

Laajrak 3 Raorök ñan am Kōmmane ilo lien am Kattar Jemlokin Teej in COVID-19 eo am

Ñan jiban kōbōjrak ajededin COVID-19, kōmmane **laajrak ko 3 raurok KIO** ilo ien am kōttar jemlokin teej ko am:

1 Bed wot mweo imōm im lale ejmour eo am.

Bed wot mweo imōm im lale ejmour eo am ñan jiban kejbarok ro mōttam, baamle eo am, im ro jet jen aer maron bōk nannimij in COVID-19 jen kwe.

Bed wot mweo imōm im ejab iturin ro jet:

- Elañe kwōmaron, jab bed iturin ro jet, elabtata jen armij ro elablok uwōta kin aer naj lukkun nannimij jen COVID-19, einwot ritto ro, im armij ro ewor kadedelok aer nannimij in takto.
- Elañe kwar kebaak juon armij ewor COVID-19 ibben, bed wot mweo imōm im ejab iturin ro jet iomwin 14 raan jen raan eo aliktata kwar kebaake armij eo.
- Ñe ewor am biba, bokbok, ak kakōlkōl ko jet an COVID-19, bed wot mweo imōm im ejab iturin ro jet (ijenlokin ñe kwōj etal in lolak takto).



Lale ejmour eo am:

- Lale ñe ewor am biba, bokbok, kajjinok, ak kakōlkōl in COVID-19 ko jet. Kememej, kakōlkōl ko remaron walok 2-14 raan alikin am kar kebaak COVID-19 im emaron koba:
 - Biba ak bio
 - Bokbok
 - Kajjinok ak ebañ am menono
 - Mōk
 - Metak majel ak enbwin
 - Metak Bar
 - Ekāāl im ejako bwiin ak nemān jabdewōt
 - Emetak būro
 - Boñ am emenono ak toor botim
 - Addeboulul ak mōmōj
 - Bidodo



2 Lomnak kin armij ro kwar bed iturier ilo raan ko maanlok.

Ñe emoj kakōlkōle kwe kin COVID-19, juon rijerbal an jikin ejmour emaron naj kall ae kwe in lale ejet am mour, kenono kin won armij ro kwar kebaake, im kajitok itu ia ko kwar bed ie ilo ien eo kwōmaron kar kajeded COVID-19 ñan ro jet. Ilo ien am kōttar jemlokin teej in COVID-19 eo am, lomnak kin aoleb armij ro kwar kebaake er ilo raan ko maantak. Enaj melele aurok ko kein kwōnaj lelok ñan rijerbal ro an jikin ejmour elañe teej eo enaj kwalok ke ewor nannimij eo ibbam.

Kadedelok melele ko itulikin beba in ñan jiban kwe kememej aoleb armij ro kwar kebaak.

3 Uaake talebon eo ñe jikin ejmour eo enaj kirwaj kwe.

Ilo ien eo rijerbal in jikin ejmour eo enaj kirwaj kwe, uaake kall eo ñan jiban kadiklok ajededin COVID-19 ilo jukjukinbed eo am.

- Mennin kenono ko ibben rijerbal in jikin ejmour eo **reban ajeded**. Melelein mennin ej melele ko am make im melele in takto ko am rebañ ajeded im renaj ajeded wot ibben ro rej aikuj jelā, einwot takto eo am.
- Rebañ lelok etam ñan armij ro kwar kebaake er. Ra in ejmour eo enaj wot kōjellaik armij ro kwar kebaake er kin (iomwin 6 ne kin lablok jen 15 minit) im remaron kar kebaake nannimij in COVID-19.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Lomnak kin Armij ro Kwōmaron kar Bed Iturier Ilo Raan ko Maantak

Elañe teej eo am enaj kwalok ewor nanninmij eo ibbam im emoj kakōlkōle kwe kin COVID-19, juon armij jen jikin ejmour eo emaron naj kall ae kwe in lale ejet am mour, kenono kin won armij ro kwar bed iturier, im kajitok itu ia ko kwar bed ilo ien eo kwōmaron kar lelok COVID-19 ñan ro jet. Beba in emaron jiban kwe lomnak kin armij ro kwar bed iturier ilo raan ko maantak bwe kwōn bōjak ñe rijerbal in jikin ejmour eo enaj kall ae kwe.

Men ko kwōn lomnak kaki. Emoj ke am:

- Etal in jermal ak jikuul?
- Kobalok ibben ro jet (mōñā ilo restaurant ko, etal im idaak, makūtkūt ibben ro jet ak etal ñan gym, wor waj mōttam ak baamle ñan mweo imōm, lelok jiban ko am ilo juon jikin, etal ñan juon pade, jikin tutu, ak park)?
- Etal ñan juon imōn wia (einwot mōn wia mōñā, mall)?
- Etal ñan jikin ko kwar karōk ien am etal (einwot, jikin mwij bar ko, takto, takto in ni)?
- Uwe ilo juon wa ibben ro jet (einwot Uber ak Lyft) ak uwe ilo wa ko waan kien?
- Bed iloan juon mōn jar, ak bar juon jikin kabuñ?



Won ro rej jokwe ibbam?

Won ro kwar bed iturier (iloan 6 ne ak lablok jen 15 minit) ilo raan ko 10 remootlok? (Emaron lablok armij ro kwōnaj likit ettaier jen joñan jikin eo kwōmaron jeje ilo beba eo. Elañe endrein, jeje ilo ijo itumaan in beba in ak ilo juon beba ejenolok.)

| Etam | Nomba in Talebon | Raan eo aliktata kwar loe | Itu ia eo kwar loe aliktata |
|------|------------------|---------------------------|-----------------------------|
|------|------------------|---------------------------|-----------------------------|

Ta eo kwar kōmmene ilo raan ko 10 remootlok ibben armij ro jet?

| Makūtkūt | Jikin | Raan |
|----------|-------|------|
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