

Ñan Pāren ak Ri Lale,

Kōm kōḡaan kōjellāki kom bwe juon armej ilo jikuu! in ear test ñan COVID-19 im e positive. Emaroñ kapopo nañinmej in ruo raan ḡokta jān an waḡok kakō!le ko im e kapopo ḡok ñan 10 raan ḡōjin an waḡok kakō!le ko (tarrin juon im juon jimattan wiik).

*Ñe e nañinmej ajri ne nejim, jouj im kōjellaki jikuu! eo, im dāpij ajri eo nejim jān an jikuu! ñan ñe e jakoḡok kakōlle ko im ejako an piba iumwin 24 awa (im ejab jako kōn an daak wūno; āinwōt e make jako). Jikuu! eo emaroñ ba bwe en toḡok an pād ḡweo imōn ekkar ñan joñan an kajoor nañinmej eo ilo jukjukin pād eo an.*

Bwe kwōn jipañ bōbrae an mañeñe nañinmej in COVID-19, kōmej rōjañ kwe im ajri ne nejim bwe koḡwin kōḡmani men kein:

- Lale ñe e waḡok kakō!le ko in COVID-19 āinwōt pokpok, metak metak ak ḡōjḡo ānbwinnim, kajjinōk, piba, toḡor bōtim, metak būruōḡ, wūdidid (piḡ) ak ejako nāmin men ñe kwōj moñā ak kwo jab maron āt bwiin men ko. Ekkā wōt an waḡok kakō!le kein ilowāan 10 raan in aḡ epaake juon armej ak kij in COVID-19.
- Pād wōt ḡweiō imōḡ ñe kwo nañinmej.
- Bōk wā in COVID-19: Kwōjab aikujin mijak wā in COVID-19, elukkuun emḡan an wā eo jermal ḡān niñnin me 6 aer allōñ ḡok ñan ro re rūttoḡok. Re kanooj rōjañ ro me ewōr aer nañinmej kadede, ro me re bōrōro, ro me 65 aer iiō ak rūttoḡok, kab ro me re addimejmej im elōñ aer nañinmej ko jet kadede bwe ren bōk wā eo.
- En eḡkutkut aḡ kwaḡe peim im kajerbal soap im dān, elukkuun aorōk bwe kwōn kwaḡe peim ḡokta jān aḡ moñā.
- Kōkōḡak juon māj ñe kwōnaaj epaake armej ro jet, jekḡoḡ ñe kwōj lōmḡak bwe kwo ājmuur, ekanooj aorōk bwe kwōn mājmāj ñe bwijin armej ak ñe kwōj pād ippan armej me ewor aer uwōta kōn nañinmej ko reḡap.

Ñe ewōr jabdewōt kajjitōk ikijien COVID-19, jouj im kōnono ippan taktō eo aḡ ak calle jikin bōbrae nañinmej ilo Spokane etan in Spokane Regional Health District’s Disease Prevention and Response division at 509.324.1442.

Ilo Kautiej,