

# Aureur Ren Iei Faniten Pusin Tesinuk ren COVID-19

## Mennapen porausen ewe ekkesiiwin non ewe December 5, 2022

- Pwal ekkoch porausen omw kopwe pusin tesini noum semirit ierir kukun seni 2 ier.
- Minefon Poraus won [met kopwe fori ika pwe omw tes e negative](#)

## Kapasen Nepoputan

Angei tes mi fokkun auchea an epwe akukunatiw cheulon COVID-19. Tes mi lamwot lon sokopaten mwekutukut.

- Ika mi wor reom asisilen samaun COVID-19, kopwe tes kosapw mang iwe fiti ekkewe kinikinin lon [Tetelin Filata Ren Asisilen Samaun Covid-19](#) (mi kawor lon kapasen ekkoch fenu).
- Ika pwe ke kane ngeni emon mi urri COVID-19, kopwe fiti ekkewe aureur lon [Met kopwe fori ika pwe ke kane ngeni emon mi urri COVID-19](#) (mi kawor lon kapasen ekkoch fenu), pachelong tes.
- Kopwe amwonlata chek le tes me mwan kopwe fiti ekkoch mwekutukut epwe fis, ren sai, ina mwo ika ese wor reom asisilen samau me kose silei pwe en i kane ngeni emon mi urri COVID-19.

Ka tongeni angei omw tes seni noum tokter, ekkewe lenien tes an pioing, ika aia ekkewe **self-collection kit (tes sia pusin fori angangen)** ika **self-test (pusin tesinuk)** ekkewe sia pusin forime lon imwach ika ekis ese lifilfil. Fan ekkoch eu self-test sia pwal eita ngeni eu "home test" (tes lon imw), "at-home test," (tes me lon imw"), ika "over-the-counter test" (tes sia meoni me lon sitowa). Ekkewe pisekin tes ren pusin ach tes mi kawor iei sia aia faniten chekin menin samaun iei, wewen pwe ika pwe epwele ika esapw toruk samaun COVID-19 iei. Resapw ngonuk porausen ika pwe mi toruk COVID-19 me mwan.

Ekkewe pisekin pusin fori angangen tes (Self-collection) me self-test (pusin tesinuk) ka tongeni angei seni noum tokter ika kame lon sitowa (esapw pwal wor taropwe seni tokter) lon sitowan safei ika sitowan pisek. Lapengeni ekkewe private insurance mi [achimw](#) (Kapasen chek Merika) repwe meoni 8 tes an emon aramas lon eu maram. Famili lon ekkewe state ir mi tufichin angei tesin COVID-19 ese kame seni ewe Department of Health (DOH, Putain Tumunu Manawen Aramas) lon an ewe angangen Say Yes! Covid Test (Apasa Ewer! Tesin Covid). Ei mi kapach ngeni met mwulap a awora. Famili ir mi tongeni ren iei ar repwe walong ruu order ika tungor lon eu maram, mi pachelong tori ukukun 10 tes eu maram. Ka tongeni walong omw order me won computer ren ewe [Home - Say Yes! To Covid Test \(Apasa Ewer! Tesin Covid\) \(sayescovidhometest.org\)](#) (mi kawor lon kapasen ekkoch fenu) ia seni ewe DOH COVID-19 Hotline 1-800-525-0127. Mi auchea kopwe mwonleta me wor omw tes lupwen kopwe niit. Lapengeni ekkewe tes epwe war 2-4 ran mwirin ar angei omw order, nge mi tongeni sokolo alongolong won kinikinin eu me eu state,

Lon ei fansoun, ewe US Food and Drug Administration (FDA, Chon Tumunu Pekin Mongo me Drugs) rese mwo apwungalo ika mwutata ekkewe antigen rapid tesin COVID-19 lon imw ren semirit kukun ierir seni 2 ier. Nge eu chek, ekkewe tesin lon imw antigen rapid melipw epwe tumun ika eoch aian ngeni semirit ierir kukun seni 2 faniten tesini ika epwe wor kane ngeni emon mi urri samau, imwulo, me tesinin ika a wor asisilen samau. Mi pesepes pwe in me sam ika chon tumunu semirit ra filata ar repwe aia ewe rapid antigen le tesini semirit kukun ierir seni 2 me lon imw repwe pusin fori angangen ewe tes.

Pwokiten ewe FDA esemwo apwungalo ika mwutata aia anitgen rapid tesin COVID-19 me lon imw ar aia won semirit ier kukun seni 2 ier, K-12 sukkul me lenien tumun semirit nge esor laisenin tes ren ekkewe lenien tes (MTS) ese mwumwuta laisen lon imw ren anitgen rapid tes won semirit ier kukun seni 2. Sukkul faniten K-12 me lenien tumun semirit ir mi tongeni awora tesin rapid antigen geni in me sam ika chont umunun semirit ren pusin faniter.

**Ei taropwe a awora aureur won met kopwe fori mwirin omw pusin tesinuk.** Wewen ei pwe eu test ke pusin mina, ese kawor seni lenien safei ika kose tinalo ren eu lenien cheki (laboratory).

Ika pwe ke aia ekkewe pisekin pusin tesinuk, tumunu fichi kopwe aleani unusen ena aureur seni ena chon fori ena tes me mwen kopwe aia. Kapas ngeni noum tokter ika mi wor omw kapas ais ren pwungun omw na tes. Ekkoch sukkul me lenien angang ir mi tongeni atiwa omw kopwe pwusin tesinuk ren omw kopwe liwinlong angang ika sukkul. Kopwe poraus ngeni omw lenien angang, sukkul, etc fanniten pwungun omw na tes ar repwe filata ika pwe ka mwonleta le liwin.

Repwotini pwungun omw ewe tes (netagive me positive) won computer won ewe [Say Yes! COVID Test Digital Assistant \(Alilis won Computer ren Tesin COVID\)](#) (mi wor lon kapasen Spanish). Ka tongeni aia ewe pisek ika leni omw kopwe repwotini omw pusin tesinuk, ina mwo ika kose order omw kewe tes seni Say Yes! Prokramin Tesin COVID. Omw repwotuni pwungun omw pusin tesinuk e alisi kich ach sipwe weweiti cheulon COVID-19 lon Washington.

## Ika pwe Omw Tes E Positive

Ika omw tes e positive nge ke pusin tesinuk, nengeni ewe Washington State DOH [Met kopwe fori ika pwe ke tes positive ren COVID-19](#) (mi kawor lon kapasen ekkoch fenu) aureur ren tichikin porausen ifa usun oomw kopwe apetuk me ekkoch, pachelong porausen imwulo, me ifa usun omw kopwe angei alilisin safei ika pwe mi muttir an epwe toruk feiengawen watten samau. Sise pesei kopwe tes sefal ika pwe e positive omw tes. Kapas ngeni noum tokter usun omw ewe tes mi positive me poporaus ngeni lupwen omw samau. Ika pwe mi wor omw kapas ais me kose tongeni tori emon tokter, kori WA (Washington) DOH lenien koko ren 1-800-525-0127.

Muttirin awora safeian COVID-19 ren therapeutics (tumun ika safei) mi tongeni akukunatiw watten osukosuken me feiengawen samau ika niuing ren aramas mi urrir COVID-19 me lap ika torikaier samau watte. Ekkewe ir mi torikaier ar repwe samau pachelong ekekwe a watte ierir (ier 50 ika lap seni, me lapelo an torikaier samau an lapelo ierir), aramas rese appos ika ese lil apposur, me semirit me ekkewe mi watter ierir ir mi wor ar samau aweve ekkewe ese pechekul menin apeti samaun lon inisir. Ika pwe ke ekieki nge kopwe tufich ngeni, kapas ngeni noum tokter pwe kopwe silei ika kemi tufich ngeni safeian ika tumunun COVID-19 (prEP (kanengeni prophylaxis), sokopaten safeian fiuu ngeni samau ika safei ka tongeni unumi lon awom. **Kosapw mang. Tumunun safei epwe poputa mwirin chek an toruk menin samau ren an epwe wor manamanan.**

Ika pwe en mi pwapwaiti omw kopwe angei ekkewe alilisin safei me won computer ese kame, kose mochen churi [Safeian COVID-19 Ese Kame](#) (mi kawor lon kapasen Spanish) me fiti ekkewe aureur omw kopwe fori omw fansoun churir. Chulo won ewe [leni me won computer an DOH](#) (mi kawor lon kapasen ekkoch fenu) ren ekkoch poraus ngonuk me noum tokter ren tichikin tumunun COVID-19 ren therapy.

Ika ke niit alilis ren omw imwulo, ren mongo, pisekin tumunun inisum, ika ekkoch niit, ka tongeni kori ewe WA (Washington) DOH Hotline at 1-800-525-0127 kopwe repwotuni omw ewe tes mi positive me tungor kopwe kapas ngeni Care Connect ika ngeni noum [Care Connect](#) (mi kawor lon kapasen ekkooch fenu) additional languages available). Ika ke niit alilis ren omw imwulo, kose mochen repwot omw ewe tes ren ewe lenien koko an esapw mangelo omw kopwe angei alilis.

Ureni ekkewe ra arap ngonukpwe melipw ir ra kane ngeni emon mi urri COVID-19 me tinni ngenir [Met kopwe fori ika pwe ke kane ngeni emon mi urri COVID-19](#) (mi kawor lon kapasen ekkoch fenu). Wewen ke kane ngeni nge ra kerán me non 6 feet omw arap ngeni emon mi wor ren COVID-19 non ukukun 15 minutes ika tori 24 awa non ew kaukun fansoun. Nge ika pwe, ke nom lon eu leni ika kinikinin melipw epwe alapalo omw kane ngeni ekkwe mi urrir samau, ren leni mi kukun, ese murine lenien asepal, ika lenien fori mwekutukut, ren akapwas ika kokol, iwe mi chiwen tufich pwe kopwe ngeni ekkoch ewe menin samau ina mwo ika ir mi lap seni 6 fiit ar touau senuk. Ka tongeni acheulo COVID-19 poputa lon 48 awa (ika 2 ran) me mwen an epwe nom ren ekkewe asisilen samau me ika 10 ran me mwirin an toruk menin samau. Ika pwe ese toruk menin samau nge omw tes mi positive ren COVID-19, en mi tongeni acheulo samaun COVID-19 48 awa (ika 2 ran) me mwen omw tes positive me ika fen 10 ran mwirin omw tes positive, Ika pwe an emon aramas mi fansoun alamonilo (isolation) a tam seni 10 ran pwokiten an a kon semwen ika fen apwangapwangelo inisin) iwe menin ewe samau mi nom ren tori mwuchulon ar ewe fansun alamonilo. Omw asilei ngeni ekkewe ir mi kane ngonuk pwe melipw ir mi kanengeni emon mi urri COVID-19, ka alisi le tumunu ekkoch.

Ika ke aia [WA Notify \(Asilesil WA \(Washington\)\)](#) (mi kawor lon kapasen ekkoch fenu) me positive omw tesin COVID-19 nge ke pusin tesinuk, kemi tongeni aia WA Notify (Asilesil WA (Washington)) omw kopwe asilesil ngeni chon pwal nom won kosapw pwaalo pwe melipw kopwele samau ren omw tungor eu pisekin pwarata iwe apwungfichi pwungun omw we tes lon ewe app. Ei epwe asilei ngeni arams re aia ewe app ar repwe tongeni tumuneoch ar repwe appetir me ekkewe aramas unuk. Ese wor porausom ika porausen ach sipwe sileok sia ioni me ngeni ekkoch lupwen ke aia WA Notify. Omw kopwe tungor eu pisekin pwarata:

1. Ren (Android ika iPhone), skanini ewe QR code ika [tingor ewe verifikason code ika ke nounou pisekin mobile](#) (Kapasen merika chok):



2. Wanong namban noumwuna fon ke nounou WA Notify me won me pwan ranin omw ewe tes mi COVID-19 positve.
3. Fini “Continue” (“Sopwosopwono”)

Ika kese tongeni tingor ewe codeun pwarata non WA Notify, kopwe kori ewe state COVID-19 hotline, 1-800-525-0127, iwe ka tiki #, me esinei ngeni ewe chon angangen ewe hotline pwun en emon chon nounou WA Notify. Ewe chon angangen hotline mi tongeni awora ngonuk ewe verifikason link en mi tongeni aia ne esinei ngeni ekkoch chon aia WA Notify pwun ir ra kane ngeni emon mi semwen.

Chulo ren ewe [“Ifa usun ai upwe esinei ngeni ekoch ika u tes positve ren COVID-19 ren ekewe self tes”](#) (mi kawor lon kapasen ekkoch fenu) kinikinin won [WANotify.org](#) (mi kawor lon kapasen ekkoch fenu) ren tichikin poraus. Ika pwe ke sani kopwe kaeofich porausen WA Notify (Asilesil WA (Washington)), apachalong ifa usun omw kopwe walong lon noum ewe telefon, churi [WANotify.org](#) (mi kawor lon kapasen ekkoch fenu).

## Ika pwe Omw Tes E Positive

Eu tes mi negative wewen pwe ewe SARS-CoV-2, iei ewe menin samau e afisata COVID-19, ewe tes ese asila ika kuna lon ena fansoun.

Serial testing (tesichin) e fis lupwen emon aramas a tes fan fitou ren tes me mwirin fitu ran. Ren omw tesichin iwe en mi tongeni mutir le kuna menin samaun COVID-19 me akukunatiw an epwe muttir cheufetal. Ewe pisekin pusin tesinuk mi fiti aruwan tes me mi kawor omw kopwe aia fan fitu. Ika pwe omw aewin tes e negative, kopwe fiti ewe aureur seni ewe chon fori ewe tes ika pwe kopwe tesichin. Iei ekkei fansoun tes ra apasa pwe mi murine fan ruu me mwirin ulungat ran, ika 24 awa me esapw lap seni 48 awa lefilen tes. Kapas ngeni noum tokter ika mi wor omw kapas ais ren pwungun omw na tes me tesichin.

Eu tesin me lon imw ren COVID-19 mi negative fan ekkoch iwe ekan "mwal ena negative". Wewen ei pwe ewe tes ese kuna ika asila ewe SARS-CoV-2 ewe menin samau e nom lon omw ewe katton ke minalong lon pwotum. Tes sefal mi pesepes ika pwe miwor reom asisilen samaun COVID-19 me ika watte an epwe tori kaeok menin COVID-19 (rawewe ren nom lon ekkewe leni ikewe e wor COVID-19 [kinikinin ewe community](#) (mi kawor lon Spanish)mi watte ika fen en mi kane ngeni emon mi urr COVID-19):

- Ika pwe omw akomwen tes e negative me mi urruk asisilen COVID-19, tes sefal iteiten 24-48 awa lon limmu ran mwirin an poputa ekkewe asisilen samau.
- Ika pwe ese wor reom asisilen samaun COVID-19 me melipw kopwe arap ngeni emon mi urri COVID-19 tes sefal lon 24-48 awa me mwirin omw ewe aewin tes. Ika pwe omw we oruwan tes mi pwal negative, nge en mi chiwen wor omw ekieki an epwe toruk COVID-19, en mi tongeni tes sefal 24-48 awa me mwirin omw ewe aruwan tes, epwe ukkukun 3 tes ka angei. Ika pwe ese naf omw pisekin tes omw kopwe angei tes fan 3 ren ewe tesin antigen, en mi tongeni an esapw pwal fan chommong omw angei tes alongolong won ika pwe mi wor omw pisekin tes, me met ke ekieki an ewe samau epwe toruk me chon nom reom.
- Ika pwe omw we aulingatin tes mi pwal negative me en mi chek ani aurekin COVID-19, en mi tongeni filata omw kopwe tes sefal, kopwe aia ewe antigen tes, ika fen lo angei ekkewe tes seni ekkewe lenien angei test (lab), ika kokori omw ewe lenien safei ika noum tokter.

Nengeni ewe DOH [Tetelin Filata Ren Asisilen Samaun Covid-19 faniten Leni esapw Lenien Tumun me Ekkwe Lenien Mwicheich](#)

(mi kawor lon kapasen ekkoch fenu) ren ekkoch poraus.

Ika pwe ke kane ngeni emon mi urri COVID-19, kopwe fiti ekkewe aureur lon [Met kopwe fori ika pwe ke kane ngeni emon mi urri COVID-19](#) (mi kawor lon kapasen ekkoch fenu), pachelong tes.

## Ika Pwungun omw Tes e Pwari Invalid ika Error

Fan ekkoch pwungun es ese kan fateoch ika fen ese pwaata pwungun me ewe tes ese tongei aiti ngonuk ika en mi positive ika negative. Pwungun tes mi invalid mi tongeni fis ren chommong wewe, awewe, met we ke ioni melipw ese pwung omw ioni ika mina omw we tes ika fen omw kewe pisekin self-collection nge mi ta. Pwungun tes mi invalid ese kon nien fis iteitan.

Nge ika pwe met ewe e maketa e pwari eu invalid ika eu error omw ewe tes ese pwung angangen. Ika pwe e fis ei, tes sefal won eu minefon pisekin tes ika pwe mi chiwen wor omw pisek. Ika pwe omw we aurwen tes mi chek invalid, nengein ekkewe aureur ika kokkori ewe chon fori ewe tes ren alilis. Ka pwal tongeni tes me ren noum tokter ika eu [lenien tes an pioin](#) (mi kawor lon kapasen ekkoch fenu).

## Soposopun Poraus me Peekin Aninnis (ika Resources) ren COVID-19

Kopwe nonom nge silei poraus mi kasiwil minefo [porausen COVID-19 lon Washington](#) (Kapasen chek Merika), [an Kepina \(Governor\) Inslee alluk](#) (mi kawor lon Kapasen China, Kapasen Korea, Kapasen Russia, Kapasen Spanish, me Kapasen Vietnam – fil me lein ekkewe mi tetelitiw me asan lon ewe website), [asisilen samau](#) (mi kawor lon kapasen ekkoch fenu – Kapasen China, Kapasen Korea, Kapasen Spanish, Kapasen Vietnam), [ifa usun an cheu fetal](#) (mi kawor lon kapasen ekkoch fenu), [ifa usun me inget otun anaramas repwe angei tes](#) (mi kawor lon kapasen ekkoch fenu), [ian repwe kuna me ian appos](#) (mi kawor lon kapasen ekkoch fenu). Katton ach kei [Ponuwun Ekoch Kapas Eis](#) (Fosun Merika chek) ren sopwosopweno porous.

Porousen emon aramas ren fonu a feito seni/chon ia ika fonuwun esapw, ei metoch, ese tongeni awatteno an emon epwe tori COVID-19. Iwe nge, masoen nengeni (ika data) mi pwaari pwe ekkewe kaminiti an ekkewe aramas esapw iir nipwech nape ngeni ir re kan watte ar feiengaw ren COVID-19. Ei a fis pwokiten chok oput nefinen aramas, non enletin porous, pwokiten okoten oput mi fen wor, mi nikiti ekoch mwicheichen aramas esapw wor ar aninis ar repwe tumwunu me tumwunu nenier. [Omw nisasaw esapw anisi kich ne fiuw ngeni ei semwen](#) (Fosun Merika chok). Tumunu ne acheeu chok poraus mi pwung pwun esapw wor poraus mi mwan me mi mwaken epwe cheuw.

- [WA State Department of Health Pelu Faniten Coronavirus \(COVID-19\)](#) (mi kawor lon kapasen ekkoch fenu)
- [Kutta ewe ofesin Pekin Tumwunun Manaw ika Distrik non Neniomw](#) (Kapasen merika chok)
- [Centers for Disease Control and Prevention \(CDC, Pekin Tumunu me Appeti Samau\) Coronavirus \(COVID-19\)](#) (mi kawor lon kapasen ekkoch fenu – Kapasen China, Kapasen Korea, Kapasen Spanish, Kapasen Vietnam)

**Mi chok chiwen wor kapas eis?** Kori ach ewe COVID-19 Namban Porous won **1-800-525-0127**.: Kulokun ewe lenien Koko:

- Sarinfal 6 a.m. (lesosor) ngeni 10 p.m. (lepwin)
- Aruwan tori Raninfel seni 6 a.m. (lesosor) ngeni 6 p.m.(lekuniol)
- [Ekewe ranin \(an Mwun Ranin Asoso\) state holiday](#) (Kapasen chek Merika) 6 a.m. (lesosor) tori 6 p.m. (lepwin)

Ren alilisin chiaku, **tiki #** nupwen ra ponu ka apasa **iten kapasen fenuwom**. Ren kapas eis fan iten pusin manawomw ika pwungun tes, kose mochen kori noumw ewe doktor.

Ika ke mochen kopwe nounou ei taropwe non pwan ew sokkun nikinikin, kopwe kokori 1-800-525-0127. Ren chon emmweni ewe sukul epwe föri ewe repwe kokori 711 [\(Washington Rekay\)](#) ika fen mak ngenir non email ngeni ewe [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov)