

# Anōk Aṃ Keepaak: Bōk kuṇaam ṇan kōjparok baamle eo aṃ, ro ṃōttaṃ, im jukjukin pād eo aṃ.

TA EO KWŌMAROŃ KATMĀNE ENAAJ WAḶOK ŃE REJ ANŌK Aṃ KEEPAK ĀLIKIN AER KAKŌLKŌLE EOK KŌN COVID-19.

1

Ńe eṃōj kakōlkōle eok kōn COVID-19, juon rijerbal ilo ājmuur lōbwilej enaa j kūrwej ṇan jāāk kōn aṃ ājmuur.



Renaaj kajjitōk ippōṃ wōn ro im eṃōj aṃ kepaake im ia eo kwaar pād ilo tōrein aṃ naṇinmej im kwaar maroṇ kaajeeded COVID-19 ṇan ro jet.

Jabdwōt mejele kwōj kowaḷok ṇan rijerbal ro ilo ājmuur lōbwilej **EITTINO**.

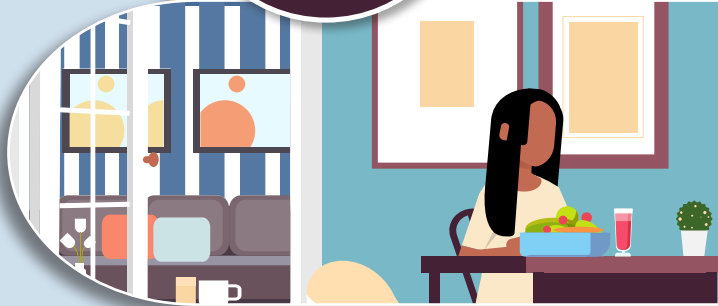
Mejelein men in ej mejele ko aṃ make im kōn wūno reittino.

2

Renaaj kajjitōk aṃ naaj pād wot ṃweo iṃōṃ im isolate kwe make, elaṇṇe kwōjaṇin de.

Mejelein isolate kwe make ej pād wōt ilo jejetin juon ruuṃ ettoḷok jān armej ro jet im menin mour ko, im kōjerbal juon iṃōn kōpojok ejepel, ṇ e kwōmaroṇ.

Aṃ isolate kwe make ej jipaṇ ṇan kadikḷok an COVID-19 ajeeded im emaroṇ kōjparok baamle eo aṃ, ro ṃōttaṃ, im jukjukin pād eo aṃ.



3



Ńe kwōaikuj jipaṇ ilo iien aṃ isolate kwe make, ra in ājmuur ak juon doulul an jukjukin pād eo ilo bukwōn ṇe emaroṇ lewaj jipaṇ.

Etal wōt ilo aṃ lale aṃ ājmuur. Ńe kakōlle ko aṃ renanaḷok ak jinoin kauwōtata, kwōn kappukot jipaṇ in taktō. Kakōlle ko rekauwōtata rej kōpool kajjinōk, ejjab jako metak ak aer in ubōṃ, poktak, jab maroṇ ruj ak ruj wōt, oū, ekkūrere, ak ebūlu kolor in kilin, tien, ak akkiin bein, ekkar ṇan kolor in kilin.

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

# ANŌK AṀ KEEPAAK: TA EO KWŌMAROŃ KATMĀNE ELAŃŃE KWAAR KEEPAAK JUON ARMEJ ME EWŌR COVID-19 IPPĀN

1

ElaŃŃe eṃōj aṃ keepaak juon armej im ewŏr COVID-19 ippĀn, juon rijerbal ilo ājmuur lŏbwilej enaaj kŭrwaj ŃĀn kŏjjeļaik eok ke kwaar bŏlen keepaak COVID-19.



Jabdewŏt mejele kwŏj kowajŏk ŃĀn rijerbal ro ilo ājmuur lŏbwilej **EITTINO**.

Mejelein men in ej mejele ko aṃ make im kŏn wŭno reittino.



2

Kwŏn pĀd wŏt ṃweo imŏṃ im quarantine kwe make iumwin 14 raan, jino jĀn raan eo ālĳkta im kwaar bŏlen kepaake COVID-19.

Mejelein quarantine kwe make ej aṃ pĀd wŏt ṃweo imŏṃ, lale ājmuur eo aṃ, im kŏjparok aṃ kakkobaba-ettoļok (ejjab dikļok jĀn 6 ne) jĀn ro jet ilo aolep iien.



Wāween eo emmantata ŃĀn kejbarok kwe make im ro jet ej ilo aṃ bed wŏt ilo ṃweo imŏṃ iomwin 14 raan ŃĀ kwŏj lŏṃnak eṃōj aṃ kebaak juon armij im ewŏr an naŃĳmij in COVID-19. Lale ibben webbei eo an ra in ejmour eo ilo bukŏn eo aṃ ŃĀn melele ikijen menin ekāālel ko ilo bukŏn eo aṃ im renaaj bŏlen kakadulok ien quarantine in.

3

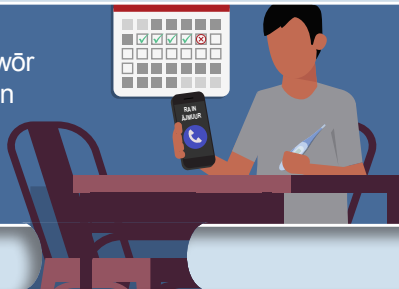
Juon rijerbal ilo ājmuur lŏbwilej emaroŃ lewaj mejele kŏn teej in COVID-19 ijo jĳkŭṃ.

ŃĀ kwŏaikuj jĳpaŃ kŏn aṃ quarantine kwe make, ra in ājmuur eo aṃ ak doulul ko an jukjukin pĀd remaroŃ lewaj jĳpaŃ.



4

Kwŏn bŏk bwilŏṃ ruo alen ilo juon raan, lale ŃĀ ewŏr aṃ pĳba im kakŏļlein COVID-19 ko jet, im kŏjjeļaik ra in ājmuur eo aṃ ŃĀ kwŏj kŏddek kakŏļlein.



5



ŃĀ kwŏj jĳnoin naŃĳmej ilo raan ko 14 im kwŏj quarantine kwe make, kwŏn kŏjjeļaik ra in ājmuur eo im kappukot jĳpaŃ in taktŏ ŃĀ kakŏļle ko aṃ renaajŏk ak jĳnoin kauwŏtata. Kakŏļle ko kŏn idiŃ rej kŏpŏol kajjĳnŏk, jab jako an metak ak aer ubŏṃ, poktak, jab maroŃ ruj ak ruj wŏt, oŭ, ekkŭrere, ak ebŭlu kolor in kilin, tien, ak akkiin bein, ekkar ŃĀn kolor in kilin.

JemaroŃ aolep karejar ippĀn doon ŃĀn kadikļok an COVID-19 ajeeded.

Kŏṃṃmane kuṃaam ŃĀn kŏjparok baamle eo aṃ im jukjukin pĀd eo:  
Uwaake kall eo ŃĀn kadikļok an ajeeded.

