

Ta in COVID-19?

COVID-19 (kar nae etan “novel coronavirus”) ej juon kij eo ekaal eo ej ajeeded jen armij-ñon-armij. Ej ber kio ilo United States im lal ko jet.

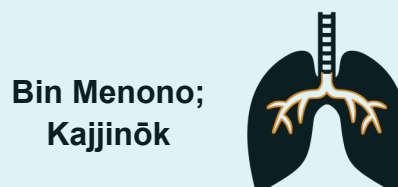
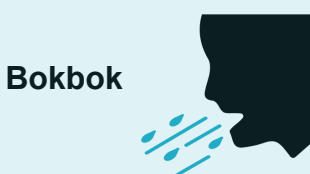
Ewi wawein an ajeeded novel coronavirus (COVID-19)?

Ro rōtijomlok ilo jikin ajmour ko rej ekkatak wot kin wawein an ajeeded kij in. Kio, jōjjela wot ke ej ajeeded ilo:

- jen ta ko rej walok ilo an juon eo enañinmij ebokbok ak maje
- ikotan armej ro elap air ebaake dron (tarin joñan in 6 ne)
- jen am jibwe ijoko ak jabrewōt men ko ewor kij in ie im jibwe loñum, botum, ak mejam.

Ta kōkkalle ko?

Armij ro emōj air enoik ir kin novel coronavirus in emōj air kwalok kōkkallen kein me rej maroñin walok ilowan wōt 2 raan ak to tata 14 raan ko alikin air bo ilo kij in.



Rōjañ ñon armij ro me ebidodo air bōk nañinmij in COVID-19

Public Health ej rejañ bwe armij ro ewor nañinmij ko rellap air kauwatata ñe remaroñ in ber wot mwe im kōttolok ijoko eloñ armij rej koba ibben dron ie. Armij ro rellap iar kauwatata ej ro im:

- Rūtto ro jen 60 air iiō loñlok
- Ro ewōr nañinmij ko ibbeir enwōt joraan in menono, ar, ak toñal
- Ro rōmojno anwinner; bidodo aer bo ilo nañinmij
- Kora ro rej bōroro

Jabrewōt ro eloñ aer kajitok elañe ajmour eo an emaroñ in kauwatata ñon nañinmij in COVID-19 aiku j kōnono ibben taktō ro aer.

Rejañ ñon aolep



Komaroñ böbrae eok make jen kauwatata in kij in, im elaptata non ro ebiroro air bo ilo COVID-19:

- Ber wõt mwe im jab itoitak ñe koj nañinmij.
- Jab etal ñon ijoko jikin rinañinmij ko ñon ñe ewor unin. Elane koj nañinmij call e mokta takto eo am jen am etal ibben.



- Meñe kwoj jab nañinmij, jab etal ñon jikin takto ko, jikin rinañinmij ro, ak mōn rinañinmij ro jonan wot am maron. Mae ien elukkin menin aikuij ñan am etal non jikin kein lale kwar bok tōre eo aitok im kōtolok eok 6 ne jen rinañinmij eo.



- Jab etal ñon emergency room ko ñon ñe koj lukkin in aikwij jibañ. Jerbal ko ilo emergency eo ñon ro wot im elap air aikwij. Elañe koj bokbok, biba, ak kōkkalen ko jōt, call e takto eo am mokta jen am etal.



- Kaminene kin tiljek in am make kareo ilo am kwal bweim kin joob im dren aolep ien, bokbok ñon beba ko ak elbo eo am, im jab jibwe mejam, botum, ak loñum.
- Kattolok ro ri-nañinmi laptata ñe koj juon eo ebidodo an bok kij in coronavirus.
- Kakutkut am kareo ijoko ak melen koj jibwe (enwot kōjem ak jikin kune-kabōl tōma ko). Kōjjerbal jabrewōt kein kareo ko rekkar.
- En lap am kakkije, idrak wot aibōj, mōñã ko rōine, im kōjabrok jen am inebata ak illu bwe en kajur wot ituloan anbwinim jen kij in.

Elañe ewōr kōkkalen COVID-19 ak jabrewot kajitōk, call e:

- King County Novel Coronavirus Call Center, 206-477-3977. Ijin ej belloko ñon jibañ jen 8 a.m. – 7 p.m. aolep raan.
- Washington State Novel Coronavirus Call Center, 1-800-525-0127 im jiber #. Ijin ej belloko ñon jibañ jen 6 a.m. – 10 p.m. aolep raan.

Rijerbal ro remaroñ kabok ri-ukok ro. Kwoj aikwij in kajin belle im ba kwoj aikwij ri-ukok. Emaron naj aitok kitien am kotar ri-ukok eo.

Bojak in jibañ wot dron. Juon jukjuk in ber eo ekajur ilo an ibben dron enaj lemaanlok kōjwoj aolep jen tore kein rōben.