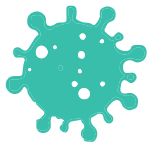


COVID-19 Bok in Melele kin Lale Ajiri Melele



CORONAVIRUS
UTAH.GOV

Bok in Melele kin Lale Ajiri

Bok in melele in ear kōmman ñan jikin im burokraam ko rej lale ajiri ekoba:

- Jikin ko ewor aer laijen
- Jikin ko an kajojo awa ewor aer laijen
- Burokraam ko inabojin ien jikuul ewor aer laijen
- Burokraam ko an preschool ewor aer laijen
- Ro rej lelok jiban nan baamle im ewor aer laijen
- Emelim an jab aikuj laijen (Licensed exempt, LE) Ra eo ej lale Jibañ ko an Jikin jerbal (Department of Workforce Services, DWS) Ro rej lelok jibañ ñan Baamle, Mōttan, ak Armij eo ej Jokwe Iturin
- Ro rej lelok jiban im emoj komelim jen DWS im ewor aer laijen
- Ro rej lelok jiban im emoj komelim im ewor aer laijen
- Ro rej lelok jiban im emoj kadelon ettaer im ewor aer laijen in lale ajiri



Ta eo enaj walok elañe teej in COVID-19 eo an juon rijikuul, rikaki, ak rijerbal enaj kowalok ewōr nañinmij eo ibben?

Kwōj aikuj kōjenolok kwe make ien eo wōt elane teej eo am enaj kwalok ewōr COVID-19 ibbam. Melelein mennin ej bed wōt mweo imōm ijellokun am etal in bukōtlok jibañ in taktō. Kwojab aikuj itok nan jikin lale ajiri eo ak jikin jerbal.

Elañe emōj an teej kamool ewōr nañinmij eo ibbam, kwōj aikuj kōjenolok kwe make mae ien emōj an:

- Ejellok am biba iomwin 24 awa, im
- Emmonlok kakōkōl in emenono ko am iomwin 24 awa, im
- Emōj an mootlok jab diklok jen 10 raan jen ien eo ear nañinmij jinointata.
- Elañe ear ejellok kakōkōl ibbam, kwōj aikuj kōjenolok kwe make iomwin 10 raan jen raan eo kwar teej.



Ta eo enaj walok ñe rijikuul, rikaki, ak rijerbal eo ear kebaak bar juon armij eo ewör COVID-19 ibben?

Armij ro kwar kebaak¹ ej melelein juon armij eo kwar bed diklok jen 6 ne ak 2 meter (tarrin joñan an elak beim 2 alen) jeñe im armij in emōj an teej eo an kamool ewör COVID-19 ibben im aoleben joñan ien am kar bed iturin ej 15 minit ak aitoklok iloan juon ien 24 awa² Kwōmaron kar bar kebaak nañinmij eo ñe:

- Kwar lale juon armij ilo mweo imōm enañinmij kin COVID-19.
- Kwar kaju kebaak juon armij eo ewör COVID-19 ibben (kwar bokwōj ak umaiki er)
- Kwar kōjerbal kein mōñā im idaaq ibben armij eo ewör COVID-19 ibben.
- Armij eo ewör COVID-19 ibben ear maje, bokbok, ak ilo juon wāween lewaj pilil in dānin an emenono ñan kwe.

Ñe kwar kebaak armij eo ewör COVID-19 ibben, lok ñan 2 raan mokta jen an kar wör kakōlkōl in nañinmij ko ibben, emōj am kar kebaak nañinmij eo im kwōj aikuj jab ito tak. Jekdon ñe armij eo ewör COVID-19 ibben ejellok kar kakōlkōl in nanñinmij ibben, emaron kajeeded nañinmij eo lok ñan 2 raan mokta jen ien eo ear teej.



**Ñan aoleben joñan
eo ej 15 minit**

Ewi toon an rijikuul ro, rikaki ro, im rijerbal ro aikuj jab ito tak?

Melele in kajinet in ejab jermal nan ajiri im rijerbal ro rej jokwe ibben juon eo emoj kamool ewor COVID-19 ibben.

Kwomaron kobojsrak ien jab ito tak eo am:

- **Ilo raan eo kein 10 ilo aer jab teej.** Ñe ejellok am kakōlkōlin COVID-19, kwōmaron kōbōjsrak ien jab ito tak eo am 10 raan ālikin ien eo āliktata kwar kebaak armij eo emōj an teej kamool ewör nañinmij eo ibben.
- **Ilo raan kein 7 kin juon jemlok in teej ej kamool ejellok nañinmij eo.** Kwōmaron teej ilo raan kein 7 ilo ien jab ito tak eo am. Kwōmaron kōbōjsrak ien jab ito tak eo am ñe teej eo am enaj kamool ejellok nañinmij eo im ejellok jabdewōt kakōlkōlin COVID-19. Kwōj aikuj kōttar jab diklok jen 7 raan ālikin ien eo kwar kebaak nañinmij eo ñan am teej. Teej in kakōlkōl eo emaron juon teej in PCR ak antigen mōkaj. Kwōj aikuj wonmaanlok in jab ito tak mae ien eo kwōnaj loe jemlok in teej ko am.
- Rojan kein REJAB jermal nan armij ro elukkun dedelok aer wa, jokwe ibben juon eo ewor COVID-19 ibben, ak jokwe ilo jikin jokwe ko armij rej jokwe ibben doon (einwot jikin kejbarok iomwin ien aitok, imon kalbuj, ak imon jokwe ko armij rej jokwe ibben doon).

Jabdewot armij eo ear kebaak naninmij eo aikuj lale ne ewor kakolkol ko ibben mae ien emootlok 14 raan jen raan eo aliktata rar kebaak naninmij eo, jekdon ne rar rool nan jermal.

Aurok am wonmaanlok in lale ne ewor kakolkol im lukkun bok kultien kejbarok ko kwamaron loi ilo beij 5. Kwōj maron wōt bōk COVID-19. Ñe ewör am kakōlkōlin COVID-19, kwōj aikuj kōjenolok kwe make ilo mweo imōm, kūrlok taktō eo am, im kwōmaron naj aikujin bar teej.



¹ <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

² <https://www.cdc.gov/coronavirus/2-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>

Ñe juon ajiri ak rijerbal ej jokwe ibben juon eo teej eo an enaj kwalok ewōr COVID-19 ibben, ewi toon an armij eo aikuj jab ito tak?

Ajiri im rijerbal ro rej jokwe ibben juon eo teej eo an enaj kwalok ewōr COVID-19, rej ba rar kebaak ilo imōn jokwe. **Elablok joñan uwōta ñan bōk nanñinmij eo ñan ro rej kebaak in mōn jokwe.**



Rijikuul, rikaki, ak rijerbal ro im rej kebaak in mōn jokwe rej aikuj jab ito tak ñan 10 raan jen raan eo āliktata rar kebaak juon armij eo emōj an teej kamool ewōr nañinmij eo ibben. **Kwōj aikuj kadedelok aoleben raan ko 10 in jab ito tak, jekdon ñe ejellok kakōlkōl in nañinmij ibbam ak teej eo am ej kamool ejellok nañinmij eo ibbam.** Kwōjab maron kōbōjrak ien jab ito tak eo am mokta jen raan ko 10.

Emaron lukkun bin am kejonolok kwe make jen armij ro ewōr COVID-19 ibbeir im ro rej jokwe ilo mweo mōm. Armij ro rej jokwe ibben juon armij eo emōj an teej kwalok ewōr COVID-19 ibben (etan mennin kebaak juon armij ilo imōn jokwe) emaron wonmaanlok an kebaak nañinmij eo im emaron aitoklok jen 10 raan in an aikuj jab ito tak. Aoleb ien armij eo ilo mweo mōm ej kebaak armij eo emōj an teej kwalok ewōr nañinmij eo ibben ilo ien ekabobo, ien jab ito tak eo an armij in ej bar jino jen jinoin.

Ta eo enaj walok elañe ajiri ak rijerbal ro rej kebaak COVID-19 alikin an teej kwalok ewōr nañinmij eo ibbeir?³

Ñe kwar bar kebaak COVID-19 (juon kebaak ekāāl) ilon 90 raan jen ien eo teej eo am ear kamool ewōr COVID-19 ibbam im ejellok am kakōlkōlin COVID-19, kwōjab aikuj jab ito tak ak bar teej ilo ien eo 90 raan.

Kwōj aikuj bar loor melele in kajinet kein iomwin 14 raan jino jen raan eo āliktata kwar kebaak nañinmij eo:

- Bōk joñan bwil eo am mokta jen an etal ñan jikuul ak jerbal.
- Lale kakōlkōl ko an COVID-19 aoleb raan.
- Ekōnak kein kalbubu māj ilo ien am bed ilo jikuul, jerbal, ak iturin armij ro kwōjab jokwe ibbeir.
- Ñe kwōnaj nañinmij ak wōr kakōlkōlin COVID-19 ibbam, kōjenolok kwe make jab diklok jen 10 raan ālikin an jino walok kakōlkōl ibbam im kūrlok taktō ak jikin taktō eo ñan lale elañe kwōj aikuj bar teej kin COVID-19.



Ñe kwar bar kebaak COVID-19 (juon kebaak ekāāl) im emōj an mootlok **lablok jen 90 raan** jen ien eo teej eo am ear kamool ewōr COVID-19 ibbam, kwōj aikuj jab ito tak im bar teej . Ñe kwōnaj nañinmij ak walok kakōlkōl ko ibbam ilo ien am jab ito tak, kōjenolok kwe make im kūrlok taktō ak jikin taktō. Bōtab, kwōmaron ioon laajrak ko ñan kōbōjrak ien jab ito tak im kwōmaron loe ilo beij 3.



Kwōjab aikuj jab ito tak elañe enbwinnim emaron lukkun bōbrae jen nañinmij eo. Emōj an mootlok jab diklok jen 2 wiik jen ien eo kwar bōk wā eo Bōtab, ñe enaj walok kakōlkōl ko an COVID-19 ibbam ālikin am kar kebaak nañinmij eo (im enaj lukkun jeja mennin), kūrlok taktō eo am ak jikin ejmour eo am. Kwōj aikuj bwe ren teeje eok ñan COVID-19.

³ <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/contact-tracing.html>

Wāween kejbarok ko ñan rijikuul ro, rikaki ro, im rijerbal ro emōj aer kar kebaak juon eo ewōr COVID-19 ibben

- Lale ñe ewōr kakōlkōl ko an COVID-19 aoleb raan, ekoba am bōk bwilim ñe kwōmaron. Ñe ejellok am kein ebōk bwil, lale kilim ñe kwōj eñjaak an bwil ak ñe būrōrō. Juon bok emaron lewaj jibañ etannin, "What to do if you are on quarantine or self-isolation," kwōmaron dowload ilo <https://coronavirus.utah.gov/protect-yourself/>.
- Bed wōt mweo imōm im ejab iturin armij ro jet joñan wōt am maron. Jab etal ñan jikuul, jerbal, ak makūtkūt ko ālikin jikuul, ien jar ko, kakobaba ko an baamle, ak makūtkūt ko jet mae ien ejemlok ien am jab aikuj ito tak.
- Ekōnak kein kalbubu māj nuknuk ak kein kalbubu māj ko an jikin taktoō ñe kwōj aikuj etal jen mweo imōm ñan bōk aikuj ko am raurok einwōt kaikwijkwij mōñā ak taktō. Etal wōt jen mweo imōm ñe kwōj aikuj.
- Kadiklok joñan rilowaj ñan mweo imōm. Mennin elab an aurok ñe kwe ak juon eo kwōj jokwe ibben elablok uwōta ñan an bōk nañinmij kauwōtata jen COVID-19.
- Kwal ioon ijoko ekut jibwi (talebon ko, kein kōbellok kōjam ko, kein kaurur teinki, kein katoor imōn kabojak ko, kein katoor dañ ilo jikin kwalkwol ba ko, ioon tebol ko, im jabdewōt men eo ej kōmman jen māl ak metal)
- Ikut am kwal beim kin joob im dān. Elañe ejellok joob im dān, kōjerbal kein manman kij in ba ej kōmman jen arkool im ejab diklok jen 60% arkool kobban.
- Kōbellok wūnton ko joñan am maron ñan kōkmanmanlok an mejatoto in naboij diwōj deloñ iloon ruum ko.
- Jab mōñā ibben doon im kōjerbal kein mōñā ko ibben ro jet.
- Jab kōjerbal men ko mweiem make ibben ro jet einwōt kein būraj ñi ko.

