



Laajrak in naan ko ikijien COVID-19

Ejjeļok kakōļle

Ejjab kowaļok kakōļlein nañinmej.

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CDC ej agency eo kōn ājmuur lqbwilej an aelōn in. Ej juon mōttan eļaptata ilo [United States Raan Ājmuur im Jipaņ nan Armej \(Department of Health & Human Services\)](#) eo. CDC ej jipaņ nan kajuuri kajiniet ioļap im bwini nōmba ko ioļap ikijien COVID-19.

Ekkeitaak epaak

Joļok ejjab dikļok jān 15 minit 6 ne ak epaakļok nan juon armej me elōn an COVID-19.

Bukun

Ruo ak lōñļok keej in COVID-19 me rej waļok ilo armej im rekar pād ilo juon jikin ilo ejja juon ien wōt.

Keej me emōj kaṃool

Juon ajāllikin teej kōn COVID-19 me ej positive.

Meļan kakkobaba

Juon jikin im elōn armej me rejjab nukwin doon ak rej jimor jokwe ijo ippān doon. Rej kōjeral ijoko “jukjukin pād,” āinwōt ruum in mōñā im imōn kōpojok. Waan joņak rej kōpool kalbuuj, jikin kōjparok-eto, jikuuļ ko me rej kiki im mōñā ie, dorm ko im mōko-jimor (co-op).

Ri-ekkeitaak ro

Ri-ekkeitaak rej armej im emōj aer kepaake juon armej me elōn an COVID-19 ilo tōre eo im armej eo ekapopo.

Lale: anōk ri-ekkeitaak:

Anōk ri-ekkeitaak

Anōk ri-ekkeitaak ej ñe ri-pinej jenkwān ājmuur-lqbwilej rej eļļok nan armej ro im emōj aer ejjedwawa nan COVID-19. Jej ņaetan ri-pinej-jenkwān rein ri-anōk ri-ekkeitaak ro. Nan jipaņ nan kadikļok an virus eo ajeeded, renaaj leļok kajiniet im jipaņ armej ro im emōj aer ejjedwawa. Kwōmaroñ ekkatak elōñļok kōn COVID-19 anōk ri-ekkeitaak [ijin](#).

Coronavirus ko	<p>Coronavirus ko rej juon baamle in virus ko. Rej kōmmane ellōkan 15 bōjjāān in mejin ekkā. Bōtaab, elōñ jet uwaan baamle in me rej kōmmane nañinmej ekauwōtata, āinwōt:</p> <ul style="list-style-type: none"> • MERS — Middle East respiratory syndrome (nañinmej in menono), me MERS-CoV ej kōmmane • SARS — Severe acute respiratory syndrome (nañinmej in menono ekauwōtata im ekkāñ), kōmman jān SARS-CoV • COVID-19 — kōmman jān juon novel coronavirus ñaetan SARS CoV-2. <p>Elōñ jet coronavirus ko im jejeļā ke rej pād wōt ilo menin mour ko ak jejañin loe ilo armej.</p>
COVID-19	<p>COVID-19 ej nañinmej eo me SARS-CoV-2 ej kōmmane. Emōj an ajeeded ñan enañin aolepan aelōñ ko ilo laj in. COVID-19 emaroñ in mera ak kauwōtata im ilo jet iien ej ñane armej.</p>
Ajeeded kōn pil jidikdik	<p>An nañinmej ajeeded jān mōttan uwur ak kaplo jān būruon, loñin ak bōtin armej. Pil jidikdik ko rej ajeeded ilo an juon armej ñaje, al, kōnono; im ilo jibwe pā-ñan-pā.</p>
An juon nañinmej waļok im ejeļā tōrañ	<p>Juon nañinmej me:</p> <ul style="list-style-type: none"> • Ej kab waļok ilo juon jarin armej, ak • Emōj jeļā kake ak ej orļok ilo nōmba ak ijoko.
Ejjedwawa	<p>Ñe emōj an juon armej keepaak juon armej, mōñā, men eo ak jikin me ej kōmman uwōta ñan juon nañinmej.</p>
Nañinmej me ejeļā tōrañ	<p>Juon nañinmej me juon germ, āinwōt juon virus, ej deļoñ ānbwin im ej eddek im orļok ie, im ej kōmman kakōļle ko. Enañin aolep nañinmej ko me rejeļā tōrañ remaroñ etal jān juon armej ñan bar juon.</p>
lien kōddek	<p>Tōre eo ikōtaan an juon armej ej ejjedwawa ñan juon germ, āinwōt juon virus, im ñe ej jinoim aer kowaļok kakōļle ko.</p>
Isolate im isolate-eok-make	<p>Meļeļein isolate-eok-make ej kōjepel armej ro me renañinmej jān ro im rejjab. Armej ro im elōñ COVID-19 ippeir rej aikuj in isolate-eok-make iuñwin 10 raan ak ñae ri-leļok kōjparok-ājmuur eo aer ej kōmālim. An juon armej isolate ej jipañ ñan kadikļok an nañinmej eo ajeeded. Kwōmaroñ ekkatak elōñļok kōn isolate-eok-make ijin.</p>
N95 kein emmenono (respirator)	<p>Juon mask-joļok me ej kalbubuuk bōtiñ im loñiōm. Rej aikuj in teej-karōke bwe mejatoto eban deļoñ iturin. Ñe ejiñwe aer karōke, mask eo ej kōjparok juon armej jān mōttan ko rej ekeke meñe rekanooj in dik wōt. Meļeļein lebōl eo N95 ej ke iuñwin teej ko tiljek, ej bōbrae ejjab dikļok jān 95 bōjjāān in aolep mōttan ko rekanooj in dik (0.3 micron ko).</p>

Eļap waļok	Elōņļok wōran armej me elōņ juon naņinmej ejejjet ippeir, innām elōņļok keej ko jān aer katmāne nān jarin armej eo im ilo tōre eo. (Āinwōt naņinmej-in-elōņ-armej)
Naņinmej nān aolepan laļ	Juon naņinmej me eļap an ajeeded im eņōj an ajeeded ilo juon bukwōn eļap, juon continent, elōņ continent ko, ak aolepan laļ in.
PCR ((polymerase chain reaction) uwaak āinwōt juon jeen) teej	Juon teej ilo juon molecular laboratory eo me rej kōjerbal nān mōkaj im kōmņane elōņ million DNA ak RNA āinwōt jinoin nān tipdiki.
Uņņūri armej-nān-armej	Uņņūri juon armej enaņinmej ak dānnin ānbwinnin.
Kōttoļok-ānbwin	Rej bar ņaetan kōttoļok-ānbwin kakkobaba kōttoļok. Meļeļein men in ej aņ loloodjake bwe en wōr 6 jiljino ikōtaamī kwe im ro me rejjab uwaan kapijukunen eo aņ. Men in ej juon iaļ eņņantata nān bōbrae an COVID-19 ajeeded.
Ļōmņak ke enaaj positive	Juon armej me elōņ an kakōļļein COVID-19 im eņōj an kepaake juon an ri-ekkeitaak im eņōk ke ej juon keej.
Bōbrae	Men ko me armej rej kōmņan nān bōbrae aer ejjedwawa nān juon naņinmej.

<p>Idiñ kōn ājmuur lōbwilej</p>	<p>Ekkar ñan Oregon Kakien Kōkāāl (Revised Statute) (ORS) 433.442(4) mejelein juon “idiñ kōn ājmuur lōbwilej” ej ñe juon menin waļok ak kauwōtata imaan kōn juon nañinmej ak apañ kōn ājmuur me:</p> <p>(a) Rej lōke ke jabdewōt iaan men kein me rej ļoor ekar kōmmane:</p> <p>(A) Lōļñoñ kōn kij;</p> <p>(B) An juon novel ak juon agent me ejeļā tōrañ rekar bōk eddo ioon ak jeere baijin me ej mour mokta ak emaroñ in ļap jeļā tōrañ;</p> <p>(C) Juon nañinmej me ejeļā eṃmakūt ñan juon armej; ak</p> <p>(D) Juon jorrāān eļap ej waļok ilaļ in, rej nitbilli kōn baijin chemical ak baijin chemical ejidimkij kōtļok ak juon nitwil nuclear or jorrāān kōn nuclear; im</p> <p>(b) Ej likūt bwe en ļap an maroñ kōmman jabdewōt iaan menin kōkkure kein me rej ļoor:</p> <p>(A) Enaaj ļap wōran armej im remej ilo jarin armej me ej jelōte;</p> <p>(B) Enaaj lap wōran utaṃwe ko kauwōtata ak eļap toin ilo jarin armej me ej jelōte; ak</p> <p>(C) Eļap ejjedwawa ñan juon nañinmej me ejeļā deļoñ ak juon baijin me ej likūti uwōta eļap kōn naaj kōkkure elōñ armej ilo jarin armej me ej jelōte.</p> <p>Ekkar ñan ORS 433.441, ñe juon idiñ kōn ājmuur lōbwilej ej waļok, Governor eo emaroñ kōnnaan ke ej juon iien idiñ kōn ājmuur lōbwilej āinwōt kōmaroñ ilo ORS 433.441 ñan 433.452 ñan kōjparok ājmuur lōbwilej.</p>
<p>Quarantine</p>	<p>Pād wōt ṃweo iṃoṃ ālikin aṃ ejjedwawa kōn COVID-19 ak bar juon nañinmej — meñe kwōjjab eñjake āinwōt kwō nañinmej. Quarantine ej jipañ ñan kadikļok an nañinmej ajeeded. Kwōmaroñ ekkatak bar men ko kōn wāween quarantine ijin.</p>
<p>Joñan bar kōmmane (Reproductive Rate (R0) ak “R ọo”)</p>	<p>Average nōṃba in tōrañ ko kein karuo me remaroñ itok jān juon keej in tōrañ ekkā ñe ejeļok juon armej wōt me ej immune. Ri-kapeel kōn ājmuur ro rej kōjbal nōṃba in ñan joñak an juon nañinmej maroñ ajeeded.</p>
<p>Etale</p>	<p>Juon ri-kōjparok ājmuur ej etale juon armej ñan loe ñe elōñ juon nañinmej ippān.</p>
<p>Joļok</p>	<p>Ñe juon germ, āinwōt juon virus, ej waļok ilo an juon armej kaplo, uwur, rawūt ak kūbwe, bwe en maroñ ajeeded ñan ro jet.</p>
<p>Kakkobaba kōttoļok</p>	<p>Kakkobaba kōttoļok ebar ṇaetan kōttoļok ānbwin. Lale naan in kaalikkar iumwin kōttoļok ānbwin.</p>

lien idiñ	<p>Governor eo emaroñ kōnnaan ke elōñ juon iien idiñ ñe eṃōj an juon idiñ waļok ak ej pād wōt iṃaan. Governor Kate Brown ekar kōnnaan ke elōñ iien idiñ ñan jelṃae an COVID-19 ajeeded. Governor Brown ekar kōnnaan kōn juon iien idiñ bwe en kapen ke:</p> <ul style="list-style-type: none"> • State eo ekanooj in pojak ñan COVID-19, im • Elōñ an maroñ ko state im local menin kōjerbal me rej aikuj ñan uwaake COVID-19. <p>Oregon Kakien Kōkāāl (Oregon Revised Statutes, ORS) me rej wōnṃaanļok ilo aer kōmmeļeje kōn iien idiñ rej pād ilaļ:</p> <ul style="list-style-type: none"> • Naan in kaalikkar ko kōn ORS chapter 401 – ORS 401.025 • Kōnnaan kōn iien idiñ; kiltōn ORS 401.165 • Menin kōṃṃan ko kōweeppān iuṃwin iien idiñ ORS 401.168 ñan ORS 401.192
Ri-kaajeeded eļap	<p>Juon armej me eṃōj an bōk nañinmej eo im ej kōṃṃakūt nañinmej ñan elōñ armej.</p>
Ekkōļjake keej in COVID-19	<p>Ñe juon ri-leļok kōjparok-ājmuur ej kōppeļaaak ke kakōļje ko an juon ri-nañinmej renaaj bōlen jān COVID-19.</p>
Elōñ kakōļje ko ippān	<p>Kowaļok kakōļjein nañinmej.</p>
Kakōļje ko	<p>Kakōļjein nañinmej. Kakōļjein COVID-10 me rekkā rej kōpool:</p> <ul style="list-style-type: none"> • Piba • Kotok-kilin • Pokpok • Kōjeekļok ak apañ ilo menono • Ҷap ṃōk • Emetak ṃajeļ ak ānbwinnōṃ • Emetak bōraṃ • Ekāāl im ejjeļok nemān ak bwiin jabdewōt • Emetak būruōṃ • Eba bōtiṃ • Mōļañļōñ ak eṃṃōj • Eilok lojiūṃ
laļ	<p>Wāween juon nañinmej ej ajeeded jān juon armej ñan bar juon.</p>

Wūnook

Kōjparoke juon armej me elōn juon an nañinmej. Ñan waan joñak:

- Men ko repidodo āinwōt leļok dān im mejatoto (oxygen)
 - Leļok limen wūno, ak
 - Kōjparoke ilo juon jikin ļap-kōjparok (intensive care)
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**Ñan bōk bar meļeļe ko, etal ñan
healthoregon.org/coronavirus ak kūri 211.**