

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 lōbwilej enaa j kūrwa j 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.

Jabdewōt mejele kwōj kowaḶok ñan rijerbal ro ilo ājmuur lōbwilej **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, elaññe kwōjañin de.

Mejelein isolate kwe make ej pād wōt ilo jejetin juon ruuṃ ettoḶok jān armej ro jet im menin mour ko, im kōjberbal 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 mejeṃ.

[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 Ńan kŏjjeļaik eok ke kwaar bŏlen keepaak COVID-19.



Jabdewŏt mejele kwŏj kowaļok Ńan rijerbal ro ilo ājmuur lŏbwilej **EITTINO**.

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



2

Kwŏn pĀd wot ṃweo iṃŏṃ im quarantine kwe make iuṃwin 14 raan, jino jĀn raan eo āliktata 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 aolep iien.

3

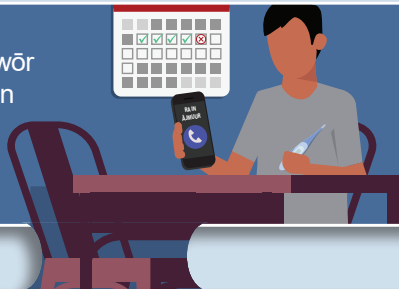
Juon rijerbal ilo ājmuur lŏbwilej emaroŃ lewaj mejele kŏn teej in COVID-19 ijo jikŭṃ.

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



4

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



5



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

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

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

