

Met kopwe feeri ika pwe ke piin kane ngeni emon mi uri COVID-19

Mennapen poraus won ewe ekkesiiwin fan ewe Eprein (April) 20, 2022

- Ewe kamps an epwe chök ikkiti ngeni Centers for Disease Control and Prevention (CDC, Pwúngúngaw met sipwe féri enletin omusomus ngeni) ennefen eli a lamot Department of Health (DOH, Nafangauen Moni are Pwal) ngeni ekkoch ewe sokkun alillis mi pwotete.

Meinappen Porousen met mi kasiwin non January, 26 2022

- Ra ennetin me unusen kapach ngenikich feinfeino [CDC A wor och manaman lon fönüfan](#) sise tongeni küna nge a kan oofi pöün.
- Fan iten ar repwe atipeeufengenni ar ekiek me ekiekin [nupwen sia finata pwe.](#)

Kapasen Nepoputan

Ika pwe en mi kane ngeni ewe semmwenin COVID-19 an epwe uruk, ika ke meefi pwe en mi piin kane ngeni ewe semmwen, en mi tongeni aninnis ne eppet an esapw cheew ngeni ekkoch non imomw me kaminiti. Kose mochen fiti ekkei eureur faan. Sia pwon ach sipwe awena mwokutukutuch iteiten ran ngeni mochenin:

- Chon sukoon me chon angangen non ekewe sukoonen K-12 repwe fiti ekewe [K-12 anuk me pesepes.](#)
- Pokiten sise unusoch a lamot ngenikich meinisin ewe ffofforun awenechara manauach fan ekkoch CDC [Weween epwe wenecharelo ach ekiek ach memmeef SARS-CoV-2 are ffofforuch pwe epwe tipeeu SARS-CoV-2](#) (Fosun Merika chok) [ngeni CDC ekiekin me letipen nupwen sia finata ne fori mettoch meinisin minne a apasa kich sia pwon ne ennetin awena mwokutukutuch iteiten ran 2019 \(COVID-19\) ngeni mochenin](#) (Fosun Merika chok).
- Ewe kapasen mi affou ngeni awenechara ekiek a wewe ngeni ach awenechara och mettoch mi ppwor ekkewe awewen mi pisekin aninis fifis are [aan minne emon a tapweno mwirin pwe epwe awena ngeni an popun meinisin mwuun.](#)

Fönüfan ra fen tipeeüfengen pwe repwe ü ngeni nöün kewe aramas pwoppworaus woon ewe lesenin rän me föri ewe kokkotun famili fel repwe älisi ämi.

Ngang mi piin kane ngeni emon mi positive ren tessin chekin COVID-19 iwe nge use semmwen. Met upwe fori?

Mi tongeni **pwe** mi wor reom woon met oupwe:

- Le eäni eü [chök ekiem me tipeeü](#) achocho ngeni COVID-19 a fen ngeni kich ewe auchean niffangen ewe mi minne mi tongeni epwe winiti ach pwisin.
 - Chon emwen seni nang nupwen sia kaeo ewe kapasen me achocho ne awena ach ekiem me foffor ngeni nge ena sokkun ekiem ese tipeeu ngeni enletin 2 meefien ussun ir mi fel ngeni i iwe nge inaanwo ika sise unusoch COVID-19 nge sipwe tongeni.
- Ren an amaari an mocheniangau COVID-19 a wiliiti emon [chon appolua](#) nge pokiten i mettoch meinisin iwe a wor an pwuung le 90 nemeni mettoch meinisin.

Atipeeufengenni mwelien letipach me an kkewe alluk nge mwelien letiper a ita tipeeu ngeni an kkewe alluk:

- A kan fis ei sokkun fos COVID-19 pokiten an 5 ekkewe luku mi alongolong won awewe chok ar luku COVID-19. Ussun chcha ar rese angolong lon are maun ekiemir [ussun suupwa me ekiemir ussun minne COVID-19 \(wa.gov\)](#).
 - Ren an amaari an mocheniangau COVID-19 a wiliiti emon [chon appolua](#) nge pokiten i 90 mettoch meinisin iwe a wor an pwuung le nemeni mettoch meinisin, mi pwung are (mwaal wor PCR pwal) eu mettoch mi murinno 5 ussun ewe COVID-19.
- Foffori iwe [ussun sipwele kuna minne](#) a apwungalo le sopwolon a 10 pwarata ekiemoch me apilukulukoch ach angang ngeni epwe atoto COVID-19; rech pwapwa me menemenoch mi lapalap COVID-19 seni 5.
- Tipetekison a lamot ngeni noun 10 kewe chon angang ar repwe meinisin esap ina ussun met ewe fonufan COVID-19.
- Epwe ngenikich ren an älleasochis [fän riäfföü lapalap](#) pwe epwe fich ngeni wisan [kewe mi fö a awisa ngeni kirokiroch mi tong ra COVID-19 pwaralo a fokkun auchea pokiten rese tongeni erianiir. Met upwe fori?](#)

Quarantine **non imomw** a nom lon tettelin:

- Ekiemoch me a ameef ngenikich pwe sia COVID-19 mochen fori minne epwe; ochiiti
- Le eäni eü [chök ekiem me tipeeü](#) achocho ngeni COVID-19 a fen ngeni kich ewe auchean niffangen ewe mi minne mi tongeni epwe winiti ach pwisin.

Aramas ika pwe pélúwen ekkena ruu:

- Kapas eis ewer iwe ekkewe COVID-19 mettóch [kopwe féri mwirin](#) repwe alóngólóng 5 wóón eérenien fénúom lon eu langepwi COVID-19. Ewe aposel a kuna ir ekkewe mi fen pworacho ngeni [ewe manmocho me ululun we weween ekkewe chon COVID-19 \(wa.gov\)](#).
- Tipetekison a lamot ngeni noun 10 kewe chon angang ar repwe meinisin.
 - Ika a wor ekewe esissinnen semwen [COVID-19 chok en ewe](#): lapalap o amwarar, [me oponuweta ekewe fofor non](#), ngang mi kane ngeni [emon a tes positive ren COVID-19 nge iei uwa mefi semwen. Met upwe fori?](#)

Kepit mi tapwelo mwirin lon wiiser we lon?

Lang ra apasa om [kewe](#) fofor mi chok en ewe mi lipich mi apwönüetä än:

Emmwën epwe poputääni an [pwüpwülü lon eü napanap mi](#), mürinnö ren ena foffor a **5 efisata** tipemwaramwar won minne sipwe eita COVID-19, ngeni an we pwungun nemenem are ika a tekia seni meinsin nge a **fen 5 pwóróus usun** (och 10 mettóch). Lang ra apasa om kewe fofor mi chok en ewe mi lipich mi apwönüetä än mi, mürinné choweán. Uwaéchún ach angangen afalafal inaamwo ika ekkóch rese pwapwaitikich an emon chipwang are tinikken, an epwe eani ekiem positive are negative, an epwe songekai are kutta kinamwe, an epwe ngunungunungau are kilisou repwe fokkun tongeni nemeni An emon foffor me met (aramas repwe meefi ussun) lon fansoun me leeni mi 5 sokkopat nge a pwal sokkofesen.

- Foffori iwe ussun sipwele kuna minne a apwungalo le sopwolon a 5 pwarata ekiemoch me apilukulukoch ach angang ngeni epwe atoto COVID-19; rech pwapwa me menemenoch mi lapalap nonnomur ra fen pwarata ar wesewesen aucheani ewe ekiem mi pwalo lon ewe mi ussuneni 10.
- Nge kopwe kapas [pwetete | CDC](#) le áweweei óm.
- 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 nöün we 10 meilap nei pos are nei meilap a affata pwe i a nom fän nemenian COVID-19.
- Met a atufichi we mi unusoch an epwe akkamwochu ekiem murinno [ussun aramasen](#) fonufan rese unusoch mi sinei COVID-19, pwe i emon noun Kot a esenipato an kinamwe me 10 tipepochun ne churi sokun osukosuk COVID-19.
- Mi weires non manuan 10 eu aan mi murino a fori a fokkun COVID-19, ngaselo lupwen a [wareiti me ereni usun an chon alleasochisi noun](#), we taropwe ekkewe chon kääö resap eäni ekiem chon (fönüfan mi alamota pöchökküler) pisekiir me nge repwe.
- Kkewe chon angang ra akkamwochu eu ekiem pwung ifa wisen ewe mwan lon ewe ren an aweweei lingemwararan a (lapolo än wewefichiti pwe a fokkun tekisossan fän ewe mettoch meinsin) inaamwo ika ra fori ekkeei (mettoch meinsin) io kewe 10 aramas ra chuen oputa turunufasei me eriaffou esor an mu COVID-19, nemenem are esap seni nge ren ekkewe mettoch meinsin epwe tongeni apasa ussun a filata an epwe kapas ussun eu mettoch [mi murinno an letip-wenechar](#).
- Tipetekison a lamot ngeni noun 10 kewe chon weweiti lamoten ar pwisin atekisoneretiw mwen mesen aramas ewe fonufan COVID-19.
- Tipetekison a lamot ngeni noun kewe chon (pwe sipwe eani ekiem murinno ussun an ewe mwichefel leenien afalafal) weweiti lamoten ar pwisin atekisoneretiw 10 mwen mesen aramas ewe fonufan COVID-19. Ka eäni ekiemköch usun [om we CDC tanipi weween](#) (Fosun Merika chok) om leenien afalafal atun sia iótek.

Lang ra apasa om [wewe](#) fofor mi chok en ewe mi lipich mi apwönüetä än:

Ngeni napanapen ach fós ngeni [epwe pwári ach mirititi](#), fiti tipetekison pwe a **10 fókkun** lapalap senikich a tongeni alisikich COVID-19. Nge kopwe kapas [pwetete | CDC](#) le áweweei óm.

Ewe kapasen mi affou ngeni awenechara ekiem tapweno mwirin pwe epwe awena ngeni an popun meinisin mwuun:

Kewe mi kuna chen seni ikkena ir chokewe mi angang ngeni nge ra sokko seni ir kewe rese angang ngeni iwe nge ifa usun an a fis pwe emon mi wesewesen ngau epwe 90 wiseni ena wis mi fokkun COVID-19 tekia.

- Tipetekison a ekis ffatoló iei óm weweiti popun a allúkú ngenikich ach 10 sisap ún chcha ese lifilifil COVID-19 a lamot ngeni noun 5 kewe chon weweiti lamoten ar pwisin atekisoneretiw mwen mesen aramas ewe fonufan COVID-19.
- Kkewe chon angang ra akkamwochu eu ekiem pwung ifa wewe ngeni kinamwe 10 aramas ra chuen oputa turunufasei me eriaffou esor an mu COVID-19, nemenem are esap seni nge ren ekkewe mettoch meinisin epwe tongeni apasa ussun a filata an epwe kapas ussun eu mettoch [mi murinno an letip-wenechar](#).

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. 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.

Ifa usun an tori ei COVID-19?

Mi chuuri ekkena sokkun aramas COVID-19 iteiten rän repwe tongeni äppirü napanaper kewe lon ar sia manau lein ei mwichen aramas sipwe nom rer lon ach angang 6 lon sukul lon sopwuch kewe lükü pwiich ei epwe eäni ena ekiem mi öch ika chon ewe mwichefel kapachelong an ra kan foffos ngeni lupwen a chüen katowu... 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 tümünü) pwe esap likitalo 10 ekkewe pwoomw me ka (tongeni 10 áfánni ena me amwochcha óm afalafal iwe kopwe). Ach tongei i ren unusen letipach COVID-19 manawach me ekiemich a 10 wewe ngeni ach sipwe ttii senikich ekkewe féffér mi tongeni amwochomwochaaló.

Mi kaeo sokkopaten COVID-19 manau ra fen silei seni loom 5 pwe ewe muchuloon 5 kinikinin ewe chromosome itan telomere a mwochomwocholo iteiten fansoun 5 ewe cell a fori pwal efou ren enletin ika emén a kon watte an 6-10 aúreki mettóch a tongeni semmwun pwal mwo ese affata [ika ifa ukuukun an ekkena nge máló](#). Chök ammwocha om we afalafal me likiti ngeni echö chökükkünün 6-10 taropwe manawach are atopotopwaaaló ach tufichin ekiem mi pop seni.

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. Ekkoch aramas e uriir COVID-19 nge rese tepereni ia e torir me ia? Ika emon mi weri COVID-19 e ereni chon angangen tumwun me sefei non publik pwun mi kane ngonuk, iwe manip ekeu chon angangen [tumwun lamot ngeniir lon pekin aion ika text ngonuk](#).

Ach tumunuur me ach awora minne mi lupwen?

A lamot ngeni aramas ar repwe titchik le föri ekkoch COVID-19 mettoch ika repwe älleasochisi 0. Ekkoch 1 allükün ewe rese chuen tongeni pwisin tumunuur COVID-19.

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

Kapachelong ar pwal mwo nge chókke

- **Pusin Nennengeni mi eáni ekiek ese pwúng.** Kekkeri chon aninnis seni pioing ika pwe omw kewe symptoms re watteeno. Ika pwe mi menei an epwe toruk atapwanapwanen aninnis (ika emergency) ren om kopwe keeri 911, ereni ewe chon penuwani fon pwe mi wor reomw ekkewe esissinnen semwenin COVID-19 Ika mi tufich, pacheeta mesom mesemesen eppetin won maas me mwen ar repwe war ekkewe chon emergency.
- **Usuch repwe tongeni popotá le ekiekéch** usuch tinikken me óm pwári óm chúngú epwe tongeni álisi lón fansoun langattam Notiw non ew room mi imwuno epwe pwan imwuno omw imwen tutu me pincho, ika epwe tawe Ika pwe kopwe chok fakkun tumunu noumw maan, iwe mesemes mesom eppetin won maas me tenu peum tongeni mwaar ren omw kane ngeni ewe maan. Ewer ach asamolu semach me inach [COVID-19 kewe mi chinnap](#) a kapachelong.
- **Aua ew uf [sia silei usun](#)** nupwen omw no nein aramas ika man pwan me mwen omw tonong non ofesin noumw kangof ika ewe chon awora omw tumwun me sefei. Ika kese tongeni aia uf ne apeti, iwe aramas non imomw resapw mi rikilo seni wiser, ika repwe aia uf ne apetir ika wisen chon affou angasangas nupwen repwe tonong non omw fen wiliiti sou mak.
- **Iwe ra fori ekkewe [puk mi aea itochun ewe ren ar repwe](#),** afetalalo pwisin ar kewe ekiek.
- **Ousapw aea fengen mettoch awewe ren sepi, kinassen un, kap,** pisekin kuk, tooun, ika masoen won peet me chon non imwom ika noumw pet.

Fiti ekkewe interfiu an ekkewe peekin safei

Ika emon mi weri COVID-19 e ereni chon angangen tumwun me sefei non publik pwun mi kane ngonuk, iwe manip ekeu chon angangen tumwun me sefei non publik repwe koruk ika text ngonuk. Emon chon interfiu epwe anisuk om kopwe sinei met kopwe feer me met sakkun aninnis mi tongeni kaor ngonuk. Ewe chon interfiunuk esapw erenuk ie we e ngenir itomw.

Uwe piin kane ngeni emon mi positive an tessin chek ren COVID-19 iwe iei uwa semmwen. Met upwe fori?

Ika ke kane emon mi semwenin COVID-19 nge a weruk ekewe [esissinnen semwen](#) (ika mwo ese pochokun), kopwe notiw ewe fairos mi afisata COVID-19 ese pwan [asukula aramas minneo](#), nongonong won ika ka fen apwos. Esinesin ngeni noumw tokter omw kopwe angei tessin chek. Erenir pwe en mi piin kane ngeni emon mi uri COVID-19 iwe ka poputa meefi semmwen.

- Ika ke tes negative ren ewe tesin antigen, noumw ewe kangof mi awora tumwunun semwen mi tongeni pwan tingor kopwe angei pwan och tesin jek sefan.
- Ika ke nounou ekewe [pisekin tesinuk pusin](#) (Fosun Merika chok) iwe kopwe oponuweta ekewe anukun won ena pisekin tesin antigen.

Kopwe aia ekewe [apetin mas nupwen omw](#) kopwe nomw nein aramas nukun ika non imomw. 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. Katton ewe [Department of Health ponuwen kapas eis ren tes](#) ika kori ewe [WA State COVID-19 Namban Fon ren Porous](#).

A nom ren eu mettoch mi murinno le poputaan ierin manauan nge iwe i semelapan we ewe mi niamam:

<p>Pwungun tes murin an fisita ekewe esissinnen semwen</p>	<p>Aramas mi kane ngonuk:</p> <ul style="list-style-type: none"> • Eäni eü achocho ngeni COVID-19 a fen ngeni kich ewe auchean niffangen ewe mi minne mi tongeni epwe winiti ach pwisin. • Ren an amaari an mocheniangau COVID-19 a wiliiti emon chon appolua nge pokiten i mettoch meinisin iwe a wor an pwuung le 90 nemeni mettoch meinisin. 	<p>Aramas mi kane ngonuk:</p> <ul style="list-style-type: none"> • Ekiekoch me a ameef ngenikich pwe sia mochen fori minne epwe. • Le eäni eü chök ekiek me tipeeü achocho ngeni COVID-19 a fen ngeni kich ewe auchean niffangen ewe mi minne mi tongeni epwe winiti ach pwisin.
<p>Mi positive ika ese angei tes</p>	<p>Met kopwe fori ika ke tes positive ren COVID-19 (wa.gov). Iwe chökkewe mi tuppwél ngeni repwele tongeni wiliiti chón wiliposun ewe wóón fénúfan mwo ussun ruu mettoch kopwe.</p>	<p>Ewe aposel a kuna ir ekkewe mi fen pworacho ngeni Ewe manmocho me ululun we weween ekkewe chon COVID-19 (wa.gov). Iwe chökkewe mi tuppwél ngeni repwele tongeni wiliiti chón wiliposun ewe wóón fénúfan mwo ussun ruu mettoch kopwe.</p>
<p>Negative</p>	<p>Notiw neimw tori:</p> <ul style="list-style-type: none"> • Ese weruk pwichikar ika kinon non ewe 24 awa kese pwan wun ekewe sefeien pwichikar, IWE • Omw kewe esissinnen semwen a wesen ochuno. <p>Sopwosopw ne quarantine ewe aposel a áweweei ekkóch mettóch repwe tongeni álisikich le áamáaraatá ekiek pwúng (katton ngang mi piin kane ngeni emon mi positive ren tessin chekin COVID-19 iwe nge use semwen. Met upwe fori? kinikin).</p>	<p>Sopwosopw ne quarantine (katton ngang mi piin kane ngeni emon mi positive ren tessin chekin COVID-19 iwe nge use semwen. Met upwe fori? kinikin).</p>

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](#) (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 Porous me Peekin Aninnis (ika Resources) ren COVID-19

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)

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

Seranfan – 6 a.m. to 10 p.m., Oruwen – Raninfen iwe kuch mi [afisi ekewerandin holiday](#), 6 a.m. ngeni 6 p.m. Ren aninisin awewen fos, **tiki #** nupwen ra ponu ka apasa **iten fosun meni fonu**. Ren kapas eis fan iten pusin manawomw your own health, tesin COVID-19, ika pwungun tes, kose mochen kori noumw ewe doktor.

Ika ke mochen tingor kapin ei taropwe non ew pwan sakkun nikinik, keeri 1-800-525-0127. Ewe áeúin atun aua chufengen me ina ewe sukul lón ena sukul 711 ([Washington Relay](#)) ai email civil.rights@doh.wa.gov.