

# Ta eo kwōn kōmmane ñe alikkar teej eo am ñan COVID-19

## Kakadu in Oktak ko ilo Eprōl 12, 2023

- Melele ko emoj aer alikkar kin [am jenolok ilo jikin ko armij rej kobba ibben doon](#)
- Link eo emoj kakaal ñan tol eo ikiken jikin ejmour

## Kōmlele Ko Imaantata

Ñe alikkar teej eo am ñan COVID-19, kwōmāroñ in jibāñ kabōjrak an ajeded COVID-19 ñan ro jet. Jouj im loore tōl eo ilal ikiken uno, jenolök, im ekanak māāj. Jouj im bar loore jabdewōt jikin ejmour, jerbal, peenej, akō kakien an jikuul ñan armij ro ej alikkar teej ko aer ñan COVID-19, im emāroñ in laplok an wōr kien jān tōl eo an WA State Department of Health (Rā eo an Ejmour).

- Armij ro rej pād wōt, jerbal, akō loe lak juōn jikin ejmour ej aikuj in loore tōl eo ilo [Kabōjrak Nañinmej in COVID-19 ilo Jikin Ejmour ko](#) (Kajin Pālle wōt).
- Ñe kwōj jerbal akō pād ilo juōn jikin jerbal elōñ armij ie, jerbal ilo em ko ilo jidik wōt ien, jikin ko epāāk lojet, jikin kajimwe akō kalbuuj, ijoko jikin armij ro ejelok jikier, akō em ko jōt, jouj im loore tōl ko iumin [Ñe kwōj pād akō jerbal ilo jabdewōt ian jikin kein elōñ armij ie.](#)

## Kwalok ñe kwōj aikuj uno

Ñe enij alikkar teej eo am im kwōj māroñ in bōk nañinmej jān COVID-19 jān wōt joñan yiō eo am akō nañinmej ko relap, uno ko rej bellōk im remāroñ in kadiklak am māroñ in delōñ ilowaan ojpitōl akō mej jān nañinmej eo. Uno ko ñan kamour jān nañinmej in COVID-19 ej aikuj in jān juōn jikin taktō im jino ilo ien eo emōkajtata elikin kwalok nañinmej eo bwe en eman an jerbal. Tōpar juōn jikin ejmour ilo ien eo emōkajtata ñan jellā ñe kwōj māroñ in tōprak ñan uno, jokdoon ñe kakōlle ko am rej diik ilo kiō. Lale DOH peij eo anļain ñan melele ko relaplak ñan kwe im jikin taktō eo am kake [COVID-19 jibāñ ko](#) (bar kajin ko rej bellōk) im wāwen in ebbōk uno.

## Jenolök ilo mweo imōm

Armij ro alikkar teej eo aer ñan COVID-19 ak ro ewōr aer kakōlle in COVID-19 im rej kōttar tōbrak in teej ko aer rej aikuij in pād wōt mweo mweir im jenolök jān ro jōt ijelkin wōt ñan bōk jibāñ ikiken taktō. Armij ro rej nañinmej in COVID-19 rej māroñ in kōmman an ajeeded ñan ro jōt. Jenolök ilo mweo ej jibāñ kōjbarok armij ro jōt jān nañinmej. [Kwōj aikuj māke lak iam jōkdroñ ñe kwar ak kwar jab wā.](#) Ñe juōn armij emōj an wā ej bōk COVID-19, rej māroñ in kōmman bwe en ajeeded nañinmej eo ñan ro jōt, akō bōk wā ñan COVID-19 ej kōmman bwe en diiklak aer māroñ in delōñ ilo ojpitōl akō mej jān COVID-19. Kajjitōk ippēn ro jet bwe ren kaikuijkij ñan eok ak kōjerbal kein jerbal ko ñan aer bōkwaj aikuij ko am. Ñe kwōj aikuj mōñā akō jibāñ ko jet ilo am jenolök ilo mweo imōm, [Care Connect](#)

[Washington \(Epāāke Lale Washington\)](#) (bar kajin ko rej belllok) ej belllok. Kūr ak Lain in Call ñan bök jibāñ ikijen COVID-19 ilo 1-800-525-0127, im jujen jibed # akō tōpar [Care Connect](#) (bar kajin ko rej belllok) ijo. Ewōr jibāñ ikijen ukok. Jab itotak, etal ñan jikin jerbal, jikin lale ajiri, akō jikin ko lōblej, akō kōjerbale ial ko an lōblej, uwe ippān armij, akō taxi ko. Ien Kōjenolök:

- Jenolök joñan wōt am māroñ jān ro jōt ilo mweo, kōba ippān ro uwaan mweo im menin mour ko, ilo am pād ilo juōn ruum etolak jān armij ro jōt im kōjerbale juōn mwōn kabōjjak eo ej jenolök, ñe emāroñ. Centers for Disease Control and Prevention (CDC, Jikin Kantūrol Nañinmej im Bōbrae) [COVID-19 im Menin Mour ko](#) (kajin ko rej belllok).
- Ekanak juōn [māāj akō kein menono eman](#) (bar kajin ko rej belllok) ñe kwōj aikuj in pād ilo mweo imōm akō ilo lōblej.
- Bōk buñton ko ñan kōmman bwe en eman lak [an duoj deloñ kōto](#) (bar kajin ko rej belllok) ilo mweo imōm, ñe ekkar.
- Jab kōjerbale juōn wōt kain mweiuk ko an moko, āinwōt kein idāāk, towel, im kein mōñā ko.
- Kwōn lale kakōlkōl ko am. Ñe ewōr am [kakölle in emōjōnji](#) (bar kajin ko rej belllok) (āinwōt ben am menono), bukōt lale ilo ien emōjōnji ilo ien eo emōkajtata.
- Ñe ewōr am ien taktō im ekka an walok (āinwōt lale ilo ien emōjōnji), call mokta jān am etal im ba ñan jikin taktō eo am ke kwōj nañinmej COVID-19 akō ej etaale ñan COVID-19.

## Ewi joñan aitōk in ao aikuij in jenolök im ekanak māāj?

Ñe enij alikkar teej eo am ñan COVID-19, **pād wōt mweo imōm iumin 5 raan ko im jenolök jān ro jōt ilo mweo imōm** ñan māroñ in jāb ajeeded COVID-19 ñan ro jōt.

### Kajemlök Jenolök

Ewi joñan am jenolök ej pedped ion elōñ unin ko:

- Ñe kwōj māroñ in ekanak juōn māāj eman-joñan,
- Ñe kwōj māroñ in wanmaanlök wōt ilo an alikkar teej eo am ñan COVID-19 ilo raan 6-10 elikin 5 raan in am jenolök,
- Ñe kwōj nañinmej eo elap kin COVID-19 akō emōjno enbwinnim, im
- Ñe kwōj pād wōt akō jerbal ilo juōn jikin eo elōñ armij ie.

**Ñe emōj an alikkar teej eo am ñan COVID-19 im wōr [kakölle ko](#)** (bar kajin ej belllok):

Jenolök iumin **5 raan** elikin an kakölle ko am kār jinion walok. Kwōmāroñ etal jen am jenolök elikin likiō in 5 raan elañe:

- Kakölle ko am rej emanlak 5 raan elikin am kar jino jenolök, **IM**
- Kwar jab piba iumwin 24 awa ilo am jab kōjerbale uno ñan kadriklak piba

**Ñe emōj an alikkar teej eo am ñan COVID-19 im wōr [kakölle ko](#)** (bar kajin ej belllok): Jenolök iumin **5 raan** elikin an alikkar teej eo am ñan COVID-19. Kwōj māroñ in emaküt jān jenolök elikin 5 likio in ran ñe ejanin walok jabdewōt kakölle ko.

Ñe ewōr am kakölle elikin an alikkar teej eo am, bar jino ien in jenolök eo am ilo raan ko 5. Loore rōjañ ko ilōñ ñan am kajemlōke am jenolök ñe ekar wōr am kakölle.

**Jokdoon ñe emōj an jemlök am jenolök, bōk buñtōn kein iumin 10 raan elikin an walok kakōlle ko (akō alikkar teej eo am, ñe ejañin kār walok am kakōlle):**

- Ekanak juōn māaj eman-joñan im eman akō kein menono itūrin ro jōt ilo mweo im ilo lōblej iumin 5 raan (raan 6 ñan raan 10) elikin jemlōkin 5-raan ien jenolök eo.
- Jab pād tūrin armij ro ej mōjno enbwinnier akō rej pād ilo kauwōtata elap ñan nañinmej ko (kajin ko rej bellök), im jab etal ñan jikin ejmour ko (kōba ippāñ jikin lale armij) akō jikin ko jōt elap-kauwōtata ie.
- Jab etal ñan jikin ko kwōjjab māroñ in ekanak māaj, āinwōt restaurant ko im jōt jikin ekjōjaej, im jab mōna tūrin ro jōt ilo mweo im ilo jikin jerbal.
- Ñe kakōlle ko rebar walok akō nana lak, kwōj aikuj in bar jinoe ien jenolök eo am ilo raan 0.
- Lale Itotak | CDC ñan melele ko ikijen itotak.

### **Wāwen kobaiki ien jenolök eo am:**

Ñe ewōr am kakōlle, raan 0 ej raan eo kein kajuōn ilo am bōk kakōlle ko. Raan 1 ej likio in juōn raan eo elikin an walok kakōlle ko am.

Ñe kwar jab bōk kakōlle ko, raan 0 ej raan eo alikkar teej eo am. Raan 1 ej likio in juōn raan eo elikin aer bōk kakōlle ko am ñan an alikkar teej eo am.

Lale DOH Joñan len Jenolok im Māke lak iam (bar kajin ko rej bellök) kein jerbal eo ñan jibāñ.

### **Jōlok māaj eo am**

Kwōj māroñ in pād wōt ilo an kapopo nañinmej eo ippam elikin 5 raan in jenolök.

Wanmaanlōk wōt ilo am ekanak māaj eman im eman-joñan akō kein menono (bar kajin ko rej bellök) ro ilo mweo im ilo lōblej iumin 5 bar raan ko (raan 6 lak ñan raan 10) elikin jemlōkin 5-raan in jenolök. Kobalak, lōmñak in kōjerbale kein teej antigen ñan lale ñāat ñan jōlok māaj eo am (lale ijin ilal). Ñe kwōjjab māroñ in ekōnak māaj, kwōn jab itotak ilo raan ko 10.

Kōjerbale māaj aolep ien ej melelein ekanak juōn māaj eman joñan im eman akō kein menono (bar kajin ko ej bellök) ilo ien eo kwōj pād tūrin ro jōt ilowa akō nabōj in mweo. Kwōjjab aikuj in kōba ilo makutkut ko tūrin ro jōt ñe kwōjjab māroñ in ekanak māaj, āinwōt kiki, mōñā, akō tutu lojet. Oktak in maj ko (āinwōt kein bōbrae mejam kin juōn nuknuk) ejjab lewaj eman in kōjabrok āinwōt juōn māaj eo eman im eman-joñan. Ñe kwōjjab māroñ in ekanak juōn māaj eman-joñan, kwōj aikuj in jenolök iumin 10 raan.

### **Kōjerbale teej in antigen ñan kwalōk naan ñan emaküt jān jenolök im jōlok māaj eo am**

Ñe ewōr am māroñ ñan teej in antigen (bar kajin ko rej bellök) kwōj māroñ in kadiklak an kauwōtata am lelak nañinmej ñan ro jōt ilo am ebbok teej ñe kwōj būlāān in emaküt in ien am jenolök, ejjab tolak jān raan 6. Jino wōt teej ñe ejelok am piba iumin 24 awa ilo am jab kōjerbale kein jōlok piba im kakōlle ko am jōt emōj aer eman lak. Jako am māroñ in lemak akō et bwin emāroñ in wanmaanlōk wōt iumin wiik akō allōñ elikin an eman lak am mour im ejjab aikuj in jemlōk ien jenolök.

- Ñe teej eo am ej alikkar, kwōj māroñ in kapopo wōt. Kwōj aikuj in wanmaanlok wōt ilo am jenolok im ekanak juōn māaj im köttar 24-48 awa ñan bar teej.
- Ñe kwōnij bar teej kake ruo (raan-nan-raan) bar teej emōj aer kōmman 24-48 awa etolak jān doon, kwōj māroñ in kōmman bwe en jemlök jenolok im bōjrak ekanak māaj mokta jān raan 10.

Ñe kwōj wanmaanlok wōt ilo an alikkar teej eo am ilo an beddo teej lak ñan 10 raan ko, kwōj aikuj in wanmaanlok wōt ilo am ekanak māaj im etolak jān armij ro ej mōjno enbwinnier akō pād ilo kauwōtata elap ñan nañinmej ñan ñe kwōj bōk ruo teej in antigen ejjab alikkar.

**Ñe kwar bōk nañinmej eo elap ibben COVID-19 ak ñe uwōta ejmour eo am:**

Armij ro elap aer nañinmej in COVID-19 (kōba ippān ro rekar delōñ ojpito akō aikuj lale eo elap akō jibāñ ikiyen an duoj delōñ kōto) im armij ro ejjab kajur enbwinnier (bar kajin ko rej bellōk) rej aikuj in jenolok iumin joñan eo 10 raan im lak ñan 20 raan. Rej māroñ in bar aikuj teej ippān juōn viral teej (bar kajin ko rej bellōk) ñan lale ñāāt remāroñ in pād tūrin ro jōt. Kōnnaan ippān jikin taktō eo am kake ñāāt kwōj māroñ in rol ñan tūrin armij. Lale jikin jibāñ eo iloñ ñan melele ko kin uno ko kwōj māroñ in töprak ñan e.

**Elañe kwōj bed wōt ak jerbal ilo jabrewōt jikin ippān doon kein:**

Armej ro rej jokwe ak jerbal ilo jikin ko ippēn doon kein rej aikuj in loore rōjañ ko ñan aer māke lak iaer ilo laajrak kein ilal. Ne kwōj jerbal ak kwōjjab kōjwe ilo jikin ko ippēn doon kein, lore tol in ñan am jenolok ñan lale eo to in am kattolak eok māke jen jikin jerbal eo; kwōmāroñ lore tol eo ekadu ikiyen am jenolok ilo mweo imom ilon ñan emakitkit ko jot.

- Mōn kalibuuj an ritto ak jōdikdik
- Jikin jokwe ñan ro ejjelok jikier ak moko ejjab aitōk ien jokwe ie.
- Jikin tiima (waanjoñak., tiima ñan aintok mōñā in lojet, tiima ñan ekkōtak mweik, tiima ñan an armej lemōnōnō im kakkije)
- Jikin jerbal ko ekkobob ak eben aer kattolak jen droñ kōn ke wāwein in jerbal ko aer, āinwōt jikin kakwōn mweik, jikin kōmman mweik, im jikin pākij mōñā im jālele ko.
- Jikin an rijerbal jokwe ejjab aitōk ien bed ie

**Ñe alikkar teej eo am ñan COVID-19 im ewor am kakōlle**, kwōmāroñ kabōjrak am māke lak iam ilo jikin ippēn droñ ko elikin an **10 raan** mootlak jen ien eo ekar walok kakōlle ko am ñe:

- Kwar jab piba iumwin 24 awa ilo am jab kōjerbale uno ñan kadriklak piba, **IM**
- Kakōlle ko am emōj aer emanlak.

**Ñe alikkar teej eo am ñan COVID-19, ak ejjelok am kakōlle**, kwōmāroñ kabōjrak am māke lak iam ilo jikin ippēn droñ ko elikin an **10 raan** mootlak jen ien eo alikkar teej eo am ñan COVID-19 ñe: Ñe ewōr am kakōlle elikin an alikkar teej eo am, bar jino ien in jenolok eo am ilo raan ko 10 ilo jikin ippān doon eo. Loore rōjañ ko ilōñ ñan am kajemloke am jenolok ñe ekar wōr am kakōlle.

**Kwōmāroñ kōjerbale teej in antigen eo ñan am jellā ne kwōmāroñ jolake māaj eo am im kajemlak am jenolok mokta jen an 10 raan mootlak.** Jino am teej ejjab mokajlak

jān raan6, im jino wōt am teej ne ejako am piba iumin 24 awa ilo am jab kōjerbale uno in kadilak-am piba im kakōlle ko am jot emoj aer emanlak. An jako am māroñ edjon im aton emāroñ wōt walok ñan wiik ak allon elikin am mourlak im ejjab aikuj in kattolak ien in am jenolök.

- Ne teej eo am ej alikkar, kwōmāroñ kajeded wōt nañinmej eo. Kwōj aikuj in wanmanlaak im jenolök im ekanak māaj im köttar 24-48 awa ñan am bar bok teej eo.
- Ne ejjab alikkar teej eo am ilo ruo (raan-nan-raan) teej emoj aer kommane ilo 24-48 awa ikottan doon, kwōmāroñ kajemlak am jenolök im kabōjrak am ekanak juōn māaj mokta jān raan 10. Men in ej melelein ke raan eo emokajtata ñan am jab jenolök im ekanak juōn māaj ej raan 7, im enij walok ne ejjab alikkar teej eo am ilo raan 6 im 7.

Ne kwōj wanmaanlak ilo an alikkar teej eo am ejja wōt am bok teej eo ñan raan 10, kwōj aikuj in wanmaanlak im ekanak juōn māaj im kattolak eok māke jān armij ro rej uwōta ak elap aer kauwatata ñan nañinmej eo elap ñan ne kwōnij bok toprak ko rej kwalok an jab alikkar teek in antigen ko am.

Ñe ewōr am kakōlle, raan 0 ej raan eo kein kajuōn ilo am bōk kakōlle ko. Raan 1 ej likio in juōn raan eo elikin an walok kakōlle ko am. Ñe kwar jab bōk kakōlle ko, raan 0 ej raan eo alikkar teej eo am. Raan 1 ej likio in juōn raan eo elikin aer bōk kakōlle ko am ñan an alikkar teej eo am.

Ilo ien ko eiet rijerbal, mōn kalibuuj, jikin kalibuuj ñan jōdikdik, jikin jokwe ñan ro ejjelok jikier, jikin jokwe ko ejjab aitōk bed ie, im jikin jerbal ko elap aer aurōk remāroñ kadiklok ien ñan an rijerbal ro aer māke lak iaer bwe en wōnmaanlok jerbal ko. Pepe ko ñan kadriklök ien eo ñan am jenolök ilo jikin kein rej aikuij in melim ibben jikin ejmour ko tūrim.

## Ta eo ij aikuij in kōmmane ñe enanalok kakōlle ko aō?

Ñe emōj an jemlok ien am jenolök, ñe COVID-19 kakōlle ko am rebar walok akō nana lak, bar jino am jenolök ilo raan 0 im loore [Ewi joñan aitōk in ao aikuij in jenolok im ekanak māaj?](#) iloñ. Kōnnaan ippān juōn taktō ñe ewōr am kajitōk kake kakōlle ko am akō ñāāt ñan kabōjrak jenolök.

## Ñāāt eo ij lukkun kapopo im kōmman an nañinmej eo ajeeded?

Armej ro ewōr aer COVID-19 remāroñ in ajeded nañinmej eo ñan armij ro jet jino jen ruo raan elikin aer bōke kakōlle ko (ak 2 raan mokta jen raan eo ekar alikkar teej eo aer ñe ejjelok aer kakōlle) lak ñan raan 10 elikin aer bōk kakōlle ko (ak 10 raan elikin raan eo alikkar teej eo aer ñe ejjelok aer kakōlle). Ñe juōn armij emōj an alikkar teej eo an ñan COVID-19 ej bōk ruo COVID-19 teej in antijen 24-48 awa etolak jān doon ñe ej eman lak am mour elikin joñan eo 5 raan in jenolök, ejako aer lōmñak kapopo. Ñe ien an juōn armij jenolök ej aitōk lak jān 10 raan ko (waanjoñak., kinke elap aer nañinmej akō mōjno enbwinnier), elap aer kapopo ilo jemlok in jenolök eo aer.

## Kōjjeļā armij ro kwar pād tūruer

Ba ñan ro kwōj epāāke ir ke remāroñ in kār epāāke COVID-19 im jilkinlak ir [Ta eo ñan kōmmane ñe kwar epāāke juōn armij ej nañinmej in COVID-19](#) (bar kajin ej bellök). Epāāke 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 epāāke, ãinwōt jikin ko rediik, diik an duoj deloñ kōto akō kōmman makütküt ko ãinwōt lamōj akō al, ewōr wōt kauwōtata in am lelak nañinmej ñan ro jōt jokdoon ñe rej 6 ñe(2 mita) etolak jān eok. Ñe kwar pād ilo jikin jerbal im emāroñ in kār kapopo, ba ñan jikin jerbal eo bwe ren ba ñan rijerbal ro jōt.

## Bōk kwōnaam ilo kajjitōk ko an mōn ejmour

Rikajjitōk eo jen mōn ejmour emāroñ tōbar eok elaiñk kar teej eo am ñan COVID-19, ekkā ilo telebon. Rikajjitōk eo enaj jibāñ eok bōk melele kōn ta kwōj aikuij in nej kōmmane im ta wāwein jibāñ ko rej bellök. Rikajjitōk eo enij kajjitōke et ko im wāwein aer tōbar armej ro kwōkar epāāke raan ko maantak bwe ren kōjelläki er ke rekar epāāke nañinmej eo. Rej kajjitōke melele kein bwe ren māroñ kōjelläki armej ro rekar epāāke nañinmej eo. Rikajjitōk eo eban kwalok etam ñan armej ro kwōkar epāāke.

## Ñe ekar alikkar teej eo am kōn teej eo kwōj māke bōke

Jouj im lale [Lowa SARS-CoV-2 Tōl in Teej eok Māke](#) (Kajin Pālle wōt) ñan elaplak melele.

## Ta oktak eo kōtaan am jenolōk im māke lak iam?

- **Jenolōk** eok māke ej ta eo kwōn kōmmane ñe ewōr am kakölle in COVID-19, kwōj köttar tōbrak in teej ko am, im emōj an alikkar teej eo am ñan COVID-19. Melele in māke lak iam ej ñe kwōj bed wōt mweo imōm im kwōj kattolak eok jen armej ro jet (ekoba uwaan baamle eo am ilo mweo imōm) ekkar ñan [tōrre in ien eo](#) (Kajin Pālle wōt) ñan rōjañ ñan kabōjrak an ajeded nañinmej in.
- Melele in **māke lak iam** ej ñe kwōj bed wōt mweo imōm im kwōj kattolak eok jān armej ro rej nañinmej in COVID-19 ekkar ñan tōrre in ien eo rej rōjañ ñe kwōbaj bōk nañinmej eo im ekapopo. Māke lak iam ej erom am jenolōk eok māke ñe enij alikkar teej eo am ñan COVID-19 ak ej walok kakölle ko an COVID-19.

## Kain Jibāñ ko ikijen Ejmour in Kalmenlökjān im Mwil

Jouj im lale DOH [Rōjañ ko ikijen Mwil im Ejmour im Kain jibāñ ko](#) (Kajin Pālle wōt) peij eo an!ain.

## Melele ko relap ikijen COVID-19 im Kein Jibāñ ko

Pād wōt ilo-raan kake ta eo ej walok kiō ikijen [COVID-19 jekjek eo ilo Washington](#) (Kajin Pālle wōt), [kakölle ko](#) (bar kajin ej bellök), [wāwen an ajeeded](#) (bar kajin ej bellök), [wāwen im ñāat ñan an armij bōk teej](#) (bar kajin ej bellök), im [ia ñan bōk wā ko](#) (bar kajin ej bellök). Lale [Kajitōk ko Ekutkut Kajitōk](#) (Kajin Pālle 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 jenolök, diike jet jekjek, im ej kōtlak an jet armej ko eiet lak an bellök kein jibāñ ko ñan ir ñan kōjbarok ir māke im jukjuk in bed ko aer. [Naan ko rejjab mool reban jibāñ irre nañinmej eo](#) (Kajin Pālle wōt). Kwalok wōt melele ko remool bwe enjab ajeded melele ko rejjab mool.

- [Aelōñ in Washington Rā eo an Ejmour Uwaak ñan COVID-19](#)
- [Bukōt Ra in Ejmour eo Itūrim ak ilo Bukwōn eo am](#)
- [CDC Coroñavirus \(COVID-19\)](#)

**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 jibboñ ñan 10 awa jota
- Juje ñan Jabat jān 6 awa jibboñ ñan 6 awa jota
- [raan in kakije ko an aelōñ eo](#) (Kajin Pālle wōt) jān 6 awa jibboñ ñan 6 awa jota

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

Ñan kajitōk bwe ren lewōj peba in ilo bar juōn wāwein, kwōn kallök 1-800-525-0127. Ñan riwia ro rejaroñroñ ak eben aer roñ, jouj im kürlok 711 ([Washington Relay](#)) (Kajin Pālle wōt) ak jeje lak ñan [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).