Updated April 27, 2021
DOH 420-307 Marshallese

Ta eo kwoj kommane ñe ewor am kakole in COVID-19 ak kwar jab epaake juon armij im ej nañinmej in COVID-19 eo

Kadru in oktak ko ilo April 27, 2021

- Naan kāāl ko ikijen maaj rej line ippen CDC Kajin eo.
- Kajin ko ñan maaj ak cover in mej im kein jerbal ko ñan line ippen Centers for Disease Control and Prevention (CDC, Center ko an Control Nañinmej im Bobrae) naan in rejañ ko.
- Emoj koba ki bar jot recommendation ñan armij ro elukkun mōj aer wā im emoj aer bed turin armij ro ewor aer nañinmej in COVID-19.
- Melele kāāl ej koba ippen armij ro emoj aer wā.

Imaron ke nañinmej in COVID-19?

Kakole ko ekutkut (Palle) ej pepa, pokpok, im ikijelak ilo an menono. Jot bar kakole emaroñ bar koba ippen pio, meta kilo muscle, metak bar, ebboj buruom, mokaj am mok, iwur, malonlon, emmoj lak, bidodo, jako an jella edjon ak et bwin.

Ij ke bok test ñan COVID-19?

Aet. Ñe ewor am kakole in COVID-19, ak emoj am epaake juon armij emoj an alikkar ke ej nañinmej in COVID-19, kenan ippen takto eo am ñan bok juon test.

Ak ñe ewor juon ejelok an takto ak juon jikin takto: elon jikin ko ejelok wonāān ak edrik-wonāān test ie, jokdron elmen wawein immigration eo am. Lale Department of Health (DOH, Department eo an Ejmourko FAQ ikijen Test eo) (Palle) ak call e State an WĀ Hotline Ikijen Melele an COVID-19 (Palle).

Bok kunam ilo interview an public health

Ñe kwonij test positive ñan COVID-19, juon armij jen public health enij tobar eok, ekka ilo telephone. Armij eo ej interview ki eok enij jibañ eok melele kin ta kwoj kommane im support rot ko rej bellok. Renij kajitok etan im wawein tobar armij ro im rekar bed turim ilo raan ko epaak. Rej kajitok melele kein bwe ren maroñ ba ñan ir ke rekar epaak e nañinmej in. Reban lelak etam ñan armij ro kwoj epaak e ir ñe renij tobar ir im kenan ippeir.

Ta eo imaron kommane bwe nañinmej eo ao en jab ajeded ñan baamle eo ao ak bar jot armij ilo community eo?

- **Kwōn pād wōt ṃweo ijelḷokūn wōt eḷaññe kwōj aikuj taktō.**
    - Kwōn jab etal ñan jikin jerbal, jikuuḷ, ak iloḷbwilej. Kajeoñ jab kojerbal ial ko an public, taxi ko, im uwe ippen bar jot armij. Kajiotok ippen ro jot bwe ren shopping ñan eok ak kojerbal juon service in deliver waj aikuj ko am.
    - Call mokta jen am etal ñan juon jikin takto im ba ñan ir ke ewor am nañinmej in COVID-19 im rej lale wot ñe kwoj nañinmej in COVID-19. Kanak juon kein cover e mejam mokta jen am

dreloñ ilo building eo. Step kein renij jibañ kejbarok armij ro ilo opiij eo am jikin kottar eo jen aer nañinmej.

- **Katolak eok make jen armij ro jot im menin mour koi lo mweo mom.**
  - Kajeoñ joñan wot am maroñ, bed wot ilo juon room im etolak jen armij ro jot.
  - Kojerbal juon make bathroom, ñe emaroñ.
  - **Kanak juon kein cover e mejam** ñe kwoj bed turin ro jot. Ñe kwojjab maroñ ekanak kein cover e mejam, armij ro jot rej aikuj ekanak kein cover mej ñe renij dreloñ ilo room eo am.
  - Juon mottan in cover e lukkun aolepen loniim im botim, im jabdrewot kind im ej bed ilo side in mejam im iumin chin eo am. Ej aikuj komman jen ruo ak elaplak layer in nuknuk mottan kin kein lukoje ak to ko rej bed ilo kabin boram ak likkin lojilnim. Juon kein bobrae ki mejam emaroñ jerbal kin armij im ewor aer nañinmej in katak, mwil, ak ikijen takto im kabōjrak ir jen ekanak kein cover e mejaer. Kein cover mej emaroñ in jerbal jen ajiri ilo jikin lale ajiri, day camp eo, im K-12 jikin ko. Ilo jikin jerbal, maaj ak kein menono ko remaroñ in aikuj ilo aer bobrae elaplak jen mottan nuknuk ko kein cover.
  - Jibañ jen Centers for Disease Control and Prevention (CDC, Center ko an Control Nañinmej im Bobrae) ej rejang wawein kein (Palle) ñan kamanman lak size in maaj eo ñan komman bwe en rumij lak an ajeded nañinmej in COVID-19. Wawein jerbal in me ekanak nuknuk ko ioon mask im mon dakto, kammane ioon lojilñin in mask in dakto eo, kajerbal juon mask fitter, ak juon nylon en ej cover e mask eo. Kein kakobaba, Department of Health (DOH, Department eo an Ejmour) ejjab recommend e mask ko ewor roñ ie, ak juon layer in bandana im gaiter eo bar jibañ bõbrae mejam. (Respirator ko im ewor valve ie rej eman ñan kojerbal ekkar ñan loore eo emoj publish i jen DOH im Department of Labor and Industries (L&I, (Depatment eo an Jerbal im Industry ko) (Palle).)
  - Elukun aurõk bwe kwon ekanak mask ilo loblej, ibben jibañ ko an Jikin ejjmour enwot wa, katolak eok jen armij ro jot ilo enbwinnin, joñan erro eo an peium, im makke lak iam kab katolak eok make.
  - Kajeoñ bwe kwon jab epaake e menin mour ko nejim ak bar jot menin mour ñe kwoj nañinmej. Ñe emaroñ, lelak ñan bar juon ian ro ilo mweo mom bwe ren lale menin mour ko nejim. Ñe kwoj aikuj lale menin mour eo nejim, kwale peim mokta im elikin am bed ippen menin mour eo nejim im ekanak juon kein cover e mejam, ñe emaroñ. Lale COVID-19 im Menin Mour ko (Palle) ñan melele ko relaplak.
  - Jab lelak men ko mweium ñan armij ak menin mour ko, koba ippen keno, glass in draak ko, cup ko, kein mona, towel, ak kilin bed.
- **Katolok eok 6 ñe jen am bed turin** ro jot ilo aolep ien, jokdron ñe kwoj ekanak maaj.
- **En kūtkūt aṃ kwaḷ peōṃ** Kwale peim kin soap im aiboj iumin emaron 20 second ko. Ñe ejelok am soap im aiboj, kojerbal juon kein kwale peim im ewor-alcohol ie im aikuj wor tarrin 60% alcohol. Lale bwe kwon jab jibwe mejan kein peim ñe kwojjab kwale.
- **Cover e am pokpok im maje kin pepa ko.** Jolok e pepa ko kwar kojerbale innem kwale peim.
- **Karreo ijoko "elap-jibwi" elon ien,** koba ippen counter ko, lon in table ko, jikin kabellok kejem ko, men ko lowaan bathroom, toilet ko, telephone ko, keyboard ko, im table ko rej bed turin bed. Kojerbale juon spray in karreo im loore wawein karreo ilo label eo.

Kwōn lale kakōḷḷe ko aṃ.

Ebbok jibañ ikijen takto ilo ien eo emokaj tata ñe enij nana lak kakolle ko am. Mokta jen am kea, call e jikin takto eo am im ba ñan ir ke ewor am kakolle in COVID-19. Kanake juon kein cover e mejam mokta jen am dreloñ lowaan jikin takto eo ñan bobrae an ajeded etoon ñan armij ro jot ilo room in kottar eo im room in exam ko.

Ñe ewor am emergency, im kwoj aikuj call e 911, ba ñan staff ro rej dispatch ke ewor am kakole in nañinmej in COVID-19. Ñe emaroñ, kanake juon kein cover e mejam mokta jen an jede waj jerbal eo an emergency.

Ewi aitok in ao aikuj in katolak ña make?

1. Ñe emoj kalikkar ak rej loe ke kwemaron nañinmej in COVID-19 im **ewor am kakolle,** kwemaron kabōjrak am katolak eok make ilo mweo mom ñe:
   - Kwojjanin-fever iumin joñan eo 24 awa ilo am jab kojerbal uno in kadriklak-fever **IM**
   - Kakolle ko am (Palle) emoj an eman lak, **IM**
   - Iumin 10 raan emoj an mootlak jen jinion kakolle ko am aer kar walok.
2. Ñe emoj am test positive ñan COVID-19, ak **ejanin wor am kakolle,** kwemaron kabōjrak am make katolak eok ñe:
   - Iumin aikuj 10 raan emoj an mootlak jen raan eo jinion tata kwar test positive ñan COVID-19, **IM**
   - Kwojjanin nañinmej in COVID-19.

Elaplak tol ej bellok ñan armij ro ewor aer ak remaroñ lomnak ewor aer nañinmej in COVID-19.

Ta oktak kotaan katolak eok make im make lak iam?

- **Katolak eok make** ej ta eo kwoj kommane ñe ewor am kakolle in COVID-19, im kwoj kottar result in test ko am, im emoj am test positive ñan COVID-19. Katolak eok make ej melelein kwoj bed wot ilo mweo mom im etolak jen ro jot (koba ippen ro ilo lowaan mweo mom) ñan ro rej rejang ilo ien eo ñan kabōjrak ajeded in nañinmej in.

- **Make lak iam** ej ta eo kwoj kommane ñe emoj am bed turin COVID-19. Make lak iam ej melelein kwoj bed wot ilo mweo mom im etolak jen ro jot ilo ien eo ñe kwebaj infection im ebidodo bok nañinmej eo am. Make lak iam ej rum katolak eok ñe kwonij test elikin jot ien positive ñan COVID-19 ak jino wor am kakolle in nañinmej in COVID-19.

Ewi aitok in make lak iam?

Naan in rejang ñan make lak iam ej ñan bed wot make lak iam iumin 14 raan elikin ien eo eliktata kwar epaak e juon armij ekar nañinmej. **Men in ej men eo e safe tata.** Lale kakolle ko am ilo ien in, im ñe ewor am Kakolle ñan COVID-19 (Palle) ilo iumin 14 raan, ekwe kwonij bar boke test eo. Jot ian jikin kein ak group kein **rej aikuj** kojerbale 14-raan in make lak iam eo:

- Ro rej jerbal ak jokwe ilo ṃōn ri nañinmej ijo etto an armej pād ie.
- Ro rej jerbal ak pād ilo ṃōn kalbuuj.
- Ro rej jerbal ak pād ilo juon shelter ak jikin me e jab to an armej pād ie.
- Ro rej jokwe ilo eṃ ippān bwijen armej āinwōt dormitory ko ak ṃoko ijo elōñ ro rej college rej ippān doon ie,
- Ro rej jerbal ilo jikin ko ijo armej re koobob im e pen aer ettoḷọk jān doon kōnke re jerbal ilo warehouse ak factory,
- Ro rej jerbal ilo waan eọñod im waan kōṃṃan men jān lọjet.

Eļaññe kwō jab maroñ, kwōn quarantine iuṃwin 10 raan ālikin raan eo āliktata ke kwar pād iturin juon ri nañinmej, im āinwōt juon teej. Eļaññe ewor aṃ kakōļļe in COVID-19 iuṃwin raan ko 10, kwōn pād wōt im quarantine iuṃwin 14 raan innām teej. **Kwōn lale wōt eļaññe ewor kakōļļe ko ṃae raan 14.**

Ilo jot un ko rej aurok emaroñ in tobrak in kajemlok am make lak iam elikin 7 likio in raan elikin ien eo eliktata kwar epaake juon armij *ñe* ejanin wor am kakolle ej walok *im* elikin am bok result in negative elikin juon test (test ejjab mokaj lak jen 48 awa mokta jen an jemlok am make lak iam.) *Men in enaaj eļaññe ewor jikin teej.* **Kwōn lale wōt eļaññe ewor kakōļļe ko ṃae raan 14.**

Kenan ippen jikin ejmour eo turim ñan kwalok kelet eo eman tata ñan kwalok aikuj aurok ko am.

Centers for Disease Control and Prevention (CDC) ej kab kwalok juon tol kāāl ke armij ro elukkun mōj aer wā im rej epaak e juon armij ej nañinmej in COVID-19 ippeir rejjab aikuj in make lak iaer ñe rejjab tobar men kein ilal:

- Ñe emoj am lukkun wā (lale section in ilal ñan melele ko relaplak)
- Ejanin wor an kein kakolkol jen epaak eo eliktata ñan COVID-19.

Armij ro elukkun mōj aer wā ej aikuj lukkun lale ñan kakolkol 14 raan elikin an kar epake. Ej aikuj wonmanlak ilo ekanak maaj, kamelmel etolak jen dron, im komman bwe droulul ko aer ren driik.

Juon men remaroñ boke ej rinaninmej ro emoj aer wā im ro rej jokwe ilo jikin takto rej aikuj in wonmanlak wot ilo aer katolak armij jen dron ñe rej tobar COVID-19.

Armij ro rejjab tobar aolep criteria kein remaroñ wonmanlak wot ilo aer loore tol ko an make lak iam (Palle) elikin am epaake juon armij im ewor an lomnak ak emoj an alikkar ke ej nañinmej in COVID-19.

Ñe elukun Moj am Wã

Elukkun mōj an armij wā ñe:

- 2 week elikin dose eo kein 2 ilo dose series eo, enwot Pfizer ak Moderna wã, ak
- 2 week elikin juon-dose wã eo, enwot Johnson & Johnson's Janssen wã eo

Kein note: ñe edriklak jān 2 week elikin am wã, ak ñe kwoj aikuij in wõt bokke dose eo kein karuo, kwoj JAB lukun bõbrae. Bok aolepen step ko jinion (Palle) ñan ñe elukkun mōj am wā.

Ñe emõj am bokke aolepen wã ko:

- Kwemaron bok kunam ilo program ko naboj im bar jot ilo am jab ekanak maaj, ijelakin jot jikin im ej obrak kin naboj im jikin ko jot (Palle).
- Kwemaron bed lowaan em ippen armij ro elukkun emoj aer wā ilo am jab ekanak maaj ko.
- Komaron koba ippen dron lowaan em ippen armij ro ejanin mōj aer wā jen bar juon em (waanjonak, loe lak ro nukim im rej aolep jokwe ippen dron) ilo am jab ekanak maaj, ñan ñe juon ian armij ro ñe ejjab juon ej jokwe ipper ewor an kuawatata jen nañinmej bin jen COVID-19 (Palle).
- Ñe emõj am bed turin armej armej ro ewor aer nañinmej in COVID-19, kwojjab aikuij in katoolak kwe ak ebbõk test maien ewor am symptom.
    - Bottab, ñe kwoj jokwe ilo juon jikin group (ainwot jikin kajimwe ak jikin detention ak em an group) im bed turin juon armij eo ewor an COVID-19, kwoj aikuj katolak eok jen ro jot iumin 14 raan im boke test eo, jokdron ñe ejelok am kakole.

Jokdron ta wawein eo kwoj bed ie ilo wā, kwoj aikuj in wot ebbok step ko ñan bobrae ki eok make im ro jot (Palle) ilo am bed ilo loblej. Ej koba ippen ekanak maaj, katolak eok 6 ñe elaptata jen ro jot, im katolak eok jen bwijin armij im ijoko edrik an driwaj koto ie. Kobalak, kwoj aikuj katolak eok jen am koba ippen dron koi lo size medium ak large im wonmanlak wot ilo kakolle ko an COVID-19 (Palle), ñan ñe kwelakkar bed turin juon armij im e nañinmej.

Source eo Centers for Disease Control and Prevention (Palle)

Bar jet meḷeḷe im jikin jipañ kōn COVID-19

Bed wot-ilo-raan ilo wawein COVID-19 eo ilo Washington, Proclamation ko an Governor Inslee (Palle), kakolle ko (Palle), wawein an ajeded (Palle), im elmen im unin an armij aikuj in test (Palle). Lale Kajitok ko Ekutkut Kajitok i (Palle) ñan melele ko relaplak.

Race/ethnicity ak ijo ej itok jen e ejjab maroñ, e make, likit ilo juon kuawatata elaplak kin COVID-19. Botaab, numba ko rej kwalok ke community in color ko rej jelet jen wot COVID-19. Ej jen ta ko rej walok jen racism, im ilo bar juon, racism eo ej jen structure, im ej kotlak bwe jot group kin bellok ko ñan bobrae ki ir make im community ko aer. Stigma eban jibañ eok irre ippen nañinmej eo (Palle).Ajeded e wot melele ko rejimwe ñan kakwone naan riab koi m melele ko rebwod jen ajeded.

- State eo an WĀ Department ofHealth Outbreak eo an Novel Coronavirus
- Response eo an State an WĀ ñan Coronavirus (COVID-19)
- Bukot Department in Ejmour eo turim ak Town eo am(Palle)
- CDC Coronavirus (COVID-19) (Palle)
- Kadriklak Stigma Jibañ Ko (Palle)

Elon ke bar kajitok? Call e Hotline eo ñan bok melele kin COVID-19: **1-800-525-0127**

Monday – 6 awa jibon ñan 10 awa jota., Tuesday – Sunday im holiday ko an state (Palle), 6 awa jibon ñan 6 awa jota. Ñan jerbal in ukok, **jiped #** ne renij uak im **ba kajin eo am.** Ñan kajitok kin ejmour eo am make, teej in COVID-19, ak ta ko rej walok elikin teej eo, jouj im tobar juon takto.

Ñan kajitōk am bōk beba in ilo bar juon wāween, kūrḷọk 1-800-525-0127. Customer ro rej jarongrong ak ebin aer rong, jouj im call e 711 (Washington Relay (Palle)) ak email e civilrights@doh.wa.gov.