

# Met ei COVID-19 o ika ew memef seni ewe apposun safei?

## Napenapen COVID-19

kena RESE fis pokiten ewe apposun safei:

### Naw

**Mochemochan an ngasengas**

**Chonuchonun Pwot**

**Metekin non uwom**

**Mworenon narer o ika tenguteng**

Ika pwe ka kan angai ekkewe napenap me won me pwan ika ka ekiiki pwe ka kan angai ewe COVID-19, kuta afanefanen safeiom. Kopwene kan mochen angai tes ren COVID-19.

## Memef seni ewe apposun safei

RA KAN usun chok napenapen COVID-19:

### Pwichikar

### Mwonu

### Metekin fitukum

### Annowchen

### Eiengaw

### Metekin Mokur

Memef seni ewe apposun safei epwe chok wesino non ew ran ika ruwou. Ika pwe ka kan fakkun mefi semwen, ekiiki kutan afanefanen safei.

## Memef seni ewe apposun safei

RESE fis fiti semwenin COVID-19:

**Metekitek,  
pareno, o ika  
eowuno non  
ewe neni ka  
angai ewe appos**

Ika ew ekkei memef a pineok seni eom for met kena ka kan forori(foti noum sus, taip, me pwan ekkoch), kuta afanefanen safei.

Ewe safean COVID-19 **Ese kan** fori semwenin COVID-19.

Ewe safean COVID-19 **Ese kan** fori ew pungun tesin COVID-19 PCR.

Ika pwe a chok pung tessum ren COVID-19, iwe kopwe fiti awenewenen eiemuno non: **COVIDvaccineWA.org**

COVID-19 mi cheew fetan non Washington. Pokiten ewe opos ese unuseoch manamanan tori an epwe **2 wiik** murin omw iwe saingonoon opos, ewe menun COVID-19 mi chok chiwen tongeni toruk ika pwe ke kane ngeni menun ewe semmwen me mwen ena keukun fansoun, inamwo ika ka fen angei ew ika ru opos. Ika pwe ke meefi apwangapwang murin ewe opos, ei taropwe (ika chart) epwe anisuk om kopwe cheki ika ke chok apwangapwang murimurin ewe opos ika mi uruk COVID-19.

**Mennapen esinesin ren aramas re angei ewe opos:** Ika mi uruk pwichikkar (tempuchu mi watte seni 100.5 degrees Fahrenheit) non ukuukun 72 awa seni ewe atun opos, iwe kopwe chok nomonong neimw. Ika om pwichikkar mi wes senuk non ukuukun 48 awa, nge kese pwan meefi sakkun esissinnen semmwen (ika symptoms) ren COVID-19, ka tongeni niwiniti angang. Ika mi chok chiwen uruk pwichikkar murin 48 awa, fengen me mi wor symptoms minne epwe seni COVID-19, iwe kopwe sopesopono ne nomonong neimw.



## DOH 820-124 April 2021 Chuukese

Ren eom kopwe angai ei taropwe pwan non ew sakkun format, kokori 1-800-525-0127. Salingapung ika aramas kana mi weires ar rongorong, kose mochen kori 711 (Washington relay) ika email [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov)