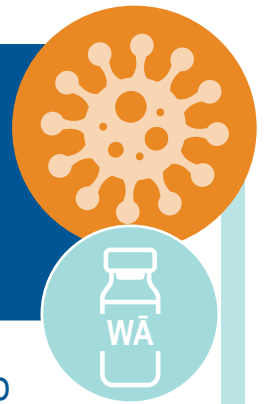


Kiō ke emōj am wā, jet men ko ñan am kememej!



Ālikin am wā, renaj lewaj juon kaat in wā. Kememej, elukkun dedelok am wā ruo wiik ālikin wā eo am āliktata. Jet wā rej aikuj juon alen wā im jet ruo.



Kaat in wā eo am enaj kwalok:

- Raan in lotak
- Wā ta eo kwar bōke
- Raan ak raan ko kwar bōke wā eo/ko am



Kejbarok kaat in wā eo am ilo juon jikin ekwōn!

- Kejbarok kaat in ilo juon jikin eo ekwōn
- Bōk juon bija in kaat eo
- Kakwōne kaat eo am ilo juon nien eo ebañ tutu

Ñe enaj jako ak jorrān kaat in wā eo am, eñin ej ta eo kwōmaron kōmmāne. Eñin ej wāween am bōk rekoot eo am (ejab maron bar lewaj kaat in CDC ko rejako)

- Lale ibben taktō eo am (ak website) kin rekoot in wā eo am.
- Loor kōmelele ko ilo beij in Jibañ ko ikijen Wā an Oregon Health Authority <https://www.oregon.gov/oha/PH/PREVENTIONWELLNESS/VACCINESIMMUNIZATION/GETTINGIMMUNIZED/Pages/ImmRecords.aspx> (emaron bōk 5 raan ñan am bōk rekoot), ak Emaron bōk 5 raan ñan am loe rekoot eo am.
- Kūrluk 211 ñan jibañ ilo kajin ko jet roktak jen Kajin Belle.