deg wii
naag'den'mi'goo'gin we'weni g'di'naad'ziwin,
ezhi debwe'wend'man miinwaa gaa'wii
mam'daa wii zhiing'en'mi'goo'gin. Aab'deg wii
na'kii'taa'goo'gin wii nsas'taa'goo'gin miinwaa
gegoo zhi znag'zii'gin wii naad'maa'goo'gin.

Maam'na'nend'an kina wiya bkaan'zi.

Wii aas'gaab'wi'taa'goo'gin miinwaa naag'den'mi'goo'gin gonda en'kii'taawk'kik go da bezh'gwan.
Waab'dan me'maanji nishing kidwin naanoo bii'gan wii zhi'too'gin naag'den'mi'goo'gin mzinigan.

Memaanji nishing Kid'win niizh: We'weni dbizh'gaa'deg mskwi epiich'bi'deg



Ek'doom'gag Ezh'bii'gaa'deg

Be'maad'zidjig deb'naa'naa'wa giizhaa aach'kin'gaanhsing waa zhi dbizh'ming wiya misk'kwiim



Aaniish maanda edming

Epiich'bideg gmisk'kwiim daa nda'kenj'gaa'de na'kaa'zang bii'yaap'koonhs. A'wa mina maad'zi'win en'kii'taag gwa dan'da'kendaan end'gwenh ji minak'man a'we weweni gni'kaang echi'gaadeg, miinwaa aab'deg wii bzaan'dab'ying

Dbizh'ming mskwi epiich'bi'deg

Dbizh'gaa'de misk'kwiim epiich'bi'deg na'kaa'zang niizh zhi'bii'gan'ag:

- Ntam zhi'bii'gan (zhin'kaa'de "systolic mskwi epiich'bi'deg) dbizh'gaa'de zhiwe gdooskwe'aabiing epiich'bi'deg g'de.
- Ekwa niizhing zhi'bii'gan (zhin'kaa'de "diastolic mskwi epiich'bi'deg) dbizh'gaa'de zhiwe gdooskwe'aa'biing ezhi nwe'biim'gag g'de biit'waa'ying epiich'bi'deg

Zhiwe gmish'kii'ni niim aachkin'gaanhsing na'kaa'zat bii'yaap'koonhs wii dbizh'goo'ying, shpaam'gad mskwi zhibiigaadeg **135/85 maa'ge gwa oosh'mi**.

En'daa'ying na'kaaz'ying mskwi dbizh'ge'win (beyaap'koonhs biiska'man ngo giizhgad'oong niizh'ta'na shi niizh'ba'giiswanigag), giishpin shpaamgag misk'wiim ooshmi **135/85 maa'ge gwa ooshmi pii gshkwaz'ying, miinwaa dash gwech gwa 130/80 mm Hg maa'ge gwa ooshmi zhi ngwa giizhgadoong**.

En'daang na'kaa'zang wii dbizh'ming mskwi (bii'yaap'koonhs wi dbizh'ming epiich'bi'deg mskwi endsa giizhgag niizh'waas'wi giizh'gagminig) giishpin mskwi dbizh'gewin aa'wang **135/85 mm Hg shpaam'gad**.

Kii ken'daan na?

"Mshkiki kwewag maa'ge mshkiki niniwag enkii'taa'ge'jig" aaw'wag enaad'maa'ge'jig miig'we'at ni'we bemaad'zin'jin wii na'kii'twaa'at, aawag geg'wa mshki'kii'niniwag/kwewag, mshkiki maag'we'jig, nend'moo'win mshki'ki nini/kwe miinwaa weweni wiisini'win be'mii'kang.

Memaanji nishing kidwin Nsing: e'nii'zzaa'nag shpaam'gag mskwi. Zhaag'ja'ying aach'kin'gaanhsing nda ken'mi'goong wii zhi'bii'wan wiya miw'doot aawk'ziwin



Ezh'bii'gaa'deg

Bem'maad'zid'jig eyaam'waat shpi'bii'gaa'deg mskwi zhiwe biinji aachkin'gaanhsing deb'naa'naa'waa mi'daa'baan'goo'ying wii da'ken'mig'wang yaa'ming a'we zaa'mi shpaam'gag wiya misk'kwiim. En'daang mskwi epiich'bi'deg da'kenj'ge'win gwa da na'kaa'zam giishpin mi'daa'baazh'we'win tes'nog, maa'ge giishpin a'wa be'maad'zit da'wen'dang en'daat wii nji da'ken'mig'zit.



Aaniish maanda edming?

Biinge'en'damwin epiichi yaang zhiwe mshkikii aachkingaanhsing daa paa'men'mig'wan wiya wii shpaanigmisk'wiim, miidash a'we dbizh'ming pa'pii'chin endsa giizhgag gwa nishing wii wek'wend'ming be'mi'yaam'gag.

Giish'pin gmishkii'niniim maa'ge mshki'kii'kwe nen'dang gnimaa daa'aan shpaam'gag gmisk'kwiim, gda miin'gog na'kii'yaanhs wii dbizh'ndiz'ying ngogiizhgad mnig epiichi nan'kii'ying gegoo pii giizhgag. Zhin'kaa'de maanda "midaa'bii mskwi epiich'bi'deg da'kenj'ge'win teg" miidash naad'maa'gwat maabaenkii'taag giishpin esh'paa'gwenh gmisk'kwiim Giishpin nda wed'zii'wan "mi'daa bii mskwi epiich'bi'deg da'kenj'ge'win, maa'ge gaa'wii etes'noo'gwenh zhiwe be'sha, gdaa na'kaa'zan na'kii'yaanhs waa dbizh'gem'gag endaa'ying niizhing ngwa giizhgag ngo na'me giizh'gagminig.

En'kii'taag gwa gdaamiinig a'wena'kii'yaanhs miinwaa gdaa zhi'noo'maag waa zhi na'kaaz'ying.

Kii ken'daan na?

Endsa bezhig shi niiwin Kinadaa bemaad'zid'jig daa'aa'naa'waa eshpaam'gag mskwii aap'neng. Gegaa gwa bezhig zhiwe shi naanan kend'zii'naa'waa yaam'waat shpaa mskwii aap'newin.

Me'maanji nishing kidwin Niiwin: Mina Maadziwin Aand'seg



Ek'doom'gag Ezh'bi'gaa'deg

Be'maad'zidjig eyaam'waat zaa'mi shpaam'gag misk'kwiim'waa maa'ge gwa nii'zaan'zi'waat (miinwaa ezhi ngod'we'aan'giz'waat miinwaa niweenaag'do'wen'mig'waa'jin) deb'naa'naa'waa kend'maaw'zi'win miinwaa waa zhi aas'gaab'wit'wind'waa waa zhi mina maad'zi'waat ji'wii niis'bi'de'nig shpaanig a'we misk'kwiim'waa miinwaa ooshmit jilbwaa ani aaw'k'zi'waat, wii na'kii'too'waad da wiiyoom'waa, wii'waa kitchi minik'we'yaat, bangii ji wiis'ni'waa'pa, gaa'wiin aapiji niibna zii'taa'gan maa'gepotassium,ji boon'too'waa 'pa kitchi zgas'waa'win, miinwaa waa zhi miik'ma'waat biinge'nendmowin miinwaa epiit'nig'zi'waat.



Aaniish maanda edming?

Nda kenmi'gooyin mii maanda ntaam wii maajii min'zhaand'man misk'wiim miinwaa wii mina maad'zii'yin.

A'wa mina maad'zi'win enkii'tang gdaa gnoo'nig waazhi aand'zi'doo'yin gbi'maad'zi'win wii naash'sem'gag gmisk'wiim, dbishkoo gonaa noonch nankiiyin miinwaa gaa'wii mnik'wes'wan, aanch'too'yin ezhi wiis'nii'yin, boon'too'yin zgas'waa'yin, miinwaa naazh'na'man e'piitnig'zii'yin.

Gdaa miin'goo kend'maaw'zi'win etem'gag ge zhaam'ba maa'ge goji ji dkwaap'kaaz'yimba ge naad'maa'gem'gag maanda nji.

Aaniish enji yaa'maa shpaam'gak mskwi aap'newin?

Gdaa kshkwa'gon go yaa'man shpaam'gak mskwi aap'newin, memdige gwa mina zhe'yaa'yin nend'man. Be'maad'zid'jig gwa daa yaa'naa'waa shpaam'gak mskwi ap'ne'win giishpin:

- Ziiz'baawk'daap'ne'yaad maa'ge ndoonkozi aap'ne'win
- Kitchi zgas'waa'aat
- Wiin'na'waat
- Gaa'wii kitchi nan'kii'siim gegoo
- Zaamniibina zii'taa'gan ezhi wiis'ni'waat
- Ooshmi niizh naagaanhs minikwe'wag endsa giizh'gag
- Teni zhiwe ezhi ngod'we'aan'giz'waat shpaam'gak mskwi aapne'win
- Ooshmi ngod'waas'wi shi naanan piit'zi'wag

Me'maanji nishing kidwin naanan: Gna'wenj'gewin naawk'ni'ge'win Naag'doo'wen'di'zang



Ek'doom'gag ezh'bi'gaa'deg

Bemaad'zidjig e'yaam'waat zaami shpaak mskwii aap'ne'win (miinwaa ezhi ngod'we'aan'giz'waadmiinwaa enaag'da'wen'mig'waajin) wiijiw na'kii'maa'aan niwe mina maad'zi'win enkii'taawg'waajin wii maam'wi naawk'ni'ge'yaat wii kshki'too'waat wii niis'bi'den'ig shpaam'gag misk'wiim'waa, wii aanj'too'waad ezhi maad'zi'waad, mshkiki daap'nam'waad, miinwaa waa'zhi nda kenj'gaaz'waat, miinwaa gwa yaabi e'naap'ne'yaat be'kish gwa, miinwaa pii miinwaawaa aam'ji'gaaz'waat.



Aaniish maanda edming?

Pii mkaa'goo'win yaa'man shpaak gmisk'kwii'win, giuwe enkii'taawg'jig aabdeg gdaa miin'goog waa zhi naag'da wen'diz'win miinwaa ge zhi naawk'ni'gem'ba wii niis'na'man gmisk'kwiim.

Waa zhi naag'doo'wen'diz yin daa temgad

- Waa wiik'ji'too'win waa zhi gindaagwag gmisk'kwiim
- Kiin enaawk'ni'ge'win waa zhi wiisniyin, waa zhi min'zhaand'man epiit'nig'zii'win, ezhi mgosh'kaa'dend'man maa'ge gwayaabi aanind ezhi mn'maad'zis'waan
- Gmish'kiim edaap'na'man miinwaa aaniish mining (giishpin nda'wen'daa'gwag)
- Gegoo waa zhi nda'ken'mi'goo'win
- Aaniish pii waa waab'mi'goo'win?

Gda mina maad'zi'win enkii'taag gdaa wiind'maag waa zhi naag'doo'wen'dizyin zhiwemziniganing.

Waa zhi naag'doo'wendizyin

Niib'na gwa gdaa kshkitoon wii min'zhaand'man shpaak gmisk'kwiim. Bangii gegwa zhi maaj'taa'win daa ken'daag'wat

- Wiisnii'win mii'win wen'ji'shing, mooshkin bkwezh'gan'ii, maan'wang, ne'tow'ging miinwaa akiing enji'ging wiiyaas'wang
- Naazh'na'man mgosh'kaa'dend'moo'win
- Ma'se'win, mab'too'win, biim'sko'web'zhki'ge'win, maa'ge bgiz'win (ezhi kshkitoo'win)
- Yaa'win bii'twii'ying waa piit'nig'zii'win ekoozyin miinwaa epiit'zii'win
- Mii'win bangii zii'taa'gan
- Mnikwe'win shkode'aaboo noonch bangii (gni'genh gwa noonch bangii niizh naa'gaanhs)

Gda mina maad'ziwin miinwaa epiit'zii'win gwa ka moosh'toon ge zhi gshki'too'win miinwaa enend'man eyaaw'wang yaa'wang ge mna'kaawg'win

Memaanji nishing kidwin ngodwaaswi: Ndakendming miinwaa Aanji nda'kendming shkwaa wind'maa'gong ezhwebag



Ek'doom'gag ezh'bii'gaa'deg

Bemaad'zidjig eyaam'waat zaami shpaamgag mskwi e'aabiji'taa'jig wii naa'too'waad bi'maad'ziw'na'waa gaa'wii dash gegoo shpaam'gag mskwi mshkiki daap'na'zii'naa'waa nda kenj'gaaz'wag enda nsa maage ngod'waas'wi giizis. Ooshmi wii'ba (endsa ngo maage niizh giizis) gwa daa nda wen'daag'wat giawe esh'paa'nig msk'kwiim'waa. Be'maad'zid'jig gaa mjidwet'moon'dwaa shpaa mskwi mshkiki nda'ken'maa'wagendsa ngo maa'ge niizh giizis piinish baamaapii nishin'nig msk'wiim waa gni'genh gwa niizhing waab'min'dwaa mii'dash miinwaa endsa nsa maa'ge ngod'waas'we giizis.



Aaniish maanda edming kiin nji

Gda mina maad'zi'win en'kii'taag gdaa ndakenmig pa'pii'chin giishpin yaa'man shpaamgag mskwi.

Gdaa waab'mi'goo endsa nsa maa'ge ngod'waas'we giis'songgiishpin na'kii'too'yin wii naazh'na'man shpaam'gag gmisk'kwiim, ooshmi zhii'biig'taa'yin, naaj'tooyin epiit'nig'zii'yin maa'ge gna'waab'da'man maaj'yin.

Giishpin gaamaaj'taaw'ne daap'na'man mshki'ki nzaam shpaam'gag gmisk'wiim, gdaa waab'mi'goo endsa ngo maa'ge niizha giizis piinish ni naa'zh'seg shpaam'gag gmisk'wiim gni'genh gwa niizhing waab'mi'goo yin. Pii gmisk'kwiim mn zhi'naa'gok, gdaa waab'mi'goo endsa nswimaa'ge ngod'waas'we giizis.

Zhi'bii'yan

Giishpin kshki'too'yin, zhi'bii'gen pii gnool'nad gmish'kii'niniim-kwewag maa'ge go aanind yaabi mina maadziwin enkiitgig wii dba'ta'man shpaam'gag mskwi naap'ne'win Gdaa kweij'maa kwiich'kii'wenh maage en'we'mad wii bi wii'jii'goo'yin

Memaanji nishing kidwin niizhwaas'wi: Geshkam gwa ni ngach'toon daap'na'ming mshkiki



Ek'doom'gagezh'bii'gaa'deg

Be'maad'zid'jig e'mji'dwet'moond'waa mshkiki
(miinwaa ezhi ngod'we'aan'giz'waat miinwaa
gen'wen'mig'waajin) deb'naa'naa'waa
ge'kend'moo'waa'pa miinwaa daa
aas'gaab'wi'taa'gaaz'wag wii
daap'nam'waatmishkiim'waa miinwaa ezhi
nda'wen'daawg'zi'waad. Endsa
nda'ken'mi'goong giishpin yaa'man zaami
shpaam'gag mskwi aap'newin,
dbaa'chi'gaa'deg maanda mshkiki daap'naming
miinwaa gegoo ge'baawksh'kaa'gem'gak'ba nji
mshkiki daap'na'ming.



Aaniish maanda edming?

A'wa mina maad'zi'win enkii'taag
gdaakwej'mig giishpin daapna'man gmish'kiim
ezhi nda'wen'daawg'zii'yin Giishpin znag'zii'yin
daap'na'man gmish'kiim, gda miin'goo
kinoomaadwin miinwaa
aas'gaab'wi'taa'goo'yin wii naad'maa'goo'yin
daap'na'man gaa zhi mji'dwe'tmaa'goo'yin.

Daap'na'maan gmish'kiim

Aanind gwa maanda mshkiki pkaan zhi na'kiimgad wii naash'sem'gag gda shpaamgag gmisk'kwiim
Dbishkoo wii zaak'mang mshki'ki (zhin'kaa'den'wan "Nbiishi pkwaak'doonhsan)
naad'maa'gem'gad'wan wii zaag'jib'deg zii'taa'gan miinwaa nbiish'wing kwiw'ying. Kiin gnimaa
ooshmi gdaamne'zin bezhig tinow shpaam'gag skwi aapne'win mshkiki, miinwaa kiin gnimaa gdaa
gji'toon gwa pkaan aanind mshkiki wii kend'man wen'ji'shing kiin ge'gii

Naag'doo gii'we mina maad'zi'win en'kiit'gig ' ezhi dbiszh'moo'waat gmish'kiim. Giishpin znag'zii'yin
daap'na'man gmish'kiim:

- Kwed'wen giishpin ji daap'nam'ba "Ngoding endsa giizhgag" maa'ge "niizhing endsagiizhgag
- Na'kaa'zan waanaag'doo'yin maa'ge gii'soo mzinigan pii na'kaaz'yin mshkiki
- Na'kaaz'an kin'waach'chi'gan (dbishkoo zhiwe giig'doo'waap'koonh'sing)
- Kwejim a'wa mshkikii daw'e'gamigong enji mshkikii' enkiitang giishpin giuwe
enkii'taawgjigyaas'gwaa

Daap'nan gmish'kiim, giishpin gegwa mina zhinaagwag gmisk'kwiim Gnoonish giuwe mina maad'zi'win
enkiit'gig giishpin gegoo zhe'yaa'yin daap'na'man mshkiki

Wenesh gezhi kwed'wem'ba

Kwe'jim gen'wen'mik:

- Aaniish gezhich'ge'aanh giishpin aabiji shpaam'gag misk'kwiim?
- Aaniish ge zhiweb'zii'aamba giishpin bwaa miik'maa shpaam'gag misk'kwiim
- Aaniish pii ge ndakend'maam'ba shpaam'gag nmisk'kwiim
- Gegoo na ooden'wis'wing na'kii'win'nan tenwan wii naadmaag'yaanh wii bwaa zgag'waa'aanh,wii naach'toonh'waan epiit'nig'zii'yaanh miinwaa wii zhi'biig'taa'aanh?
- Temgad na wii'yoo nan'kii'win maa'ge zhii'biig'taa'win ge zhich'ge'yaam'ba maa'ge google zhich'ge'sii'yaam'ba yaa'maanh maanda shpaam'gag mskwi aap'ne'yaanh Aaniish pii ge zhii'biig'taa'aam'ba?
- Wenesh na'kaaz'winan ge nishing'ba? Aaniish en'gin'deg? Daa de dba'gaad'den'wan na gwa?
- Wenesh ge ni'kaawg'yaamba mshkiki? Temgad na gegoo wiya gen'ji daap'nanng sii pa mshkiki
- Noonch na'gwa bangii ndaa daap'naan mshkiki?
- Aaniish giishpin bnin'maa daap'na'maa mshkiki?
- Aabiish ge'ndin'maambaa wii kend'maa ooshmi yaabi maanda mshkiki?
- Geyaabi gwa aanind daap'naan mshkiki. Gdaa waab'daan na gwa nmishkiim giishpin bezhig mina'ses'nog piidash a'we bezhig> Aaniish pii ge daap'na'maambaa?
- Ekwa maad'zii'yaa na gwa aab'dig wii daap'nam'aanh?

Maa'too'kiin zhiwe e'naag'den mig'gin:

- Giishpin eshpaamgag mskwii aapnewin ezhi ngwa daw'e'aan'giz'gin
- Giishpin temgag end'sas'taz'wan
- Gzag'swaa na?
- Gdaa'aan na yaabi gegoo ezhi mina maad'zis'wan?
- Gdaa'aan na gegoo emna'kaag'si'wan nji maanda mshkiki(wan)
- Giishpin daap'na'man aanind mshkiki, maage enaad'maag'gin maage aanke naad'maag'gin mshkiki (gnimaadaa nakiim'gas'noo a'we shpaam'gad mskwi aapne'win mshkiki)
- Gwiw ni nendam na epiit'gin'deg mshkiki
- Giishpin znag'zii'gin daap'na'man gmish'kiim
- Wenesh ooshmi getchi nendman ezhi naag'doo'wen'mi'goo'gin, miinwaa giawe enaad'maa'goo'gin gnimaa gmi'ne'zin

Nda'kendan

[Zaami shpaag gmisk'kwiim Canada](#) bish'gen'daan

[endaang da'kend'ming shpaamgag mskwi nakii'waanhsan](#) miinwaa waa na'kaa'zang

- [Endaang nda'kend'ming Shpaamgag mskwi Gaaz'di'win A'wa bemaad'zid Wii nda Ken'di'zat](#), Niizhtana shi naanan dbagaanhs mzinaatesjigan wiindmaagemgag enji kitchi nendaagwag wii kendming aaniish enji shpaamgag mskwi aapnewin, miinwaa waa zhi naazh'na'man, miinwaa weweni waa zhi dbizh'man endaayin
- Maanda [Mskwi Daa'kend'ming zhich'gewin Naawk'ni'ge'win](#) wii naad'maag'yin min'zhaand'man mskwi shpaamgag
- Maanda [Weweni Wiis'ning, Mina nishing Mskwi Epiich'bi'deg](#) naagdoowinmina wiisining
- Wii mooshkina'dooyin [endaang shpaamgag mskwi dbaam'ji'ge'win](#) wii naadmaag'yin nda'kend'man gmisk'kwiim

[Ode & Nii'saawk'se'win](#) taiwan ge nakaaz'giba

- [Wenesh ge zhich'ge'aamba wii miik'maa nda mskwi epiich'bi'deg?](#)
- Maanda DASH (Wiisniwin Ge Zhich'geng'ba wii ngaasdoong Zaami Shpaamgag Mskwi Aapne'win) zhi wiisniwin wii naazh'semgag shpaam'gag mskwi epiich'bi'deg

Kitchi Mookmaan Ezhi Dgwaap'kiz'waat daa'aanaa'waa kendmaaw'zi'win

[Wii nda kend'man gmisk'wiim endaa'yin](#)

[MediSafe](#) aawan wenpash giigidoo'waap'koonhs wii wiin'maa'goo'yin wii daap'na'man gmish'kiim, miinwaa wii zhaayin wii waab'mat mina maadziwin enkiitang.

Maanda Ontario [Giigidoo Waabkoonhsing wii nji Min'zhaand'diz'yin](#) temgad be'be'zhig wii naad'maa'goo'yin [Etemgag Zhiwe Besha Aabiji Aawk'ziwin Naad'maad'zang](#) taiwan wii kendmang ooshmi nakiiwinan wii naad'maag'yin giishpin zaami shpaamgag mskwi.

Ontario Mina Maadziwin s [Giishpin zna'gi goo'yin mnik'we'win Aawk'ziwin](#) bemaad'zit naagdoo'we'win

Maanda [Ngaab'zan Na'kii'win](#) miigweyaat CAMH, naad'moo'aan bemaadzinjin wii daap'nam'nit mshkiki miinwaa wii boon'taad zgas'waa'

Yaabi gegoo kawaii kendaan?

Giishpin yaabi gegoo wii kendman maanda naagdoowin nji, zhi'bii'gen maanpii
[QualityStandards@Ontario Health.ca](mailto:QualityStandards@OntarioHealth.ca) maa'ge 1-877-280-8538 (TTY:1-800-855-0511).

Gnindwendaan na gegoo ge na'kaaz'yimba? 1-877-280-8538, TTY 1-800-855-0511,
info@OntarioHealth.ca

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