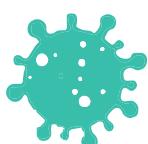


Ta eo kwon kōmmane elañe kwoj pād ilo ien jab ito tak ak kojenolok ñan **COVID-19**



CORONAVIRUS
UTAH.GOV



UTAH ASSOCIATION of
LOCAL HEALTH DEPARTMENTS



UTAH DEPARTMENT OF
HEALTH

Emōj kakāäl 2/4/2022

Wā in bōbrae COVID-19

Aolep wā ko an COVID-19 emōj kōmelim jān FDA im CDC rej letōk kōjbarok im ejejjet aer jerbal ūn kejbarok kwe jān kij in baerōj. Rej kōjbarok am jab nañinmij, jab aikuj deloñ ojrito, im mij jān COVID-19. Kwoj maroñ in bōk nañinmij in COVID-19 elikin am wā ako armij ro emōj aer wā ediklak aer maroñ in ojrito jān armij ro rej kelet in jab boke wā eo.



Tol in māke lak iam ko rej pedped ion an jejjot raan in wā in COVID-19 ko am. Ej jejjot [ien wā in COVID-19 ko am](#) ūn emōj an wōr am:

- Wā in kakajur an jabdewot COVID-19 wā, ak
- Juon wā 2 an Pfizer ako Moderna COVID-19 wā ilo alloñ ko 5 eliktata, ako
- Juon Johnson & Johnson COVID-19 wā ilo alloñ ko 2 eliktata
- Ajiri ro rediklak jān 18 yiiō ej jejjot ien wā ko aer ūn emoj an 2 wā in Pfizer COVID-19 wā. Juon wā in kakajur ejjab kōba ippen melelein jejjot ien wā ilo kio ūn ajiri ro.

CDC ej bar kōjerbale naan in dedelak an wā. Emōj watake ededelok am wā 2 wiik ālikin wā eo am im wa eo eliktata in ko jinion an wa ko an COVID-19. Ūn Pfizer ako Moderna, juon ien ej 2 wā ūn ejja wā eo wōt. Ūn Johnson & Johnson, juon ien wā ej juon wōt wā.

Kwomaroñ bōke wā eo ilo ien eo wōt ejako am pād ilo ien kojenolok ak ien jab ito tak im ejellok jabdewōt am kakkōle kin COVID-19.

Ñaat aikuj bōke teej eo ūn COVID-19?

Pād wōt mweo im [boke teej](#) ūn ewor am [kakkōle](#) in COVID-19, jokdoon ūn rej diik. Jejella ke ewor juon ien armij remaroñ in bar-nañinmij im armij ro elukkun dedelak aer wā remaroñ in COVID-19.

Jabdewot armij rej epāäke COVID-19 rej aikuj [bōke teej](#). Jöt armej remaroñ alikkar teej elikin aer kar COVID-19 jokdoon ūn rekar māke lak iaer im rejjab kauwōtata ūn armej ro jöt. Jej rōjañ bwe kwon jab teej elikin am epāäke ūn emoj an **diklak jān 90 raan ko** (emaroñ 3 allon ko) jān mōkta jān am kar teej positive ūn COVID-19. Botaab, ūn ewor am kakōlle kāāl ako emōj **anlaplok jān 90 raan ko** (emaroñ 3 alloñ ko) jān ien eo ekkar alikkar teej eo am. Kim jela edik jonan an armij ro ededelok aer wa maron bok COVID-19 im lelok kij eo nan ro jet, innem elukkun kejbarok amim lewaj bwe armij ro emoj aer wa ren boke teej eo an COVID-19, teej 5, raan alikin ien aer kebaak naninmij eo.



Kottar 5 raan elikin am epāäke nañinmij eo ūn bōk [teej](#). Mennin ej kōmman an bwe joñan nañinmij eo iloan enbwinnim ūn an walok ilo teej ko. Wā ko rejjab jañiji an jejjet jemlokin teej ko an COVID-19. Kwemaroñ in aikuj in teej elaplak jān juon alen, ej bedbed ion teej rot to ekar wōr am, ke kokar teej, im ūn ewor am kakōlle ilo ien eo an teej eo am. Elikin am bok teej, rol ūn mweo mom ilo ien eo emokaj tata. Pād wot mwemom maien erool tok alikkar in teej eo am.

Jöt teej in COVID-19 ko rejimwe lak jān ro jot. Teej ko remokaj in antigen rej jerbal eman tata ewor an kakōlle in COVID-19. Eloñ wā ilo mweo rej teej in antigen. Teej kein rej kwalok joñan baerōj ko im ediklak aer kajur jān PCR teej ko. **Bōke juon PCR teej ūn alikkar in antigen teej eo ekar jab alikkar im ewōr am kakōlle.** Emaroñ in wōr am teej ejjab mol alikkar eo an. Ūn kwojjab maroñ in bōke juon PCR teej ako kelet in kōjerbale juon antigen ako teej ilo mweo bar juon alen, köttar 24-36 awa mōkta jān am bar teej.

Ij ke aikuj in make lak iao?

Ien jab ito tak ej ñan armij ro emoj aer kebaak COVID-19 botab rejab nañinmij ak rejanin de walok ewōr nañinmij eo ilo an kar bōke teej eo. Ej kömman am jab kebaak ro jöt bwe kwonjab kanañinmij armij ro jöt ilo am jab jela kake. Oktak jän jenolök im ej ta eo juon armij ej aikuj in kömmmane ñe enij alikkar teej eo aer ako ewor an kakölle in COVID-19. Kwoj aikuj in make lak iam im bōk kōjbarok ko ñe kwar epāäke nañinmej in COVID-19. Ej mennin kwar lukkan kebaak juon armij eo ewōr COVID-19 ibben ilo ien eo armij eo ear kabobo.

Juon armij ear lukkan kebāäk ej melelein:

- Kwar ebaak lok jen 6 ñejen juon armij eo ewōr kij in nañinmij eo ibben ñan aoleben jonan ien eo kin 15 minit ak aitoklok ilo juon ien 24 awa.
- Kwar lale juon armij ilo mweo imōm enañinmij kin COVID-19.
- Kwar kaju kebaak juon armij eo ewōr COVID-19 ibben (kwar bokwōj ak umaiki er)
- Kwar kōjerbal kein möñā im idaak ibben armij eo ewōr COVID-19 ibben.
- Armij eo ewōr COVID-19 ibben ear maje, bokbok, ak ilo juon wāween lewaj pilil in dānin an emenono ñan kwe.



Kwōjab aikuj jab katōlak eok ne:

- Ekar alikkar teej eo am ñan COVID-19 ilo raan ko 90 eliktata (emaroñ 3 alloñ).
- Ejejtot ñan ien COVID-19 wā ko am.

Jimwe ñan ien teej ko am ej melelein emōj am bōke:

- Wā in kakjur an jabdewot COVID-19 wā, ak
- Juon wā 2 an Pfizer ako Moderna COVID-19 wā ilo alloñ ko 5 eliktata, ako
- Juon Johnson & Johnson COVID-19 wā ilo alloñ ko 2 eliktata
- Ajiri ro rediklak jän 18 yiiō ej jejjot ien wā ko aer ñe emoj an 2 wā in Pfizer COVID-19 wā. Juon wā in kakjur ejjab kōba ippen melelein jejjot ien wā ilo kio ñan ajiri ro.

Ekanak juon [māj eman joñan](#) turin ro jöt im ilo loblej iumin 10 raan elikin am kar epāäke. Ekanak māj turin ro jöt ej aurok, jokdoon ñe kwojjab make lak iam ilo mweo. Menin ej jibañ kōjbarok ro jöt. Ñe kwojjab maroñ ekanak māj turin ro jöt ilo 10 raan elikin am kar epāäke, kwoj aikuj in make lak iam ilo mweo. Juon [māj eo elukkun eman](#) ainwot juon K95 emaroñ in lewaj kōjbarok ñan armij ro jöt im rekar epāäke eok.



Kwoj aikuj in make lak iam ilo mweo iumin 5 raan ñe:

- Ejañin mōj am wā. Ej melelein ejanin mōj am bōke wā in COVID-19 eo.
- Ejjab jejjot ien wā ko am kin COVID-19.
- Emōj an laplok jān 90 raan jān ien eo ekar alikkar teej eo am ñan COVID-19 im ejañin jejjot ien wā ko am.

Kwojjab maroñ in ekanak juon [māj eman joñan](#) turin ro jöt im ilo loblej elikin am epāäke ako elikin an jemlok juon 5-raan make lak iam ilo mweo imōm, CDC ej rōjañ in pād wōt mweo imōm iumin 10 raan ijelakin 5.



Jej bar rōjañ bwe kwon teej 5 raan elikin am kar epāäke armij eo ekar nañinmej in COVID-19 ñan lale bwe en jab ajeeded baerōj eo ñan ro jöt, jokdoon ñe kwojjab make lak iam ilo mweo imōm. Ñe enij alikkar teej eo am ako walōk kakölle ko, jenolök ilo mweo ilo ien eo emōkaj tata. Ñe emoj an diiklak jān 90 raan (emaroñ 3 allon) jān ien eo ekar alikkar teej eo am ñan COVID-19 im ejañin wōr am kakölle kaal, kwojjab aikuj in bar teej ilo ien in 90-raan ie.

Lale kakölle ko an COVID-19 im bōk teej ñe kwonij nañinmej.

Bōk kōjbarok kein elikin am epāäke.

- Lale joñan armij ro rej iwaj ñan mweo imōm ilo am make lak iam.
- Ekanak māj turin ro jöt. Aurok in ekanak māj ilo loblej im turin ro jot ñan ñe emoj an 10 raan elikin ien eo kwar epāäke nañinmej in COVID-19. Jab etal ñan jikin ko ebin ekanak māj ie ilo raan kein 10, ainwot juon jikin ekjöjaej ako moña.
- Lale ñan kakölle in COVID-19 aolep raan iumin 10 raan elikin am epāäke, koba ippenn bok bwil ñe emaroñ. Bok teej ilo ien eo emokaj tata ñe ewōr am kakölle in COVID-19 ilo ien am make lak iam.
- Bōk teej 5 raan elikin am kar epāäke armij eo ekar nañinmej in COVID-19. Ñe ejjab alikkar teej eo am, etal jān mweo imōm ñan ijoko wōt kwoj maroñ in ekanak māj ie. Ñe enij alikkar teej eo am, jenolök ilo mweo imōm.
- Etōlak jān armij ro ejjab kajur enbwinnier ako rej pād ilo kauwōtata elap jān lukkun nañinmej jān COVID-19. Kwojjab aikuj in etal ñan juon jikin lale armij, jikin lale ritto ro, ako juon bar jikin elap kauwōtata ie ñan ñe emōj an 10 raan jān ien eo kwar epāäke COVID-19.
- Jab itotak ñan ñe ejemlōk ien māke lak iam eo am. Bōk teej 5 raan elikin am kar epāäke nañinmej eo im kömman bwe alikkar in teej eo am enjab alikkar mōkta jān am itotak. Jab itotak ñan ñe ewōr am kakölle in COVID-19. Ekanak māj turin ro jöt ñe kwoj itotak.



Ñaat eo imaron kabōjrak ien jab ito tak eo ao?

Raan eo kwar epāēke nañinmej eo ippenn armij eo ekar kapopo kin wōt an nañinmej in COVID-19. Jej nae etan raan 0 in ien make lak iaam eo am. Ej melelein kwar jinoe make lak iam ilo raan 0 (nae etan raan eo kwar epāēke ako ien eo eliktata kwar epāēke armij eo ej nañinmej in COVID-19) im jemlok elikin 5 raan likio (raan 1-5).

Kememej, ñe kwoj jokwe ippenn armij ej nañinmej in COVID-19 im aikuj in make lak iam ilo mweo, 5-raan in make lak iam eo am ej jinoe ELIKIN an armij eo alikkar teej eo am jemlok an ien jenolōk. Ej melelein kwe maroñ in pād ilo ien make lak iam 5 raan aitok lak ñe komiro ejjab maroñ in jenolōk jān doon.



JABOT	MANDE	TUJE	WENJE	TAIJE	BOLAIDE	JADEDE
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	5 RAAN IN AM MĀKE LAK IAM			

Annotations on the calendar:

- Row 1: "Raan 1 in am māke lak iam" with a pink dotted line and arrows pointing to cell 10.
- Row 2: "Mōkaj am maroñ bōk teej" with an orange arrow pointing to cell 15.
- Row 5: "Raan eo eliktata in am māke lak iam ilo mweo imōm (raan 5)" with a green dotted line and arrow pointing to cell 15.

Cell 10 is circled in red, cell 11 is circled in pink, and cell 15 is circled in green. A blue bar spans across cells 16-20 labeled "Ekanak māj turin armij ro jōt". A green box at the bottom right of the calendar contains the text "5 RAAN IN AM MĀKE LAK IAM".

Ij ke aikuj in māke lak iao ilo mweo ñe ij jokwe ippenn juon armij ej nañinmej in COVID-19?

Armij ro rej jokwe ippenn juon armij ej nañinmej in COVID-19 ej etaer in armij ro rekar epaake. Elablok joñan uwōta ñan bōk nanñinmij eo ñan ro rej kebaak in mōn jokwe.

Kwonij aikuj in māke lak iam ilo mweo imōm iumin 5 raan likio ñe kwonij jokwe ippenn juon armij ej nañinmej in COVID-19 im ejanin dedelak am wā, ako ejjab jejjot ñan raan ippenn COVID-19 wā ko am, ako emōj an laplok jān 90 raan jān am nañinmej in COVID-19. Emaroñ in lukkun ben etolak jān armij ro rej nañinmej in COVID-19 im jokwe ilo mweo imōm. Ej melelein kwe maroñ in aikuj in māke lak iam ilo mweo imōm elaplok jān 5 raan ñe kwojjab maroñ in etolak jān armij eo ej nañinmej in COVID-19. Aolep ien am epāēke juon armij emōj an alikkar teej eo an ilo an pād ilo ien jenolōk, ien māke lak iam eo enij bar jinoe.

Kōjbarok eok make im ro jōt ilo mweo imōm ilo am ekanak māj turin armij eo ej nañinmej in COVID-19. Bōk teej ilo ien eo emokaj tata ñe kwonij nañinmej ako ewōr am kakölle, jokdoon ñe renij diik.

Ij ke aikuj in jenolök ilo mweo ñe enij alikkar teej eo ao ñan COVID-19 elikin ao wā?

Aet. Pād wōt mwoe iumin 5 raan elikin an alikkar teej eo am ako ewōr am kakolle in COVID-19, jokdoon ñe emōj am wā. Wā ko rejab jañiji an jejjet jemlokin teej ko an COVID-19. Melelein mennin ej ñe teej eo am enaj kwalok ewor nañinmij in COVID-19. Mennin elukkun seja botab emaroñ walok.



Ra eo an ejmour enij ke kurtok io ne enij alikkar teej eo ao aka ikar epāāke nañinmej in COVID-19?

Jikin teej eo aka jikin takto eo ekar kömmane teej eo am enij lewaj alikkar ko. Alikkar in teej eo emaroñ in iwaj jen-armij, ilo telephone, aka ilo email. Ñe enij alikkar teej eo am, ra eo an ejmour enij kajeon in tobar eok ñan etaale case eo am. Rijerbal eo an jikin ejmour emaron kall e kwe ak jilkinwaj juon text ak email. Rijerbal eo ej etaale keij eo ej juon rijerbal in public health ej kajitokin kwe kin armij ro remaroñ kar kebaak COVID-19. Rijerbal eo an public health enaj bar kajitok ibbam ia ko kwar elañe ilo ien ko kwar kapopo, ien eo kakolle ko am rar jinoe, im won ro remaroñ kar kebaak kwe. Enaj bar kajitok ibbam elañe kwoj aikuj jibin kabok mennin jibin ko jet einwot mona ak imon jokwe nan jibin am kojenolok kwe māke.

Bukot armij ro rekar epāāke case eo ej kömman elikin etaale case eo. Anoke won ro rar kebaak nañinmij eo ej waween an public health bukot won ro jet remaroñ kar kebaak kij ak nañinmij eo innem ej kebaak armij rein nan ba ewi toon aer aikuj jab ito tak. Anoke won ro rar kebaak nañinmij eo ej bar lelok jibin ñan kajojo armij ro rar kebaak nañinmij eo im ro remaroñ aikuj jibin ko jet bwe ren jab ito tak.



Jot ra ko an ejmour rejjab maroñ in etaale case eo aka bukot ro rekar epāāke case eo ilo kio. Botaab, kwemaroñ in loe juon tāākij jān ra eo an ejmour kojjela ñe kwar ukote kain jerbal eo am ilo telebon eo am.

Juon armij jen obij eo an ejmour enaj ke lale ibban ñan lale ejet ao mour?

Lale kakölle ko an COVID-19 iumin 10 raan ko elikin am kar epāāke. Bōk teej ñe kwoj nañinmej ako ewōr am kakölle, jokdoon ñe rediik. Jikin teej ko kwoj maroñ in loe ilo <https://coronavirus.utah.gov/utah-covid-19-testing-locations>.

Juon rijerbal an public health emaroñ kebaak kwe ilo ien am jab ito tak nan lale ejet am pād im kajitok ejet am mour. Kwemaroñ in bōk juon call ilo telebon ako juon tāākij jān ra eo an ejmour ñan lale ñe ewōr am kakölle ako aikuj jibañ bukote kain jibañ ko.



Ijjam aikuj in jeiki joñan bwil eo ao im kakölle ko aolep raan?

Eloñ armij renaj jino walok kakolle ko ibbeir ilo raan 10 alikin ien eo rar kebaak naninmij eo botab emaroñ bok 14 raan ñan an kakolkol ko walok. Jot armij elukkun dik kakölle ko ibbeir im remaroñ jab jela ke ej COVID-19. Wunin am aurok am bok bwilim im jeiki ejet am mour aoleb raan. Bōk teej ñe kwoj eñjake am nañinmej ako bōk jirik kakölle in COVID-19.

Kakolle ko an COVID-19 ekoba: biba ak buo, bokbok, kajjinok, ak aban emenono, metak buro, metak majel im enbwin, lab mok, metak bar, bon boti ak toor boti, enjaak an metak lojeem ak mommoj, bidodo loje, ak ekāāl an ejellok neman ak bwin jabdewōt.



Ewi wawin ao lale kakölle ko iba?

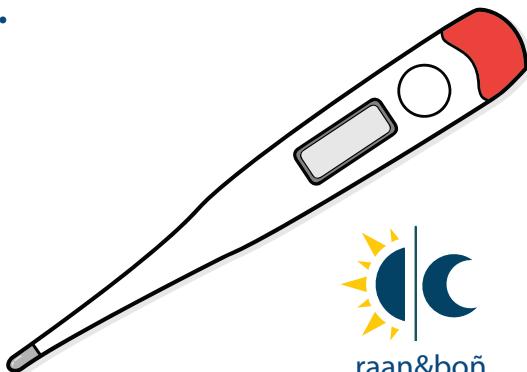
Bok bunten kein ñan kōman kakölle ko im je melele ko ibbam. Kwoj aikuj in kommane buñtan kein 2 alen aolep raan iumin 10 raan jān raan eo kwar epāāke juon armij ej nañinmej in COVID-19.



Bunten 1

Bōk joñan am bwil 2 kitten ilo juon ran. Kōmmane aolep raan iumin 10 raan.

- Kōjerbal kein bōk bwil ñan am lale jonan bwil eo am.
- Elañe ejelok am kein ebok bwil, je elane kwoj loe ñe elon am piba (kiluum emaroñ menen ak kul buroro, ak komaroñ in bio ak menokadu).
- Bōk bwill juon mottan ilo jibon (Jibbon) im juon kottan ilo bon (Jota). Elañe kwonaj meloklok in bok am bwill, boke ilo ien eo kwoj kememej.



Men eo aurok ilo am bōk bwil:



Kotar 30 minuit elikin am Mona, Idaak, kemourur l'm bōk am bwil.



Bōk am bwil mokta jān am ebok uno. Jet uno rej kōman bwe en diklok am bwil koman bwe kwon jab jela joñan am piba. Kotar 6 away mokta jān am bōk bwil, elukkun am idaak uno.

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



Emmontata ne kwonaj kejerbal thermometer ko ilo lojilini ñan ninnin, ajri jidik, im ajri ediklok jen 4 iio ditto. Elañe kwonaj bok bwil an ajri eo iumwin pein im joñan bwil 99.4 °F/37.4°C ak elablok, ajri eo ewōr an piba. Elab an aurok ñan jiron takto ro jikin ejmour eo kin am bōk bwil lumwin peon ajri eo.



Rutto ro

Joñan bwil ak molo
100.4°F/38°C
ak lablok

Ajiri ro

Joñan bwil ak molo
99.4°F/37.4°C
ak lablok

Kotar



Elkin am
Mona, idaak
ak kemourur

Kotar



Elkin am Bōk
jabdewōt
uno



Kōjerbal thermometer
in lojilini ñan ajri ro
rediklōk jān 4 iio

Buñten ne
in 2

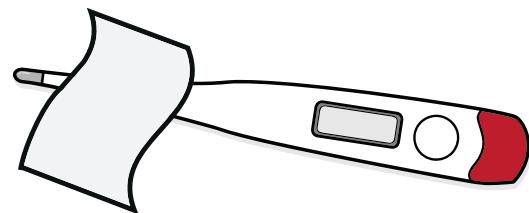
Jeiki joñan bwil ñe am im kakölle ko ilo pepa in ilo jemlokin bök in. Kömmane aolep raan iumin 10 raan.

- "Raan eo kwar kebaak nañinmij eo aliktata" ilo beba eo ej raan eo kwar kebaak armij eo ewor COVID-19. Jej nae etan "raan 0". Ej ien eo aliktata kwar kebaak juon armij eo emoj an teej kwalok ewör naninmij eo ibben ilo ien an kar kapopo. Juon ej armij ej kapopo ñe emoj an 2 raan in an wor kakölle ko ibben. Jekdon ñe armij eo ejellok kakölle ko ibben, ej kabobo jino jen 2 raan mokta jen an kar teej ñan COVID-19. Raan eo enaj bōjrak am lale joñan bwil im kakölle ko 10 alikin raan eo aliktata ear kepaak nañinmij eo, jokdoon ñe kwojab make lak iam ilo mweo. Ñe kwojab jela ta raan kein, kurlok obij eo an ejmour, jikuul, ak jikin jerbal eo ekkar ñan ia eo kwar kebaak nañinmij eo. Kanne aolepen raan ko iumin 10 raan. Lale bwe en loñ koban aoleben jikin kwoj aikuij kanne.
- Je joñan bwil eo am ilo form in ilo jemlokin book in. Kwoj aikuij bök bwil 2 kottan aoleb ran Book bwil juon kottan ilo jibon (AM) lm juon köttan ilo jota (JOTA).
- Elañe ewor juon ian kakölle kein ilo form in, mark "A" set ak "J" ñan jab.



Buñten ne
in 3

Karreoiki thermometer jabdewöt ien ro jet rej kōerbale.



Buñten ne
in 4

Ñe kwoj eñjake am nañinmej ako wōr am kakölle in COVID-19

- Pād wōt mweo ñan ñe eman lak am mour.
- Bök teej ñan COVID-19.
- Ñe kakölle ko am renana lok ak kwoj lōmnak kwoj aikuj jiban in takto, ebök jiban in takto ien eo wōt. Ewör ke uwota in etal ñan aujbitol ak obij an takto. Konake juon kein kalbubu iturin maj im ba ñan rijerbal ro an jikin ejmour emoj an teej eo am kwalok ewör COVID-19 ibbam.



Ewör ke uwota in etal ñan aujbitol ak obij an takto ilo ien jorraan in elab emoj an jelote aoleben lal in

Ñe ewör jabdewöt kakölle in uwota kein*, ebok jiban in takto ien eo wōt:



Aban emenono ak
kajjinok



Metak ak aer ubom
imejab bōjrak



Lōmnak am poktak ak
ejab bidodo am ruj



Elañe tiem ak mejam
ebululu

*Men kein rejab aoleb kakölle an idin jorraan. Kurlok takto eo am elane ewor am inebata.



Ewi joñan ao aikuj in pād wot mweo elikin an alikkar teej eo ao ñan COVID-19?

10 raan in jenolōk ej ien eo aitok tata ñan pād wōt mweo elikin an alikkar teej eo am. Botaab, melele ko rekaal jān CDC ej kwalōk ke ekadu lak ien jenolok im māke lak iam emaroñ kio jerbal. Pād wōt mweo ñan ñe:

- Ejellok biba iomwin 24 awa (melelein kwar jab kōjerbal wuno in kadiklok biba eo am), im
- Emmonlok kakölle ko am iomwin 24 awa, im
- Emōj an **5 raan jān raan eo kwar teej**. Raan eo ekar alikkar teej ej nae etan raan 0. Pād wōt mweo ñan ñe emōj an 5 likio in raan elikin teej alikkar eo (raan ko 1-5). Kwoj aikuj pād wōt mweo iumin 5 raan ko.

Kwemaroñ aikuj in pād wōt mweo elaplak jān 5 raan ñe kaköllle ko am rejañin eman lak. Jot kaköllle, ainwot jako am maroñ edjoñ ako et bwiin, emaron in pād ilo eloñ wiik ako alloñ jokdoon ñe ejako an kapopo nañinmej eo im kwojjab aikuj in pād wōt mweo imom.

Ekanak juon [maaj eman joñan](#) turin ro jöt im ilo loblej iumin elaplak jān 5 raan elikin ien eo kwar jenolok ilo mweo imom.

Kwe maroñ in tobrak ñan uno kin monoclonal antibodies ako uno in jolok baerōj ñe emoj an alikkar teej eo am ñan COVID-19. Katak elaplok ilo <https://coronavirus.utah.gov/treatments> aka kenan ippen takto eo am.

Kwōjjab aikuj in bar bok teej ñan kajemlok ien jenolok eo am.

Ñe kwonij kōnan teej mōkta jān am rol ñan burookraam ko (ainwot jerbal, aka jikuul), [CDC ej rōjañ](#) bwe kwon bōke juon antigen teej (ako kōjerbale juon teej ilo mweo imōm) ijelakin juon PCR teej. Köttar 5 raan im ñan ñe ejako am piba iumin 24 awa ko im kakölle ko am jöt emoj aer eman lak mōkta jān am teej. Ñe teej in antigen mokaj eo am ej alikkar elikin 5 raan ko in jenolok, eman tata ñan pād wot mweo imōm bar 5 ran (iumin 10 raan elikin an alikkar teej eo am ilo ien eo jinjon). Botaab, kwemaroñ in bar bōke antigen teej mōkaj eo elikin 24 awa im ñe ejjab alikkar, kwemaroñ jenolok ilo mweo imōm. Ñe teej eo am ejjab alikkar, emaroñ jemlōk am jenolōk, aka kwoj aikuj in ekanak juon [māj eman joñan](#) turin ro jöt im ilo loblej iumin bar 5 raan.

Ta ko imaroñ in loore ñan kōjbarok elikin an alikkar teej eo ao bwe ro jöt ren jab nañinmej?

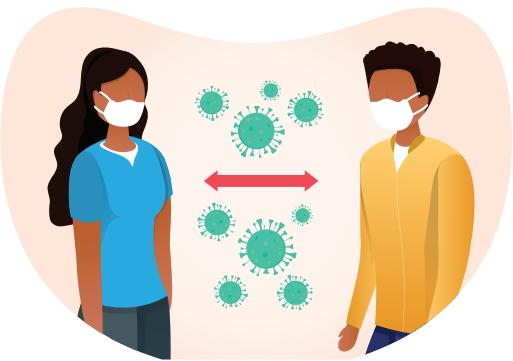
Pād wōt mweo imōm ijellokin am etal in bukōtlok jibañ in taktō. Kwe jab etal ñan jerbal, jikuul ak makütküt ko ālikin jikuul, ien jar ko, kakobaba ko an baamle, ak makütküt ko jöt.

- Kajeon in pād ilo juon ruum oktak ilo mweo imom jen armij ro jöt. Aurok in etolōk jān armij ro rej pād ilo kauwōtata ko relap ilo am nañinmej. Kwoj aikuj bar kajeon in kojerbal imon kabojak eo oktak jen ro jöt. Ñe kwojjab maroñ in pād wot ilo juon ruum oktak ako kōjerbale juon imon kabojak, ekanak juon māj ñe kwoj aikuj in pād turin armij ro jöt.
- Jab kōjerbale mweiuuk ko ainwot kab, pileij, aka tōol.
- Kwal ioon ijoko ekut jibwi (einwot, talebon ko, kein kōbellok kōjam ko, kein kaurur teinki, kein katoor imōn kabojak ko, kein katoor daān ilo jikin kwalkwol ba ko, ioon tebol ko, im jabdewōt men eo ej kömman jen māäl ak metal).
- Kapellōk wūntō ko joñan am maroñ ñan jibañ kin an duojlok delon kōtō.



Wōn ej aikuj in make lak ian elikin an pād turu?

Kwoj kabobo im maroñ kaajeeded kij eo ñan ro jōt jino jān 2 raan mokta jān an kar walok kakölle ko jinooin mae ien kojenolok eo am ejemlok. Elañe ear jab walok kakölle ko ibbam, kwoj kabobo jino jān 2 raan mokta jen raan eo teej eo am ear kwalok ewor COVID-19 ibbam. Jabdewot armij eo kwar kebaak ilo ien in ej aikuj kōjbarok im maroñ aikuj make lak ian ilo mweo imōn. Katak elaplok ilo peij 2.



Won eo ij kall ae ñe ewor ao kajitok?

Ñe ewor am kajitok, kurlok obij in ejmour eo ilo jukjukinbed eo am, Ra in Ejmour eo an Utah, ak juon takto.

Kwomaroñ bar kurlok Lain in Kall eo an Coronavirus ilo 1-800-456-7707.

Utah Department of Health (Rā in Ejmour eo an Utah)	(385) 286-0296
Bear River Rā eo an ejmour	(435) 792-6500
(Box Elder, Cache, and Rich counties)	
Central Utah Public Health Department (Ra in Ejmour eo an Kien an Central Utah) (County ko an Juab, Millard, Piute, Sanpete, Sevier, im Wayne):	(435) 896-5451
Davis County Health Department	(801) 525-5200
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
Obij eo an Park City	(435) 783-3161
Obij eo an Karmas	(435) 783-3161
Obij eo an Coalville	(435) 336-3234
Tooele County Health Department	(435) 277-2300
TriCounty Health Department	(435) 247-1177
(Daggett, Duchesne, im Uintah counties)	
Utah County Health Department	(801) 851-7000
Wasatch County Health Department	(435) 657-3232
Weber-Morgan Health Department	(801) 399-7250

Anoke kakkölle ko ibbam alikin am kebaak COVID-19

Raan eo aliktata kwar kebaak nañnmij eo:

Raan eo komaroñ bōjrat jen am lale am piba im kaköllé ko:

Kömelele ko: Bok am bwii 2 köttan juon Ran, juon köttan ilo jiböñ im juon mottan ilo jota, im jeilo pepa in. Eläne ejelok am kain bök bwil, jeiki eläne kwoj loe ne eloñ am piba (kiluum emaron menen ak kul burörö, ak koma menokadu). Kokaleik aet (A) akjab (J) eläne eloñ am kakköle ak jab. Lale bwe en loñ koban aoleben jikin kwoj aikuj kanne. Ñe ewor jabbewöt kakkö koe an COVID-19 ibbam, jekdön redik ionaer, kojenolok kwe mäke ien eo wot.

Kwoj aikuj bökke teej eo ñan COVID-19.

Ran # (Jen ran eo kwar bökke)	1	2	3	4	5
Raan					
JIBBON ak JOTA	JIBBON	JOTA	JIBBON	JOTA	JIBBON
Joñan bwil ak molo					
Eloñ ke am piba	Y N	Y N	Y N	Y N	Y N
Kaköllé ko jet (jeiki ta kaköllé eo)					
Ran # (Jen ran eo kwar bökke)	6	7	8	9	10
Raan					
JIBBON ak JOTA	JIBBON	JOTA	JIBBON	JOTA	JIBBON
Joñan bwil ak molo					
Eloñ ke am piba	Y N	Y N	Y N	Y N	Y N
Kaköllé ko jet (jeiki ta kaköllé eo)					