

Ifa usun Pwisin-imuno



Met wewen ei self-isolate?

Self-isolate wewen eimu feseni ekkewe aramas mei samaw seni ekkewe rese samaw. Ach anean pwe sipwe tumunu esapw wateno ei COVID-19.

Aramas a wor rer COVID-19 repwe pwisin-imuno non 10 raan ika tori an ewe doctor epwe era a wesino rese chiwen tongeni ngeni emon ewe monun samaw.

Ifa usun ai upwe pwisin-aimueino?

Pwisin-eimukono epwe weires pwe epwe iei usun:

- Kosap tou seni imw chinon chok ika kopwe no safei
- Nom non ew rumw mei imuno seni ekkoch me aea imwen ngaseno mei pwan imuno me non ewe imw, ika mei tufich.
- Kosapw enimengawa pisek me won chepen; nimeti me aea nimen nieno paikin won ekkewe neni chomong ir mei atapa, ren fon, sukun asam me imwen ngaseno
- Tènu poum ngeni sop me konik non ukkukun 20 seken.
- Apwasa ngeni paper towel, ika fen siwini sefani ewe taun ngeni echo ika a chèchè.

Ifa nakatamen ai upwe pwisin-imuno seni meinisin?

Mei tongeni epwe chèu fetan COVID-19 ngeni ekkoch, ika mo kose mefi ekkewe esisin.

Aramas mei wor rer COVID-19 repwe:

- Nom neimw epwe ukkukun 10 raan mwirin ewe fansoun ra mefi ekkewe esisin an a poputa, **me**
- Nom neimw tori 72 awa mwirin an ekkewe esisin a wesino nge rese mo pwan angei safei.

Aramas ra positive ar tes nge rese mefi ekkewe esisin repwe pwisin-imuno non 10 raan mwirin an keran tou ewe pungun tes pwe a positive.

Pwan koko me esinesin ifa usum

Ika ekkewe esisin mei napeno, mwitir kokori noum we doctor. Ekkoch aramas ir mei mefi mecheresin pwisin-imuno seni meinisin, ekkoch mei weires ngenir. Epwe kon weires ngeni ekkoch:
Rese tongeni angang me non imw
Nom akanamon
Mei wor terir, ika
Tumunu ekkewe ekkoch aramas non imwer.

Ikei ekkoch nongonong ika en mei mochen epwe wor aninis ngonuk:

Call Kokua Kalihi Valley at
(808) 791-9410

Visit the HI Department of Health
Website at
<https://hawaiiicovid19.com/>

Call 211 to reach the Aloha
United Way Kokua Line