

Ewi joñan aitok in ao pād wōt mweo? Jenolōk & make lak ian tōl



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Mak lak iam im jenolōk tōl ko rej wanmaanlōk ilo aer oktak ilo an laplok wot melele ko im elaplok ekatak kin wawen joñan nej an to ñan jimōr wā im nañinmej nej pād, im bar joñan aitok in an kapopo nañinmej eo ippen juon armij. [Melele](#) ej kwalōk jimor wā im nañinmej ilo an mojno elikin ien.

Tol in māke lak iam ko rej pedped ion an are [jejjot raan in wā in COVID-19 ko am](#). Ilo an jejjot raan in wā in COVID-19 wā ko ami ej kōba ippen bōke aolep wā ko emōj rōjañ kake kin wā eo, koba ippen jabdewōt ian wa in kakajur ko. Melele ko rej kwalōk ke wa in kakajur ko rej kwalok elaplok kōjbarok jān Omicron variant. Jenij wanmaanlōk ilo ad kakāal tol in make lak iam im jenolōk ilo an laplok melele rej itok kin joñan aitok in an kōj barok pād jān jimor wa im make.

Ien kojenoelok ej nan armij ro teej ko aer rej kwalok ewor naninmij ak ewor kakolkol ko an COVID-19 ibbeir. Ien make lak iam ej ñan armij ro remaroñ in kar epāake COVID-19.

Ñe kwōj 18 yiio im rittolak im alikkar teej ñan COVID-19.

Emojno ke enbwinnim?	Jote raan ko kwōj aikuj ñan pād wōt mweo?
Ejjab. Ejjab mojno enbwinnio.	5 raan jān ien eo ekar alikkar teej eo am. Ñe kwōj nañinmej wōt ako ewōr am kakōlle elikin 5 raan ko, pād wōt mweo ñan ne emanlak am pād.
Aet, elukkun mojno enbwinnio , ako ekar lukkun nañinmej in COVID-19 (ej melelein ke kwar delon ilo ojpito, ilowaan ICU, ako ilowaan jikin molo).	Ñe emoj enbwinnim, kwemaroñ in kapopo aitok lak jān armij ro jōt. Kwemaroñ in aikuj in pād wōt mweo iumin 10 ñan 20 raan (ako elaplok). Ñe elukkun lap am nañinmej jān COVID-19 ako emojno enbwinnim, kenan ippen takto eo am ñan lale ñaat ejako am kapopo.

Ñe ajiri eo nejim enij alikkar teej eo an ñan COVID-19

Ajiri eo nejim ej ke mojno enbwinnin?	Jote raan in an ajiri eo neji aikuj in pād wōt mweo imō?
Jab, ajiri eo neju ejjab mojno enbwinnin.	5 raan jān ien eo ekar alikkar teej eo an ajiri eo nejim. Ñe ajiri eo neju ej nañinmej wōt ako ewōr an kakōlle elikin 5 raan, ej aikuj in pād wōt mweo imōn ñan ñe eman lak an mour.
Aet, ajiri eo neju e mojno enbwinnin ako ekar lukkun nañinmej in COVID-19 (ej melelein ke kwar delon ilo ojpito, ilowaan ICU, ako ilowaan jikin molo).	Ñe emojno enbwinnin ajiri eo nejim, emaron in kapopo wōt nañinmj eo ippen jān ippen armij ro jōt. Ajiri eo nejim emaroñ in aikuj in pād wōt mweo iumin 10 lak ñan 20 raan ko (ako elaplok). Ñe elukkun lap an nañinmej jān COVID-19 ako emojno enbwinnim, kenan ippen takto eo am ñan lale ñaat ejako am kapopo.

Eloñ ke bar men ij aikuj in kōmmene elikn an alikkar teej eo ao?

- Ekanak juon [maaj eman joñan](#) turin ro jōt im ilo loblej iumin elaplak jān 5 raan elikin ien eo kwar jenolok ilo mweo imōm.
- Ba ñan jabdewōt armij kwe kar epāake ir ke ej pād ilo kauwōtata in COVID-19. Ej aikuj in teej im emaroñ aikuj in [māke lak ian](#) ilo mweo.
- Kurlok 2-1-1 ñe kwoj aikuj jibañ kin men ko ainwot moña ako jibañ ikijen reen ako onean ko jōt an mweo ñan maroñ in pād wōt mweo im jenolōk.
- Ewor jot [uno](#) ñan armij ro rej pād ilo kauwōtata elap jān COVID-19. Kenan ippen takto eo am kake uno ko remaroñ in eman ñan eok.
- Kurlok juon takto ako jikin lale ejmour ilo ien eo emōkaj tata ñe enij nana lak kakkōle ko am ako ñe kwoj eñjake am aikuj etal ñan jikin takto.

CDC ekanan bwe aolep yiiō 5 im laplak ren bokke COVID-19 wa eo nan jibañ bobrae jen COVID-19. Armij ro 12 yiiō im rittolak rej aikuj in bar bōke wā in kakajur eo. Armij ro rekar boke 2 wā in Pfizer ako Moderna wā eo (etan in wā eo ekkut bōke) emaroñ in bōke wā in kakajur eo elikin 5 alloñ elikin wā eo kein 2. Kwoj maroñ in bar bōke wā eo kein 3 an Pfizer ako Moderna ñe [emojno enbwinnim](#).

Johnson & Johnson wā eo ej juon wōt wā. Armij ro rekar bōke Johnson & Johnson wā eo ñan wā eo ekkut aer bōke emaroñ in bar bōke wā in kakajur eo 2 alloñ elikin wā eo aer. Ilo kio, ejabwe melele ko ñan lelak juon bar wā kein 3 ñan armij ro rekar bōke Johnson & Johnson wā.

Ñe kwoj 18 ako rittolak im kwar epäake COVID-19

Ñe kwojañin de wā ñan COVID-19	Nōmba in wā ko an COVID-19—im naat	Jōte raan in am aikuj in pād wōt mweo imōm?
Ñe kwar bōke Pfizer ako Moderna wā eo	0 wā ko	5 raan elikin am kar epäake nañinmej in COVID-19.
	2 wā ko IM Jabdewōt kain wā in kakajur	Kwojjab aikuj in pād wōt mweo imōm ñe kwojjab nañinmej.
	2 wā iumin alloñ ko 5 eliktata	Kwojjab aikuj in pād wōt mweo imōm ñe kwojjab nañinmej. Ejanin lukkun aitok ien bwe kwon bōke wā in kakajur eo.
	2 wā elaplok jän 5 alloñ emootlak	5 raan elikin am kar epäake nañinmej in COVID-19.
	1 wā ilo jabdewōt ien	5 raan elikin am kar epäake nañinmej in COVID-19.

Ñe kwoj 18 yiiō ako rittolak im kwar epāake COVID-19 (*wanṃaanlōk*)

Ñe kwar bōke Johnson & Johnson wā eo	Nōmba in wā ko an COVID-19—im naat	Jōte raan in am aikuj in pād wōt mweo imōm?
	1 wā ilo jabdewōt ien IM Jabdewōt kain wā in kakajur	Kwojjab aikuj in pād wōt mweo imōm ñe kwojjab nañinmej.
	1 wā iumin alloñ ko 2 eliktata	Kwojjab aikuj in pād wōt mweo imōm ñe kwojjab nañinmej. Ejanin lukkun aitok ien bwe kwon bōke wā in kakajur eo.
	1 wā elaplok jān 2 alloñ emootlak	5 raan elikin am kar epāake nañinmej in COVID-19.
Ñe kwar nañinmej in COVID-19 ilo raan ko 90 eliktata (emaroñ 3 alloñ)	Nōmba in wā ko an COVID-19—im naat	Jōte raan in am aikuj in pād wōt mweo imōm?
	Ejelok tokjen jōte wā eo emōj am bōke ilo wawen in.	Kwojjab aikuj in pād wōt mweo imōm ñe kwojjab nañinmej.
Ñe emōj an laplok jān 90 raan ko elikin am kar nañinmej in COVID-19	Nōmba in wā ko an COVID-19—im naat	Jōte raan in am aikuj in pād wōt mweo imōm?
	2 wā in Pfizer wā ilo jabdewōt ien	Kwojjab aikuj in pād wōt mweo imōm ñe kwojjab nañinmej.
	1 wā in Pfizer wā ilo jabdewōt ien	5 raan elikin am kar epāake nañinmej in COVID-19. Jejañin de jella joñan an nej kōjbarok eo pād.

Ñe enij mojno enbwinnim ako kwoj pād ilo kauwōtata ñan nañinmej elap	Nōmba in wā ko an COVID-19—im naat	Jōte raan in am aikuj in pād wōt mweo imōm?
	0 wā ko	5 raan elikin am kar epāāke nañinmej in COVID-19.
	3 alen wā in bōke Pfizer ako Moderna wā eo IM Jabdewōt kain wā in kakajur	Kwojjab aikuj in pād wōt mweo imōm ñe kwojjab nañinmej.
	3 alen wā in bōke Pfizer ako Moderna wā eo ilo alloñ 5 alloñ	Kwojjab aikuj in pād wōt mweo imōm ñe kwojjab nañinmej. Ejañin lukkun aitok ien bwe kwon bōke wā in kakajur eo elikin wā eo am kein 3.
	3 wā in Pfizer ako Moderna wā elaplok jān 5 alloñ emoot lak	5 raan elikin am kar epāāke nañinmej in COVID-19.
	2 wā in Pfizer ako Moderna ilo jabdewōt ien	5 raan elikin am kar epāāke nañinmej in COVID-19.
	1 wā in Pfizer ako Modern ilo jabdewōt ien	5 raan elikin am kar epāāke nañinmej in COVID-19.

Ñe ajiri eo nejim ekar epäake COVID-19

Ñe ajiri eo nejim ejañin de wā ñan COVID-19	Nōmba in wā ko an COVID-19—im naat	Jōte raan in am aikuj in pād wōt mweo imōm?
	0 wā ko	5 raan elikin am kar epäake nañinmej in COVID-19.
Ñe ajiri eo nejim ekar bōke Pfizer wā	Nōmba in wā ko an COVID-19—im naat	Jōte raan in am aikuj in pād wōt mweo imōm?
	2 wā in Pfizer wā ilo jabdewōt ien	Ajiri eo nejim ejjab aikuj in pād wot mweo ñe ejjab nañinmej.
	1 wā in Pfizer wā ilo jabdewōt ien	5 raan jān ien eo ajiri eo nejim ekar epäake nañinmej in COVID-19.
Ñe emojno enbwinnin ajiri eo nejim ako ñe ej pād ilo kauwōtata ñan nañinmej elap	Nōmba in wā ko an COVID-19—im naat	Jōte raan in am aikuj in pād wōt mweo imōm?
	2 wā ilo jabdewōt ien	Ajiri eo nejim ejjab aikuj in pād wot mweo ñe ejjab nañinmej.
	1 wā ilo jabdewōt ien	5 raan jān ien eo ajiri eo nejim ekar epäake nañinmej in COVID-19.

Ñe ajiri eo nejim ekar epäake COVID-19 (wanmaanloqk)

Ñe ajiri eo nejim ekar nañinmej in COVID-19 ilo raan ko 90 eliktata (emaroñ 3 alloñ)	Nõmba in COVID-19 wā emoj an ajiri eo nejim bōke im ñaat wā eo eliktata eo aer ekar	Jote raan ajiri eo nejim ej aikuj in pād wōt mweo?
Emoj an laplok jān 90 raan ko jān ien eo ajiri eo nejim ekar nañinmej in COVID-19	Ejelok tokjen jote wā ajiri eo nejim emoj an bōke ilo wawen in.	Ajiri eo nejim ejjab aikuj in pād wōt mweo ñe ejjab nañinmej.
	2 wā in Pfizer wā ilo jabdewōt ien	Ajiri eo nejim ejjab aikuj in pād wot mweo ñe ejjab nañinmej.
1 wā in Pfizer wā ilo jabdewōt ien	5 raan jān ien eo ajiri eo nejim ekar epäake nañinmej in COVID-19.	

Ewor ke bar men ij aikuj in kōmmane elikin ao epäake COVID-19?

- Ekanak juon [maaj eman joñan](#) turin ro jōt im ilo loblej iumin 10 raan elikin am epäake juon armij ewor an nañinmej in COVID-19.
- Bōk teej 5 raan elikin raan eo kwar epäake.
- Lale kakōlle ko ñan 10 raan elikin am kar epäake. Jenolōk im bōk teej ilo ien eo emokaj tata ñe kwoj nañinmej ako ewor am kakōlle, jokdoon ñe rej diik.

Kwemaroñ aikuj in make lak iaam ako jenolok ilo aitok lak jān 5 raan ilo jikin eo kwoj jokwe ie ako jermal im likit eok im ro jōt ilo kauwōtata in COVID-19.

Armij ro rej jokwe ako jermal ilo juon jikin eo eloñ armij ie ainwot juon jikin kalbuuj, juon jikin lale armij im aitok ien lale ie, ako juon jikin kakije an juon armij [tōl kein](#) jān CDC. Rijerbal in jikin ejmour rej aikuj in loore [tōl kein](#) jān CDC.

Ñan melele ko relaplak, lale:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/immuno.html>