

Ta eo kwōn kōmmāne ñe alikkar teej eo am ñan COVID-19

Kakadru in oktak ko ilo Eprōl 20, 2022

- Oktak ko rej epāake lak tōl eo an Centers for Disease Control and Prevention (CDC, Opīj in Bōbrae Nañinmej), Department of Health (DOH, Rā eo an Ejmour) kein jermal eo ej lale jenolok im māke lak iam im melele ko kake Care Connect Washington.

Kakadru in Oktak ko ilo Jānwōde 26, 2022

- Tōl ko rekāal ñan māke lak iam rej juōn wōt ibben [CDC Tōl ko ñan Jenolok im Māke Lak Iam](#) ñan lōbwilej.
- Melele ko rej koba ibben [Ta eo kwōn kōmmāne ñe alikkar teej eo am](#).

Kōmelele ko Imantata

Ñe alikkar teej eo am ñan COVID-19, kwōmāroñ in jibāñ kabōjrak an ajedeh`y d COVID-19 ñan ro jet. Jouj im loore tōl kein ilal.

- Rijikuul im rijermal ro ilo mōn jikuul ko jen K-12 rej aikuij in loore [aikuij ko an K-12](#).
- Armej ro rej bed wōt ak jermal ilo mōn taktō ko rej aikuij in loore tōl ko jen CDC [Tōl ko ekadu kitien ñan Jibāñ Rijermal ro ewōr aer nañinmej in SARS-CoV-2 ak rej Epāake SARS-CoV-2 ilo Mōn Taktō ko](#) (Kajin Palle wōt) im [Rōjañ ko ekadu kitien ñan Bōbrae Nañinmej an CDC ñan Rijermal ro ilo Mōn Taktō ko ilo ien eo ej ajeded nañinmej in Coronavirus \(COVID-19\) ilo 2019](#) (Kajin Palle wōt).

Jenolok ilo mweo imōm

Armej 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 bed mweo mweir im jenolok. **Kwōj aikuij māke lak iam jōkdron ñe kwar ak kwar jab wā.** Jab etal ñan mōn jermal eo, mōn jikuul ko, im lōbwilej. Jab uwe ilo waan emakitkit ko an lōbwilej, wa ko kwōj iuwe ibben ro jet, ak tākji. Kajjitōk ippen ro jet bwe ren kaikuijkuij ñan eok ak kōjermal kein jermal ko ñan aer bōkwaj aikuij ko am. Ñe kwōj aikuij mōñā akō jibāñ ko jet ilo am jenolok ilo mweo imōm, [Care Connect Washington](#) ej bellōk. Kūrloq COVID-19 lain in bōk melele ko ilo 1-800-5250127, innem jipēd #. Ewōr jibāñ ikijen ukok.

Jenolok joñan wōt am māroñ jen ro jet ilo mweo imōm ilo am bed ilo juōn ruum eo jenolok jen armej ro im kōjerbale juōn jikin kappokjak eo ejenolak ñe ewōr. Ekōnak juōn [māaj emman joñan](#) ñe kwōj bed tūrin ro jet.

Kwōj aikuij bed wōt mweo imōm mae ien eo kwōnij aikuij jibāñ jen jikin ejmour. Kwōn kūrloq mokta jen am etal ñan taktō eo. Ba ñan taktō eo am ke ewōr am COVID-19 ak rej etaale eok ñan COVID-19.

Ewi joñan aitok in ao aikuuj in jenolok?

Joñan eo kwōj aikuuj in jenolok ej bed ilo am māroñ in ekōnak māāj eo emman joñan; ñe kwar bōk nañinmej eo elap ibben COVID-19 ak ñe uwōta ejmour eo am; im ñe kwōj bed wōt ak jermal ilo jikin ko elap ibben dron. Jouj im loor kōmelele eo ilal me ekkar ñan kwe.

Ñe [kwōmāroñ](#) ekōnak juōn māāj emman joñan tūrin ro jet ilo mweo imōm im ilōbwilej:

Elañe alikkar teej eo am ñan COVID-19 im kwar bōk [kakōlle ko](#), jenolok tarin **5 raan** elikin ien eo ekar jino walok kakōlle ko am. Lale ilal ñan [bōnbōn ien ñan am jenolok ilo raan ko 5](#). Kwōmāroñ etal jen am jenolok elikin likio in 5 raan elañe:

- Kakōlle ko am rej emmanlak 5 raan elikin am kar jino jenolok, **IM**
- Kwar jab piba iumwin 24 awa ilo am jab kōjerbale uno ñan kadriklak piba, IM
- Kwar wōnmaanlak im ekōnak juōn [māāj emman joñan](#) tūrin ro jet ilo mweo imōm im ilōbwilej tarin bar 5 raan.

Elañe kwōlak kar piba ak kakōlle ko am rekar jab emmanlak elikin 5 raan ko am jenolok, kōttar an jemlōk am jenolok mae ien e jako am pipa iumwin 24 awa ko ilo am jab kōjerbale uno in jolok-pipa im kakōlle ko jet am remmanlōk.

Elañe alikkar teej eo am ñan COVID-19 im kwar jab bōk jabdrewōt [kakōlle ko](#), jenolok tarin **5 raan** elikin an alikkar teej eo am ñan COVID-19. Lale ilal ñan [bōnbōn ien ñan am jenolok ilo raan ko 5](#). Kwōmāroñ etal jen am jenolok elikin likio in 5 raan elañe:

- Ejañin wōr am kakōlle ko, IM
- Kwar wōnmaanlak im ekōnak juōn [māāj emman joñan](#) tūrin ro jet ilo mweo imōm im ilōbwilej tarin bar 5 raan.

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

Melelein am ekōnak māāj ien otemjej ej ñe kwōj ekōnak [māāj eo emman joñan](#) itūrin ro jet ilowaan ak nabwōj in mweo imōm im kwōjjab emakitkit itūrin ro jet ak ien eo kwōjjab māroñ in ekōnak māāj, āinwōt ien kiki, mōñā, ak tutu. Jab kōjermal māāj ko jet oktak (waanjoñak., māāj būlajtiik ibben nuknuk kein kalibubu) ilo bar raan ko 5 kwōj ekōnak māāj.

Ñe kwōmāroñ bōk teej in antigen eo, kwōmāroñ kadiklōk an kapopo nañinmej eo ñan ro jet ilo am bōk teej eo ilo raan 5 in ien eo kwōj māke lak iam. Bōk aolep teej ko ñe enij jak am pipa iumin 24 awa ko ilo am jab kōjerbale uno in jolok-pipa im kakōlle ko jet am remmanlōk (jako am māroñ in edjoñ im et bwin emāroñ in iumin jet wiik ak allōñ elikin an emmanlak am mour im ejjab karumij lak jemlōk in ien am jenolok). Ñe ejjab alikkar teej eo am, kwōmāroñ kajemlōk am māke lak iam elikin raan 5, ak wōnmaanlak wōt ilo am ekōnak māāj ñe kwōj bed itūrin armej ro jet iumwin bar 5 raan. Ñe enij alikkar teej eo am, kwōmāroñ wanmaanlōk wōt ilo am jenolok iumin 10 raan elikin an kakōlle ko am jino walok (akō emaroñ 10 raan emootlak jen an kār alikkar teej eo am ñan COVID-19 ñe ejanin kār wōr am kakōlle).

Eñin ej bar juōn tōl ñan raan ko 10 elikin am kar bōk kakōlle ko (ak alikkar teej eo am, ñe kwar jab bōk kakōlle ko):

- Ilo raan ko 10, kattolak eok jen armej ro rej [uwōta ejmour ko aer ak elap aer kauwatata ñan nañinmej eo elap](#), im jab jibadeke mōn taktō ko (koba jikin rinañinmej) im jikin ko jet rej bed ilo kauwōtata elap.
- Ilo likio in raan ko 10, kwōn jab itotak ñan ijoko kwōjjab māroñ in ekōnak māāj, āinwōt jikin mōñā im jejo jikin kaddipenpen, im jab mōñā itūrin ro jet ilo mweo imōm im jikin jermal.
- Lale [Itotak | CDC](#) ñan melele ko ikijen itotak.

Ñe [kwōjjab māroñ](#) ekōnak juōn māāj emman joñan tūrin ro jet ilo mweo imōm im ilobwilej:

Ñe alikkar teej eo am ñan COVID-19 im ewor am kakōlle, kwōmaron in kabōjrak am māke lak iam ilo mweo imōm 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 emmanlak.

Elañe kwōlak kar piba ak kakōlle ko am rekar jab emmanlak elikin 10 raan ko am jenolok, kōttar an jemlok am jenolok mae ien eo ejako am pipa iumwin 24 awa ko ilo am jab kōjerbale uno in jolok-pipa im kakōlle ko jet am rekar emmanlak.

Ñe alikkar teej eo am ñan COVID-19, ak ejjelok am kakōlle, kwōmāroñ kabōjrak am māke lak iam ilo mweo imōm elikin an **10 raan** mootlak jen ien eo alikkar teej eo am ñan COVID-19 ñe:

- Kwōjjañin bōk kakōlle ko

Ñe ewōr am kakōlle elikin an alikkar teej eo am, bar jino ien in jenolok eo am ilo raan ko 10. Loore rōjañ ko iloñ ñan am kajemloke am jenolok ñe ekar wōr am kakōlle.

Ñe kwōj aikuj mōñā akō jibāñ ko jet ilo am jenolok ilo mweo imōm, [Care Connect Washington](#) ej bellok. Kūrlok COVID-19 lain in bōk melele ko ilo 1-800-5250127, innem jipid #. Ewōr jibāñ ikijen ukok.

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

Armej ro elap aer nañinmej in COVID-19 (koba ippen ro rekar bed ilo mōn taktō ak raar aikuij kein kejbarok ko elap ak kein jibāñ menono) im armej ro [uwōta ejmour ko aer](#) māroñ aikuij in aitoklak ien in aer jenolok ilo mweo mweir. Remāroñ bar aukuij in teej kōn juōn [teej](#) ñan aer etale ñe remāroñ bed itūrin ro jet. CDC ej rōjañ ke ien eo ñan am māke lak iam en tarin 10 raan im lak ñan 20 raan ñan armej ro elap aer nañinmej jen COVID-19 im ñan armej ro [uwōta ejmour ko aer](#). Kenono ibben tatkō eo am kōn ñāāt kwōmāroñ wōnmaanlak im bed itūrin armej ro jet.

Elañe kwōj bed wōt ak jermal ilo jabrewōt jikin ippen dron kein:

Armej ro rej jokwe ak jermal ilo jikin ippen dron kein rej aikuij in loore rōjañ ko ñan aer māke lak iaer ilo laajrak kein ilal.

- Mōn kalibuj an ritto ak jōdikdik
- Jikin jokwe ñan ro ejjelok jikier ak moko ejjab aitok ien jokwe ie.
- Jikin tiima (waanjoñak., tiima ñan aintok mōñā in lojet, tiima ñan ekkotak mweik, tiima ñan an armej lemōnōnō im kakkije)

- Jikin jermal ko ekkobob ak eben aer kattolak jen dron kōn ke wāwein in jermal ko aer, āinwōt jikin kakwōn mweik, jikin kōmman mweik, im jikin pākij mōñā im jālele ko.
- Jikin an rijermal jokwe ejjab aitok ien bed ie

Ñe alikkar teej eo am ñan COVID-19 im ewor am kakōlle, kwōmāroñ kabōjrak am māke lak iam ilo jikin ippen dron 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 emmanlak.

Ñe kwōj jermal ak kwōjjab jokwe ilo jikin ippen dron ko, jab jibadeke jikin jermal ko ilo likio in 10 raan, ak kwōmāroñ loor tōl eo emōj kakdrulak ilōñ ikijen am māke lak iam ilo mweo imōm ekkar ñe kwōmāroñ ak jab māroñ ekōnak juōn [māāj emman joñan](#).

Ñe alikkar teej eo am ñan COVID-19, ak ejjelok am kakōlle, kwōmāroñ kabōjrak am māke lak iam ilo jikin ippen dron ko elikin an **10 raan** mootlak jen ien eo alikkar teej eo am ñan COVID-19 ñe:

- Kwōjjañin bōk kakōlle ko

Ñe ewōr am kakōlle elikin an alikkar teej eo am, bar jino ien in jenolok eo am ilo raan ko 10 ilo jikin ippen dron eo. Loore rōjañ ko ilōñ ñan am kajemlōke am jenolok ñe ekar wōr am kakōlle. Ñe kwōj jermal ak kwōjjab jokwe ilo jikin ippen dron ko, jab jibadeke jikin jermal eo ilo likio in 10 raan, ak kwōmāroñ loor tōl eo emōj kakdrulak ilōñ ikijen am māke lak iam ilo mweo imōm ekkar ñe kwōmāroñ ak jab māroñ ekōnak juōn [māāj emman joñan](#).

Ilo ien ko eiet rijermal, mōn kalibuu, jikin kalibuu ñan jōdikdik, jikin jokwe ñan ro ejjelok jikier, jikin jokwe ko ejjab aitok bed ie, im jikin jermal ko elap aer aurōk remāroñ kadiklōk ien ñan an rijermal ro aer māke lak iaer bwe en wōnmaanlōk jermal ko. Pepe ko ñan kadriklōk ien eo ñan am jenolok ilo jikin kein rej aikuij in melim ibben jikin ejmour ko tūrim.

Ñe ikar bōk nañinmej eo ekapopo im imāroñ epāāke ro jet?

Armej ro ewōr aer nañinmej in 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 ej aitok an jenolok kin wōt nañinmej in COVID-19 iumin 10 raan, ebidodo aer kapopo ilo turin jemlōkin ien jenolok eo aer.

Elañe armej eo ewōr an COVID-19 ej jenolok iumwin 5 raan koba ibben 5 raan ko ej ekōnak māāj aolep ien otemjej nabwōjin aer jenolok kōn ke kakōlle ko aer rej emmanlak ak jako ilo raan 5, armej ro rekar epāāke rinañinmej eo ilo raan ko 6-10 rejjab epāāke nañinmej eo ñe rinañinmej eo ekar ekōnak juōn [māāj emman joñan](#). Ñe rinañinmej eo ejjab ekōnak māāj eo emman joñan, armej ro rekar epāāke rinañinmej eo ilo raan ko 6-10 rej epāāke nañinmej eo.

Ewi wawein ao jellā eo to in aō jenolōk ilo raan ko 5 ak 10?

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 eo kwar bōk teej eo). 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](#) kein jermal eo ñan jibāñ.

Ta eo kwōn kōmmāne ilo am jenolōk

- **Waje kakōlle ko.** Kajju ñan mōn tatkō ñe e jino nana lak kakōlle ko am. Ñe ewōr am jorāān ikijen ejmour im kwōj aikuij in kūrloq 911, ba ñan rijberal ro ke ewōr am kakōlle in COVID-19. Ñe kwōmāroñ, ekōnak juōn kein kalibubuki mejām mokta jen an jede waj jermal ko an mōn taktō eo.
- **Kattolak eok jen ro jet,** kobba ibben uwaan baamle eo am im menin mour ko nejim, ne kwōmāroñ. Bed ilo juōn ruum māke lak iam im kōjberal jikin kappojak eo ejenolōk, elañe kwōmāroñ. Ñe kwōj aikuij in lale uwaan baamle eo am ak menin mour eo nejim, ekōnak kein kalibubuki mejām im kwol peim mokta im elikin am bed ippeir. Ewōr melele ko relaplak kōn [COVID-19 im menin mour ko](#) ilo jikin eo anlain edāpijek ije.
- **Ekōnak juōn [māāj emman joñan](#)** ñe kwōj bed tūrin ro jet im mokta jen am drelōñ ilo opii ko an mōn ejmour. Ñe kwōjjab māroñ in ekōnak māāj eo emman joñan, armij ro ilo mweo imōm rejjab aikuj bed ilo ruum eo kwōj bed ie; rej aikuj ekōnak māāj eo emman joñan ak kein menono ñe renij drelōñ ilo ruum eo am.
- **Bōk buñtōn ko ñan [kōkamanmane mejatoto ilo mweo imōm](#),** ñe kwōmāroñ.
- **Jab jakelōk men ko mweium ibben armej ro,** ekoba kenno ko, kein idāāk ko, kab ko, kein mōñā ko, tool ko, ak kein bitoñ ibben armej ak menin mour ko ilo mweo imōm.

Bōk kwōnaam ilo kajjitōk ko an mōn ejmour

Rikajjitōk eo jen mōn ejmour emāroñ tōbar eok elañe alikkar teej eo am ñan COVID-19, ekkā ilo telebon. Rikajjitōk eo enaaj jibāñ eok bōk melele kōn ta kwōj aikuij in nej kōmmāne im ta wawein jibāñ ko rej bellōk. Rikajjitōk eo enij kajjitōke et ko im wāwein aer tōbar armej ro kwōkar epāāke raan ko maantak bwe ren kōjellāki er ke rekar epāāke nañinmej eo. Rej kajjitōke melele kein bwe ren māroñ kōjellāki 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 [Tōl eo ñan am māke bōke teej eo ñan SARS-CoV-2 \(wa.gov\)](#) (Kajin Pālle wōt) ñan melele ko relaplak.

Ta oktak eo kōtaan am jenolōk im māke lak iam?

- **Jenolōk** eok māke ej ta eo kwōn kōmmāne ñe ewōr am kakōlle in COVID-19, kwōj kōttar 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

armeĵ ro jet (ekoba uwaan baamle eo am ilo mweo imōm) ekkar ñan [tōrre in ien eo](#) (Kajin Pälle wōt) ñan rōjañ ñan kabōjrak an ajeded nañinmej in.

- **Māke lak iam** ej ta eo kwōn kōmmāne ñe kwar epāāke COVID-19. Melele in māke lak iam ej ñe kwōj bed wōt mweo imōm im kwōj kattolak eok jen armeĵ ro jet ekkar nan [tōrre in ien eo](#) (Kajin Pälle wōt) rej rōjañ ñe kwōbaj bōk nañinmej eo im ekapopo. Māke lak iam ej erom am jenolōk eok māke ñe enij alikkar teeĵ eo am ñan COVID-19 ak ej walok kakōlle ko an COVID-19.

Melele ko relap ikijen COVID-19 im kein jibāñ ko

Ñe armeĵ eo ejjelōk an taktō ak rijibāñ jen mōn ejmour: elap jikin ko ewōr aer teeĵ ejjelōk ak edrik-wōneen, jōkdron lal ta eo rej itok jen e. Lale [Kajjitōk ko Reĵutkut ikijen Teeĵ jen Department of Health](#) ak kūrloĵ [Lain in Kūrloĵ eo an Aelōñ in WA ñan ebbōk Melele ikijen COVID-19](#).

Bōk enaan ko jen [jen jekjek in pād eo kiō ikijen COVID-19 ilo Washington](#), [Keeañ ko an Governor Inslee](#) (Kajin Pälle wōt), [kakōlle ko](#) (Kajin Pälle wōt) [im wāwein an ajeded](#) (Kajin Pälle wōt), im [wāwein im ñāāt armij rej aikuj in bōk teeĵ](#) (Kajin Pälle wōt). Lale [Kajjitōk ko Eĵutkut Kajjitōk](#) (Kajin Pälle wōt) ñan melele ko relaploĵ.

Jo jikin eo juōn armeĵ ej itok jen e/ er ria ak lal ta eo aer ejjab likit er ilo kauwatata eo elap jen 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 dike armij ro jet, im ilo an jenolōk, dike jet jekjek, im ej kōtlak an jet armeĵ ko eiet lak an bellōk kein jibāñ ko ñan ir ñan keĵbarok ir māke im jukjuk in bed ko aer. [Melele ko emōj ad iminene kin jet armij ak men ko reban jibāñ an tarinae ibben nañinmej eo](#) (Kajin Pälle wōt). Kwalok wōt melele ko remool bwe enĵab ajeded melele ko rejĵab mool.

- [Aelōñ in WA Department of Health 2019 Ajeded in Coronavirus eo Ekāāl \(COVID-19\)](#)
- [Emakitkit ko an Aelōñ in WA ñan Coronavirus \(COVID-19\)](#)
- [Bukōt Jikin Ejmour ilo Bukwōn eo Am](#) (Kajin Pälle wōt).
- [CDC Coronavirus \(COVID-19\)](#) (Kajin Pälle wōt)
- [Jibāñ ko ñan kadiklak melele ko rejĵab mool](#) (Kajin Pälle wōt)

Ewōr ke am bar kajjitōk? Kūr tok lain in bōk melele ikijen COVID-19: **1-800-525-0127**

Mande – 6 awa jibboñ ñan 10 awa jota., Juje – Jabot im [raan in holiday ko an aelōñ eo](#), 6 awa jibboñ ñan 6 awa jota. Ñan jibāñ ko ikijen ukok, **jiped #** ñe renaj uwaak im **ba kajin eo am**. Ñan kajjitōk ko ikijen ejmour eo am, teeĵ ko an COVID-19, ak jemlōkin teeĵ ko, jouj im kepāāk juōn taktō.

Ñan kajjitōk bwe ren lewōj peba in ilo bar juon wāwein, kwōn kallōk 1-800-525-0127. Armeĵ ro rej jarroñroñ ren kallōk 711 ([Washington Relay](#)) ak email civil.rights@doh.wa.gov.