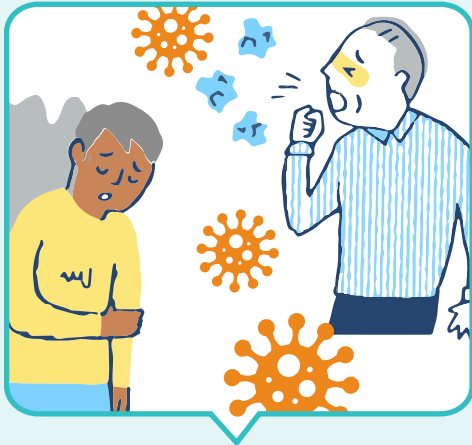


Am bōke wā in COVID-19 eo am



1. COVID-19 ej juon nañinmij ej kōmman an lukkun lab am nañinmij.



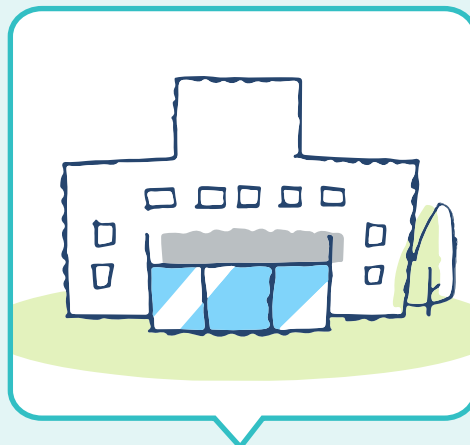
2. Wā eo an COVID-19 ej kabōjrak an armij lukkun nañinmij ak mij jen COVID-19.



3. Wā eo an COVID-19 ej juon wūno rej lewaj ilo wā.



4. Ilo ien am bōke wā eo am, kwōnaj kejbarok jen COVID-19.



5. Ebidodo am bōke wā eo. Kwōnaj etal ñan imōn wia wūno eo, obij eo an taktō, ak bar juon jikin wā iturim.



6. Ñe kwōnaj eñjaake am ikūmkūm kwōmaron kajitōk an juon mōttam, rijerbal ak bar juon armij nukcum bwe en etal ibbam.

Am bōke wā in COVID-19 eo am



7. Kwōnaj kōnake kein kalbubu iturin māj eo am ilo ien am wā.



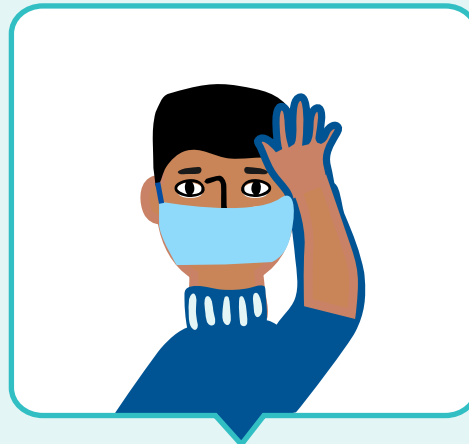
8. Kwōj aikuj kōnake juon jiiñilij ejab bab im ekadu bein.



9. Rijibañ eo an wā enaj kajitōk ibbam kajitōk ko einwōt etam, ak ñaat raan in lotak eo am.



10. Rej lewaj wā eo ilo ijo ituloñin beim kin juon nidol, einwōt wā eo an būlu.



11. Kwōmaron ba ñan rijibañ eo an wā ta eo kwōkōnaan bwe ren waiki.



12. Rijibañ eo an wā enaj iri kilin beim ñan karreoiki. Kwōmaron eñjaak an molo im tutu.

Am bōke wā in COVID-19 eo am



13. Ilo ien am bōke wā eo, kwōj aiku jajeoñ jijjet im jab emakūtkūt.



14. Ñe kwōkōnaan kwōmaron jab lale beim ak kiil mejam.



15. Kwōmaron roñjak al, ak al, ak jibwe bein juon armij.



16. Ñe kwōkōnaan, kwōmaron lale an armij eo waiki kwe.



17. Kwōmaron lelok aoleben kajitōk ko am.

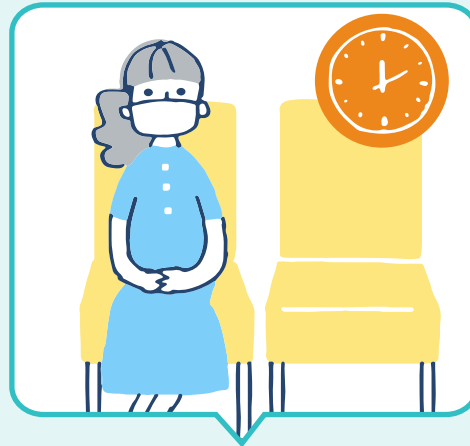


18. Kwōmaron eñjaake an nidol eo kiinji ak kirij kwe.

Am bōke wā in COVID-19 eo am



19. Ālikin am wā, rijibañ eo an wā enaj likūt juon kein korake beim.



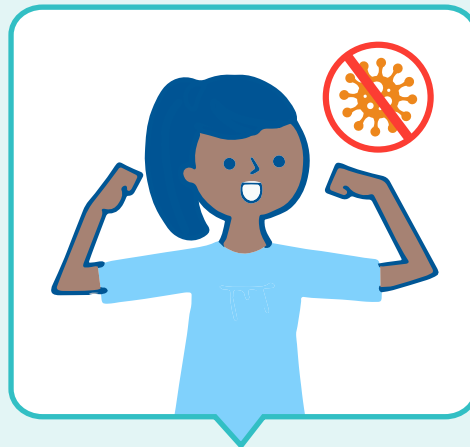
20. Kwōnaj aikuj jijjet im kōttar ilo jikin wā eo iomwin 15 ak 30 minit. Mennin ej bwe rijibañ ro an wā ren maron loloorjak emmon am mour.



21. Kwōmaron loe juon kaat ej ba waj ñaat eo kwōj aikuj roollok in bōke wā eo am kein karuo.



22. Ilo ien am rool ñan mweo imōm, kwōmaron eñjaake an emmon am mour, ak emaron metak bōram, wōr am biba, ak kwōmaron eñjaak am mōk im metak.



23. Mennin enaj jako iomwin juon ak ruo raan. Ej melelein enbwinnim ej jino kejbarok kwe jen COVID-19.



24. Ilo 3 ak 4 wiik, kwōnaj etal in bōk wā eo am kein karuo elañe kwōj aikuj. Kwōnaj kōmmane aoleben men ko kwar einwōt ilo wā eo am kein kajuon.

Maron loe beba in: Ñan kajojo armij ro ewōr aer utamwe ak kajojo ro rej kenono bar juon kajin oktak jen Kajin Belle, OHA emaron lelok melele ilo wāween ko jet einwōt ilo ukok ko, jeje ko relab, ak braille. Kebaak Jikin Melele in Ejmour ilo 1-971-673-2411, 711 TTY ak COVID19.LanguageAccess@dhsosha.state.or.us.