

Ekkoch sasing ra awewei ew me ew ekkewe porous COVID-19

Lupwen a wes ar sossot 20, 2022 pwarata

- Áwewe chék atun Centers for Disease Control and Prevention (CDC, Pwúngúngaw met sipwe féri enletin omusomus ngeni) mééni eú fénú, Department of Health (DOH, Nafangauen Moni are Pwal) a féri rúúaché kapiin ewe taropween etipeeúin kamé, a kútta chón pwáaraatá me a isonéchú ewe Care Connect Washington.

Lupwen a wes ar pwáaraatá 26, 2022 pwarata

- Pwe epwe eú minen lón mwach [CDC Ekkewe pisekin annet seni](#) uruwo mi affata ineet.
- A nemenem ra kapachelong [makkeien ekkewe chon me ekkewe taropwe](#).

Amasoua

Ewe taropwe mi fiti pwúngún allúk COVID-19, mi affata mochenum lón pekin COVID-19 me fós ngeni noum. A pachelong lon ena puk an.

- Ika ina eu poraus mi mak K-12 lon fosun lpru mi chiyaku [K-12 seni echo an](#).
- Eni sipwe ekiekin kuna ewe kapas lon ewe poraus, nge sap mwochomwochen ewe it mi fel CDC [Pwungun pwe an ngun mi fel a efeiochu achochoon Luk, iwe, ese SARS-CoV-2 mwaal a amokutu i pwe epwe kutta porausen uruwo SARS-CoV-2](#) (Fosun Merika chok) enlet [CDC epwe fos ngeni chon pwarata mi wenechar awewe chok ren ekkewe chon 2019 \(COVID-19\) inen](#) (Fosun Merika chok).

Taropwe lon fosun

Ika kopwe reirei are ekiekin etiwa eú COVID-19 minen álillis seni pioing nge mi wor COVID-19 áeáán chcha lón kopwe cheki. **Ika ka fen amasoua ewe taropwe mi tipeeú ngeni allúkún mwú.** Usun chék ewe lón chómmóng fénú a iteni. Ena taropwe a ffér fán iten an epwe túmúnuk seni chcha. Ei mwüten kapas me ren chon ra alükülükü ngeniir pwe repwe. Pisekini ika eäni och mettoch ra tipeeüfengen woon ar repwe moni, [Care Connect Washington](#) sia angei. Pesepes mi pin seni nouch COVID-19 soufosun ikenai 1-800-5250127 soun kuna #. Me soun pwarata non ewe taropwe itan.

Fan ekkoch ekkewe soumakken ra makkei long poraus seni ekkewe sou uruwo mi makkei met aramas ra kuna nge sap minne ir meinisin ra mak fan emmwenien ngun mi fel. Iwe nge [ika emon](#) affat pwe fitemon aramas ra fen manauattam seni.

Epwe ngonuk echo taropwe mi awewei met kopwe fori. Ren om kopwe angei eu alemwir mi. Auhea kosap ita awora om fansoun ren om kopwe COVID-19 kaeofichi masouan COVID-19.

Ra apasa och pworaus usun itä mi enlet nge?

A mwaken ra usun chök ekkewe furio mi föri tipitipin moni me mwakenetä pwe ina wesewesen moni ra fókkun COVID-19 túmúnúechú met sókkun kapas repwe néúnéú lupwen ra makkei ar kewe allúk pwe rete. Áwewe chék, chón túmúnú ena mwicheich ra erá pwe.

A fen ppet [ewe](#) angangen chosani ekkewe taropween tingoren alillis pokiten:

A wor fite ngerou taropwe mi chofona COVID-19 me aramas [ra mwakeleta](#), minne a fis 5 ngenir esor pisekin ännnet pwe a fen siwil masouen ewe puken. Asonga ekkewe [sókkópaten 5 lamalam ra sainei ena taropwe](#). Epwe wor atun eli kopwe kan meefi pwe 5 usun itá:

- Ka chék áláeménúló me eli ka pwal mwo nge ekieki pwe 5 usun ese aúseling ngonuk, **NGE**
- Kosap chék ákkáláeménúló a fen 24 kaimulo chommong kinikisitiuen chcha, **NGE**
- Ekkewe kukkun kinikin mi popu seni [ekewe ruuanu kifetin](#) chcha fan iten aean 5 lon pekin.

Pokiten a otuputup letipen aramas iwe esap eú alen tipachem ika oupwe chék rúúeménúló 5 lon eú imw ruumw waa are ese lifilifil ia oua nóm ie nge a suuki alen ámi 24 oupwe féri minne ese pwúng pwal niueiti ar repwe alaemon chok letipechou me ar apwangapwangelo.

A angang won eu fonu touau a nom COVID-19 akkanaemon me a ppositi fonuan [mwirin a sau](#), pokiten ewe rupun **5 pwotur** a pwukuwu me won chamwan COVID-19. Menlapei ekkewe kapas mi kon [lamot peinit eú 5 minen eppetin paarang](#). Me a nonnom touwau seni aramas lon unusen 5 manauan meinisin:

- Won mechä pwal ach mwittir angang, NGE
- Ewe sokkun föfför-mwääl kich meinisin sia [föfföri pun sise unusöch](#) nge kanoto chök a mmen riäfföü pokiten 5 an äpilükülüküngaü.

Ese mochen chiechi ngeni aramas mi elichippúng pún ekkena esin 5 mettóch ra kan fis iteitan. Won lupwen a chüen kisikis ren chok aweve repwe chuen tongeni pacheri.

Iwe ewe a forata ew atake non a nom [otiw iwe a annomu](#) ewe mwan non a awora sokkopaten ira mi ningoch me iran mongo non ewe atake a fotukatiw ewe iran manau me ewe iran sinei minne mi och o mi ngaw nukanapen ewe atake. Ew chonupupu a puutiw non(o a achochchonu ewe atake) iwe seni ikewe ewe 5 chonupupu a keang.

Ewe mwicheichen chon nge resap kaimulo seni lon pekin ngun ar tipis ese fis fän eü chök pokiten ra 5 apwangapwang nge ina. Uwan ewe iran sinei minne mi och o mi 24 ngaw pun non chok ewe ran kopwe mongo kopwe mano anamonuno chok upwe ngeni emon chienan pwe chon anisi a (angei och pwun o a forata ekkewe man me machchang meinisin a emwenireto ren ewe mwan pwe epwe eiter). Fesen o a forata ruanu chonupupu ewe aewin chonupupu 5 itan a puu fetan non ewe fonu a wor gold me fau mi auchea pwan 5 nopwokus non ewe fonu. Itan Euphrates ewe a annomu ewe mwan non ewe atake non pwe 10 epwe fotukatiw o tutumunu ewe atake a apasa ngeni ewe mwan (tongeni 10 mongo seni uwan ekkewe ira meinisin non ei atake nge COVID-19 kosap mongo seni).

Ewe oruwen chonupupu itan a puu 10 fetan non ewe fonu aunungatin (chonupupu itan a puutiw otiwen aruanun chonupupu):

- Ewe fansoun ra 10 ochoch ewe foun ira, ra sinei pwe ra [ra teifengeni ekkoch chon ewe ira fik pwe ufer](#), ewe kunionun ra rong (feffetan non ewe atake) iwe ra opono nein ekkewe ira.
- Iwe iei ussun an 10 emon me emon ekkewe man ra angei iter ewe mwan a ngeni iten ekkewe man me ekkewe machchang meinisin nge ese wor emon neir a tongeni chiechi ngeni.
- Popun emon mwan [epwe imu seni | CDC](#) seman me inan.

A fori pwe ewe mwan epwe [annutochou](#) nupwen a annut ewe a angei efoch chuuraran:

Iwe a pwan apacha sefani neenien ewe **COVID-19** chuu a forata emon fefin seni ewe chuurara o a 10 emwenato ren ewe mwan:

- Iwe atewe a apasa lei efoch 24 chuui seni chiiui kei o futuk seni futukei, **NGE**
- Epwe iteni fefin pun a for seni mwan lei.

Pun ika am oupwe mongo, am oupwe mano serepenit a 10 ereni ewe fefin ousap mano a chok apasa ena pwe i mi sinei pwe non ewe ran oupwe mongo ewe 24 foun ira oupwe ne chok ussun i oupwe sinei minne mi och o mi ngaw.

Foun kewe ra murinno ne ochoch COVID-19, iwe a ekieki pwe epwe ne tipachem ren iwe a kini ewe foun ira o a ochoch 10 pwan ngeni punuan we o a pwan ochoch COVID-19 non chok:

- Ewe fefin a kuna pwe ewe ira a ningoch

Pachengeni punuan we iwe repwe ne winiti ew chok mwan me 10 punuan we ra chok seneno nge rese mo mefi ar saw fengen. Ekkewe mwan chon luku mi tottongei puluer lon fansoun kinamwe are fansoun weires.

Ekkewe pukfel ra uren kapasen apochokun usun ach tapweno mwirin ipwepin, [Care Connect Washington](#) mi arapoto. Me ei fonufan mi COVID-19 ingau epwe muttir siwil ren 1-800-5250127, nemenien ewe #. Aninnisin chiaku mi tongeni kaor.

Ina popun kopwe tongeni kuna COVID-19 pwapwa mi enlet chok:

Ika kopwe tumunu ekkena mettoch me COVID-19 alleasochisi allukun enlet (pwe pokiten a fen kon arapoto an we ranin apwung unusen fonufan) epwe ita ‘fanafanelo mwen [mesen ewe me auseling](#) ngeni minne a akkapasa ren an nounou ewe mwich mi kisikis weween noun. Kewe chon kaeo mi kepit me chiener kewe noun [kewe pwal fitemon](#) siip an tipeeu ngeni ei wokisin a apochokkulata iten we atun a ereni noun kewe chon appiru ar repwe iotek CDC a etiwa meinsin chón me ar repwe 10 féri ewe mi 20 lap mwirin ra pwal féri ewe COVID-19 ese úkúkún fisu rán kewe sip ra aüselinga mweliei üa pwal sileer [nge iir ra tapweto müri](#). Mochen álleani ewe lesen mwirin ei ach sipwe weweiti weiresin ach.

Sipwe esilla ika mi nóm rech och ekiekin lifilifil kopwe anchangei pwe itá:

A fis ngonuk ei ka feffetál áláemén wóón efóch al lón eú pwinin mi rochokkich an kilisou ren meinsin met me mwirin eü ier a wiliti emön mi awora watten an fansoun le afalafal.

- Apwi am aise mo tapwelo mwirin
- Ekkewe tuttunlapen rochopwak mi otupotup lupwen am aia afalafal
- Ngenikemi ewe manamanen ach o (an we liwinsefallito pwe am aia pwisin kuna an we ling)
- Mi lap ren mesem nge a chuen fokkun mochen silei ifa ussun ekkoch ra sopweilo ewe angang a fen poputani ikkena ie ese tongeni pwisin
- Apungano ewe osukosukun neanuonun

Nge a tongeni poputa seni ikkewe COVID-19 ia a nonnom, ia me ren aninis totono ewe mengiringir a manau ren non **10 ekkewe** ier iwe ina wesewesen eu leenien appiru sipwe tapwelo mwirin:

- Ese mwáál Jiowa a pwapwa atun a 24 kúna pwe ekkewe mi kepit me, **EKKEWE**
- Ifa usun ach ápilúkúlúk epwe akúkkúnaló ach aúrek.

Angangochun ekkewe tokter me ewe angangen alimelim epwe pwal 10 ekisikisietiu an aramas malo atun resaamwo chinnap Ifa usun án ewe famili féri kókkótun néúnéún néúr moni a [tongeni álisiir](#).

Nge a tongeni poputa seni ikkewe COVID-19 ia a nonnom, ia me ren aninis totono ewe ekkóch siip ra limeliméch me tipeeúfengen ren non **10 ekkewe** ier iwe ina tuppwél lón ar álleasochisi COVID-19 sipwe tapwelo mwirin:

- Ra aúseling ngeni ar me ekieki

Ekkeei mettóch a titchik le fori alon an we kokkot esap eu 10-minen amairu. Ngenikich pun pwal mwo nge emon me lein noun chon kaeo ewe aposel a kul seni. Angangochun ekkewe tokter me ewe angangen alimelim epwe pwal 10 ekisikisietiu an aramas malo atun resaaamwo chinnap lfa usun án ewe famili féri kókkótun néúnéún néúr moni a [tongeni álisiir](#).

Mettoch a alingalo ewe telinimw me loom ewe iolapen, fel mi limelimocho won unusen fonufan a fen tatakkiselo a tipemecheres le álisi ekkewe mi rupun pwötür chon mwerä mi chun pwal iir kewe mi osupwang lupwen ra tingor ällillis. Mwirin ekis chok fansoun a kkuf a unusen tatiu an we imwenfel mi lingoch lupwen sipwe pekkus sisap ekieki pwe sipwe.

Tongeni akukkunalo aurekin manauach me pwapwasefal ren ach sipwe akukkunalo?

Ach fansoun pwisin kaeo ach fiti COVID-19 ewe angangen afalafal me ach fiffiti ekkewe mwich ewe imwen (felin 2 ewe ekkóch ra erä pwe neman a féri pwe napanapen ekkewe man repwe oro annut are a fen annuter) pwe esap kon 10 watte ar mwéngé (ika a kan wor lusun nöüch kewe puk 10 iteitan akükkünalo met sia kan chumong). Chommong ra fen feiengau lon maun COVID-19 lefilen ekkewe muu 10 me ekkoch ra fokkun mwelele nge esap pokiten pwisin ffofforur.

Oua tongeni ámecheresaaló nónnómun COVID-19 manawemi pwe 5 oupwe tongeni alapaaló ámi fiti 5 ewe angangen afalafal ka tipeeu ngeni pwe ach apwonueta alon ekkeei 5 kapasen emmwen epwe ekisalo 6-10 ach tufichin feiengau nge ika ka akkatai ar allük kosap mäirü ika repwe akükkünalo om pwisin filatä [tongeni álisiir](#). Peinit eü minen eppetin paarang won mechä pwal ach mwittir 6-10 angang won lupwen a chüen kisikis.

Seni ena ran mi pwungulo me 5 ren uruwo me 10 ren sia tongeni apacha?

Ekkewe ier me kuna menni ier me 0 ren ewe pwinin maram sia. Nounou 1 iei a fen fisita mei wor chommong oesini lon ewe puken.

Taniel nge esor eu me leiir a atufichi ekkewe chon kaeo 0 iei ar repwe alleaani (ewe fansoun an we otot). Mi ngau 1 epwe kataalo ese kapachelong nour kkeke mwennau lupwen.

Are epwe tongeni awesalo DOH are met [aramas repwe erä pwe](#) i ewe mwän mi lapalap.

Allea liwinin ewe moon kepich fan.

- **Iten mwennoun pun io leimi mi mochen.** Aueta eu imwen mas nge esap mottiu lom o ekieki ussun liwinin. Ika seni esap seni meinisin iwe ra sorei minne a 911 fen affateti a lapalap seni meinisin sap chök seni le uputuan COVID-19 tori. Ikenäi nge pwal lon uruwoon aramas meinisin are eman leimi a ekieki.
- **An epwe aüetä eu,** imw tekia epwe akomwen mottiu o kütta fite ükükün liwinin pisekin. Pwe epwe silei are a naf nöün moni an epwe tongeni awesala ewe angang. Ewe ofes a fen sileöchü fitemön repwe ketiü alongolong woon leenien mommot me pwal leenien onnut lon ika repwe filatä an epwe wor eü pari. Ra mochen akkom ekieki liwinin me lapalapan [COVID-19 are eman leimi](#) a ekieki an epwe.
- **Aüetä eu imw [tekia epwe akomwen](#)** mottiu o kütta fite ükükün liwinin pisekin pwe epwe silei are a naf nöün moni. An epwe tongeni awesala ewe angang lon eu me lein, an kewe kapas awewe a apasa pwe emon epwe akkom mottiu; me ekieki liwinin ika a naf ra wiisen witiwiti an we fansoun nge rese tufichin alleaani ineet epwe fis me mwen.
- **Iwe ua ekieki pwe [ika aua améméló imwem we epwe](#),** naf méén fán.
- **Ka álleani ükükün ttamen ewe fansoun kopwe ssä ngeni,** ena leenien mwich iteiten rän pwe epwe naföch fansoun le tori.

Me kütta ia kopwe mot ie iten komusen ám me atufichikem tori

Upwe angei nei mi kepit repwe achocho lon an we angang nge ar COVID-19, luku esap longolong. Won och alleaan ukuukun ekkewe ier epwe lo mwen epwe fis och mettoch ar luku esap. Alongolong won ar kutta ifa ussun repwe alleaani ekkewe ier a affata pwe sise tongeni silei titchikin ränin ewe sopwoloon. Are eman leimi a ekieki an epwe äüetä eu imw tekia epwe akomwen mottiu o kütta fite. Liwinin pisekin ükükün pwe epwe silei are a naf nöün.

Moni an epwe tongeni awesala ewe angang

A pwal achocho le esilla ewe rán ewe [Ussun nonnomuch SARS-CoV-2 nonnomun ekkewe \(wa.gov\)](#) (Fosun Merika chok) fansoun epwe.

Ren alleaan ewe fiffis sokkun mettoch ifa a ussun we chok me?

- **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](#) (Fosun Merika chok) ren an esapw cheew ewe
- **Atowawok seni ekkoch ika kuarantin (ika Quarantine)** epwe fis nupwen om piin kane ngeni ie mi uri COVID-19. Quarantine weween kopwe nomonong neimw imuuno seni aramas non ewe ukuukun fansoun mi affat [tamen fansoun](#) (Fosun Merika chok) asossoun chok ika pwe mi uruk ewe semmwen. 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.

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

Ika emon esor noun kangof ika chon awora tumwunun sefei: Mi chomong pioing mi awora aninisin tumwun ese kamo ika ese kon watte momon ese pwan onongonong won porousen omw immikrason. Katton ewe [Department of Health Manaw ponuwen kapas eis ren tes](#) ika kori ewe [WA State COVID-19 Namban Fon ren Porous](#).

Kopwe fatteoch ren minafon porous ren [minafon porousen COVID-19 mi fis non Washington, An Governor Inslee's Kapasen Onuk](#) (Kapasen merika chok), [esisinnen semwen](#) (Kapasen merika chok), [ifa usun an fetan](#) (Kapasen merika chok), me [ifa usun me inet aramas repwe angei ewe tes](#) (Kapasen merika chok). Katton ach kei [Ponuwen Ekoch Kapas Eis](#) (Fosun Merika chok) ren sopwosopwen porous.

Porousen an emon aramas ren fonu a feito seni/chon ia ika fonuwen esapw, ei metoch, ese tongeni awatteno an emon epwe tori COVID-19. Ei a fis pokiten chok oput nefinen aramas, non enetin porous, pokiten okoten oput mi COVID-19. Fen wor, mi nikiti ekoch mwicheichen aramas esapw wor ar aninis ar repwe tumwunu me tumwunu nenier. [Nisasaw esor aninisin non fiuwun ei semwen](#) (Kapasen merika chok). Kopwe nounou fengen me aramas porous mi pwung me enet pwun porous ese pwung esapw fetan nein aramas.

- [WA epwe Department of Health 2019 Órun ruu ngeréú ier me mwen \(COVID-19\)](#)
- [WA epwe ngeni mwün fanüfan meinisin \(COVID-19\)](#)
- [Kutta ewe Putain pekin Tumwunun Manaw ika Distrik non neniomw](#) (Fosun Merika chok)
- [CDC Semmwenin Coronavirus \(COVID-19\)](#) (Fosun Merika)
- [Kaukun Nisasaw Pisekin Aninis](#) (Fosun Merika chok)

A kokkori ewe mwan? Ewe fefin ka fori pwe chienei a COVID-19 ngeni ei ewe foun ira iwe ua mongo: **1-800-525-0127**

Atewe – 6 a.m. foun 10 p.m., atake – nuokus ua [pun seneno iwe ua opono](#), 6 a.m. foun 6 p.m. Ewe ira ua erenuk kosap, **ponuwani#** Pwata ka fori ei sokkun **ewe fefin**. Ua rong om fetan non ewe lo a erenuk pwe ka COVID-19 senenoserepenit a otupu ei ina popun ua mongo

Ika ke mochen kopwe nounou ei taropwe non pwan ew sokkun nikinikin, kopwe kokori 1-800-525-0127. Ren ekkewe rese sinei

fos me rese tongeni rongorong repwe kokori 711 ([Washington Relay](#)) ika fen mak ngenir non email ngeni ewe civil.rights@doh.wa.gov.