



# cistahowina kiskeyihtamawina ekwa nisohkamawina ta mamisitotamowehtwaw nehiyawak, askimowak ekwa ahpetosanak o ahkosokawk

**KETAHTAWE KA NOHTE  
KWIHCIKEMON ANIHI OHCI  
CISTAHOWINA.** OMA MASINAHKAN  
ASTEW KISKEYIHTAMAWIN  
ANIHI OHCI CISTAHOWINA KIYA  
OHCI , KITAWASIMISAK AHPWE  
KIPEYAKOSKANAWAK.

## tansi maka isi atoskemakahkwaw ohi cistahowina

cistahowina kaki kitinamiwewak anih ohi misi ahkosiwina ka kwatakihokhk ahpwe ka nipahikok ahkosiwina kaki kitinamiwewak ohi cistahowina sehkatiwak cistahowina ka kitinamihk ahkosiwina.

ota Canada, cistahowina nakatinamiwewak ayisiniwak anih ohi ahkosiwina aspi ohi mitataht askiya. cistahowina nakatinamiwew ayisiniwak asci eka kaki kahtinakwaw cistahowina, peyakwan apiscawasisak osam e oskayitwaw ta cistahotwaw, ahpwe ayisiniwak ka ayatwaw kwotaki itowak ki isayatwaw. capasis askomohcikan astew cistahowina ka kitinamihk ahkosiwina. cistahowina ayiwak nakininamwak ahkosiwina ekwa namoya ekwayikohk ta astewak mamawintowinih.

**nitawapenikihkan anta:**  
<http://bit.ly/vaccine-purpose>

## e atoskemakwaw ci ohi cistahowina

ayha. cistahowina ki kitinamwak mehciit ahkosiwina peyakwan mihkwasiwin, piponaspinewin ekwa ka sohki payik ostostotamowin. osam ohi cistahowina e miyo apahtakwaw kekac namakikway astewa ahkosiwina ota Canada. tahkayiwak ayisiniwak ka cistahohtwaw, tahayiwak ka nakateyimikawin anih ohi ahkoswina ta ohtetokohk ekwa ta ponipimatisowak.

**wapahtah tansi isi nakinkewihk mecit nipahayawin  
ahkosiwina:** <http://bit.ly/vaccination-works>

## tansi maka ohi cistahowina isi atoskemakwaw

cistahowina atoskimakwana ka astahk pehchiyihk ahkosowin kohcemakahk ayi peyakwanohk ka ayat, ahpwe ka niyamsehtahk nawac ahkosowin kiyaw ekwa taki nakininamwak ahkosiwina taspwa ahpwe namoya ka mosehtan ewko ahkosiwin.

**ayiwak ota kiskehta:** <http://bit.ly/how-do-vaccines-work>

## awinihi maka cistahowina ohi

cistahowina nawac miyosinwa kekac kahkiyaw ohi awasak ekwa ka kisohpikitwaw asci mina eskwewak ka ayawawasotwaw.

**ayiwak ota kiskehta anih ohi nisohkamawina:**  
**Onekihokomawak ohi:** <http://bit.ly/vaccines-parents>  
**Oskayisak ohi:** <http://bit.ly/vaccines-adolescents>  
**Kisohpikitwaw ohi:** <http://bit.ly/vaccines-adults>  
**Anih kawe papamohtehtwaw:**  
<http://bit.ly/vaccines-travellers>

atiht ayisiniwak namoya ta ki cistahowak osam e misi ahkositwaw peyakwan anih ka ayatwaw maciwiyasewin, maka kekac kahkiyaw ta ki cistahawak.



## cistahowina ci miyonokwa

ayha cistahowina ota Canada mitonih kwayask e kocitahk ta kihcinahohk kispin e miyo apatakwaw ekwa e miyoskakohe e kocitahk cistahowin pamayese e tapwetamihk ta apahcitahk ota Canada cistahowina metoni kwayask e kocitahk ekwa kecinahowak e miyo atoskemakwaw. namoya ketisk e kihcinahohk kispin e miyosikwaw pamayese e apahcihtatwaw, maka kahkihtwam e wapahtehemakahkwaw tepiyah ka apacihtahk mekwac ota Canada.

**ayiwak ati kiskeyihtah anima ohci cistahowin ota Canada nisohkamawina ota:** <http://bit.ly/vaccines-safety>

## tanihokh kehtahtawe taki mayiskako ewkoni ohci cistahowina

mawaci mosihtawak e naspacipayik ka cistahowitwaw. ayi mana ka mosihtak kanaspacipayik, ketisk apisis kisisowin, moskipayik, nistosowin ekwa teyisiwina. ketahtawe apisis ka wisakehten, ka mihkopayisen ahpwe ta pahkipayik eta kaki cistahowikawiyen. maka ohi kanaspacipayikwaw ketis ka mosehtan peyak ahpwe niso kisikaw. mosi ispayin kanaspacipayik, ayisiniwaw mosihtawak misi kisisowin ahpwe sokoc e ahkosepayit. kekac kahkiyaw ayisiniwaw ka mosihtatwaw kanaspacipayik ta ati astepayiwak ekwa namoya ayiwak ti isayawak. o natawehiwewewak ki kiskinahamwawak ta nistawinakhwaw ekwa ta natawiwetwaw kispin sisikoc akosepayiyinih ekwa ka kwecimikwaw ta pehoyin niyananosap tipahikanis ka kisi cistahowikaweyinih pamayese e sipwehteyin wi mana kispin ta sikoc akosepayin, ekosi ta isipayin mwecipeyakaw niyanan tipahikanisih.

**kiskeyehta ayiwak tansisi taki mayiskakohk kehtahtawe cistahowina:** <http://bit.ly/side-effects-vaccines>

## cistahowina nakatinam ahkosowin namoya ketisk kiya, maka ki peyakoskanewak, kitotemak, ekwa ki mamawintowina

kiya poko ta tapwetaman kispin ki nohte cistahowikawin ahpwe kitawasimis ta cistahoht. ka kisipayik kiya ta tapwemoyin, kiskisih cistahowina wi eke kihcinahohk ta

miyosikwaw. ohi ka mayipicikepayekwaw nawac poko namoya ekwayikohk ki isayan namoya peyakwan kwotakahk ka ati nipahikohk. tahkayiwak ayisiniwaw cistahowitwawih, tahkayiwak ta manacikawinaw ote nekan ohi ohci ahkosiwina.

**ayiwak nohte kiskeyihtamanih anihi ohci cistahowina ki misisitipahaskanihk ahpwe kapiskihtaskiwikihk, otahcikanawapahtah masinahikan kihcokimanah ohci Canada:** <http://bit.ly/vaccine-schedules-Canada>

nanaskomekwak o kiskinawmakosowak J. Carroll, J. Daigle, S. MacBean, S. McKee, A. Mercey, O. Obajimi, ekwa S. Woodstock ekwa o ahci kanawapahkewak



National Collaborating Centre  
for Indigenous Health  
Centre de collaboration nationale  
de la santé Autochtone



National Collaborating Centre  
for Infectious Diseases  
Centre de collaboration nationale  
des maladies infectieuses

## KIHCINAHOWIN KA MISKAMIHK KAKESKIMIWEWINA

ayiwak kawi kiskeyihtaman anihi ahkisowina anta nitawapenikhkan, kaki nistawinen anihi metoni ka miyo mamisihk:

- nitonamok anta websites ka kiskinwasewitwaw
- kehcinaho ohi isi mamitoneyihcikewina ka etakwatstekwaw peyak ahpwe mihcecis tapwewina
- nitonikata kiskeyihtamowin ka miyo apatahk ekwa eka ka moskomikohk
- nitoniki nitawapenikhkana anihi ohci nawac ka kiskeyimihktwaw (peykwan Immunize Canada)