

Ta eo kwōn kōmmane ñe kwar epāāke armij eo ewōr an COVID-19

Kakadu in Oktak ko ilo Oktoba 24, 2022

- Jolök rōjañ ko ikijen māke lak iam ñan lōblej
- Kakaal rōjañ ko ikijen teej
- Melele ko emōj aer kakaal ñan armij ro rej pād wōt akō jerbal ilo jōt jikin ko eloñ armij ie
- Melele ko emōj aer kakaal ñan armij ro rekar epāāke nañinmej in COVID-19 im kiō rej nañinmej.

Kōmlele Ko Imaantata

Ñe emōj am epāāke COVID-19, ak lōmnak emōj am epāāke, kwōmāroñ jibāñ kabōjrak an ajeded nañinmej eo ñan ro jet ilo mweo imōm im jukjuk in bed eo am. Jouj im loore tōl kein ilal. Jouj im kaelmenlōkjān kōn tōl ko relaplak ñan jikin ko kajojo ijin:

- Armij ro rej pād wōt, jerbal, akō loe lak juōn jikin ejmour ej aikuj in loore tōl eo ilo [Rōjañ ko Lowa ñan SARS-CoV-2 ñan Kōjbarok jān Nañinmej im Kantūrol ilo jikin Ejmour ko](#) (Kajin Pälle wōt)
- Elañe kwōj jerbal ak bed wōt ilo mōn kalibuuj ñan ritto ak jōdikdik, jikin jokwe ñan ro ejjelok jikier, ak jikin jokwe ejjab aitok bed ie, jouj im loore tōl ko iumwin [Melele ko ñan armej ro rej bed wōt ak jerbal ilo jikin ko elap ippān doon](#).

Mōn ejmour ko itūrim remāroñ karōke pepe ko emantata, ekkar ñan wāwein ko āinwōt drebij an ajeded nañinmej eo im bōk jet buñtōn ñan bōbrae nañinmej, ñan kadriklak ak kalaplak rōjañ kein. Āinwōt an mōj kwalōk ilo [Revised Code of Washington \(RCW, Code eo emōj an Kakāäl ilo Washington\) 70.05.070](#), (jōt bar kajin ej bellok) rijerbal ro an jikin ejmour rej bōk buñtōn ko āinwōt an aikuj ñan kantūrol im kabōjrak an ajeeded nañinmej.

Ikar epāāke juōn armij eo ekar alikkar teej eo aer ñan COVID-19 ak ijjab nañinmej. Ta eo ij aikuij kōmmane?

Bōke teej in COVID-19 eo 3-5 raan elikin an kār epāāke nañinmej eo.

- Elañe alikkar teej eo am, loore tōl eo ilo [Ta eo kwōn kōmmane ñe alikkar teej eo am ñan COVID-19](#). jōt bar kajin ej bellok)
- Ñe ejjab alikkar teej eo am kin juōn antigen teej, bar teej kin juōn antigen teej 24-48 awa elikin teej eo jinjon ejjab alikkar. Ñe teej eo kein karuo ejjab alikkar, akō inepata ej walok ñan COVID-19, kwoj māroñ in bar teej 24-48 awa elikin teej eo kein karuo im ejjab alikkar, ilo joñan eo 3 wōt teej. Ñe ejjab alikkar teej eo ilo teej eo kein kajilu im kwoj inepata ke emāroñ in wōr am nañinmej in COVID-19, kwoj māroñ in kelet in bar teej ilo am kōjerbale antigen teej, lōmnak in bōke juōn teej ilo lab im ej pedped ion molecule, kūrlak jikin takto eo am. Ñe ejabwe kein am

jibāñ ñan teej 3 alen kin juōn antigen teej, kwoj māroñ in bōk ediklak teej ekkar ñan kein jibāñ ko am im joñan kauwōtata ñan eok im ro ilo tūrim.

- Ñe emōj am epāāke COVID-19 im ejelok am kakōlle akō ekar wōr am COVID-19 ilo raan ko 30 emootlak, teej ejjab rōjañ. Ñe kwar bōk nañinmej in COVID-19 ilo 30-90 raan emootlak, bōk juōn antigen teej (ejjab juōn PCR teej), āinwōt alikkar in PCR im emāroñ in pād wōt ilo an alikkar jokdoon ñe ejelok kaal, emourur nañinmej.

Ñan raan ko 10 elikin am epāāke armij eo ej nañinmej in COVID-19, bōk buñtōn kein ilal:

- Ekanak juōn [māāj eman-joñan akō kein menono](#) (aolep kajin ko rej bellok) tūrin ro jōt im ilo lōblej. Wanmaanlōk wōt ilo am ekanak māāj jokdoon ejjab alikkar teej eo am ñan COVID-19.
 - Jab etal ñan jikin ko kwojjab māroñ in ekanak māāj.
 - Ñe juōn armij ejjab māroñ in ekanak māāj jān wōt an diiklak jān 2 an yiō akō ewōr an nañinmej im ej kōmman an bōjrak an ekanak māāj, jerbal ko jōt rej bobrae (āinwōt kōmman bwe en emanlak [duoj im deloñ kōto](#)) (jōt bar kajin ko rej bellok) rej aikuj in jerbal ñan an jab ajeedeed iumin raan kein 10.
- Jab pād tūrin armij ro rej pād ilo [kauwōtata ñan nañinmej ko rellap](#), (jōt bar kajin ko rej bellok) im jab konan etal ñan jikin ko elap kauwōtata (waanjoñak., jikin ejmour).
- Lale [kakōlle ko an COVID-19](#). (jōt bar kajin ko rej bellok)
- Ñe kakōlle ko rej walok, [bōk teej](#) (jōt bar kajin ko rej bellok) im loore buñtōn ko rej pād iumin [Ikar epaake juōn armij ekar test positive ñan COVID-19 im kiō inañinmej. Ta eo ij kōmmane?](#)
- Lale [Itotak | Centers of Disease Control and Prevention \(CDC, Jikin Kantūrol Nañinmej im Bōbrae\)](#) (jōt bar kajin rej bellok) ñan melele ko ikijen itotak.
- Lale [Tōl eo ñan am māke bōke teej eo ñan SARS-CoV-2 \(wa.gov\)](#) (Kajin Pālle wōt) ñan tōl ñe kwoj kōjerbale kein teej eok-māke.

Epāāke nañinmej eo ilo mweo imōm ekka an jemlok ilo an aitoklak im eloñ alen an armij ro alikkar teej eo ñan COVID-19. Ñe kwoj wanmaanlōk in epāāke COVID-19 ilo mweo imōm, lale kakōlle ko an COVID-19 im ekanak juōn māāj eman akō kein menono tūrin ro jōt ilo mweo imōm im ilo lōblej jān jinion am epāāke nañinmej eo lak ñan 10 raan elikin ien eo eliktata kwar epāāke armij eo ej nañinmej in COVID-19 ilo ien eo elap aer kapopo. Teej aolep 3-5 raan ko elikin jinion am epāāke lak ñan 3-5 raan ko elikin ien eo eliktata ñan armij eo ej nañinmej in COVID-19.

Melele ko ñan armej ro rej bed wōt ak jerbal ilo jikin ko elap ippān doon:

Māke lak iam ejako an juōn kein rōjañ ilo jikin ko ejelok jikin ejmour im eloñ armij ie. Botaab, māke lak iam emāroñ in lōmñak wōt kake ilo jikin ko ejelok jikin ejmour im eloñ armij ie iumin jōt jekjek ko:

- Mōn kalibuuj an ritto ak jōdikdik
- Jikin jokwe ñan ro ejjelok jikier ak moko ejjab aitok ien jokwe ie.
- Jikin jerbal ko rekkobōb eben an armij kattolak jen doon kin ke wāwein in jerbal ko aer, (ilo waanjoñak., jikin kakwōn mweik, jikin kōmman mweik, im jikin pākij mōñā im jālele ko, im wa ko an bijnej ko)
- Jikin an rijerbal jokwe ejjab aitok ien bed ie

- [Jikin wa in tiima ko](#) (Kajin Pälle wōt) (waanjoñak., tiima ñan aintok mōñā in lojet, tiima ñan ekkōtak mweik, tiima ñan an armij lemōñōnō im kakkije)

Jekjek ko im māke lak iam emāroñ in lōmñak kake kōba ippān:

- Kantūrol an ajeeded nañinmej eo, elaptata ñe buñton ko ejanin eman ilo aer jerbal.
- Ñe buñton in bobrae ko jōt rejjab bōk jikier ñan armij ro emōj aer epāāke COVID-19, āinwōt teej im māāj

Ilo jekjek kein, ien māke lak iam eo ej aikuj in 5-10 raan ko jān ien eo eliktata kwar epāāke pedped ion joñan aitok in ien COVID-19, pedped ion joñan am pād ilo kauwōtata. Ñan māroñ in kwalōk juōn ien māke lak iam, raan in epāāke armij eo ej nañinmej in COVID-19 ilo ien eo ekar lap an kapopo ilo raan 0. Raan 1 ej likio in raan eo elikin am kar epāāke armej eo ewōr an COVID-19.

Oktak ko ñan māke lak iam emāroñ in bar lōmñak kake, āinwōt kötlak an rijerbal eo jerbal ilo anlāin akō lelak an bar jerbal ilo juōn jikin eo an jikin jerbal eo ippāñ juōn an māke jikin jerbal im eman an duōj deloñ kōto.

Armij ro ilo jikin kein remāroñ in bar loore tōl ko ilōñ iumin "[Ikar epāāke juōn armij eo ekar alikkar teej eo aer ñan COVID-19 ak ijjab nañinmej. In kōmman ta?](#)

Jikin jerbal ko remāroñ in kōnnaan ippān jikin ejmour ko kin ñe māke lak iam akō juōn bar oktakin māke lak iam emāroñ in ekkar ilo juōn ien, im jikin jerbal ko rej aikuj in loore jabdewōt tōl ikijen ejmour. Emāroñ in wōr ien jikin ejmour ko rej aikuj māke lak iam ilo ien ko māke lak iam emāroñ in lōmñak kake.

Ewi wāwein eo ao kar epāāke COVID-19?

Baerōj eo ej kōmmane COVID-19 ej ajeded jān men dikdik ko ilo mejatoto, ñan aer koba men dikdik ko remāroñ ajeded ilo am epaake armej eo enañinmej, waanjoñak, ilo am pād 6 ñe (2 mita) jān e, im bar men dikdik ko rej pād wōt ilo mejatoto im remāroñ ajeded ilo joñan ko aitoklak, āinwōt ilo ilowaan em ko ejjab duōj im deloñ mejatoto.

Armej ro ewōr aer COVID-19 remāroñ in ajeded nañinmej eo ñan armij ro jet jino jen ruo raan elikin aer bōke kakōlle ko (ak ruo raan mokta jen raan eo ekar alikkar teej eo aer ñe ejjelōk aer kakōlle) lak ñan raan 10 elikin aer bōk kakōlle ko (ak 10 raan elikin raan eo alikkar teej eo aer ñe ejjelōk aer kakōlle). Ñe juōn armij ewōr ñan nañinmej in COVID-19 ien jenolak ej aitok lak jān 10 raan ko (waanjoñak., kinke rej nañinmej akō mōjno enbwinnier), elap aer kapopo lak ñan jemlakin ien jenolak eo aer. Ñe juōn armij ejjab alikkar teej eo an ñan COVID-19 im ej bōk ruo teej ko rejjab alikkar in COVID-19 24-48 awa ko rej etolak jān doon ñe ej eman lak aer mour elikin 5 raan in jenolak, ejako aer lōmñak kake ñe ej kapopo.

Epāāke nañinmej eo ej melelein emōj am bed iumwin 6 ñe (2 mita) jān juōn armij ewōr an COVID-19 iumwin tarin 15 minit ak laplak ilo aitok in 24-awa. Ñe, botaab, emōj am pād ilo ien ko rej kōmman an laplak kauwōtata in māroñ in epāāke, āinwōt jikin ko rediik, diik an duoj delon kōto akō kōmman makutkut ko āinwōt lamōj akō al, ewōr wōt kauwōtata in am bōk nañinmej jān ro jōt jokdoon ñe juōn armij ej nañinmej in COVID-19 ej 6 ñe (2 mita) etolak jān eok. Jot armij rej bōke COVID-19 ilo aer jab jellā ke rekar epāāke nañinmej in.

Bōk kwōnaam ilo kajitōk ko an mōn ejmour

Ñe juōn armej ewōr an COVID-19 ej ba ñan mōn ejmour eo ke emōj aer epāāke eok, kwōmāroñ roñ jen mōn ejmour eo ilo aer jeje ak kūrlök eok ilo telebon. Juōn rikajitōk enij jibāñ eok melele ta eo kwōn kōmmane im ta jibāñ ko rej bellök. Rikajitōk eo eban ba waj wōn eo ekar lelak etam.

Ikar epāāke juōn armij ekar alikkar teej eo aer ñan COVID-19 im kiō inañinmej. Ta eo ij aikuij kōmmane?

Ñe kwar epāāke COVID-19 im wōr am [kakölle ko](#) (jōt bar kajin ko rej bellok) (bar menko rejjab kajur), kwoj aikuj in pād wōt mweo im etolak jān ro jōt im bōk teej ñan COVID-19 ippān juōn [teej viral](#), (jōt bar kajin ko rej bellok) jokdoon wāwen wā eo am.

- Ñe ejjab alikkar teej eo am jān juōn teej in antigen:
 - Ejako am piba iumwin 24 awa ko mokta ilo am jab kōerbale uno in ka diklak-pipa, **IM [kakölle ko](#)** (jōt bar kajin ko rej bellok) emōj aer lap aer eman lak.
 - Bar teej 24-48 awa elikin lalem raan ko elikin an kaköllle ko am jinoe. Ñe ejjab alikkar teej eo ilo teej eo kein kajilu im kwoj inepata ke emāroñ in wōr am nañinmej in COVID-19, kwoj māroñ in kelet in bar teej ilo am kōerbale antigen teej, lōmñak in bōke juōn teej ilo lab im ej pedped ion molecule, kūrlak jikin takto eo am.
- Ñe ejjab alikkar teej eo am im ejako kaköllle ko am, bar rol ñan tōl eo iumin [Emōj aō epāāke juōn armij ekar alikkar teej eo an ñan COVID-19, akō ijjab nañinmej. Ta eo ij aikuij kōmmane?](#)
- Ñe enij alikkar teej eo am, loore tōl eo iumin [Ta eo kwoj kōmmane ñe enij alikkar teej eo am ñan COVID-19 \(wa.gov\)](#) (jōt bar kajin ko rej bellok) Ñe kwar jab teej, loore tōl eo ñan am māke lak iam im ekōnak māāj āinwōt armej ro alikkar teej ko aer.
- Lale [Tōl eo ñan am māke bōke teej eo ñan SARS-CoV-2 \(wa.gov\)](#) (Kajin Pālle wōt) ñan tōl ñe kwoj kōerbale kein teej eok-māke.

Ekanak juōn [māāj eman](#) (jōt bar kajin ko rej bellok) ñe kwoj aikuj in pād tūrin armij ro jōt lowa akō nabōj in mweo imōm. Armej ro jot nabwōjin uwaan baamle eo am rej aikuij in ekōnak juōn māāj ak kein menono elañe kwōj bed itūrier. Ñe kakölle ko am rej nana lak ak ewōr kakölle ko rekaal ippām, kōnaan ippēn juōn jikin taktō.

Ñe armej eo ejjelök an rijibāñ jen mōn ejmour: Elōñ jikin teej ko ejjelök ak edik wōneen teej, jōkdrone aelōñ ak kien eo rej tok jen e. Lale [Department of Health \(Rā eo an Ejmour\) Teej Kajitōk ko Ekkut Kajitōk](#) (Kajin Pālle wōt) akō kūrlak [WA State COVID-19 Lain in Bōk Melele](#) (jōt bar kajin ko rej bellok).

Ta oktak eo kōtaan am jenolök im māke lak iam?

- **Jenolök** eok māke ej ta eo kwōn kōmmane ñe ewōr am kakölle in COVID-19, kwōj kōttar tōbrak in teej ko am, im emōj an alikkar teej eo am ñan COVID-19. Melele in māke lak iam ej ñe kwōj bed wōt mweo imōm im kwōj kattolak eok jen armej ro jet (ekoba uwaan baamle eo am ilo mweo imōm) ekkar ñan [tōrre in ien eo](#) (Kajin Pālle wōt) ñan rōjañ ñan kabōjrak an ajeded nañinmej in.

- Melele in **māke lak iam** ej ñe kwōj bed wōt mweo imōm im kwōj kattolak eok jān armej ro rej nañinmej in COVID-19 ekkar nan tōrre in ien eo rej rōjañ ñe kwōbaj bōk nañinmej eo im ekapopo. Māke lak iam ej erom am jenolok eok māke ñe enij alikkar teej eo am ñan COVID-19 ak ej walok kakölle ko an COVID-19.

Kain Jibāñ ko ikiken Ejmour in Kalmenlokjan im Mwil

Jouj im lale DOH [Rōjañ ko ikiken Mwil im Ejmour im Kain jibāñ ko](#) (Kajin Pālle wōt) peij eo anlain.

Melele ko relap ikiken COVID-19 im kein jibāñ ko

Pād wōt ilo-raan kake ta eo ej walok kiō ikiken [COVID-19 jekiek eo ilo Washington](#) (Kajin Pālle wōt), [Kabna Inslee naan ko](#) (jöt bar kajin ej bellok), [kakölle ko](#) (jot bar kajin ej bellok), [wāwen an ajeeded](#) (jöt bar kajin ej bellok), [wāwen im ñāät ñan an armij bōk teej](#) (jöt bar kajin ej bellok), [im ia ñan bōk wā ko](#) (jöt bar kajin ej bellok). Lale [Kajitōk ko Ekutkut Kajitōk](#) (Kajin Pālle wōt) ñan melele ko relaplak.

An armij lal/er-ria ak aelōñ eo aer, ejjab, māke lak ian, likit er ilo joñan uwōta eo elaplak kin COVID-19. Bōtaab, melele ko rej kwalok ke jukjuk in bed ko oktak kōlar in kilier elap aer jelet jen COVID-19. Men in ej jen wōt ta ko jej ion e ilo an armij diike armij ro jet, im ilo an jenolak, diike jet jekiek, im ej kōtlak an jet armej ko eiet lak an bellak kein jibāñ ko ñan ir ñan kōjbarok ir māke im jukjuk in bed ko aer. [Naan ko rejjab mool reban jibāñ irre nañinmej eo](#) (Kajin Pālle wōt). Kwalok wōt melele ko remool bwe enjab ajeded melele ko rejjab mool.

- [Aelōñ in WA Department of Health 2019 Ajeded in Coronavirus Ekaāl \(COVID-19\)](#) (jöt bar kajin ej bellok)
- [WA State Uwaak ñan Coronavirus \(COVID-19\)](#) (kajin ko jet rej bellak)
- [Bukōte Ra ak Bukon in Ejmour eo an Jukjukinbed eo Am](#) (jöt bar kajin ej bellok)
- [CDC Coronavirus \(COVID-19\)](#) (kajin ko jet rej bellak)

Ewōr ke am bar kajitōk? Kûr tok lain in bōk melele ikiken COVID-19 ilo **1-800-525-0127**: Awa in kûr lak ko:

- Mande jān 6 awa jibbon ñan 10 awa jota
- Juje ñan Jabat jān 6 awa jibboñ ñan 6 awa jota
- [Raan in kakije ko an aelōñ eo](#) (Kajin Pālle wōt) jān 6 awa jibboñ ñan 6 awa jota

Ñan jerbal ko an riukok, **jiped #** ñe rej uwaak im **kwalok kajin eo am**. Ñan kajitōk ko ikiken ejmour eo am ak tōprak in teej ko, jouj im kepāäke juōn ritaktō.

Ñan kajitōk bwe ren lewōj peba in ilo bar juon wāwein, kwōn kallōk 1-800-525-0127. Armej ro rej jarroñroñ ren kallōk 711 ([Washington Relay](#)) (Kajin Pālle wōt) ak email civil.rights@doh.wa.gov.