



Ta melelein quarantine?

Melelein quarantine ej kōttolok juon armij eo emaroñ kar ebaake COVID-19 jen ro jet

Ak ñe ij eñjake an emman aō mour?

Kwō maroñ kajeded COVID-19 ñan ro jet meñe ejjelok am kakōlle.

Ñāāt eo ij aikuj in quarantine?

Meñe kwōjab eñjake am nañinmij, kwōj aikuj quarantine ñe kwar:

- Kebaak juon armij eo ewōr COVID-19 ibben.
- Etal ñan Oregon jen bar juon jikin ñan wūn ko rejab mennin aurōk.
- Rool ñan Oregon jen jikin ko jet kin ito-tak ko rejab mennin aurōk.

Ta in ito-tak ko rej mennin aurōk?

- Ito-tak ko rej mennin aurōk ekoba: kōmadmōd ko ikijen jermal im katak, jibañ mennin ekkal ko reaurōk an juon jikin, jermal in jibañ ko kin jāān im jikin ko rej lelok mennin aikuj ko reaurōk ñan armij, ejmour, kejbarok in ejmour an ien eo wōt, im kejbarok im kwōn an jikin im armij.
- Ito-tak ko rejab aurōk ekoba ito-tak ko rej lōmnak ikijen jambo ak ikkure im kamōnōnō.

Ewi wāween aō quarantine?

Elañe kwar bed ebaak juon armij eo ewōr COVID-19 ibben:

- Bed wōt mweo imōm im kwōn bed ejab diklok jen jiljino ne jen aoleb armij, ekoba ro im kwōj jokwe ibbeir, ñan 14 raan.

Elañe kwōj quarantine kin am kar ito-tak ikijen men ko rejab aurōk:

- Bed wōt mweo imōm iomwin 14 raan. Kwōjab aikuj am kōttolok kwe jiljino ne jen armij ro kwōj jokwe ibbeir.

Am quarantine iomwin 14 raan ej ekelel eo elabtata an kejbarok ñan jab kajeded COVID-19 ñan ro jet. Elañe ejañin wōr jabdewōt am kakōlle, kwōmaron lōmnake am kōmōkajlok am kabōjrake ien quarantine eo am:

- Ālikin 10 raan, ilo an ejellok jabdewōt teej, ak
- Ālikin jiljilimjuon raan, elañe teej eo am ear negative kin juon teej ej kowalok kij eo ibbam ak juon teej in (PCR) im ear kōmman diklok jen 48 awa mokta jen am kabōjrak ien quarantine eo am.

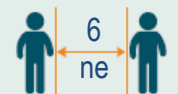
Ñe kwōnaj kelet in kakadulok ien quarantine eo am, ewōr jidik ekōl kwōmaron kōmakūti kij eo ñan ro jet

Kejbarok

Kūri ri-lelok kejbarok kin ejmour eo am ñe kwōj kōddek kakōllein

COVID-19:

- Bokbok
- Kajjinōk ak eapan am menono
- Biba
- Bio/Wūdidid
- Metak bōro
- Ekāāl im ejellok nemen ak bwiin jabdewōt
- Lab mōk
- Emetak majel ak enbwinnin
- Metak bar
- Bon ak toor botin
- Mōlanlōn ak emmōj
- Ilok Loje



ālikin ien quarantine eo am, im elukkun aurōk bwe kwōn wōnmaanlok ilo am lale kwe make ñe ewōr kakōlle in nañinmij ko ibbōm aoleb raan.

Ñe enaj jino walok kakōlle ko, kwōj aikuj rool ñan am quarantine, kōjellāik maroñ kin ejmourin lobelej ilo bukōn eo am im kūrlok jikin taktō eo am ñan kenono kin am naj teej.

Am kakadu ien quarantine ejab juon mennin ekāālel ilo ien ko elab an ajeded kij eo ilo jikin kejbarok ko an ien aitok im jikin kejbarok ko jet ewōr armij rej jokwe ibben doon. Jouj im lale [website in COVID-19 eo an Maroñ kin Ejmour eo an Oregon \(OHA\)](#) ñan ebōk elōñlok melele ko.



Kwōmaroñ ...

- ✓ Kōmmālmel iam make
- ✓ Ikkure game ak puzzle ko
- ✓ Kalbwin ak jijet inabōjin mweo
- ✓ Ekkeitaak armej jān ettoḷḷ



Jouj im jab ...

- ✗ Iten wia mōñā
- ✗ Iten wia wūno
- ✗ Karuwaineneik ro mōttam ñan mweo imōm
- ✗ Kōmmālmel ippān jarin armej



Kebaak mennin jibañ ko

Ebidodolok an jet armej quarantine. Bōtab, enaj bōlen lablok abañ ñan ro jet. Ñan armij ro me reban jermal jen mōko imweir, ak rej jokwe iaier make wōt, elōñ aer utamwe ak rej kejbaroke armej ro jet ilo mōko imweir.

Eñin jet mennin jibañ ñe kwōj aikuj ebōk jibañ:

- Etal ñan 211info.org ak kūrlok 211.
- Ro uwaan Oregon Health Plan remaroñ kebaak ohp.oregon.gov.
- [Maroñ kin ejmourin lobelej ilo bukōn ak tribe](#) eo am enaj jibañ eok kabok kein jibañ ko.
- Kwōmaroñ loi mennin jibañ ko an lolaben Oregon ilo www.centraloregonresources.org.

Maroñ riiti beba in: Ñan armij ro im elōñ aer utamwe ak armij ro im rejelā juon bar kajin im ejab Kajin Belle, OHA emaroñ lelok melele ko ilo wewein ko jet einwōt ukok ko, jeje kileb, ak jeje ko an ribilo. Kebaak Jikin Melele in Ejmour eo ilo 1-971-673-2411, 711 TTY ak COVID19.LanguageAccess@dhs.oha.state.or.us.