

3 Laajrak ko Raurok ñan Am Kōmmane ilo Ien Am Kōttar Jemlokin Teej in COVID-19 eo Am

Ñan jibañ kabōjrak ajededin COVID-19, kōmmane **kiltōn kein 3 raurōk KIŌ** ilo ien am kōttar jemlokin teej ko am:

1 Bed wōt mweo imōm im lale ejmour eo am.

Bed wōt mweo imōm im lale ejmour eo am ñan jibañ kejbarok ro mōttam, baamle eo am, im ro jet jen aer maroñ bōk nañinmij in COVID-19 jen kwe.

Bed wōt mweo imōm im ejab iturin ro jet:

- Elañe kwōmaroñ, jab bed iturin ro jet, elabtata armij ro elablok uwōta kin aer naj lukkun nañinmij jen COVID-19, einwōt rūtto ro, im armij ro ewōr kadedelok aer nañinmij in taktō.
- Elañe kwar [kebaak](#) juon armij ewōr COVID-19 ibben, bed wōt mweo imōm im ejab iturin ro jet iomwin 14 raan jen raan eo āliktata [kwar kebaake](#) armij eo. Loor rōjañ ko jen ra in ejmourin lobelej eo an bukōn eo am elañe kwōj aikuj in quarantine.
- Ñe ewōr am biba, bokbok, ak kakōlle ko jet an COVID-19, bed wōt mweo imōm im ejab iturin ro jet (ijellokun ñe kwōj etal in lolok taktō).



Lale ejmour eo am:

- Lale ñe ewōr am biba, bokbok, kajjinōk, ak kakōlle in COVID-19 ko jet. Kememej, kakōlle ko remaroñ walok 2-14 raan ālikin am kar kebaak COVID-19 im emaroñ koba:
 - Piba ak kotok kilin
 - Bokbok
 - Kajjinōk ak eabañ am menono
 - Mōk
 - Emetak majel ak enbwinnōm
 - Metak Bar
 - Ekāal im ejako bwiin ak nemān jabdewōt
 - Emetak būro
 - Ebon am emenono ak toor botim
 - Mōlañlōñ ak mōmōj
 - Eilok lojiūm



2 Lōmnak kin armij ro kwar bed iturier ilo raan ko maanlok.

Ñe emōj kakōlkōle kwe kin COVID-19, juon rijerbal an ejmourin lobelej emaroñ naj kall ae kwe in lale ej et ami mour, kenono kin wōn armij ro kwar kebaake, im kajitōk itu ia ko kwar bed ie ilo ien eo kwōmaroñ kar kajeded COVID-19 ñan ro jet. Ilo ien am kōttar jemlokin teej in COVID-19 eo am, lōmnak kin aoleb armij ro kwar kebaake er ilo raan ko maantak. Enaj melele aurōk ko kein kwōnaj lelok ñan rijerbal ro ikijen ejmour elañe teej eo am enaj positive.

Kadedelok melele ko itulikin beba in ñan jibañ kwe kememej aoleb armij ro kwar kebaak.

3 Uwaake talebon eo ñe ra in ejmour eo enaj kūrwej.

Ilo ien eo juon rijerbal in ejmourin lobelej eo enaj kūrwej kwe, uwaake kall eo ñan jibañ kadiklok ajededin COVID-19 ilo jukjukin bed eo am.

- Ien kenono ko ibben rijerbal in ra in ejmour eo **reban ajeded**. Melelein men in ej melele ko am make im melele in taktō ko am reban ajeded im renaj ajeded wōt ibben ro rej aikuj jelā, einwōt eo ej lewaj kejbarok ikijen ejmour.
- Reban lelok etam ñan armij ro kwar [kebaake](#) er. Ra in ejmour eo enaj kōjellaik wōt armij ro kwar [kebaake](#) er (iloan 6 ne im elablok jen 15 minit) im remaroñ kar kebaake nañinmij in COVID-19.



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

Lōmnak kin Armij ro Kwōmaroñ kar Bed Iturier Ilo Raan ko Maantak

Elañe kwōj teej positive im emōj kakōlkōle kwe kin COVID-19, juon armij jen ra in ejmour eo emaroñ naj kall ae kwe ñan lale ej et am mour, kenono kin wōn armij ro kwar bed iturier, im kajitōk itu ia ko kwar bed ilo ien eo kwōmaroñ kar kajeded COVID-19 ñan ro jet. Beba in emaroñ jibañ am lōmnak kin armij ro kwar bed iturier ilo raan ko maantak bwe kwōn bojak ñe juon rijerbal in ejmourin lobelej eo enaj kall ae kwe.

Men ko kwōn lōmnak kaki. Emōj ke am:

- Etal in jermal ak jikuul?
- Kwalok ibben ro jet (mōñā ilo restaurant ko, etal im idaak, ekjerjaj ibben ro jet ak etal ñan juon gym, wōr waj mōttam ak baamle ñan mweo imōm, lelok jibañ ko am ilo juon jikin, etal ñan juon pade, jikin tutu, ak park)?
- Etal ñan juon imōn wia (einwōt imōn wia mōñā, mall)?
- Etal ñan jikin ko kwar karōk ien am etal (einwōt jikin mwijbar ko, taktō, taktō in ñi)?
- Uwe ilo juon wa ibben ro jet (einwōt Uber ak Lyft) ak uwe ilo wa ko ialen armij in lobelej?
- Bed iloan juon imōn jar, ak bar juon jikin kabuñ?



Wōn ro rej jokwe ibbōm?

Wōn ro kwar bed iturier (diklok jen 6 ne im lablok jen 15 minit) ilo raan ko 10 remootlok? (Emaroñ lablok wōran armij ro kwōnaj likūt etaer jen joñan jikin eo kwōmaroñ jeje ilo beba eo. Elañe eindein, jeje ilo ijo itumaan in beba in ak ilo juon beba ejenolok.)

Etan	Nōmba in Talebon	Raan eo āliktata kwar loi	Itu ia eo kwar loi āliktata
------	------------------	---------------------------	-----------------------------

Ta eo kwar kōmmāne ilo raan ko 10 remootlok ibben armij ro jet?

Emmakūtkūt eo	Jikin	Raan
---------------	-------	------