

Anōk Aṃ Keepaak: Bōk kuṇaam ñan kōjparok baamle eo aṃ, ro ṃōttaṃ, im jukjukin pād eo aṃ.

TA EO KWŌMAROŃ KATMĀNE ENAAJ WAḶOK ÑE REJ ANŌK Aṃ
KEEPAK ĀLIKIN AER KAKŌLKŌLE EOK KŌN COVID-19.

1

Ñe eṃōj kakōlkōle eok kōn COVID-19, juon rijerbal ilo ājmuur loḃwilej enaa j kūrwej ñan jāāk kōn aṃ ājmuur.



Renaaj kajjitōk ippōṃ wōn ro im eṃōj aṃ kepaake im ia eo kwaar pād ilo tōrein aṃ nañinmej im kwaar maroñ kaajeeded COVID-19 ñan ro jet.

Jabdwōt mejele kwōj kowaḷok ñan rijerbal ro ilo ājmuur loḃwilej **EITTINO**.

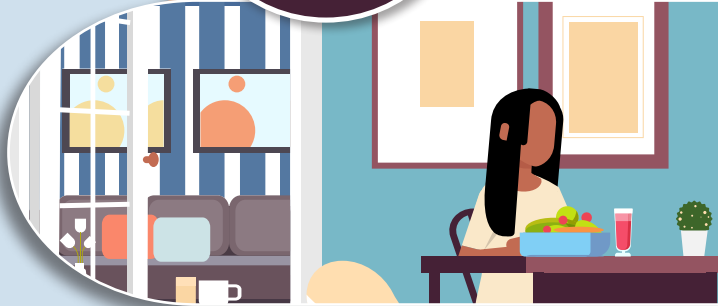
Mejelein men in ej mejele ko aṃ make im kōn wūno reittino.

2

Renaaj kajjitōk aṃ naaj pād wot ṃweo iṃōṃ im isolate kwe make, elañfe kwōjañin de.

Mejelein isolate kwe make ej pād wōt ilo jejetin juon ruuṃ ettoḷok jān armej ro jet im menin mour ko, im kōjerbal juon iṃōn kōpojak ejepel, ñ e kwōmaroñ.

Aṃ isolate kwe make ej jipañ ñan kadiḷok an COVID-19 ajeeded im emaroñ kōjparok baamle eo aṃ, ro ṃōttaṃ, im jukjukin pād eo aṃ.



3



Ñe kwōaikuj jipañ ilo iien aṃ isolate kwe make, ra in ājmuur ak juon doulul an jukjukin pād eo ilo bukwōn ṇe emaroñ lewaj jipañ.

Etal wōt ilo aṃ lale aṃ ājmuur. Ñe kakōlle ko aṃ renanaḷok ak jinoin kauwōtata, kwōn kappukot jipañ in taktō. Kakōlle ko rekauwōtata rej kōpool kajjinōk, ejjab jako metak ak aer in ubōṃ, poktak, jab maroñ ruj ak ruj wōt, ak ebbūjuḷu tiōṃ ak mejem.

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



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ANŌK AṀ KEEPAAK: TA EO KWŌMAROŃ KATMĀNE ELAŃŃE KWAAR KEEPAAK JUON ARMEJ ME EWŌR COVID-19 IPPĀN

1

ElaŃŃe eṃōj aṃ keepaak juon armej im ewŏr COVID-19 ippĀn, juon rijerbal ilo ājmuur lŏbwilej enaaj kŭrwaj ŃĀn kŏjjeļaik eok ke kwaar bŏlen keepaak COVID-19.



Jab dewŏt mejele kwŏj kowaļok ŃĀn rijerbal ro ilo ājmuur lŏbwilej **EITTINO**.

Mejelein men in ej mejele ko aṃ make im kŏn wŭno reittino.



2

Kwŏn pĀd wŏt ṃweo iṃŏṃ im quarantine kwe make iumwin 14 raan, jino jĀn raan eo ālĳtata im kwaar bŏlen kepaake COVID-19.

Mejelein quarantine kwe make ej **aṃ pĀd wŏt ṃweo iṃŏṃ, lale ājmuur eo aṃ, im kŏjparok aṃ kakkobaba-ettoļok** (ejjab dikļok jĀn 6 ne) jĀn ro jet ilo aolep iien.



Wāween eo emmantata ŃĀn kejbarok kwe make im ro jet ej ilo aṃ bed wŏt ilo ṃweo iṃŏṃ iomwin 14 raan ŃĀ kwŏj lŏṃnak eṃōj aṃ kebaak juon armij im ewŏr an naŃinmij in COVID-19. Lale ibben webbeij eo an ra in ejmour eo ilo bukŏn eo aṃ ŃĀn melele ikijen menin ekāālel ko ilo bukŏn eo aṃ im renaaj bŏlen kakadulok ien quarantine in.

3

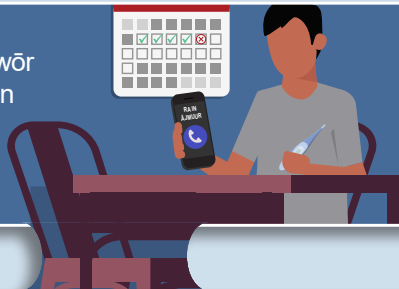
Juon rijerbal ilo ājmuur lŏbwilej emaroŃ lewaj mejele kŏn teej in COVID-19 ijo jĳkŭṃ.

ŃĀ kwŏaikuj jĳpaŃ kŏn aṃ quarantine kwe make, ra in ājmuur eo aṃ ak doulul ko an jukjukin pĀd remaroŃ lewaj jĳpaŃ.



4

Kwŏn bŏk bwilŏṃ ruo alen ilo juon raan, lale ŃĀ ewŏr aṃ pĳba im kakŏļlein COVID-19 ko jet, im kŏjjeļaik ra in ājmuur eo aṃ ŃĀ kwŏj kŏddek kakŏļlein.



5



ŃĀ kwŏj jĳnoin naŃinmej ilo raan ko 14 im kwŏj quarantine kwe make, kwŏn kŏjjeļaik ra in ājmuur eo im kappukot jĳpaŃ in taktŏ ŃĀ kakŏļle ko aṃ renaaļok ak jĳnoin kauwŏtata. Kakŏļle ko kŏn idiŃ rej kŏpooļ kajjinŏk, jab jako an metak ak aer ubŏṃ, poktak, jab maroŃ ruj ak ruj wŏt, ak ebbŭļuļu tiŏṃ ak mejem.

JemaroŃ aolep karejar ippĀn doon ŃĀn kadikļok an COVID-19 ajeeded.

Kŏṃṃmane kuṃaam ŃĀn kŏjparok baamle eo aṃ im jukjukin pĀd eo:
Uwaake kall eo ŃĀn kadikļok an ajeeded.

