

# Met kopwe fori ika pwe ke kane ngeni emon mi urri COVID-19

## Menlapen porousan met mi kasiwil lon October 24, 2022

- Esapw chiwen wor an aramas repwe alamon lon lenien imwulo.
- Ekkoch akasiwil ren porausen tes
- Kasiwili poraus faniten ekkewe ir ra nom lon ekkewe leni mi chommong aramas ra nom fengen lon.
- Siwili ekkewe aureur ngeni ekewe re kane ngeni emon mi urri COVID-19 iwe iei ra semmwen.

## Kapasen Lepoputan

Ika pwe ke kane ngeni emon mi urri COVID-19, ika ke ekieki pwe ke kane ngenir, en mi tongeni alilis ren apetti an esapw cheufetal menin ewe samau ngeni ekkoch lon imwom me lon kinikinin leniom. Kose mochen fiti ekkei eureur faan. Silei ekkei ekkoch aureur faniten ekkewe leni mi affatetiwi ikei:

- Ekkewe aramas ra nom lon, angang, ika chulo lon imwen safei ika tumun aramas repwe fiti ekkewe aureur lon [SARS-CoV-2 Kapasen Aureur faniten Tumunu me Appeti mater ika cheulon Samau me Angangen Tumunu lon Lenien Safei](#) (Kapasen chek Merika)
- Ika pwe ke angang ika nonom lon lenien angang mi chommong aramas, ika chon angang 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 [Poraus faniten aramas mi nom ika angang lon ekkewe leni mi chommong aramas ra nonom lon](#).

Lenien safei me lon leniom ir mei tongeni aia ar pwungun filata alongolong won ar nengeni met mi fis, awewe ren angangen tumunu cheulon samau me sokopaten angangen tumun lon leni, ar repwe apeti ika akukunatiw, ika alapalo ar kewe aureur. Usun a fen affatafat lon [Revised Code of Washington \(RCW, Allukun Washington 70.05.070\)](#), (mi kawor lon kapasen ekkoch fenu) ekkewe chon angangen safei ir mei tongeni ar repwe fori angangen tumunu ika apeti an samau esapw cheu fetal.

## Ngang mi kane ngeni emon mi tes positive ren Covid-19 nge use samau. Met upwe fori?

Kopwe angei tesin COVID-19 3-5 ran me mwirin omw we kane ngeni ekkewe ir mi torir ewe samau.

- Ika pwe e positive omw tes, fiti ekkewe aureur lon [Met Kopwe fori ika pwe e positive omw tesin COVID-19](#) (mi kawor lon kapasen ekkoch fenu).
- Ika pwe ke aia ekewe antigen tes nge omw tes mi negative, kopwe tes sefal lon 24-48 awa me mwirin omw ewe aewin tes. Ika pwe omw we oruwan tes mi pwal negative, nge en mi chiwen wor omw ekieki an epwe toruk COVID-19, en mi tongeni tes sefal 24-48 awa me mwirin omw ewe aruwan tes, epwe ukkukun 3 tes ka angei. Ika pwe omw we aulingatin tes mi pwal negative me en mi chek ani aurekin COVID-19, en mi tongeni filata omw kopwe tes sefal, kopwe aia ewe antigen tes, ika fen lo angei ekkewe tes seni ekkewe lenien angei tes (lab), ika kokori omw ewe lenien safei ika noum tokter. Ika pwe

ese naf omw pisekin tes omw kopwe angei tes fan 3, en mi tongeni an esapw pwal fan chommong omw angei tes alongolong won ika pwe mi wor omw pisekin tes, me met ke ekieki an ewe samau epwe toruk me chon arap ngonuk.

- Ika pwe en mi kane ngeni emon mi urri COVID-19 nge ese mwo toruk asisilen ewe samau nge a fen urruk COVID-19 lon ekkewe 30 ran sia tou seni, iwe kosapw pwal tes sefal. Ika pwe mi urruk COVID-19 lon ekkewe 30 - 90 ran sia tou seni, kopwe aia ewe antigen lupwen kopwe tes (Kosapw aia PCR), popun pwe ika ke aia PCR iwe pwungun omw ewe tes epwe chek positive ina mwo ika ese urruk ewe samau,

Ren ekewe 10 ran me mwirin ewe saingon ran ke kane ngeni ewe aramas mi urri COVID-19, kopwe fori ekkei:

- Aia [pwolupwelun pwoot me aw mi murine](#) (mi kawor lon kapasen meinisin fenu) unukun ekkoch me lon imwom me lein aramas. Sopweilo le aia pwolupwelun pwoot me aw (mask) ina mwo ika omw tesin COVID-19 e negative.
  - Kosapw feilo ngeni ekkewe leni ikewe kose tongeni aia pwolupwelun pwootum me awom (mask)
  - Ika pwe emon ese tongeni aia ekkewe pwolupwelun pwoot me aw (mask) pwokiten ierin mi kukun seni 2 me ika mi wor an lipwakingawen samau mi appeti an esapw tongeni aia pwolupwelun pwoot me aw (mask), ekkoch angangen tumunu (ren amwurinelon [lenien tolongun asepwal lon imw](#)) (mi kawor lon kapasen ekkoch fenu) epwe wor an epwe appeti an esapw acheu fetalin samau lon ekkei 10 ran.
- Kosapw kane ngeni ekkewe aramas mi [muttir torir menin samau ika samau watte](#), (mi kawor lon kapasen ekkoch fenu) me kosapw feilo ngeni ekkewe leni mi mecheres an epwe toruk samau me ie (awewe: lenien safei).
- Nengeni fichi [asisilen COVID-19](#). (mi kawor lon kapasen ekkoch fenu)
- Ika a poputa toruk asisilen samau, [kopwe angei tes](#) (mi kawor lon kapasen ekkoch fenu) me fiti ekkewe aureur lon [Uwa kane ngeni emon e positive an tesin COVID-19, iwe iei uwa samau. Met upwe fori?](#)
- Nengeni [Travel | Center for Disease Control and Prevention \(CDC, Pekin Tumunu me Fori Allukun Tumunun Samau\)](#) (mi kawor lon kapasen ekkoch fenu) ren porausen sai.
- Nengeni [Porausen Aureur ren Omw Kopwe Pwusin Tes ren ika Tumunuk ren ewe SARS-CoV-2](#) (Kapasen chek Merika) ren aureur ika pwe kopwe pwusin fori omw tes.

An toruk menin samau seni pwusin chon lon imwom e fori an epwe atamalo omw kopwe samau me fori an epwe tori sefaliuk menin ewe samau pwokiten omw kane ngeni emon mi urri ika positive ren COVID-19. Ika pwe mi chek sopwosopwelo omw kane ngeni chon urri samaun COVID-19 me lon imwomw, nenengeni asisilen ewe samaun COVID-19 me aia ekkewe pwolupwelun pwoot me aw (mask) mi murine omw nom unukun ekkoch lo imwom me lon lenien mwicheichen aramas poputa seni ewe ran ke kane ngeni ewe mi urri samau tori 10 ran me mwirin omw we kane ngeni ewe aramas mi urri COVID-19. Angei tes iteiten 3-5 ran mwirin omw aewin kane ngeni ewe mi urri samau tori 3-5 ran mwirin omw ewe saingon kane ngeni ewe aramas mi urri COVID-19.

## **Poraus faniten ekkewe aramas re nom lon ika angang lon ekkewe sokkun leni chommong aramas ra nonom ie:**

Angangen imwulo lon lenien imwulo ese chiwen achimw lon ekkewe leni esapw lenien safei me lenien mwichen chomong aramas. Nge eu chek, angangen imwulo lon lenien imwulo mei tongeni an epwe fis ren ekkoch wewe lon ekkewe lenienen mwicheen chommong aramas esapw lenien safei.

- Lenien kanapwus ika pireik.
- Imw faniten ekkewe esor lenien me ekkewe leni aramas ra nonom lon lon mochomochen fansoun.

- Ekkewe lenien angang mi chommong aramas ie ikewe ie esapw tufich an aramas repwe touau fesen pwokiten ekkewe sokkun angang (awewe., lenien iseis (warehouse), lenien for pisek (factories), lenien forr futuken man me isenalong lon lenian (food packaging and meat processing facilities, me ekkewe chitosa faniten chon angang.
- Chon angangen pekin imw (housing) tempereri.
- [Leni faniten sein won matau](#) (Kapasen chek Merika) (awewe, sein atau, sein uwou pisek, sein kukunou won matau).

Ekkoch alapalap ika awewe ikewe repwe tongeni awora ewe angangen imwulo lon lenien imwulo.

- Tumunu ika appeti samau, akaewin ika pwe ekkoch pekin tumunuan samau esapw cheu fetal ese pwonueta ika apeti cheulon samau.
- Ika pwe angangen tumunu cheun samau ese kawor faniten ekkewe aramas mi kane ngeni ekkewe a urir COVID-19 ren pekin angei tes me aia pwolupwelun pwoot me aw (mask)

Lon ekkei wewe, ewe fansoun imwulo lon lenien imwulo epwele 5-10 ran seni ewe saingon ran ke kane ngeni ewe mi urri samau alongolong an ewe samaun COVID-19 nom lon inisum, me alongolong mwitirin an ewe samsu epwe cheu ika toruk. Omw kopwe aleani ranin an emon epwe imwulo, ewe ran ke kane ngeni ewe aramas mi urri COVID-19 lupwen ar samau ena ran ese lea ika 0. Ran 1, iei ewe ran e tapweto mwirin ewe ran ke saingon kane ngeni ewe aramas mi urri COVID-19.

Sipwe nengeni ekkoch mwekutukut me lukun imwulo lon lenien imwulo, awewe ren chon angang repwe angang me lon imwer, ika fen awora ngenir eu ar lenien angang lon fansoun mwochomoch epwe imwulo me lon ar ewe lenien angang epwe eoch lenien fetalin asepal lon.

Ekkei aramas ra nom lon ekkei sokkun leni repwe fiti ekkewe aureur e nom lon "[Uwa kane ngeni emon e positive an tesin COVID-19, nge use samau. Met upwe fori?](#)

Chon tumunu ekkewe leni kutta aureur seni ekkewe lenien safei me lon lenier ren porausen ika pwe angangen imwulo ika ekkoch mwokutukut me lukun imwulo epwe mase ngeni met mi fis lon ar kewe leni, me chon tumunu ekkewe leni repwe fiti met aureurer a katou seni ekkewe lenien safei me lon lenier ika ar kewe kinikin. Mei tufich pwe ekkewe lenien safei lon ekkewe leni ika kinikinin leniom epwe achimwa an epwe wor imwulo lon lenien imwulo lupwen fansoun repwe ekiiki pwe angangen imwulo mi murino.

## Ifa usun an tori ei COVID-19?

Ewe menin ewe samaun COVID-19 e cheu fetal lon likilikin kukun mettoch, lon sokofesenin lapalapan me watten, pachelong ekkewe menin samau e tongeni toruk pwokiten omw ke kon kane ngeni emon mi urri samau, awewe: ke kane ngeni emon lon 6 feet, me ekkewe e cheu fetal lo asepal me sa fetal, akawin lon ekkewe leni ese eoch lenien fetalin asepal lon. Ekkewe aramas mi urrir COVID-19 ir mi tongeni acheu fetalei menin ewe samau ngeni ekkoch poputa lon ruu ran me mwan ar repwe mefi samau (ika ruu ran me mwen ewe pwinin maram epwe positive ar tes ika pwe ese mwo torir asisilen ei samau) tori 10 ran mwirin ar poputa mefi asisilen samau (ika 10 ran mwirin ewe pwinin maram repwe tes positive ina mwo ika rese mefi asisilen samau). Ika pwe an emon aramas mi urri COVID-19 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 fansun alamonilo. Ika pwe emon aramas a positive an tesin COVID-19 a fan ruu an negative an tesi 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.

Wewen ke kane ngeni nge ke nomw 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 asewal ika ekkewe leni aramas ra fori ekewe mwokutukut ren pwuchor ika kokol, iwe mi chek tongeni an epwe mutir toruk sefal menin COVID-19 ina mwo ika pwe mi 6 feet touauom seni emon ewe mi urri. Ekkoch aramas e uriir COVID-19 nge rese tepereni ia e torir me ia?

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

Ika emon mi urri COVID-19 e ereni chon safei pwun mi kane ngonuk, iwe manip chon angangen tumwun me sefei repwe text inuk ika koruk. Emon ekkewe chon poraus epwe anisuk om kopwe weweiti met kopwe feer me met sakkun aninnis mi tongeni kawor ngonuk. Ewe chon poraus ngonuk esapw pwari ngonuk ion e ngenir itom.

## Uwa kane ngeni emon mi positive an tesin COVID-19 iwe iei uwa samau. Met upwe fori?

Ika pwe ke kane ngeni emon mi urri COVID-19 me poputa toruk [asisilen ewe samau](#) (mi kawor lon kapasen ekkoch fenu) (ina mwo ika mi kukun), kopwe nomwetiwi leimw me imwuseni ekkoch me angei tesin COVID-19 aia ekewe [tesin ei samau](#), (mi kawor lon kapasen ekkoch fenu) inamwo ika en mi appos ika kose.

- Ika pwe omw tes e negative nge ke aia ewe antigen tes:
  - Nomwetiwi lon imwomw tori omw kose chiwen mefi samaun kar me feu lon 24 awa nge kosapw pwal un safei ika aia kewe safeian aukunatiwi samau **ME** omw mefi [samau](#) (a kawor lon kapasen ekkoch fenu) ka poputa chikkar.
  - Tes sefal iteiten 24-48 awa tori limou ika nimmu ran me mwirin an poputa urruk ekkewe asisilen samau. Ika pwe omw we aulingatin tes mi pwal negative me en mi chek ani aurekin COVID-19, en mi tongeni filata omw kopwe tes sefal, kopwe aia ewe antigen tes, ika fen lo angei ekkewe tes seni ekkewe lenien angei test (lab), ika kokori omw ewe lenien safei ika noum tokter.
- Ika pwe omw tes mi negative me ese chiwen reom ekewe asisilen samau, poputa fiti ekkewe aureur e nom [Uwa kane ngeni emon e positive an tesin COVID-19, nge use samau. Met upwe fori?](#)
- Ika pwe omw tes e positive, fiti ekkewe aureur lon [Met upwe fori ika pwe ai tesin COVID-19 e positive \(wa.gov\)](#) (mi kawor lon kapasen ekkoch fenu). Ika pwe kose angei tes, fiti ekkewe aureur faniten imwulo me aian pwolupwelun pwoot me aw (mask) usun chek ekkewe aramas mi positive ar tes.
- Ngeni [Interim SARS-CoV-2 Self-Testing Guidance \(wa.gov\)](#) (Kapasen Chek Merika) ren aureur ika pwe kopwe pwusin fori omw tes.

Aia eu [pwolupwelun pwoot me aw \(mask\) mi murino](#) (mi kawor lon kapasen ekkoch fenu) ika pwe kopwe nom aron ika arap ngeni ekkoch chon lon imwom ika chon lukun imwom. Aramasomw non imomw repwe pwan aia apetin mas ika pisekin angasangas nupwe ar repwe nomw aromw. Ika a naponon ngonuk ekewe esissinnen semwen ika pwan fisita ekoch kopwe kori ika chuuri noumw ewe kangof epwe awora aninisin tumwun.

**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. Ngeni ekkewe Kapas eis me Peluwan an ewe Putain Tumunu Nonomwun ma Manawen Aramas [ekewe Kapas eis me Peluwan an ewe Putain Tumunu Nonomwun me Fefeitan Manawen Aramas \(Department of Health's Testing FAQ\)](#) (Kapasen chek Merika) ika kokori ewe Nampa faniten Porausen COVID-19 an Washington [ewe Nampa faniten Porausen COVID-19 an Washington](#) (mi kawor lon kapasen ekkoch fenu).

## Met sakkofesennin isolation me quarantine?

- **Eimukeno 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 [Alilis me Aureur ren Pekin Tumunun Mwokutkutun Aramas](#) (kapasen 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](#) (Kapasen chek Merika), [an Kepina \(Governor\) Inslee alluk](#) (mi kawor lon kapasen ekkoch fenu), [asisilen samau](#) (mi kawor lon kapasen ekkoch fenu), [ifa usun an cheu fetal](#) (mi kawor lon kapasen ekkoch fenu), [ifa usun me inget otun anaramas repwe angei tes](#) (mi kawor lon kapasen ekkoch fenu), me [ina kopwe kuna me ian appos](#) (mi kawor lon kapasen ekkoch fenu) Nengeni ach kei [Ponuwun Ekoch 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 feiangaw ren COVID-19. Ei a fis pokiten chok oput nefinen aramas, non enetin porous, pokiten okoten oput mi 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). Tumunu ne acheeu chok poraus mi pwung pwun esapw wor poraus mi mmwaan me mi mwaken epwe cheew.

- [WA State Department of Health 2019 Novel Coronavirus Outbreak \(COVID-19\)](#) (mi kawor lon kapasen ekkoch fenu)
- [An Washington State Pelu faniten ewe samau Corona \(COVID-19\)](#). (mi kawor lon kapasen ekkoch fenu)
- [Kutta ewe Putain Pekin Tumunu Manawen Aramas \(Health Department\) lon leniom ewe](#) (mi kawor lon kapasen ekkoch fenu)
- [CDC Coronavirus \(COVID-19\)](#) (mi kawor lon kapasen ekkoch fenu)

**Mi chok chiwen wor kapas eis?** Kori ach ewe lenien poraus faniten COVID-19 won nampa **1-800-525-0127**.: Fansoun omw tongeni kori ei lenien koko:

- Sarinfal 6 a.m. (lesosor) ngeni 10 p.m.(lepwin)
- Aruuwan ngeni Raninfel seni 6 a.m. (lesosor) ngeni 6 p.m. (lepwin).
- [An State kewe ran esor angang lon \(state holiday\)](#) (Kapasen chek Merika) 6 a.m. (lesosor) tori 6 p.m. (lepwin)

Ren aliis lon pekin chiaku, **tiki #** ika ra pelu apasa **kapasen fenuwom ewe**. Ren kapas eis fan iten omw safei ika pwungun omw tes, kose mochen kokori noum sousafei.

Omw kopwe tungor ei taropwe lon ekkoch lapalap ika nikinik, kokori 1-800-525-0127. Ekkewe mi pin selinger ika weires ar rongorong, kori 711 ([Washington Relay](#))(Fosun chek Merika) ika emailini [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov)