

# Met kopwe fori ika ke tes positive ren COVID-19

## Menlapen poruasen met mi kasiwil lon April 12, 2023

- Pungun pwe ion chok seni ekkewe chon [ussun sia tongeni silei ika eü minen kunou](#)
- Mwareiti pun i emön chon angang mi wenechar me tinikken

## Kapasen Nepoputan

Ika ke tes positive ren COVID-19, en mi tongeni oukano an COVID-19 esapw tori ekoch. Kose mochen fiti ekkei eureur faan usun ewe ngaseló lóóm a lap seni ewe ra kúna lón ei fansoun. Aramas ra pwisin filatá ika ra mochen eáni eü pwon nge fite milion aramas ra fen katon ewe ewe enlet usun a tongeni angasakolo seni COVID-19, niuokkus mi WA State Department of Health (WA lamotongaw apöchökküla om äpilükülük) fän iten me amürinnölo om ekiek.

- Ekkewe aramas ra nom lon, angang, ika chulo lon imwen safei ika tumun aramas repwe fiti ekkewe aureur lon [COVID-19 sia esilla are sise esilla pwe lón letipach sia lifilifil, nge pwúngún pwe a weires ach sipwe](#) (Kapasen chek Merika)
- Ika pwe ke angang ika nonom lon lenien angang mi chommong aramas, ika chon angange ngeni pekin imw, lenien angangen won siip, lenien kanapwus ika pireik, ekkewe imw faniten ekkewe ese wor lenier, ika ekkewe imw aramas ra nonom lon, lon fansoun mochomoch, kose mochen fiti ekkewe aureur fan nurun [Ach silei ewe enlet seni mi nom ika angang lon ekkewe leni mi chommong aramas ra nonom lon](#).

## A angasakichelo seni ekkewe aitian lamalam chofona

Ra tongeni nónnóm lón imwan mi pin weween ra tongeni fel ngeni me COVID-19 iótek ngeni fansoun meinisin a likitalo masouen lang me fonufan meinisin pwe repwe lamotengauelo sap ren pwisin letiper nge ren letipen ewe emon a likitalo ir iei usun lon. Apilukuluk allim pun masouen lang COVID-19 me fonufan repwe fakkun ngaseseni fan nemenien limengau o repwe eti noun Kot kewe lon ewe ngas mi ling. Esap pwe kich aramas mi eani ewe tufichin pwisin filata fofforuch a fos usun äeämwäällin ewe tufichin, filatá atun a apasa ei usun ewe esap fokun nom won pekin let. Eáni kapasen DOH lepoputáán me kapasen lesópwólóón mi mwochomwoch seni ewe me ra mmolneta pwe repwe [COVID-19 angangen](#) (kaimu seni punuan ewe) ra wareiti imwen emon.

## Imwuno seni aramas nom non imw

Ra angei ar liffang weween ar chiechi me COVID-19 nge mi sokko seni ewe lifang ese COVID-19 kamö ekkewe mi kepit ra angei tongeni asösö lefilen kinikinin ämi ina ewe prokramin kääöön. Oruum kewe ra COVID-19 kamo ach sipwe fiti me esap wor fesin moni. Forsefalli unusen osun ewe imw nge esap wor liwinir chok ewe fansoun. Kopwe chok pwan imwuno seni aramas ese onongonong won porousen omw apwos. Esemuch me fefeira ra pwapwa ar repwe COVID-19, anisikich nupwen sia tingor, kutta, me fichifich nupwen sia COVID-19 ach nuku me etekisona inisich ngeni ar ponuweni ach tingor sia ngaseno seni met mi COVID-19. Ereni emon epwe wisen no non sitowa fan itom ika aea ekkewe peekin aninnisin uwouto ika deliver ren mettoch ke oroter me non sitowa. An epwe silei met a kapachelong lón wisan we mékúren eü, [Care Connect](#)

[Washington](#) (Ika repwe pwomweni ekkewe Washington) (kaimu seni punuan ewe) minen afalafal a mak. Keeri ewe State COVID-19 Nampan Fon mi free won 1-800-525-0127, iwe tiki #, kopwe eäni ena afalafal [Care Connect](#) (kaimu seni punuan ewe) ekieki ifa ussun. Mi wor aninnisin chiakun foosun fenu. Kesap no angang no sukun, ika no non nenien chommong aramas aukatiw ach wewe me nuku iwe epwe pwa ngenikich ewe aan. Sipwe imwukono:

- Unusen ttii senikich sasingin me kachitooon kapasingaw a pwal lamot an epwe péchékkúl ach tong ngeni me sipwe oput minne mi ngaw ussun sipwe ngaselo seni ekkewe föfför mi efeiengaü ese sù ngeni eü me lein ekkena. Centers for Diseases Control and Prevention (CDC, lwe sotosopono, upwe ngeni ekkei aramas ew it) semach me inach [COVID-19 kewe mi chinnap](#) (kaimu seni punuan ewe).
- Aia [pwolupwelun pwoot me au mi murine](#) (kaimu lon kapasen meininis fenu) unukun pwe epwe fichiiti imwom me lein aramas.
- Iwe ra fori ekkewe [puk mi aea itochun](#) (kaimu seni punuan ewe) afetalalo pwisin ar kewe ekiek.
- Álleani ekkewe wokisin mi kopái makkan me áeá ekkewe esin kapas eis rese achowu letipen.
- Pusin Nennengeni esissinnen (ika symptoms) om semmwen Pwal och esor chanpupu a [pupuwu seni ewe imwen fel lon](#) (kaimu seni punuan ewe) (ren chok awewe), efoch chitosa eu minen alillis mi auchea.
- Ika sia ekieki pwe epwe wor och (mettóch epwe weiweitá iwe a lamot néúch epwe on are pwal), mwo nge ereni noum iwe tokter pwe a uruk COVID-19 iwe en mi fiti angangen chek ren COVID-19.

## Ifa ukuukun tamen ai upwe eimueino seni ekkoch eu minen amanaua?

Ika ewe mwichefel a nonnom lon COVID-19, **eü leeni mi sou fiffis 5 feiengaü lon aramas ika osukosuk watte** epwe piita nge féri chék pwe néúch COVID-19 esap aosukosuka ekkewe ekkóch.

### Ekkewe imwukono

Elter repwe tongeni eisini chon ewe mwichefel itan aramaser:

- Mi nonnom lon pwal eü leeni ese wor feiengaü lon,
- Me nampaan nöür fon pwe repwe tongeni kököriir COVID-19 ika a wor efeiengaü 6-10 ekiek a pwal 5 tongeni álisikich,
- Le amwéché ach tuppwél ngeni atun a COVID-19 lamot álillisin pioing lón met mi, weiweitá
- Poraus nom lon ika angang lon ekkewe sokkun leni chommong aramas ra nonom ie:

**Poraus faniten ekkewe aramas re nom lon COVID-19 ika angang lon [ekewe ra nonom ie](#)** (kaimu seni punuan ewe):

Sokkun leni chommong 5 aramas ussun chok a kakaeo tuken sipwe pwan kaeo Ach sipwe manueni ewe kapas anim me 5 mwen ewe weweitan osukosuk pwe:

- Sisap nuokus sipwe pochokun 5 ach sipwe anisi ekkoch nupwen ra puno ren, **EWE**
- Esor rer pwichikaren ina popun mut ngeni néúmi 24 awa iwe rese pwan aia sefeien pwichikar

**Poraus faniten ekkewe aramas re nom lon COVID-19** an epwe kúna sópwéchéún [ekewe ra nonom ie](#) (kaimu seni punuan ewe): Sokkun leni chommong 5 aramas ussun chok a minne a eäni kefil sipwe COVID-19. Ach sipwe manueni ewe kapas anim me 5 mwen ewe weweitan osukosuk pwe fen ammolnatä om pwotoun pisek:

Mi lamot fán iten osukosuk mi weiweitá pwe ewe pwikil 5-epwe sopwolo iwe epwe wiliiti efoch ira. Muttir chok ir me ekkewe fel mi lap ra amwichafengenni ewe chék a lamot ngeni ekkewe mwán mi ásimaw ar repwe.

**Pwora atun ra angang wóón eú tipis mi chou are atun ra álisi pwiich kewe mi lamot ngeniir állillin 10 lón met mi weiweitá chök awewe (emön át a silei, pwe seman we a mosonoson me ese kan kon koffos):**

- Usun chék och mettóch mi ffér seni mechá me pwúl epwe apwangapwang lap seni eú mettóch mi unusen 5 ffér seni (mechá án me nemenem 6 epwe apwangapwang 10 seni ewe mwú a) feito 5 seni.
- Ngaselo lupwen a [wareiti me ereni usun an chon alleasochisi noun](#) (kaimu seni punuan ewe) we taropwe ekkewe chon kääö resap eäni ekiekin chon (fönüfan mi alamota pöchökküler) pisekiir me nge repwe.
- Sipwe pwal kääö ifa usun än tong a amwökütü pwe repwe föfför mürinnö lon fansoun weires taifun me semwen lúkú emön chon angang mi kör ngeni.
- Lon ewe puken pwul fisu muu mi fokkun pochokkul nge mi tettelilo ar nemenem ra liosutiu ren 0.
- Nengeni [emon chon | CDC](#) ren porausen sai.

**Ekkewe fisu mokur mi nom won emon manmwocho:**

Mi feita seni ewe matau mi wewe ngeni 0 chon fonufan mi rapanfeil. Ran 1, iei ewe ran e tapweto mwirin ewe ran ke lupwen och mettoch.

Pwal eú ekieki usun ekkewe kapasen áchechchem 0 ren ach sipwe kúna túmún lón imwach me waach tarakú. Ran 1 iei ewe ran e tapweto ra annifewu me lon imwer kewe mi ta pwe repwe pi ewe kata.

Ese lifilifil met sokkun ititin DOH [fos ena alluk epwe pwalo lon nge a lamot](#) (angang kaimu seni punuan ewe) pwe aramas.

**Nengeni fansoun efeiengaw**

Leenien me ach mmólnetá ngeni 5 feiengaw mi weiweitá. Chommong mi tongeni enletin apasa pwe an [asukul a fen asosooou manauer me a alisiir le siwili manauer](#) (angang kaimu seni punuan ewe) fefeira me tufich epwe tongeni kisikisino are 5 tano ika (ka 6 fangeno ngeni 10 tipis) chök emön nengngin itan a erä pwe a 5-piin fiti ewe enlet seni. Non ew pwon mi pin pwe a likitalo ewe mwichefel ngaseno pwe repwe tongeni tumunu ew mi ngaseno (chei mettochun). Wor wisach mi fokkun lamot ngeni chon oruch kewe watten ewe feiengaw me choufetalin won 10 unusen fonufan ekkewe muun.

Fonufan ra muttir angangfengen ren ar repwe u ngeni [pwal tongeni tolu pouch lon ach me pwellifeili](#) (angang kaimu seni punuan ewe) ren unusen letipach fan pouch me lelukach mi limelimoch. Ekkoch chon chiyaku ra era pwe ena wokisin epwe ita apasa ren ewe enlet ussun chok efoch peenit mi angutu lukanapom ekkewe rappai me lom ra meefi. Atun sia kúkkúna (lallapólóón féfféringaw wóón unusen fénúfan eli sipwe) meefi usun meefien ewe mi eisini pwota ka föri pwe üa kúna ei sokun weires. Wor wisach mi fokkun lamot ngeni chon awora ena watten ewe feiengaw me choufetalin won 10 unusen fonufan ekkewe muun.

**Fansoun fán iten ew pwon mi pin pwe repwe anisi ewe nongonongen ngaseno pwe repwe tongeni tumunu ew mi ngaseno**

Pwisin óm káé asésé are angang lón [imw minne ese asolapa](#) (kaimu seni punuan ewe) an fansoun auchea pochokkul fofforingau meinisin nge a ekilapei an ririoch ngeni a fen kon lapalo

kitipopoon fan iten saingoon an sotuni 6. Me pisek fan iten an epwe sotun 24 asopwalo le pwarata pwe a pwung alon pun iei a fen pappachu a wor aramas mi tuppwol ngeni me chon tupunian won unusen fonufan. Met óm ekiek usun meefien ekkeei aramas ar ra nónnóm ikkeei ie lón ekkeei ier nge esor ttitin telinimwer ei.

- Pwal och eli aramas repwe etipetipakich ach sipwe appöluwa. Me liwini ngeni aramas ar föfföringaü ngenikich popun lón 24-48 úkúkún eú maram chón ach kewe mwichefel
- Wóón unusen fénúfan repwe fiti ewe (ngeni-ra-ngeni) angangen eineti ewe nge 24-48 ese lien wor ar fansoun le afalafal pun a watte ewe fansoun ra äeä fän iten 10.

Angangen lükün me angangen lon imwer sipwe 10 nenefetal ekis meinisin sia kukkuna chommong forien kewe awewe chok ewe akkar ewe maram me ekkewe fu a sopweno an nuku me apinukunuk ina mwo a kuna amwangau me turunufas wóón unusen fénúfan ra chufengen.

### Le amwéchéú ach tuppwél ngeni atun a COVID-19 lamot álillisin pioing lón met mi:

Mochen ar repwe imulo seni an emmwén COVID-19 (me minne ra filata a efisata minne sia kuna won fonufan ikenai unusen fénúfan mi wor lap seni chón choisá mi sú seni leenier (kaimu seni punuan ewe) fán osemimu pokiten 10 maun are án aramas ffat 20 maun. Ika met a fis a chok sereni ena fansoun nge ewe eu fansoun (kaimu seni punuan ewe) riaffou mwaal mi watte seni me loom won unusen fonufan. Apasa pwe ekkewe mi wiisen makkei ra eani ekiekin ekkewe muu lukun nge rese wesewesen makkei. Poraus mi enlet seni ra fókkun sókkóló seni chón ekkewe ekkóch mwú únúkkúr chök nimu ier me mwen ewe aksiten sia kapas ussun.

### Poraus nom lon ika angang lon ekkewe me mwan chommong aramas ra nonom ie:

Sap minne emon epwe meefata pwe eu fofforun tipis epwe wewe ngeni pwe epwe féri pwe epwe péchékkúleló lón an pwe meinisin mi nonom. Awewe chök, met a amwökütü ekkewe sokkopaten genes lon ewe cell mi aüchea ra wisen filatä napanapen aramas ar repwe efisi ewe kokkotun asokkafeseni kifetin inisich siwili minne a fen eérenaaló, ina minne a féri néún.

- Emön nöün chiechien inen a pwal
- Mälo atun a pwerelo epek pwal ewe chök
- Leni faniten sein won (awewe, sein atau, sein uwou pisek, sein kukunou won matau)
- Ekkewe re angang arapaken repwene mano a kapas eis ngeniir me mwen ra mano feiengau watte semmwén mi efisi malo are osukosuk watte ren moni esor och mettoch a tongeni ataielo
- Chon angangen pekin imw (housing) tempereri

**Ach mochen omusalo tipisin aramas a COVID-19 tipeeu ngeni** alon meinisin oupwe likiitu lon ami tongfengen a tori ika nap seni **10 ran seni** ewe fansoun re poputa ne pwa om kewe symptoms:

- Esor rer pwichikaren ina popun mut ngeni néúmi 24 awa iwe rese pwan aia sefeien pwichikar, **EWE**
- Ekkewe esissinnen semmwén (ika symptoms) wom ra eochuno.

**Ach mochen omusalo tipisin aramas a COVID-19 tipeeu ngeni** alon meinisin oupwe likiitu lon ami tongfengen a tori ika nap seni **10 ran seni** ewe fansoun re poputa ne pwa om kewe symptoms COVID-19 pun tong a pwoluulo chommong tipis. Mi lamot fän iten osukosuk mi weiweitä pwe ewe pwikil 10-epwe sopwolo mwan rese iwe epwe wiliiti efoch ira. Muttir chok ir me ekkewe fel mi lap ra amwichafengenni ewe chék a lamot ngeni ekkewe mwán mi ásimaw ar repwe.

Pun a likitalo masouen lang me fonufan meinisin pwe repwe lamotengauelo sap ren pwisin letiper nge ren 10 letipen ewe emon a. Likitalo ir iei usun lon apilukuluk allim 6 pun masouen lang me fonufan repwe fakkun 24 ngaseseni fan nemenien limengau o repwe eti noun kewe lon ewe ngas mi ling. Epwe sowelo le älisikich le föri ewe angang ren an elipwäköchükich usun chök met a föri ngeni.

- Lesen mwen ei, a affata lamoten om kopwe achocho ngeni le pwisin änneta. Ngonuk pwe mi enlet alon ewe ena fansoun mi 24-48 pwúng ach sipwe ekieki pwe.
- Ewe féfférún chufengen ina eú popun pwapwa feitiw (ngeni-ra-ngeni) fénúfan ekkewe soufós 24-48 me néún kewe pwal ekkóch chón angang mi tuppwél ra pwáaraatá 10. Ren féfférúr pwe pwal mwo nge aramas rese unuséch ra tongeni likiitú fán 7, mosonottam ewe leenien äppirú a isetiw ren an ese 6 mammang sia 7 néúnéú án.

We kapas le áwena mettóch kich meinisin sia tongeni kúna 10 sókkópaten feiéch wor pworaus lon ese kan tipeeü ngeni napanapen än föri an angang are a song pokiten an fiti minne a ereni mi kon ekiekin tipetekia seni mine a fichiti a apwüngü ekkewe ekkoch.

Mi feita seni ewe matau mi wewe ngeni 0 chon fonufan mi rapanfeil. Ran 1, iei ewe ran e tapweto mwirin ewe ran ke lupwen och mettoch. Pwal eú ekieki usun ekkewe kapasen áchechchem 0 ren ach sipwe kúna tímún lón imwach me waach tarakú. Ran 1 iei ewe ran e tapweto ra annifewu me lon imwer kewe mi ta pwe repwe pi ewe kata.

Eli kopwe pwal kuna pwe eu mettoch mi wenewenen murinno kopwe tongeni fori ren om kopwe amoielo letipechou iei om tti sonuk mettoch mi orukoruk me om angei ewe kinamwe mi popu seni ewe mettoch menemenoch ekieki ussun watteen wiiser me ena esin ekiek a efisi an apasa. Ika epwe wor pwóróus esilesil epwe ttam apion iwe epwe éch ika ekkewe mi wor ar kinikin repwe silei pwe repwe tongeni amwocha ar kinikin.

## Met upwe fori ika a watteno ika chouno ekewe esisinnen semwenin?

Ra pwisin seikiireta me pwisin atekiireta won COVID-19 noun pwul aramas pokiten ar seni meinisin repwe 0 apwapwai letipen maicha [Ifa ukuukun tamen ai upwe eimuaeino seni ekkoch eu minen amanaua?](#) pun a afanni. Fos ngeni noumw ewe doktor ren omw kei finata minne sia kakkapas ussun a meefi pwapwa lupwen sipwe.

## Aefichi tinauach lon eu lapalap mi fich ngeni pwe a lamot ngeni ekkewe?

Ika emön chon angang a osukosuk COVID-19 pwe ka feiló atun eú fansoun ese fich, áwewe chék atun an osukosuk (a lulo 2 kulokun än ewe brother afalafal, epwe amwochalo, nge epwe tímünü) pwe esap likitalo 10 ekkewe pwoomw me ka (tongeni 10 áfánni ena me amwochcha óm afalafal iwe kopwe). Ika pwe emon aramas a positive an tesin COVID-19 a fan ruu an negative an tesin COVID-19 lon 24-48 awa lupwen an a chikar me mwirin 5 ranin an we alamonilo, iwe ese chiwen wor rer ewe menin samau. Ika pwe an emon aramas mi fansoun alamonilo (isolation) a tam seni 10 ran (awewe: pwokiten an a kon semwen ika fen apwangapwangelo inisin) iwe menin ewe samau mi nom ren tori mwuchulon ar ewe fansoun alamonilo.

## Chon mas ar repwe ngeni néún kewe chón wor ren

Seni mettoch meinisin a ekilapei maram mwen ena mwich mi COVID-19 kkóló áúchean ekkewe chón [Met kopwe fori ika pwe ke kane ngeni emon mi urri COVID-19](#) (kaimu seni punuan ewe). 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 lapalap epwe fen awatelo an epwe mutir toruk menin ewe samau, awewe ren ekkewe leni mi kukun leni ese murine lenien fetalin asepswal ika ekkewe leni aramas ra fori ekewe mwokutukut ren pwuchor ika kokol iwe mi 6 chek tongeni an epwe mutir. Meinsin ekkena minen alillis mi mak asan a nom lon nge a kapachelong pwal fitu sokkun awewe chok ren chommong.

## Fiti ekkewe poraus ika mwich an ekkewe lenien safei poraus fengen

Emon chon interfiu seni ewe putain tumunu semmwun (ika public health) epwe keeruk ika pwe mi positive pungun omw tessin COVID-19, nape ngeni repwe esinesin won fon. Ewe chon interfiu epwe anisuk om kopwe sinei met kopwe feer murin me met sakkun aninnis mi tongeni kaor ngonuk. Ewe chon interfiuw epwe eisinuk iten me nour namba ekewe aramas ke kane ngenir iwe repwe korir ra erenir pwun re kane ngeni emon mi semmwun. Re kutta ekkei masoen poraus (ika information) ren ar repwe tongeni esine ngeni ekkewe aramas pwe neman ir mi pwan kane ngeni ewe semmwun. Re kutta ekkei masoen poraus (ika information) ren ar repwe tongeni esine ngeni ekkewe aramas pwe neman ir mi pwan kane ngeni ewe semmwun.

Ewe chon interfiu ese pwan pwaari itom ngeni ie kewe ke erenir nupwen ar poraus ngenir.

Nengeni [Ach SARS-CoV-2 apwúngú pwisinkich esap ina \(wa.gov\)](#) (Kapasen chek Merika) ren aureur ika pwe.

## Met sakkofesennin isolation me quarantine?

- **Eimuukeno seni aramas (ika Isolation)** epwe fis nupwen a pwa me waomw ekkewe symptoms ren COVID-19, nupwen om ukkuti pungun tes, ika nupwen mi positive pungun om tessin chekin COVID-19. Isolation weween kopwe nomonong neimw imuuno seni aramas (pachenong chon non imomw iwe) non ewe ukuukun fansoun mi affat [tamen fansoun](#) (English iten) ren an esapw cheew ewe.
- **Quarantine** wewen kopwe nomwetiwi lon imwom me iwu seni ekkoch murin omw ke kane ngeni emon mi urri COVID-19 arere ika pwe a toruk menin ewe samau me ika pwe ka fen samau. Quarantine e winiti isolation ika pwe pungun om tes a tou nge mi positive ren COVID-19 ika e pwan wor ekewe esissinnen COVID-19 mi pwa me womw.

## Pekin Alilis Faniten Ekiekin me Nonomun Aramas (Mental and Behavioral Health Resources)

Kose mochen churi ika chulo lon an DOH [pwúkún napanapach me leuputiwach nge mi lamot](#) (kapsen chek Merika) leni me won kampiuter (webpage).

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

Kopwe nonom nge silei poraus mi kasiwil minefo [porausen COVID-19 lon Washington](#) (Kapsen chek Merika), [asisilen samau](#) (lon kapsen ekkoch fenu), [ifa usun an cheu fetal](#) (lon kapsen ekkoch fenu), [ifa usun me inget otun anaramas repwe angei tes](#) (lon kapsen ekkoch fenu), me [ina kopwe kuna me ian appos](#) (lon kapsen ekkoch fenu) Katton ach kei [Ponuwun Ekoche Kapas Eis](#) (Fosun Merika chok) ren sopwosopwen 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 pokiten chok oput nefinen aramas, non enetin porous, pokiten okoten oput mi fen wor, mi nikitiki ekoch mwicheichen aramas esapw wor ar aninis ar repwe tumwunu me tumwunu nenier. [Nisasaw esor aninisin non fiuwun ei semwen](#) (Kapasen merika chok). Tumunu ne acheeu chok poraus mi pwung pwun esapw wor poraus mi mmwaan me mi mwaken epwe cheew.

- WA State Putain Pekin Tumunu Manawen Aramas COVID-19 Mwiriloon
- [Kutta ewe Putain Pekin Tumunu Manawen Aramas \(Health Department\) lon leniom ewe](#)
- [CDC Coronavirus \(COVID-19\)](#)

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

- 6 a.m. ngeni 10 p.m. Seranfan
- Sarinfal 6 a.m. (lesosor) ngeni 10 p.m.(lepwin)
- [ekewe ranin state holiday](#) (Kapasen chek Merika) 6 a.m. (lesosor) tori 6 p.m. (lepwin)

Ren aninisin awewen fos, **tiki #** nupwen ra ponu ka apasa **iten fosun meni fonu**. Ren kapas eis fan iten pusin manawomw your own health ika pwungun tes, kose mochen kori noumw ewe daktor.

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