



Gichi Binaajichige Zhiwebak Niizaanziwin Naazhinigaadeg

DABINOOSHANAN BIINDIG AYAAWIN



“Dabinooshanan biindig ayaawin” aawon owi zhichigewin biindig azhaayin miinwaa bekaa biindig aayaayin zhiwe neniizaanang ayaawong agii bigidinigaadeg.

Dibinooshinan biindig ayaawin aawon wenaamdang e'gaaching, naanaagwiwiing aajikinigan etemigag, gaawii gego maage bangii waasechiganan temigag, miinwaa naajinzhimowin zhiwe, giishpin gashkitowin. Chemical, biological maage radiological miniiwesiwinan gnimaa adaa bichi bagidinigaadenon maage onjida adaa bagidinigaadenon zhiwe akiing. Giishpin maanda zhiwebak, gikendamowin ada miigwem gewe Bemaadizijig Waankiwaad newen gagwej dibaajimowin maagwewaad (biindigewesijigan, masinaatesijigan, maage nibwaachiding mazina-igan). Gichi piitendaagwod awii naagidoong endinakiwin Bemaadizijig Waankiwaad wiindamaagewinan.

Maampii niisawiing, aga makaanan wiindamaagewinan age agiizhiitaamiba miinwaa dinendamowin epiichi temigag Dabinooshanan biindig Ayaawin gimaakidaagewin:

Newen age zhichigewin:

- Biindig azhaan miinwaa bekaa ayaan zhiwe. Gegwa zaagijitige owi wiigwaam apiinish wiindamaagowin awii zhichigewin owi endinakiwin Bemaadizijig Waankiwaad
- Gibaakwan kina waasechiganan, agojjiing ani zhaang shkwaandem miinwaa kina shkwaandeman biindig etemigag wiigwaaming.
- Agokiwasideon kina zaagidaasijiganan, e'digosing gizhaabikizigan zaagidaasijiganan.
- Aatebidoon kina biimskwaasijiganan, gazhizigewin miinwaa dikaasijiganan nikaaziwinan.
- Gegwa nikaazke boodiwewaagonan. Gibaakwon kina giba`ishkodawaanan.
- Gegwa nikaazike gwiwinan baazijigan.
- Dabinooshanan zhiwe naanaagwiwiing aajikinigan ngoji newen waasechiganan miinwaa shkwaandemang, miinwaa, giishpin gashkitowin, ishpimsag etemigag zaam aanin chemicals woshme goziginon dash nesewin.
- Aabajj bazindan endinakiwin mazinaatesijigan maage biindigewesijigan owi awii noondaman gikendamowin.

Gego age zhichigewin owi onji aanke ginowenjigewin:

- Agokiwasideon newen dowe-aagin gaataawiing waasechiganan, zaagidaasijiganan miinwaa shkwaandeming nikaaziwin mengide'aag bazagweginiyaab miinwaa zhiibwaaseniigan. Owi ditibiiginigaadeg gziingwegan zhiwe machisag zhiwe shkwaandeming ada naadmaagemigad awii gashkiwaag owi anaamiwiing.
- Giishpin temigag waasechigan, agookidon zhaabwaasegag zhiwe waasechiganing awii gibaagisidowin.
- Wiiba gdaa zhiitaa owi giishkodiman owi zhaabwaaseniigin owi enigokwaag waasechigan miinwaa zigakinaman digokizigan zhiwe enji dibigoshinan biindig ayaawin aajikinigan.



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Newen age zhichigemiba giishpin ayaayin daabaaning miinwaa nakweshkaman neniizaanag bemaasing.

Giishpin bimobizowad daabaan miinwaa noondaman “dabinooshanan biindig ayaawin” owi biindigewesijigan, daapinan ninda zhichigewinan:

- Ngoji zhaan owi enji “neniizaanag ayaawong” miinwaa bimiiwishkan naagwog aanakwadoon, dash wiigwa nisastan owi chemical gnimaa gaawii gego ada naandesino miinwaa gaawii bijjimaagisino.
- Nisaakibidoon biindigewesijigan miinwaa naagidoon ezhi wiindamaagewaad onji niizaanag zhichigewinan enkiitaagejig. Giishpin aawong beskinemigag naabo, aga dowendaagos awii atebinad gdo daabaan.
- Gibaakwon kina waasechiganan miinwaa nodin biindige-aasing. Aatebidoon owi gizhisigan maage dikaasijiganan nikaaziwinan awii bwaa bimaasin nodin.
- Gegaa gwa kina ezhiwebak woshme gdo waankii nogoji awii zhidaabaanigowin zhiwe dash owi baabiitowin zhiwe daabaaning.
- Giishpin gaawii maamdaa awii zhidaabaanigowin ngoji owi “enji niizaanag”, aatebish gdo daabaan miinwaa baabiichigen biindigewesijigan nisaakising. Biskaakibinebidon niizaanag waasikonebijiganan miinwaa nikaazan gdo daabaan bodaajigan miinwaa waaskonenjiganan awii waabimigowin.

AADAAKOGWIN



Owi Aadaakogewin aawon naagijigewin enkaazang apii temigag wewiib zegendaagwog gewe endaa jig zhiwe wiigwaaming. Owi gnimaa temigag owi Aadaakogewin, bemaadizijig ada wiindamaagaaziwog bekaa awii aadaakodiziwaad zhiwe aajikiniganing ayaawaad miinwaa gaawii awii zaagijitiziwaad apiinish owi e'zhiwebak nigaasijigaadeg. Amii maanda ganabenjigaaziwaad niizaanag nekwetamowaad awii aadaakogaaziwaad bemaadizijig, bimii kimowaad owi wewiib zegendaagwog miinwaa biminaawaad gaataawiing eyaajig ngoji owi enji niizaanag odi enji waankiiwendaagwog.



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Naagijigewinan

1. Wewiib ani zhaan owi memaanji beshaa etemigag aajikinigan miinwaa maajiish gewe bkaan bemaadizijig gaataawiing eyaajig biindig.
2. Aadaakwon miinwaa gibaakwon owi shkwaandem.
3. Aatebidoon waaskanenjiganan maage gnowendaan bangii waase-aag.
4. Gibaabiiginan kina waasechiganan nikaazyin gibiibaaginiganan, miinwaa nowonj gego.
5. Waasa ayaan newen waasechiganan miinwaa shkwaandeman.
6. Zhigishinan machisag maage gikizan aagwiwiing.
7. Aatebidoon bemiwijigaadeg giigido biiwaabikoons dash goweta awii dibaajimawin wiisigishinowaad bemaadizijig.
8. Bizaanendan miinwaa bekaa ayaan.
9. Bekaa ayaan zhiwe aajikiniganing apiinish naadmaagejig digoshinowaad. Makwendan gnimaa adaa onjitaamigad gmaaminig dibagiisiwaan jibwaa waankii maajiinigowin.

Aaniish giishpin sakide dibaajimowin madwesing?

- GAAWII nakwetige gagwech endodaman epiichi aadaakogewin zaam gnimaa maanda adaa aawon giibaazimigewin owa e'biindigeshkaaged.
- Bizaanendan zhiwe enji aadaakogewin e'shkiwaag, giishpin waankiwwendaagwog awii zhichigewin.
- Giishpin gegeti sakideg, bazindan miinwaa naagidoon Bemaadizijig Waankiwwaad naagijigewinan.

ODENA/MAAMOWI YAANG DIBINOSHINOWIN



Gichi gazhaateg adaa niizaanad! Ada aanjisemigad wewiib gabe biboon miinwaa aangodinang adaa gichi naazhisemigad maage zaam adaa shpaamigad epiichi zhayaamigag agojiing; niizaanendaagwog owi mina yaawin miinwaa mina zhayaawin.

Gewe memaanji niizaanzijig bemaadizijig apii aanimi zhiwebak aawiwog:

- Gechi Awaawijig
- Myaajiishkaajig kwewog
- Binoojiinig
- Bemaadizijig eyaamijig bangii bwaaniwitowaad awii bimaajiwwaad
- Bemaadizijig eyaamijig aakoziwinan



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Gichi G'sinaag

Gagwej gwa, gichi g'sinaag aawon apii zhiwebak magising nondaa gagwech epiichi zhayaamigag zhiwe ayaang dash wiigwa nowonj adaa aawon penimandaagwog zhiwe endayin. Wiindamaagewinan miigwem epiichi zhiwebak agojiing miigwemigag niizaanziwin owi mina yaawin owi odena.

Mikowaabmjigewinan awii Aabaji Waankiing:

- Aabaji minikwen nibiish, bwaa minikwewin nibiish madookidaan gwiiyaw awii gashkitood awii naagidowendaang epiichi zhayaawin.
- Minikwen gezhaagimideg epiich giizhigag awii naadmaadaman gwiiyaw awii giizhowaag dash wiigwa miwishkan minikwewin maajiishkaamigag gwiiyaw minikwewin miinwaa ishkodaa-abo.
- Gegwa wiika nikaazike BBQ, biindaabikinjigan, maage jiibaakwe-gizhaabkizigan awii gaghiziman endawin – kina newen aawinon iskideg niizaanag miinwaa BBQ's ada miigwemigad naabo miniwesiwin.
- Giba-an kina metaagizhesing.
- Biiskan benangiwog gwiwinan awii giizhoziyin miinwaa gagwekwendan gbiiskowaagan bwaa biinjibiig miinwaa weweni minakaman gaataawiing gnikaang.
- Biiskan bootsanan e'biinjibiisinag, weweni menkaman, biitosijigaadeg miinwaa nishing dakokajigan awii nigaasidowin zhoogishinan miinwaa ondagojigan.
- Bekaa biindig ayaan, temigag gaghizigewin.
- Gajitooon awii ayaaman aanke gaghizigan, gnimaa aatemigag waasamowin.
- Giishpin nondesemigag gaghizigewin endaying, wiindamo gwaya. Naagadowendan awii wiiijgendodaa inodewiziwin maage gwiiijikiwenig.
- Kowaabmdan ezhiwebak agojiing. Nisaakibidoon biindigewesijigan owi endinakiyin endinowewesing maage mazinaatesijigan awii ndagikendaman ezhiwebakak agojiing. Ndo waabmdan ezhiwebak agojiing aangwaamziwinan maagwewaad owi Environment Canada.
- Ginowendan owi geskina minezing nikaaziwinan e'digosing nendowendaagwog dibishko gonaa minikwe nibiish, miijim, zhoonyaa, miinwaa bemiwijigaadeg bindigewesijigan. Miinwaa age gdaa digosidonan nikaaziwinan gdo inodewiziwin meneziswaad, dibishko gonaa binoojiins menezid, mashkiki menezing, wesiin miijim, miinwaa.



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Enji Awazang

Owi enji awazang wiigwaam aawin etemigag endinaakiiyin kina gwayaa age misendamapa gewe odenaang endaaig age abi zhaawaad awii awaziwaad. Owi temigag owi enji awazang wiigwaam adaa aawong gikinomaage gamig enji daminang, minendaagozii gamig maage gego bkaan mechaag aajikinigan temigag aanke dnowaa gazhizigeng miinwaa waasamowin abi onjibaamigag awii aabaji bimibidemigag giizhpin aateseg waasamowin.

Nikaaziwinan owi enji awazang:

- Niibna bemaadizijig awii ayaawaad
- Nibaagaansan maage pabiwinan
- Miijim
- Jiibaakwe gamig
- Aanke waasamowin maajiishkaachigan
- Aanke gazhizigeng nikaaziwinan (waasamo awaziwin, bimaazijigewinan, miinwaa aanin yaa-aabi)

Miinwaa bezhig wenaamjigan owi enji awazang aawon awii zhichigaadeg gmaaminig e'gaaching enji awazang aajikiniganan newen wiigwaaman zhiwe gdo odenwining temigag mitigo gizhaabikiziganan. Gagwekwendan awii gikendaman giizhaa ninda temigag wiigwaaman miinwaa endogwen aji bagidinigowin awii nikaaziwin.

Gichi Gizhaatemigag

Amii maanda apii agojiin ezhiyaamigag apii zhiwebak woshme shpaamigag gagwech epiichi zhayaamigag zhiwe ayaang miinwaa temigad niizaanziwin owi mina yaawin owi odena. Gichi gizhaateg adaa madookidaagemigad gewe bemaadizijig nowonj nikiiyaa owi gichi gizhaateg aakoziwin inamjiwinan:

- Giiwishkweng/nikaamidamang
- Maazhidewin/oshashigoweng
- Dekwendibeng
- Jaaninaamang/gizhiibideg ode

Giishpin ayaaman wegwen gwa ninda inamjiwinan epiichi gichi gizhaateg, azhaan ngoji enji dikiyaamigag miinwaa minikwen dekaagimig – NIBIISH maanji nishin.



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Makowaamkiginan awii Aabaji Waankiing:

- Minikwen niibna dekaagimig, gegwa baabiitoke apii gaashkinaabaageyin – nibiish aawon memaanji nishing wenaamjigan.
- Miwishkan minikwewin maajiishkaamigag gwiiyaw miinwaa ishkode-aabo – adaa bimoonan nibiish gwiiwiying.
- Onikinowen owi epiichi zhiwebak agojiiing - biiskan banangwog, naangaandeg gwiwinan onji zhichigaadeg nesemigag gidagiigin.
- Ginowendan ayaayin dikiyaamigag epiichi gashkitowin owi:
 - + Gabiwad giizis owi gibaakodwaa gabiiginigag epiichi giizhigag.
 - + Giishpin bwaa yaamon dikaasijigemigag, nisaaknan waasechiganan epiich dibikag awii zhiibaa'animag endaayin miinwaa nikaazan nodin biimskwaasjigewin epiichi giizhigag awii biimskobideg nodin.
 - + Azhenan maage miiwishkan azaamaasiwin.
- Aanjitoon maage inaakinigen agojiiing daminowinan apii bangii diki'aamigag owi giizhigad – dibishko gonaawiiiba gizhep miinwaa jibwaa dibikag.
- Kojigishinan biiskaman desiwiikiwaan, zhiibaa-animag wiikiwaan maage nikaazan aagowaategan.
- Gijitoon awii zigakinad gdo daabaan enji kajigaag giishpin gashkitowin.
- Nikaazan ashoshewin awii gibaakoong wiisigaasigewin owi SPF 15 maage woshme shpaamigag.

Enji Dakishinong

Owi enji dakishinong wiigwaam aawin etemigag endinaakiyin kina gwayaa age misendamapa gewe odenaang endajig age abi zhaawaad awii dakishinowaad. Owi temigag owi enji dakishinong wiigwaam adaa aawon gikinomaage gamig enji daminang, minendaagozii gamig maage gego bkaan mechaag aajikinigan temigag aanke dnowaa gazhizigeng miinwaa waasamowin abi onjibaamigag awii aabaji bimibidemigag giizhpin aateseg waasamowin.

Nikaaziwinan owi enji dakishinong:

- Niibna bemaadizijig awii ayaawaad
- Nibaagaansan maage pabiwinan
- Mijim
- Jiibaakwe gamig
- Aanke waasamowin maajiishkaachigan
- Dikaasijigan nikaaziwin maage noodin biimiskwaasjigewin miinwaa makwam

Miinwaa bezhig wenaamjigan owi enji dakishinong aawon awii zhichigaadeg gmaaminig **e'gaaching enji dakishinong** zhiwe wiigwaaman zhiwe gdo odenwining temigag **dikaasijigan nikaaziwinan maage zhisodoon bebaamwijigaadeg dikaasijigewinan**. Gagwekwendan awii gikendaman giizhaa ninda temigag wiigwaaman miinwaa endogwen aji bagidinigowin awii nikaaziwin.