

Tōl ko ikijen am māke teej in COVID-19

Kakadu in Oktak ko ilo Tijemba 5, 2022

- Melele ko ilo kajin kake teej eok-māke ilo ajiri ro iumin 2 aer yiiō
- Melele kaal [ta eo kwoj kōmmāne ñe ejjab alikkar teej eo am](#)

Kōmlele Ko Imaantata

Teej eo elab an aurok ñan jibañ kadiklok an ajeeded COVID-19. Teej elap an jermal ilo eloñ jikin:

- Ñe ewōr am kakōlle in COVID-19, kwoj aikuj in teej ilo ien eo emōkajtata im loore buñtōn ko ilo [COVID-19 Wōjke in Kōmman Kelet ikijen Kakōlle](#) (kajin ko jōt rej bello).k)
- Ñe kwoj epāake juon armij eo ej nañinmej in COVID-19, kwoj aikuj in loore tōl eo ilo [Ta eo kwoj kōmmāne ñe kwoj maroñ in epāake juon armij ewōr an nañinmej in COVID-19](#) (eloñ kajin ko rebar bello), ej kōba ippān teej.
- Jōt ien kwoj maroñ bōk teej mokta jān an wōr makutkut ej walok, ainwot keto ketak, jokdoon ñe ejelok am kakōlle im kwojjab jella kake am maroñ in epāake juon armij ej nañinmej in COVID-19.

Takto eo am emaroñ lewaj teej eo, juon jikin teej an public health, ak kwoj maroñ kōjermal **kein teej eo kwonaj make kommane** ak juon **kein am make teej** im kwoj maroñ kōmmāne ilo mweo imom ak jabdewōt jikin. Jōt ien juon am māke-teej ej ainwot juon "teej ilo mweo imōm," "ilo-mweo teej," ak juon "teej kwoj wia." Ej bello kio ilo kein ainin ko am māke im teej ko am māke ñan nañinmej ilo kio, melelein ñe kwoj ako kwojjab bōk nañinmej in COVID-19 ilo kio. Rejjab lewaj melele kin wawen am maroñ in kār nañinmej in COVID-19 ilo mokta lak.

Kein jermal in ainnin ko am māke im teejko am māke ilo an takto lewaj pepa ako uno jān mwon wia (ilo an ejelok pepa) ilo jikin kauno ako mwon wia ko. Injuran eo ej māke lak ej [aikuj](#) (Kajin Pālle wōt) ñan bōk eddo in 8 teej ko am māke kajojo allōñ. Moko ilo aelon eo rej bar maroñ bōk COVID-19 teej ko ejelok onean jān Department of Health (DOH, Rā eo an Ejmour) ilo am ba Say Yes! COVID Test (COVID Test (Bae Aet! COVID Teej) kottōpar. Menin ej kōba ippān jabdewōt kottōpar. Em ko remaroñ in bōk ruo ortar ko ilo kajojo allōñ, im ej kōba ippān 10 teej ko ejelok onean ilo kajojo allōñ. Ortar ko remaroñ in etal anlain ilo [Home \(Mweo\) - Say Yes! To Covid Test \(sayyescovidhometest.org\)](#) (kajin ko jōt rej bello) ako via DOH COVID-19 Lain in Kall 1-800-525-0127. Ej aurok in bojjak im bōk teej ko rej bello ilo peim ñan teej ñe kwoj aikuj. Teej ko ekka aer maroñ in toprak ilo 2-4 raan jān ien eo ekar bōk ortar, ako emaroñ in oktak ilo eloñ mottan aeloñ eo.

Ilo ien in, US Food and Drug Administration (FDA, Tōl eo an Mōñā im Uno ko Rekajur) ejanin de toprak ako melim ilo jabdewot COVID-19 antigen teej ko rej mokaj ñan an ajiri kōjerbale iumin 2 aer yiiō. Botaab, ilo-mweo antigen teej ko remokaj remaroñ in jermal ippān ajiri ro iumin 2 aer yiiō ñan unin ko elikin-epāake, jenolok, im teej ko ewōr kakōlle. Ej rōjañ an jinen im jemen ako rilale kelet in teej ajiri ro iumin 2 aer yiiō ren māke kōmmāne antigen teej ko ilo mweo mweir māke.

Kinke FDA ejañin kōmman bwe en toprak ako lelak melim ñan COVID-19 antigen teej eo emokaj ilo ajiri ro iumin 2 aer yiiō, K-12 jikuul ko im lale ajiri ippān juon Medical Test Site (MTS, jikin teej in takto) license ko rejjab maroñ in kōmmane antigen teej ko remokaj ilo mweo imōm ñan ajiri ro iumin 2 aer yiiō. K-12 jikuul ko im lale ajiri emaroñ in lelak antigen teej ilo-mweo ñan jinen im jemen ako rilale ñan aer kōjerbale.

Beba in ej lewaj melele in kajinet kin ta eo kwon kommane alikin am make teej. Ej melelein juon teej kwoj māke kōmmane, im ejjab iwaj jān takto ako kōmman jān juon jikin ejmour ako jilkinlak ñan juon jikin jebal.

Ñe kwoj kōjerbale juon am māke-teej, lale bwe kwon lukkun riit komelele ko mokta jān am kōjerbale teej. Kōnnaan ippān juon jikin takto ñe ewōr am kajitok kake alikkar ko am. Jōt jikuul im jikin jebal remaroñ in bōk teej ko am māke ñan am rol ñan jebal ako jikuul. Kwoj aikuj kōnnaan kin alikkar ko ippān jikin jebal eo am, jikuul, bar jōt. ñan lale ñe kwoj bojjak in rol.

Riboot alikkar in teej eo am māke (jimor alikkar im jab alikkar) anlain ilo am kōjerbale [Say Yes! COVID Test Digital Assitant \(Ri jibāñ eo ilo Anlain\)](#) (bellok ilo Kajin Spain). Kwoj maroñ in bar kōjerbale ñan riboot jabdewot am māke-teej, jokdoon ñe kwar jab ortar am teej jān Say Yes! COVID Test būrookraam. Riboot am māke-teej ej jibāñ kij melele elaplok kake an ajeeded COVID-19 ilo Washington.

Ñe Teej eo Am Enaj Kwalok Ewōr Nañinmij

Ñe ej alikkar teej eo am kin juon am māke-teej, lale Washington State DOH [Ta eo kwoj kōmmane ñe enij alikkar am teej ñan COVID-19](#) (kajin ko jōt rej bellok) tōl ñan kōmmelele ko relaplok kin wawen kōjbarok eok māke im ro jōt, kōba ippān melele ko ikijen jenolok im wawen bōk uno ñe kwoj pād ilo juon kauwōtata eo elap ñan nañinmej elap. Beddo teej ejjab rōjañ kin juon teej alikkar. Ba nan takto eo am elañe jemlokin teej eo am enaj kwalok ewōr nañinmij eo im kebaak wot er ilo ien nañinmij. Ñe ewōr am kajitok im kwojjab maroñ in epāake juon jikin takto, kall e WA DOH lain ilo 1-800-525-0127.

Mōkaj in bōk kain jibāñ in COVID-19 (kauno im taktōik) emāroñ in kadiklak kauwōtata in nañinmej elap im deļoñ ojpitōl ñan armij ro rej nañinmej in COVID-19 im rej pād ilo kauwōtata elap in bōk nañinmej ko relablak. Armij ro emaroñ in laplok aer bōk nañinmej ej kōba ippān rutto ro (50 yiiō ako elaplok, ippān an laplok kauwōtata ko ilo yiiō elaplok), armij ro rejjab bōk wā im ejjab jimwe ñan raan, im ajiri im rutto ro ewōr aer nañinmej, ainwot juon enbwin eo emojno. Ñe kwōj ļōmñak kwe māroñ in tōprak, jouj im kōnnaan ippān jikin taktō eo am ñan kwalok am māroñ in tōprak ñan COVID-19 kain jibāñ ko Pre-exposure prophylaxis (PrEP, mokta jān epāake prophylaxis), monoclonal antibody ko ak uno in idāāk ñan jolok baerōj). **Jab rumij: Uno ej aikuj in jino iumin raan ko elikin am bōk kakōļle ko ñan an maroñ in eman an jebal.**

Ñe kwoj konan bōk telehealth jibāñ ko, jouj lale [Ejjeļok onean Telehealth ñan COVID-19 Uno](#) (bellok ilo Kajin Spain) im loore kōmmelele ko ñan karōk juon ien am itok. Lale [DOH peij eo anlain](#) (kajin ko jōt rej bellok) ñan elaplok melele ñan eok im jikin takto eo am ikijen COVID-19 jibāñ ko rej jenolok.

Ñe kwoj aikuj jibāñ ikijen jenolok, ainwot kin mōñā, kein jibāñ eok māke, ako aikuj ko jōt, kwoj maroñ in kall WA DOH Lain ilo 1-800-525-0127 ñan riboot alikkar in teej eo am im kōnnaan ippān Care Connect, ako topar [Care Connect](#) (kajin ko jōt rej bellok) jikin. Ñe kwoj aikuj jibāñ ikijen jenolok, jouj riboot am alikkar in teej ilo lain eo ñan kabōjrak an rumij in bōk jibāñ.

Ba ñan ro kwōj epāake ir ke remāroñ in kār epāake COVID-19 im jilkinlak ir [Ta eo ñan kōmmāne ñe kwar epāake juōn armij ej nañinmej in COVID-19](#) (jōt bar kajin ej bellōk). Epāake nañinmej eo ej melelein emōj am bed iumwin 6 ñe (2 mita) jān juōn armij ewōr an COVID-19 iumwin tarin 15 minit ak laplak ilo aitōk in 24-awa. Ñe, botaab, emōj am pād ilo ien ko rej kōmman an laplok kauwōtata in māroñ in epāake, āinwōt jikin ko rediik, diik an duoj deloñ kōto akō kōmman makūtkūt ko āinwōt lamōj akō a|, ewōr wōt kauwōtata in am lelak nañinmej ñan ro jōt jokdoon ñe rej 6 ñe (2 mita) etolak jān eok. Juon armij eo enañinmij emaroñ kaajeeded COVID-19 jino ilo 48 awa (ak 2 raan) mōkta jen an walok jabdewōt kakolkol iumin 10 raan ak teej eo an enaj kwalok ewor nañinmij eo. Ñe ejelok am kakōlle ako enij alikkar am teej ñan COVID-19, emaroñ in moj am ajeeded COVID-19 jino jān 48 awa (ako 2 raan) mokta jān an alikkar am teej im ñan iumin 10 raan elikin an alikkar teej eo am. Ñe ien jenolok eo am ej aitok lak jān 10 raan, kinke kwoj ion e wōt kakōlle ko im kwoj ion e ako elap ako emojno enbwinnim, kwoj lõmṅak kapopo ilo jemlokin ien jenolok eo am. Ilo am kojellaik armij ro kwar lukkun kebaak ke remaroñ kar kebaak COVID-19, kwoj jibāñ kōjbarok aolep.

Ñe kwōj kōjerbale [WA Notify \(Kōjjellā Washington\)](#) (jōt bar kajin ko rej bellōk) im alikkar teej ñan COVID-19, kwōj māroñ in kōjerbale WA Notify ñan kwalōk ñan ro jōt kwar māroñ in epāake lak. Enij kōjjellā armij ro rej kōjerbale app eo im remāroñ in kār epāake ñan bōk ekkōl ko ñan kōjbarok ir māke im armij ro tūruer. Ejelōk melele ko am māke akō ñan kwalōk wōn eok ej bōk akō walok ñe kwōj kōjerbale WA Notify. Ñan kajitōk juōn code in kamol:

1. Kōjerbale juōn kein jermal (Android akō iPhone), kakōlkōl QR code akō [kajitōk e juōn code in kamol](#) (Kajin Pālle wōt):



2. Likit nōmba in talebon eo an kein jermal eo am ej kōjerbale WA Notify im raan eo alikkar teej eo am nañ COVID-19 ekar jinoe.
3. Kelet “Continue (Wōnmanlak).”

Ñe kwōjjab māroñ in kajitōk juōn code in kamol ilo WA Notify, kwōj aiku| in kūr|lak lain in COVID-19 an aelōñ eo, 1-800-525-0127, innem jiped #, im ba nañ rijerbal in line eo kwe kwōj juōn armij ej kōjerbale WA Notify. Rijerbal ro an lain in kūr|lak eo renaj lewaj juōn link nañ kein kamool kwe māroñ kōjerbale ñan kōjellāik ro jōt rej kōjerbale WA Notify ke remāroñ kar kepāak nañinmej eo.

Jouj etal ñan “[Wāwein kōjjellā ro jōt ñe enij alikkar teej eo am ñan COVID-19 kin juōn am kein māke-teej](#)” (jōt bar kajin ej bellōk) jikin ilo [WANotify.org](#) (jōt bar kajin ej bellōk) ñan melele ko relablok. Ñe kwōnij kōnan ekatak elaplok kake WA Notify, kōba ippān wāwen kobaiki ilo telebon, lale [WANotify.org](#) (jōt bar kajin ej bellōk).

Ñe Teej eo Am Enaj Kwalok Ejelok Nañinmij

Juon jemlokin teej ej kwalok ke ejellok naninmij ej melelein ke teej eo ear jab loe ke ewor SARS-CoV-2, kij in naninmij eo ej komman COVID-19.

Lap jen joñan teej ej ñe juon armij eloñ alen an teej ilo juon raan, ainwot elap lok in jõt raan. Ilo an ikutkut am teej, kwoj maroñ in loe COVID-19 ilo an moñkajloq im kadiklak an ajeeded nañinmej eo. Kein jermal ko am mañke rej iwaj ippañ juon bar teej im rej karok in jermal. Ñe teej eo am mañke jinion ejjab alikkar, kwoj aikuj in loore kōmmelele ko an jikin kōmmane eo ñan ikutkut teej. Ekka an kōmman teej kein ruo alen iumin jilu raan, ilu 24 awa im ejjab aitoklak jān 48 awa ikōtaan teej ko. Kebaak takto ñe ewōr jabdewōt am kajitok kin jemlokin teej ko am ak kin teej ko relon.

Juon COVID-19 antigen teej ilo mweo emaroñ in jõt en juon "riabin jab alikkar" jemlok. Ej melelein ke teej eo ekar jab loe SARS-CoV-2 baerōj eo im ekar pād ilo jambol eo am. Ikutkut teej ej rōjañ ñe ewōr am kakōlle in COVID-19 ako emaroñ in epāake nañinmej in COVID-19 (ainwot pād ilo juon jikin eo im COVID-19 [joñan jukjukun pād eo](#) (bellok ilo Kajin Spain) ej utiej ako ñe kwar epāake juon armij eo ewōr an nañinmej in COVID-19):

- Ñe kwar teej jab alikkar mokta lak im kio ewōr am COVID-19 kakōlle, beddo teej aolep 24-48 awa ko iumin lalem raan ko elikin an kakōlle ko am jino.
- Ñe ejelok am COVID-19 kakōlle ko im emōj am epāake COVID-19, bōk teej kin juon antigen teej 24-48 awa elikin teej eo jinion ekar jab alikkar. Ñe teej eo kein karuo ejjab alikkar, akō inepata ej walok ñan COVID-19, kwoj māroñ in bar teej 24-48 awa elikin teej eo kein karuo im ejjab alikkar, ilo joñan eo 3 wōt teej. Ñe ejabwe kein am jibāñ ñan teej 3 alen kin juōn antigen teej, kwōj māroñ in bōk ediklak teej ekkar ñan kein jibāñ ko am im joñan kauwōtata ñan eok im ro ilo tūrim.
- Ñe ejjab alikkar teej eo ilo teej eo kein kajilu im kwoj inepata ke emāroñ in wōr am nañinmej in COVID-19, kwoj māroñ in kelet in bar teej ilo am kōjerbale antigen teej, lōmṇak in bōke juōn teej ilo lab im ej pedped ion molecule, kūrlak jikin takto eo am.

Lale DOH [Wōjke in Kōmman Kelet in Kakōlle ñan jikin ko ejjab an ejmour im Loblej](#) (kajin ko jõt rej bellok) ñan elaplok melele.

Ñe kwar epāake juon armij eo ewōr an nañinmej in COVID-19 im ekar jab alikkar teej eo am, wanṇaanloq ilo am loore tōl eo ilo [Ta eo kwōn kōmmane ñe kwar epāake armij eo ewōr an COVID-19](#) (bellok kajin ko jõt).

Ne Jemlokin Teej eo Am Enaj Kwalok ke Ejab Jimwe ak Ebod

Jot ien jemlok ko rejab alikar ak ejab walok jemlok eo, im teej eo ejab maroñ ba waj elañe jemlok ko rej kalikar ewōr ak ejellok nañinmij. Jenkwan in kobban botim im rar boke emaron kar jab jimwe aer boke ak kein teej eo ear jorraan. Jemlok ko rejab jimwe rejeja botab remaroñ walok.

Enaj kein lale eo ilo kein teej eo enaj kwalok juon jemlok eo ejab jimwe ak teej eo ebod, teej eo ear jab jimwe an jermal. Ñe ej walok menin, bar teej kin kein teej kaal eo ñe juon bar teej ebellok. Ne mennin ej walok, lale komelele ko rar itok ibben teej eo im kebaak kombani eo ear kommane ñan aer jibañ eok. Kwoj maroñ in bar bōk teej jān juon jikin takto ako juon [jikin teej an public health](#) (kajin ko jõt rej bellok).

Melele im Mennin Jibāñ ko Relaplak ikijen COVID-19

Pād wōt ilo am jella kake jekjek in [COVID-19 ilo Washington](#) (Kajin Pälle wōt), [Kabna Inslee naan ko](#) (bellok ilo Kajin China (bidodo), Kajin Korea, Kajin Russia, Kajin Spain im Vietnam – kelet juon laajrak jān peij eo anlain), [kakōlle](#) (bellok ilo kajin ko jot– Kajin China (Bidodo), Kajin Korea, Kajin Spain, Kajin Vietnam), [wawen an ajeeded](#) (bellok ilo eloñ kajin ko – Kajin China (Bidodo), Kajin Korea, Kajin Spain, Kajin Vietnam), [wawen im naat armij rej aikuji in teeji](#) (bellok ilo eloñ kajin ko), im [ia ñan elolo wā](#) (bellok ilo eloñ kajin ko jot). Lale [Kajitōk ko Ekutkut Kajitōk](#) (Kajin Pälle wōt) ñan melele ko relaplak.

An armij lal/er-ria ak aelōñ eo aer, ejjab, māke lak ian, likit er ilo joñan uwōta eo elaplak kin COVID-19. Bōtaab, melele ko rej kwalok ke jukjuk in bed ko oktak kōlar in kilier elap aer jelet jen COVID-19. Men in ej jen wōt ta ko jej ion e ilo an armij diike armij ro jet, im ilo an jenolak, diike jet jekjek, im ej kōtlak an jet armeji ko eiet lak an bellak kein jibāñ ko ñan ir ñan kōjbarok ir māke im jukjuk in bed ko aer. [Melele ko rejjab mool reban jibāñ irre ippen nañinmej eo](#) (Kajin Pälle wōt). Ajeji wōt melele ko rejimwe ñan kakwone naan riab ko im melele ko rebwōd jen aer ajeded.

- [WA State Department of Health Coronavirus \(COVID-19\)](#) (bellok ilo eloñ kajin ko)
- [Kapok Jikin Ejmour ilo Bukōn eo Am](#) (Kajin Pälle wōt)
- [Centers for Disease Control and Prevention \(CDC, Rā eo an Kantūrol Nañinmej im Bobrae\) Coronavirus \(COVID-19\)](#) (bellok ilo eloñ kajin ko – Kajin China (Bidodo), Kajin Korea, Kajin Spanish, Kajin Vietnam)

Ewōr ke am bar kajitōk? Kūr tok lain in bōk melele ikijen COVID-19 ilo **1-800-525-0127**: Awa in kūr lak ko:

- Mande jān 6 awa jibbon ñan 10 awa jota
- Juje ñan Jabat jān 6 awa jibboñ ñan 6 awa jota
- [Raan in kakije ko an aelōñ eo](#) (Kajin Pälle wōt) jān 6 awa jibboñ ñan 6 awa jota

Ñan jermal ko an riukok, **jiped #** ñe rej uwaak im **kwalok kajin eo am**. Ñan kajitōk ko ikijen ejmour eo am ak tōprak in teeji ko, jouj im kepāake juōn ritaktō.

Ñan kajitōk bwe ren lewōj peba in ilo bar juōn wāwein, kwōn kalloq 1-800-525-0127. Armeji ro rej jarroñroñ ren kalloq 711 ([Washington Relay](#)) (Kajin Pälle wōt) ak civil.rights@doh.wa.gov.