


# COVID-19

TA EO KWŌN KŌMMANE ÑE TEEJ  
EO ENAJ KWALOK EWŌR NAÑINMIJ



# LAAJRAKIN MELELE KO KOBAN

- 
- 03/** MELELE KO JINOIN
- 04/** IEN KŌJENOLOK
- 05/** TA EO IMARON IM JAB MARON KŌMMANE
- 07/** IEN JAB ITO-TAK
- 08/** JIBAÑ IKIJEN IEN KŌJENOLOK
- 09/** BA ÑAN RO ELAB AM KAR KEBAAK
- 10/** BA ÑAN JIKIN JERBAL EO AM
- 11/** KELET KO ÑAN KAKKIJE IN NAÑINMIJ
- 11/** IA EO KWŌNAJ BŌK WĀ EO?
- 12/** IA EO KWŌN BŌK TEEJ EO?
- 13/** 10 WĀWEEN KO ÑAN KEJBAROK KAKŌLKŌL IN NAÑINMIJ  
IN EMENONO ILO MWEO IMŌM
- 13/** ÑE KWŌBED ILO JOÑAN UWŌTA EO ELAB ÑAN NAÑINMIJ KAUWŌTATA
- 14/** KABŌJRAK AN AJEDED KIJ
- 15/** WĀWEEN KŌJERBAL JUON KEIN KALBUBU ITURIN MĀJ NUKNUK
- 16/** KAJITŌK KO KIN WĀWEEN AD KŌJERBAL KEIN MANMAN  
KIJ IN BA?

# MELELE KO JINOIN

Kwar kōmmāne men eo ejimwe ilo am etal in bōk teej eo an COVID-19. Teej emaron kamool elañe ewōr COVID-19 ibbam im kwalok wāween lewaj jibañ in kōmadmōd, elañe aikuj.

Melele in kajinet in enaj jibañ am make bōk kūltien wāween ko ñan kejbarok kwe make, baamle eo am, rijerbal ro mōttam, im ro mōttam.

Jekdoñ ejellok ak ewōr kakōlkōlin nañinmij ko ibbam, bed mweo imōm im kōjenolok kwe jen ro jet. Bok in ear letōk melele ko rejibañ ñan am kejbarok kwe make im ro jet ilo ien emōj an teej kwalok ewōr COVID-19 ibbam.

Jet ian melele kein remaron lukkun kabokbok. Ñe ewōr am kajitōk ak kwōj aikuj jibañ melele kin ta eo kwōj aikuj kōmmāne, obje eo an public health ilo jukjukinbed eo am emaron jibañ.

Kwōmaron bar kūrlok Lain in Kall eo ikijen COVID-19 an OHA ejellok wonnen am kūrlok ilo 866-917-8881 kin jabdewōt kajitōk kin ta eo kwōmaron kōmmāne, ñe ejab lare <https://govstatus.egov.com/or-oha-covid-19-positive-test>.

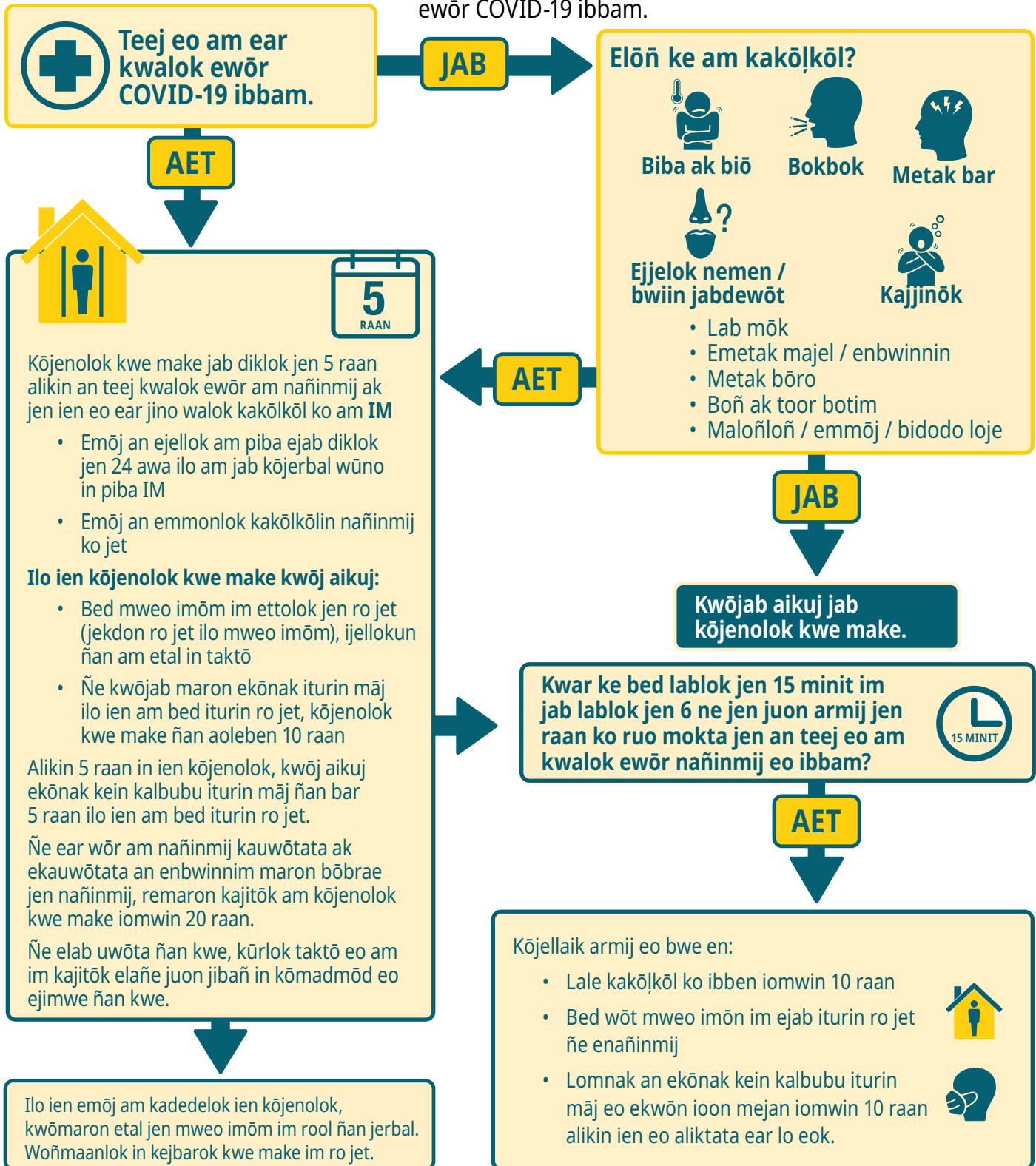
Beba in laajrak ej ñan jibañ ro emōj an teej kwalok ewōr COVID-19 ibbeir melele kin ta eo rej aikuj kōmmāne im ia eo remaron etal ñane in ebōk jibañ. Kim kōnaan kile im kamoolole County eo an Multnomah kin jerbāl ko aer im kōmelim an OHA kōjerbale beba in ñan aer kōjerbale ibben obje in ejmour ko jet ilo jukjukinbed.



**JEN KARUMIJ AN  
AJEDED  
IBBEN DOON**

# IEN KŌJENOLOK

**Ien kōjenolok** ej kejbarok juon armij eo **ewōr COVID-19 ibben** jen ro jet jekdoñ ilo mweo imōn armij eo. Kwōj aikuj kōjenolok kwe make ñe ewōr kakōlkōl ibbam ak teej eo am ear kwalok ewōr COVID-19 ibbam.



**Kūrlok 911 elañe jabdewōt armij enaj ioone kakōlkōl kein rekauwōtata:**

- Abañ in emenono
- Metak ak aer ilo ob ak loje
- Jab maroñ idaak ak elab an mōmnoj ak bidodo
- Ekāal an bōktak ak ebin an ruj
- Ebūlu tien ak iturin mejan

# TA EO IMARON IM JAB MARON KÖMMANE

## Ilo ien aō kōjenolok na make

	Ien Kōjenolok
<b>Wōn?</b>	Armij ro renañinmij kin COVID-19 ak emōj an teej kwalok ewōr COVID-19 ibbeir (ilo an wōr ak ejellok kakōlkōl ko).
<b>Ij ke aikuj bed wōt mweo imō?</b>	Aet
<b>Imaron ke rool ñan jermal ak jikuul?</b>	Jab. Kwōmaron jermal ak katak jen mweo imōm elañe jermal/jikuul eo am ej kotlok wāween in im elañe emmon joñan am ejmour.
<b>Imaron ke etal ñan taktō ak bōk jibañ in taktō?</b> Ñe ejellok am taktō, kūrlok 211 ñan melele ko relablok.	Aet. Kebaak taktō eo am mokta jen am etal ñan obij eo aer. Remaron karōke ien am taktō ilo bideo/talebon ak aikuj am loor wāween kejbarok ko rej make wōt ñe kwōnaj etal ñan obij eo.
<b>Armij remaron ke lotok na?</b>	Jab. Ejellok armij ro rejab jokwe mweo imōm rej aikuj lowaj kwe.  Kadik joñan armij ro rej lowaj kwe <b>ilo</b> mweo imōm ñan juon armij elañe kwōj aikuj jibañ ak aer lale kwe.  Ilo ien am bed ibben armij ro ilo mweo imōm, ekōnak kein kalbubu māj ko, bed 6 ne ettolok jen doon, im ikut am kwal beim.
<b>Imaron ke etal ñan inaboj ñan aō etetal, bajikol, hike?</b>	Aet. Kwōmaron etal ñan inaboj ilo ien kōjenolok eo am toon wōt am make iam im kejbarok joñan am ettolok jen ro jet. Kwōjab aikuj bōk kwōnaam ilo jabdewōt makūtūt ko ewōr kumi in armij, jekdoñ ñe rej kōmman inaboj.
<b>Imaron ke etal im kakwijkwij ak bōk aikuj ko aō raurōk einwōt uno?</b>	Jab, mae ien eo emōj am nañinmij. (lale ilal.)  Ewōr jibañ ñan am bōk aoleb aikuj ko am im bed wōt ilo am kōjenolok kwe make. (lale jikin eo juon.)
<b>Ij ke aikuj bed ilo juon ruum ejenolok iloan mweo imō?</b>	Aet, bed ilo juon ruum ak jikin ejenolok, ñe kwōmaron, mae ien eo kwōnaj ejmour.

# TA EO IMARON IM JAB MARON KÖMMANE

## Ilo ien aō kōjenolok na make

	Ien Kōjenolok
<p><b>Ak ne inaj jino eñjaake aō nañinmij?</b></p> <p>Kūrluk 911 elañe ewōr kakōlkōl kein rekauwōtata:</p> <ul style="list-style-type: none"><li>• Abañ in emenono</li><li>• Metak ak aer ilo ob ak loje</li><li>• Jab maroñ idak ak elab an mōmnoj ak bidodo</li><li>• Ekāāl an bōktak ak ebin an ruj</li><li>• Ebūlu tien ak iturin mejen</li></ul>	<p>Kūrluk taktō eo aṃ. Ñe ejellok am taktō, kūrluk 211 ñan melele ko relablok.</p>
<p><b>Ñaat eo imaron bed iturin ro jet?</b></p>	<p>Ñe kwar nañinmij, kwōmaron bed iturin ro jet ñe:</p> <ul style="list-style-type: none"><li>• Ejab diklōk jen 5 raan eṃōj aer mootlōk jen ien kakōlkōl ko am jinoin IM</li><li>• Ejellok am biba iomwin 24 awa im kwōjab kōjeral uno IM</li><li>• Emmonlok kakōlkōl ko am</li></ul> <p>Ñe teej eo am ear kwalok ewōr nañinmij eo ibbam, bōtab ear jab wōr kakōlkōl ibbam, kwōmaron bed iturin armij ro jet ilo ien an mootlok mootlok 5 raan jen raan eo kwar teej elañe kwōnaj kōnake juon kein kalbubu iturin māj iomwin bar 5 raan.</p>

# IEN JAB ITO TAK

**Ien jab ito tak** ej kejbarek juon armij eo **emōj an kebaak COVID-19** bwe enjab kebaak ro jet. Jen Maaj 12, 2022, emōj an Oregon kōbōjrak aikuj eo ñan an armij jab ito tak, ekoba ilo imōn jikuul ko im jikin lale ajiri ro. Ej wōr wōt jidik uwōta eo elab ilo im emōj rōjañ an armij jab ito tak, einwōt jikin taktō ko, jikin kiki ko an ro ejellok imōn aer jokwe, im jikin ko kajojo armij ro oktak moko mweir rej jokwe ibben doon iomwin juon ien aitōk (einwōt, imōn jokwe ko rej lelok kejbarek, imōn kalbuj ko, im em ko ewōr kumi in armij rej jokwe ibben doon).

Jouj im kōjellāik jabdewōt armij eo emaron kar kebaak nañinmij eo ibbam im emōj an teej kwalok ewōr nañinmij in COVID-19. **Armij eo ear kebaak** ej melelein am bed 15 minit ak lablok ibben armij eo kin 6 ne ak diklok jen juon eo ewōr COVID-19 ibben. Elablok an armij maron kaajeede kija in nañinmij eo ilo raan eo kein kajuon ak karuo mokta jen an wōr kakōlkōl ko ibbeir. Jet armij rebañ walok kakōlkōl ko ibbeir, bōtab remaron kaajeede kija in nañinmij eo.

Ewōr ien ñan an armij ro rar kebaak nañinmij eo kelet in bōk kultien kejbarek ko jet rekōnaan, im ekoba:

- » Lale ñe ewōr kakōlkōl ibbeir iomwin 10 raan alikin ien eo rar lo eok
- » Kōnake kein kalbubu iturin māj eo ekwōn ioon mejaer iomwin 10 raan alikin ien eo rar lo eok
- » Bōke teej eo 5 raan alikin ien eo rar lo eok aliktata
- » Jab lolak armij ro rebed ilo joñan uwōta eo elab ñan bōk nañinmij in COVID-19 eo ekauwōtata

Rej aikuj bed mweo mweir im kōjenolok er make elañe enaj walok kakōlkōl ibbeir ak teej enaj kwalok ewōr nañinmij.

Elañe armij ro rar kebaak nañinmij renaj jino enjaake aer nañinmij, rej aikuj kall ae lok takto eo aer. Ñe ejellok am taktō, kūrlok 211 ñan melele ko relablok. Kūrlok 911 elañe kakōlkōl ko rekauwōtata.



# JIBAÑ IKIJEN IEN KŌJENOLOK MAKE

Bed mweo imōm mae ien eo kwōjab maron kaajeedede kij in COVID-19 ej juon men eo elukkun aurōk. Bōtab bed wōt mweo imōm ejab bidodo im kwōmaron aikuj jibañ.

Kim maron jibañ kwe kabōk jibañ ñan am bed mweo imōm mae ien emmonlok am mour. Ewōr jibañ ilo jukjuginbed eo am im ilo kajin eo am jen doulul ko kwōjelā, ekoba:

- Mōñā
- Boklok kakwijkwij in mōñā ak uno
- Jibañ in jāān ñan reen, jarom im muri ko jet an aoleb allon
- Jibañ kōjenolok jen baamle eo am
- Jibañ ikijen bōjrak jermal im kakkije in nañinmij
- Jibañ kin Ejmourin Kōmelij

## Wāween am ebōk jibañ

- Kūrlōk **Lain eo an OHA kin COVID-19 im ejellok wonnen 866-917-8881** elañe:
  - Kwōkōnaan melele ko relablok kin ejmour
  - Kajitōk ko kin ien kōjenolok kwe make ak ien jab ito tak
  - Ewōr am kajitōk kin am kōjellāik armij ro kwar kebaak ke remaron kar kebaak nañinmij in COVID-19
  - Kwōj aikuj kōjenolok kwe make im ewōr am inebata kin am maron kōmmāne mennin
- Kūrlōk 211 im kajitōk kin jibañ ko ewōr ñan kwe ilo ien am kōjenolok kwe make ak jab ito tak. Ewōr rukok ro ilo 211. Elañe kwōjab bed ilo ien a, kōjenolok kwe make ak kwōj aikuj jibañ, kwōj maron wōt kabōk jibañ.
- Kenono ibben taktō eo am im kajitōk an kobaiki lok kwe ñan jibañ kin ien am kōjenolok kwe make. Takto eo am emaron jibañ kwe.
- Kajitōk ñe kwōbed ilo joñan uwōta eo elab ñan an woñmaanlok ñan COVID-19 kauwōtata, im elañe kwōmaron juon eo emaron bōk jibañ in kōmadmōd.
- Ñan melele ko relablok: [Lale website eo Kōmmāne juon Oregon eo Ewōr Kejbarok im Ekajur.](#)

## Ewōr ke nañinmij ilo teej eo am? Make ripoot kin juon keij.

Kim ej kajitōk am jibañe kim bōk melele ko raurok ilo juon waanjoñok ej kōmman online, ñan jibañ an emmonlok amim melele kin COVID-19 ilo jukjuginbed ko ad. Kwōmaron loe waanjoñok in ilo: <https://govstatus.egov.com/or-oha-covid-19-positive-test>.

Ñe ejab kūrlōk **866-917-8881 (ejellok wonnen)** elañe kwōj aikuj jibañ.

# BA ÑAN ARMIJ RO RAR KEBAAK NAÑINMIJ EO

## Make ba ñan armij ro kwar kebaak.

- Elañe ear wōr ak ewōr kakōlkōl ibbam: Kebaak armij ro kwar kebaak jino jen raan ko 2 mokta jen an kar jino kakōlkōl ko am.
- Elañe ear ejellok im ejellok kakōlkōl ibbam: Kebaak armij ro kwar kebaak jino jen raan ko 2 mokta jen am kar bōke teej in COVID-19 eo am.
- Jekdoñ emōj am wā ak jab, armij ro rar kebaak nañinmij eo rej aikuj lale ñe ewōr kakōlkōl ibbeir.

Remaron kenono ibben taktō eo aer kin aer etal in teej, kūrlok 2-1-1 ñe ejellok aer taktō, ak etal in teej ilo juon jikin teej ilo jukjukinbed. Emmontata kōttar 5 raan jen ien eo rar bed iturin armij eo enañinmij mokta jen aer bōk teej eo. Teej eo emaron jab jermal ñe elab an mōkaj ien am teej. Ñe teej ko aer enaj kwalok ewōr nañinmij, rej aikuj kōjellāik jabdewōt armij eo rar kebaake.

Rej aikuj kenono ibben taktō eo aer elañe rebed ilo joñan uwōta eo elab ñan nañinmij kauwōtata, im elañe remaron tōbrak in ebōk jibañ in kōmadmōd.

## Kwōj ke aikuj jibañ ba ñan armij?

Eñin ej juon waanjoñok in ta eo kwōn ba ñan armij ro kwar kebaak:

*“Alikin amim kar ibben doon ilo raan ko maantak, Iar teej ñan COVID-19 im teej eo ear kwalok ewōr ewōr nañinmij eo ibba. Kinke jekar kebaak armij ro, opij eo an public health ej rōjañ am lale ñe ewōr kakōlkōl ko ibbam iomwin 10 raan alikin ien eo jar lo doon aliktata im kōmmane jabdewōt kultien kejbarok ko jet kwōkōnaan kōmmani.*

*Kwōmaron kenono ibben taktō eo am kin am etal in teej, kūrlok 2-1-1 ñe ejellok am taktō, ak etal in teej ilo juon jikin teej ilo jukjukinbed. Emmontata am kōttar 5 raan jen ien eo kwar loe armij eo aliktata mokta jen am etal in bōk teej eo. Teej eo emaron jab jermal ñe elab an mōkaj ien am teej.*

*Kwōmaron bar lale website eo an COVID-19 (<https://govstatus.egov.com/or-oha-covid-19-positive-test>) ñan melele ko relablok.*

*ljelā mennin emaron bin am roñ, innem ñe kwōkōnaan kenono, kall eo tōk na.”*



# BA ÑAN JIKIN JERBAL EO AM

Kim ej lukkun rōjañ am kōjellāik jikin jermal eo am elañe teej eo am enaj kwalok ewōr COVID-19 ibbam im elañe kwar bed iturin rijermal ak armij ro jet ilo jikin jermal eo. Kwōmaron karumijlok an ajeeded COVID-19 ilo am ba lok ñan supervisor ak jikin jermal eo am ilo ien eo emokajtata.

Ñe kwōj jermal kin mōñā, iomwin kakien kwōj aikuj ba ñan supervisor eo am teej eo am ear kwalok ewōr ewōr COVID-19 ibbam. ([ORS 624.080](#)).

## Jab etal ñan jermal

Jouj im bed mweo imōm, jekdoñ ejellok kakōlkōl ibbam. Kall lok im ba kwōnañinmij. Bōk ien kakkije in nañinmij elañe ewōr am. Kōjenolok kwe make einwōt emōj kalikar ilo ien kōjenolok/jab ito tak (peij 5-6).

Ñe jikin jermal eo am enaj aikuji juon beba jen taktō ñan am bed mweo imōm, kwōmaron kebaak taktō eo am, jikin taktō, ak jikin eo kwar teej.

## Jikin jermal eo aō enaj ke kōjellāik rijermal ro mōtta teej eo aō ear kalikar ewōr nañinmij eo?

Jikin jermal ko rej kiō aikuji ba ñan rijermal ro aer kin aer kar kebaak COVID-19 ilo jikin jermal. Bōtab rej aikuji jab kaajeeded melele im jab kwalok etan ak melele ko an armij eo einwōt aikuji iomwin Kakien eo an RiAmedka ro Ewōr aer Utamwe (ADA).

## Jikin jermal eo aō enaj ke kajitōkin na kin kakōlkōl ko an COVID-19?

Ilo ien juon jorren elab im emōj an jelōte aoleben lal in, jikin jermal ko rej aikuji loor ADA remaron kajitōk ibben rijermal ro elañe rej eñjaak kakōlkōl ko. Rej aikuji kejbarok aoleb melele ko kin nañinmij eo an rijermal eo einwōt juon rekoot in taktō ejab ajeeded, ilo an loor ADA.

## Elañe rej kalijeklok ñan kwe

Ñe kwōj ioon aer kalijeklok ilo ien am ba ñan jikin jermal eo am teej eo am ear kwalok ewōr COVID-19 ibbam, kebaak Obij eo ej bōk eddon Jermal im Jikin Jermal ko (BOLI) ñan baele juon ripoot im ebōk jibañ. Ripoot kin kalijeklok eo ilo ien eo wōt. Kūrlok 971-673-0761 ak email [help@boli.state.or.us](mailto:help@boli.state.or.us).

Kebaak OSHA ilo Oregon ñan ripoot kin mennin uwōta ko ilo jikin jermal eo am. Kūrlok 503-229-5910 ak etal ñan [osha.oregon.gov/workers](https://www.osha.oregon.gov/workers).



## KELET KO ÑAN KAKKIJE IN NAÑINMIJ

- Ien kolla in nañinmij - kakien eo an Oregon ej lelok ien nañinmij ñan aoleb rijerbal, ekoba rijerbal ro rej part-time. Kwōnaj bōke mennin elañe rijerbal eo am ewōr 10 ak lablok an rijerbal (6 ak lablok ilo Portland).

### Ilo Ien Eo Kwōbojak in Etal ñan Jerbal

Ilo ien eo kwōnaj bar eñjaake am ejmour, im kwōj ioone aoleb mennin aikuj ko ñan am maron bed iturin armij ro jet (lale peij 8, *Ñaat eo imaron bed iturin armij ro jet?*), kwōmaron rool ñan jербal. Ra in Eymour ko an Jukjukinbed rejab rōjañ an jikin jербal ko kajitōk an rijerbal ro aer lelok kein kamool kin juon teej in COVID-19 ej kwalok ejellok nañinmij ibbeir ñan aer maron rool in jербal. Bōtab, ñe jikin jербal eo am ej aikuj juon teej ej kwalok ejellok nañinmij eo ibbam ñan am maron rool in jербal, rej aikuj kollaiki wonnen teej eo. Im bareinwōt, emaron bōk wiik ālikin am nañinmij kin COVID-19 ñan bōk juon teej ej kwalok ejellok nañinmij, jekdoñ kwōjab maron kaajeedede kij eo.

## ÑAAT EO KWŌNAJ BŌK WĀ EO

### Kwōj ke aikuj wōt bōk wā eo?

Aet, kwōj aikuj wōt bōk wā eo, jekdoñ ñe ear wōr COVID-19 ibbam. Elañe emōj an teej kalikar ewōr COVID-19 ibbam im ej wōr wōt kakōlkōl ko ibbam, kwōj aikuj kōttar ñan jemlokin ien kōjenolok eo am ñan am bōk wā bwe kwōnjab lelok nañinmij eo ñan ro jet. Ñe kwōj ilo kōtaan ien am wā, kwōmaron lomnak am karumij ien wā eo juon am juon lok ñan jilu allon. Ilo an ejellok rōjañ kin kōttar ikōtaan nañinmij im wā, melele ko emōj kamool ilo ien in ej kwalok ke uwōta eo ñan am bar bōk nañinmij eo edik ilo raan ko 90 alikin am bōk nañinmij eo. Wā alikin nañinmij ej lewaj kein bōbrae eo elukkun lab joñan jen nañinmij kauwōtata im mij.

Bōk melele ko relablok kin am bōk wā eo ijin: <https://covidvaccine.oregon.gov/>

# IA EO KWŌN TEEJ

Ñe ewōr am injuran, kwōmaron kebaak taktō eo am ak jikin taktō ñan kajitōke juon teej.  
Ñe ejellok am injuran, kūrlok 211 ñan jibañ am kabōk jikin taktō.

**Ewōr teej ejellok wonnen ibelakin bukon eo im ebellok ñan aoleb ro ewōr kakōlkōlin COVID-19 ko ibbeir im ro rar kebaake er.** Emaron wōr teej jekdoñ ñe ejellok am injuran in taktō ak taktō.

Jikin teej ko im awa ko rebellok emaron oktak im remaron kobaiki jikin ko rekāāl. Kūrlok ñe ejab etal ñan website eo an jikin ejmour eo an jukjukinbed eo am ñan bōk melele ko emōj kōkkāāl kin laajrakin ien im ien ñan am karōke am etal.

## Baker County

541-523-8211

## Benton County

541-766-6835

## Clackamas County

503-655-8411

## Clatsop County

503-325-8500

## Columbia County

503-397-7247

## Coos County

541-266-6700

## Crook County

541-447-5165

## Curry County

541-425-7545

## Deschutes County

541-322-7400

## Douglas County

541-440-3571

## Gilliam County

541-506-2600

## Grant County

541-575-0429

## Harney County

541-573-2271

## Hood River County

541-386-1115

## Jackson County

541-774-8209

## Jefferson County

541-475-4456

## Josephine County

541-474-5325

## Klamath County

541-882-8846

## Lake County

541-947-6045

## Lane County

541-682-4041

## Lincoln County

541-265-4112

## Linn County

541-967-3888

## Malheur County

541-889-7279

## Marion County

503-588-5342

## Morrow County

541-676-5421

## Multnomah County

503-988-8939

## Polk County

503-623-8175

## Sherman County

541-506-2600

## Tillamook County

503-842-3900

## Umatilla County

541-278-5432

## Union County

541-962-8800

## Wallowa County

971-673-1111

## Wasco County

541-506-2600

## Washington County

503-846-8123

## Wheeler County

541-763-2725

## Yamhill County

503-434-7525

**Ewōr lok ñan 16 teej ko emokaj aer kwalok ñe ewōr nañinmij ñan kajojo imōn jokwe ko jen kien eo an federal.** Wōtare teej ko ejellok wonneir ijin: <https://www.covid.gov/tests>

**AURŌK:** Ñe kwar kebaak juon armij eo ewōr COVID-19, jouj im kōttar 5 raan jen ien eo kwar kebaake armij eo mokta jen am etal im bōk teej eo. Teej eo emaron jab jeral ñe elab an mōkaj ien am teej. Bed wōt mweo imōm im ejab iturin ro jet ilo ien am kōttar. Ñe kwōj aikuj jibañ ak melele ko relablok kūrlok 211.

## 10 WĀWEEN KO ÑAN LALE KAKŌLKŌLIN EMENONO KO AM ILO MWEO IMŌM

Ñe ewōr am piba, pokpok, ak kajjinok, kūrlok taktō eo am. Remaron ba kwōn lale am kejbarok kwe make ilo mweo imōm ak ke kwōj juon eo emaron bōk jibañ in kōmadmōd, elañe kwōbed ilo joñan uwōta eo elab ñan an woñmaanlok ñan COVID-19 eo ekauwōtata. Loor melele in jibañ kein:

1. **Bed mweo imōm** mae:
  - Emōj an mootlok ejab diklok jen 5 raan jen ien eo ear jino walok kakōlkōl ko ibbam IM
  - Kwōjañin piba iomwin 24 awa ilo am jab kōjerbal jabdewōt wūno in piba IM
  - Emōj an emmonlok kakōlkōl ko ibbam.
2. **Lukkun lale kakōlkōl ko ibbam.** Ñe enaj nanalok kakōlkōl ko am, kūrlok taktō eo am ilo ien eo wōt
3. **Kakkije im en lab am idaak aebōj.**
4. **Mokta jen am etal in taktō,** kall ae lok er im ba ke emōj an teej kalikar ke ewōr am kij in nañinmij eo ej kōmman COVID-19.
5. **Ñan idin jorren ko,** kūrlok 911. Ba ñan er ke emōj an teej kalikar ewōr am kij in nañinmij eo ej kōmman COVID-19.
6. Ilo ien am bokbok ak maje, **bineje loñiōm** kin juon beba tissue innem joloke.
7. **En ikut am kwal beim** kin joob im dān iomwin ejab diklok jen 20 jekōn.
8. Ñan joñan am maron, jab kebaak armij ro jet, **jab bed iturin armij ro jet,** bed ilo juon ruum ejenolok im kōjerbal juon imōn kabōjak ejenolok. Kōnake juon kein kalbubu iturin māj ilo ien am bed inabojin ruum eo am ak ien am bed iturin ro jet.
9. **Jab kōjerbal jabdewōt men ko kobbān mweo,** ekoba mōñā.
10. Ioon men ko ekūt am jibwi **rej aikuj karreo aoleb raan.**

## ÑE KWŌBED ILO JOÑAN UWŌTA EO ELAB ÑAN NAÑINMIJ KAUWŌTATA

Ñe emōj an teej kalikar ewōr am nañinmij im kwōbed ilo uwōta eo elab joñan ñan nañinmij kauwōtata, kebaak taktō eo am ñan am bōk melele ko relablok kin jibañ in kōmadmōd ko.

Wūno batin in idaak ko rej manne kij eo remaron jibañ bōbrae jen nañinmij kauwōtata im kejbarok an armij jab mij. Jibañ in kōmadmōd kein rej aikuj jinoe jidik ien alikin an walok kakōlkōl ibbam. Kebaak taktō eo am ilo ien eo wōt emokaj ñan lale elañe kwōmaron tōbrak in bōke wūno in. Juon taktō wōt emaron lale elañe kwōmaron tōbrak in bōke. Ñe kwōmaron tōbrak in bōke im ewōr am peba jen taktō ñan wūno in idaak in ñan manne kij eo, kwōmaron loe juon jikin ebōk wūno ewōr wūno in idaak in iturim ak ilo am kōjerbal webpeij eo an federal ikijen Teej ñan Lelok Jibañ in Kōmadmōd ilo: <https://covid-19-test-to-treat-locator-dhhs.hub.arcgis.com/>. Likūt zip code eo am im kelet jikin ebōk wūno eo kwōkōnaan jen bok eo "Jikin ko ñan bar kanne wūno ko jen taktō" ñan aer jilkinwaj wūno ko am jen taktō.

Ñe ejellok am taktō, kwōmaron kall ae lok 2-1-1 ñe ejab kōjerbal [webpeij eo an federal Teej in Kōmadmōd](#) ñan kabōk jikin teej iturim.

Jikin ko rej bōk kwōnaer renaj teej (ak bōke juon teej ej kwalok ewōr nañinmij im ear kōmman ilo imōn jokwe), lelok juon etale in nañinmij jen taktō, lelok wūno in kein bōbrae elañe remaron tōbrak, im lewaj wūno ilo juon wōt ien taktō.

Jibañ in monoclonal antibody (mAb) emaron jibañ bōbrae am bōk nañinmij eo ekauwōtata im kejbarok an armij jab mij. Juon taktō wōt emaron lale elañe kwōmaron tōbrak in bōke jibañ in kainemmon eo an mAb.

Ñan melele ko relablok, im ñan bukōte teej eo an federal ikijen Teej ñan Kōmadmōd, jouj im lale:


[Webpeij eo an OHA kin Jibañ in Kōmadmōd ko ñan COVID-19](#)

[Kein Bukōt Jibañ in Kainemmon jen COVID-19 an Federal](#) (Taktō ro wōt remaron kall moktalok im kamool mweiuk im jibañ ko elañe rej kōjerbal jikin in)

# Kabōjrak an Ajeeded Kij


Möttan eo kwōmaron loe <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/symptom-screening.html>

**Jibañ kabōjrak an ajeeded nañinmij in emenono ko einwōt COVID-19.**




**6ñe**  
.....  
(2 meter)


Bed jab diklok jen 6 ne (tarrin 2 alen an elok beim) jen armij ro jet.



Bineje am bokbok ak maje kin juon beba tissue, innem jolok beba tissue eo ilo jokbej eo innem kwal beim.



Ilo ien am bed ilobelej, kōnake juon kein kalbubu iturin māj ej bineje loñiōm im botim.




Jab jibwe mejem, botim, im loñiōm.



Karreo im jolok jorren ioon men ko im ijoko im ekkutkut aṃ jibwe.



Bed wōt ṃweo imōṃ ijellokun ñe kwōnañinmij, ijellokun ñe kwōj itān taktō.



En ikut am kwal beim kin jooḃ im dān iomwin ejab diklok jen 20 jekōn.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

# WĀWEEN KŌJERBAL JUON KEIN KALBUBU MĀJ NUKNUK



1. Kwal beim.



2. Lolorjak erroo kein kalbubu māj eo.



3. Kwōn kadik joñan am jibwe kein kalbubu māj eo ilo ien am kōlaake.



4. Bineje botim, loñim, im jimwin neem.



5. Kakwōn loklok ak jikin kōlaaj ko ilo lojiliñi.



6. Ej aikuj kwōn am emmon am jab lewaj abnōnō.



7. Lolorjak am maron emenono iloan kein kalbubu māj eo.



8. Jab jibwe mejam ak kein kalbubu māj eo.



9. Wūtiki kein kalbubu māj eo am ilo am kōjerbal kein loklok ko ak kein elaak ko ilo lojiliñi ko.



10. Kwalok kein kalbubu māj eo kin dān māānān im joob ālikin kajojo ien am kōjerbale.



11. Kwal beim.



12. Lolorjak emōj an mōrā kein kalbubu māj eo ilo an ejellok jorren ak oktak ñan jekjek eo an.

# WĀWEEN AM KŌJERBAL KEIN MANMAN KIJ IN BA

Enōj kōmmene io an kōjerbal mennin jibañ ko jen Freepik.com



likūt ilo lopiden beim



ir lopiden beim  
ibben doon



kōtaan adiin beim



akiin beim



mokwōj in beim



adiin beim



ir mae ien emōrā  
(20 jekon)



ba ko emōj  
karreo jen kij

0715-2022 MARSHALLESE

## Kajitōk ko?

Lale website eo an jikin ejmour eo an bukōn eo am ñe ejab kajitōk ibben taktō eo am kin melele ko relablok kin ta eo kwōj aikuj kōmmene ñe teej eo am ej kwalok ewōr nañinmij in COVID-19, wāween am kōjenlok kwe make ak jab ito tak im wāween am bōk jibañ ñan am bed wōt mweo imōm.

**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 wāween ko jet einwōt ukok ko, jeje kileb, ak jeje ko an ribilo. Kebaak Jikin Bōk Melele kin COVID-19 ilo 1-971-673-2411, 711 TTY ak [COVID19.LanguageAccess@dhsosha.state.or.us](mailto:COVID19.LanguageAccess@dhsosha.state.or.us).

OHA 3894 (07/12/2022) MARSHALLESE