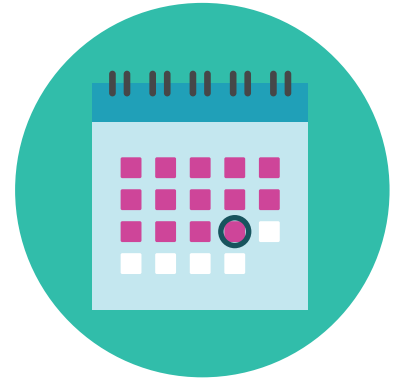

Ta kwoj komane elane kwoj quarantine ak bed im make iam kin Covid-19



CORONAVIRUS
UTAH.GOV

Etke in quarantine Iumwin 14 ran?

Quarantine eo Nan armij ro rejab naninmij im ejelok kakolkol ko ibier ikijen COVID-19, ak emoj aor bok kij eo. Renaj kajitok bwe kwon quarantine Iumwin 14 ran elane emoj am bok kij eo. Komaron bok kij eo ilo jabrewot wawin einw ilok Nan ijoko elon armij ie kin naninmij in COVID-19 ak kebaake juon per eor kij in iben Elaine juon eo ilo mweo imom emoj an bed kij in iben kwoj aikuuj quarantine. Quarantine ej make lok iam jen ro jet, bwe kwon jab kabo ro jet..



Ta eo in aikuuj komane ilo ien quarantine?



- Bed wot mweo iumwin 14 ran ko.
- Kadiklok ak an ri-l-lotok Nan mweo imon.
- Emakit Jen mweo wot elane Nan am jen jikin Ejmour ko.
- Kajion kotolok iok 6 ne etolok Jen ro jet.
- Karreoiki ijoko emoj jibwe (phones, kein kobellok kejem, kein kaurur light, kein kotor toilet, kein kotor kwalkwol bileej, ion jikin koman mona, jabrewot meel).

Wawin in rej ba etolok Jen dron. Bed wot mweo Jonan wot am maron. Kajitok iben juon bwe en etal nan imon wia ko nan wia kijom ak am aikuuj. Elane ejab maron, kajion etal nan Mon wia juon kottan elane komaron. Kotolok ro jet aurok kinke ej kadiklok ajaded an COVID-19. Jekdron elane kwojab naninmij ak ejelok kakolkol ko am COVID-19 kwoj aikuuj bed mweo Jen jermal, jikuul, jikin jar. Kotolok iok jen ro jet enaj jiban iok I'm paamle eo am. Kajion kotlok iok 6 ne jen armij. Elane kwoj lomnak in etal nan juon jikin ak iben elon armij, kwal peuum kin soap im dren ilo ien eo emokaj Tata. Elane ejelok soap im dren ijo, komaron kejerbal arkool in pa ko. Elane kwoj bed ilo iio kane 60 im elon naninmij ko ibam, bed wot mweo I'm etolok Jen ro jet.

Eor ke enaj etale io aoleb ien. nan lale ewi wawin ao bed?

Ewor ruo wewein remaron ko renaj kajitok am lale elañe ewor am kakölköl. Juon wewein etanñin lukkun lale ak active monitoring. Ilo lukkun etale eo, juon rijerbal jen jikin ejmour ilo bukon eo am enaj kall ae waj kwe juon alen ilo juon raan in lale ejet am mour. **Jikin ejmour eo emaron kall ae waj in lale ejet am mour. Elañe kwöjab uaak, aurok bwe kwön bar kürlok er ilo ien eo emökajtata.**

Wewein eo juon etanñin make lale kwe ak self-monitoring. Ilo am make lale kwe, jikin ejmour eo abañ kall ae kwe aoleb raan. Bötäb, kwönaj make lale kakölköl ko am kajojo raan im kürlok obij in ejmour eo ilo bukon eo am elañe ewor jabdewot am kajitok ak abönönö. Elañe kwönaj nañinmij ak jino walok kakölköl ibbam ilo ien am jab ito-tak, kwöj aikuuj teej ñan COVID-19.

Jekdon ta wewein eo renaj kajitok am lale kwe, elañe ewor am biba, bokbok, kajjinok, metak majel, metak büro, ak diklok neman möñā ak am at bwiin jabdewot, kwön teej ñan COVID-19.

Kwömaron loe jikin teej eo iturim ilo: <http://coronavirus.utah.gov/testing-locations/>.



Etke ij aikuij bwe je jonan bwil im kakolkol Iumwin ran 14 ran ko?

Elane emoj am bok kij in COVID-19, ej bok tarrin in 14 ran nan lale elane kwonaj naninmij. EJAB melelein bwe kwonaj naninmij, botab ej menin aurok bwe kwon je jonan am bwil im kakolkol ko am aoleb ran.



Elane kwonaj naninmij ilo ien quarantine, Kurlok taktō so am im Re eo an ejmour. Kwoj aikuij bwe ren teeje iok Nan COVID-19. Kwoj aikuij bwe kwon kajion make lok iam

Teej ko

Rua eo an ejmour emaron kajitok bwe kwon teej kin COVID-19, jekdron ne ejelok am naninmij.

Elane kwonaj positive Lori bunten ne 5 kin wawin kejenolok iok make. Juon Jen jikin ejmour eo enaj call ie iok.

Elane kwonaj teej negative, kwoj aikuij kadedeiklok 14-ran in quarantine jekdron ne kwojab enjake naninmij.



Ewi wawin ao etale kakolkol ko iba?

Bok bunten kein nan koman kakolkol ko I'm je Kemelele ko. Kwoj aikuij komane bunten kein 2 kottan ilo aoleb ran ilo ran kein 14 kwoj quarantine, ijelokin wot elane jikin ejmour eo enaj BA kwon bojrak. **Ra eo an jikin ejmour enaj kwalok ien eo elik tata kwar bok naninmij eo I'm ran eo elik Tata Nan am bojrak jen am jeje kin jonan bwil im kakolkol ko am.**



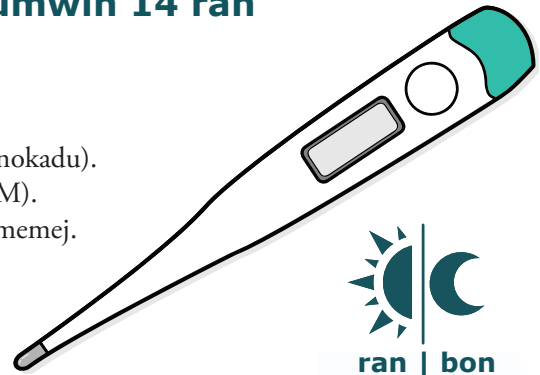
nan



Bunten ne in 1

Bok jonan am bwil 2 kitten ilo juon ran. Komane wawin in aoleb ran Iumwin 14 ran

- Kejebal thermometer nan am Bok bwil.
- Elane ejelok am thermometer, je elane kwoh loe ne elon am piba (kiluum emaron menen ak kul buroro, ak komaron in bio ak menokadu).
- Bok bwill juon mottan ilo jiban (AM) im juon kottan ilo bon (PM). Elane kwonaj meloklok in bok am bwill, boke ilo ien eo kwjoj kememej.



Men eo aurok ilo am bok bwil:



Kotar 30 miniit elikin am Mona, Idaak, kemourur I'm bok am bwil.

Kotar



Elkin am Mona, idaaak ak kemourur



Bok am bwil mokta jen am ebok uno. Jet uno rej koman bwe en Diklok am bwil koman bwe kwon jab jela jonan am bwil. Kotar 6 away mokta jen am bok bwil, elukkun am idaaak uno.

- Acetaminophen, rej bar naetan paracetamol (Tylenol)
- Ibuprofen
- Aspirin

Kotar



Elkin am Bok jabrewot uno



Eman elane kwonaj kejebal thermometer ko ilo lojilini Nan ninnin, ajri jidik, I'm ajri ediklok jen 4 iio ditto. Elane kwonaj bok bwil an ajri eo iumwin pein I'm jonan bwil 99.44 *F/37.4*C ak elablok, ajri eo eor an piba. Elab an aurok Nan jiron takto ro jikin ejmour eo kin am bok bwil Iumwin peon ajri eo.



Kejebal thermometer in lojilini. Nan ajri ro rediklok jen 4 iio

Bunten ne in 2

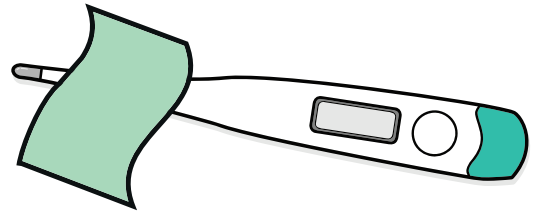
Je jonan bwil eo am I'm kalol lol no ilo form in. Ilo jemlokin book in. Komane wawin in aoleb ran Iumwin 14 ran

- Ran eo kwar bok naninmij in ilo form in ilo ien eo kwar bok naninmij in is ran eo kwar bok COVID-19. Emaron elik tata in am ebaake ro eor naninmij im positive in COVID-19 ak ran eo kwar bbojrak jen am itotak. Ran eo enaj bojrak am monitoring am bwil I'm kakolkol ko 14 elikin am and bok naninmij eo. Elane kwojab melele kin ran ko nan ta, kurlok jikin ejmour eo. Kanne Aoleben ran ko nan 14 ran. Lale bwe en lon koban aoleben jikin kwoj aikuij kanne.
- Je jonan bwil eo am ilo form in ilo jemlokin book in. Kwoj aikuij bok bwil 2 kottan aoleb ran. Book bwil juon kottan ilo jibon (AM) im juon kottan ilo jota (JOTA).
- Elane eor juon ian kakolk kein ilo form in, mark "A" set ak "J" Nan jab.



Bunten ne in 3

Karreoiiki thermometer jabrewot ien ro jet rej kejerbale.



Bunten ne in 4

Elane eor am piba, bokbok, jebjeb menwaam Metak Majol, metak buruom, ak diklok ilo wawin am kenemem ak ketet.

- Elane kwoj enjake bee kwoj aikuij bwe kwon low takto eo am ilo juon ien eo emokaj tata, kurlok im jiron the monitored iok kin COVID-19 mokta Jen am etal nan opij ak jikin takto so an.
- Elane kwoj loe ke emenin aikuij nan our 911, jiron is bwe rej monitored lok nan COVID-19.
- Kurlok ra eo an jikin ejmour. Elane koman in tobar ir, kurlok ra eo an ejmour ilo Utah ilo 1-888-374-8824.
- Elane jonan bwil eo ibam ej 100.4°F/38°C ak lablok, per am piba.
- Elane kwoj bok bWii eo an ajri eo nejuum Iumwin pein, im jonan bwil eo ej 99.4°F/37.4°C ak kabok, ajri eo nejuum eor an bwil. Elab an aurok Nan jiron takto ro jikin ejmour eo kin am bok bwil Iumwin peon ajri eo.



Kurlok takto ro. Nan bok melele ko rellablok.



Ritto ro
Jonan bwil ak molo
100.4°F/38°C
ak lablok

Ajri ro
Jonan bwil ak molo
99.4°F/37.4°C
ak lablok

Neet eo in aikuij bwe in make lok iao?

Make iam Nan armij ro rej make iaier renaninmij im rar teej positive ilo COVID-19 Jabrewot eo ej jokwe imweo imom rej aikuij bed wot mweo elane jabrewot ilo mweo emoj an teej positive Nan COVID-19. Make lok iam ej Nan armij to rejab lukun naninmij bwe ren bed aujptol. Takto eo emaron jiron iok bwe kwon bed mweo I'm ejmour lok. Makelok lam ej kotolok armij ro renaninmij Jen ro reejmour Im koman bwe en jab ajeded.



Makelok iam melemen:

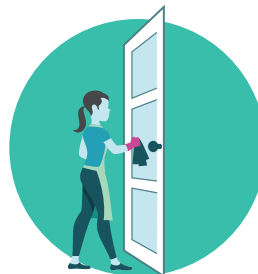
- Bed wot mweo ijelokin wot ne kwoj etal Nan imon takto.
- Kajion bed ilo room ko jet I'm jab iben armij ro.. Elane kwojab maron, Kajion kotolok iok 6 ne jen armij.
- Kajion kejerbal bathroom ko jet jen paamle eI ilo mweo.
- Kwal ijoko rejerwawa Ella jibwe (phones, kobellok kejem, kein kaurur light, kein motor kebojak, kein kotor sink, ion counter, im men ko rej meel)
- Jab itotak elane kwoj naninmij.
- Kalibubuik lonuum I'm botuum kin kein kalibubuik an spin nuknuk eo am (ejab kin peuum) elane kwoj bokbok an maje.
- Kwal peuum kin soap im dren elikin bokbok, maje, ak your botuum. Elane ejelok soap im dren, komaron kejerbal arkool Dren in pa. Kajion kejebal arkool Deen ko Nan peuum I'm per Darrin in 60% nan 90% arkool.
- Ekonak am Maj elane kwoj bed ilublijiin to jet (elane kwoj bed ilo room ak car). Elane kwojab maron kwonaj mej bwe enaj Jen Jen menwaam, bed ilo room eo etolok jen ro jet. Elaine armij enaj iwoj nan room eo am, the aikuij konake meh ko.



Kajion bed ilo room ko jet



Kejerbal Mon kobojak ko jet jen ko armij rej kejerbale



Kwal ijoko Ella an armij jibwi



Kwal peuum kin soap I'm dren



Konake mej ne kwoj bed iturun armij ro jet

Neet eo imaron bojrak Jen make lok iao?



Elaine kwonaj teej positive im elon kakolkol ko

Komaron bed wot im make lok iam jen armij ro nan one eo enaj jako am piba, im kakolkol ko ibam remanlok Iumwin 24 awa ko I'm emoj an tobar jonan in 10 ran jen ien eo kwar naninmij. Melelein kwar jab bok uno nan kadiklok pina eo am im aoleb kakolkol ko jet emoj air ejako. Armij ro jet ilo mweo rej aikuij quarantine Iumwin 14 jen ien eo ear ion iok. Aoleb ro ilo mweo imom rej aikuij quarantine nan ien eo aoleb renaj ejmour

Elaine kwonaj teej positive an eejelok kaklalkol ko ibam

Elaine kwonaj teej positive nan COVID-19 an eejelok am menin kakolkol, komaron bbojrak jen am make lok iam10 elane teej eo emoj an positive.

Elane kwonaj teej negative, kwoj aikuij kadedeiklok 14-ran in quarantine jekdron ne kwojab enjake naninmij.

**Elaine kwoj ekatak kin quarantine I'm make lok iam ej aikuij bojrak jet, ak ejab aoleb, ilo an aheaded COVID-19 nan armij ro kwar ebaake ir. COVID-19 elab an video an ajeded elane elon kamol mol ko ibam (ne kwoj bok bok im elon am piba). Ilo ien eo kwoj ejmour Jen COVID-19, kojamin bar kajeded naninmij invirus nan ro jet.

Ewi wawin ao kurlok ra eo an ejmour?

Kwoj aikuij kurlok ra eo an jikin ejmour ijo kwoj bed ie mokta elane per am kajitok. Elane kwojab maron tobar jikin ejmour eo ijo kwoj bed ie, kurlok ra eo an ejmour ilo Utah ilo 1-888-888-EPI-UTAH (374-8224).

- Re eo an ejmour. (435) 792-6500
(Box Elder, Cache, and Rich counties)
- Central Utah Public Health Department
(Juab, Millard, Piute, Sanpete, Sevier, and Wayne counties): (435) 896-5451
- Davis County Health Department (801) 525-5000
- Salt Lake County Health Department (385) 468-4100
- San Juan Public Health Department (435) 359-0038
- Southeast Utah Health Department (435) 637-3671
(Carbon, Emery, and Grand counties)
- Southwest Utah Public Health Department. (435) 673-3528
(Beaver, Garfield, Iron, Kane, and Washington counties)
- Summit County Health Department (435) 333-1500
- Tooele County Health Department. (435) 277-2440
- TriCounty Health Department (435) 247-1177
(Daggett, Duchesne, and Uintah counties)
- Utah County Health Department (801) 851-7000
- Wasatch County Health Department. (435) 654-2700
- Weber-Morgan Health Department (801) 399-7100

