

Wāween Kōjparok Eok Make im Ro Jet

Kwōmaron loi melele kein ilo

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

Jeļā kōn wāween an ajeeded



- Ejañin wōr juon wā ñan bōbrae nañinmej in coronavirus 2019 (COVID-19).
- **Wāween bōbrae nañinmej eṃṃantata ej ilo aṃ bōbrae am keepaak kij virus in.**
- Rej ļōmṃak ke ekkā an kij eo ajeeded jān armej-ñan armej.
 - » Ikōtaan armej me ekkā aer ekkeitaak doon (ejjab dikļok jān ellōkan jān 6 ne).
 - » Ilo pil jidikdik in menono me juon armej me etōrañ ej kōṃṃane ñe epokpok, ṃaje, ak kōnono.
 - » Pil jidikdik ko remaroñ wōtļok ilo ļoñin ak bōtin armej ro me repaak ak renaaj bōlen koube ñan ilowaan ārin.
 - » Armij ro ejab walok kakōlkōlin COVID-19 ibbeir remaron kajeded nañinmij eo.

Aolep armej ren

En ikut aṃ aṃwin peōṃ



- **En ikut aṃ aṃwin peōṃ** kōn joob im dān iuṃwin en jab dikļok jān 20 jekōn im eļaptata ālikin aṃ pād ilo juon jikin ļobwilej, ak ālikin aṃ ba, pokpok, ak ṃaje.
- Ñe ejjeļok joob im dān, **kōjberbal juon kein ṃanṃan kij ilo pā me ej iiōk kōn ejjab dikļok jān 60% arkool.** Kalbubuuk ion aolepan peōṃ im iri ippān doon ṃae rej eñjake āinwōt reṃōrā.
- **Bōbrae aṃ jibwe mejem, bōtim, im ļoñiōṃ** ñe kwō jañin aṃwin peōṃ.

Bōbrae aṃ keepaak



- **Kadik am kebaak ro jet joñan wot am maron.**
- **Bōbrae aṃ keepaak im ekkeitaak** armej ro me renañinmej.
- **Kōttolok ikōtaam jen ibben armej ro jet.**
 - » Keememej ke jet armej im ejjeļok kakōļle ippeir bōlen remaroñ kōjeedede kij virus eo.
 - » Men in eļaptata an aorōk ñan **armej ro im eļapļok uwōta ñan er bwe ren kanooj in nañinmej.** [www.cdc.gov/coronavirus/2019-ncov/ -extra-precautions/people-at-higher-risk.html](https://www.cdc.gov/coronavirus/2019-ncov/-extra-precautions/people-at-higher-risk.html)



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Kalbubuuk loñiõm im botim kõn juon kein kalbubu iturin māj nuknuk ñe kwōj kebaak ro jet



- Kwō maroñ kõjeedede COVID-19 ñan ro jet meñe kwōjjab eñjake kwō nañinmej.
- Aoleb armij rej aikuj ekōnak kein kalbubu iturin māj ilo jikin ko ilobelej im ilo ien aer bed iturin armij ro jet rejab jokwe mweo mweir, elabtata ilo ien an bin aer maron kottoolok enbwinnier jen ro jet.
 - » Kwōj jab likūti juon kein kalbubu iturin māj nuknuk ioon juon ajri me edik jān 2 iiõ dettan, jabdewõt armej im eapañ an menono, ak ejajeļokjeņ, ejaje eņmakūtkūt ak kõn jabdewõt wūnin eban utūki mask eo ñe ejjeļok jipañ.
- Wūnin kein kalbubu iturin māj nuknuk ej ñan kõjparoke armej ro jet elaññe eņõj aņ tōrañ.
- Kwōn **JAB** kõjerbal juon kein kalbubu iturin māj -me rej katmāne bwe en an juon ri-jerbal ikijjien kõjparok-ājmuur.
- Etal wõt im loloodjake bwe en wõt ellōkan 6 ne ikōtaamī ro jet. Kein kalbubu iturin māj nuknuk ejjab bōk jikin kakkobaba kōttoļok.

Kalbubu aņ pokpok im maje



- Ñe kwōnaj bokbok ak maje, bineje loñim im botim kin juon beba tissue ak kõjerbal jimwin beim.
- Joļok peba tissue ko im eņõj kõjerbale ilo jikin jōkpej.
- Kajju im aņwin peõm kõn joob im dān iuņwin ejjab dikļok jān 20 jekōn. Ñe ejjeļok joob im dān, karreo peõm kõn juon kein manman kij ilo pā me ej iiõk kõn ejjab dikļok jān 60% arkool.

Karreo im manman kij



- Karreo IM manman kij ioon men ko im ikut an armej jibwe kajjojo raan. Men in ej kōpooļ tebōļ, kein jibwe kōjām, kein kōmeram, ioon counter, kein jibwe, desk, talboon, keyboard, toilet, bojet, im jiņk ko. www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html
- Ñe ettoonon ioon men ko, karreoik: Kōjerbal detergent ak joob im dān mokta jān aņ manman kij.
- Innem, kõjerbal juon kein manman kij an iloan em. Kwōmaron loe juon laajrak in [kein manman kij in iloan em emoj kadeloñ ettan ibben EPA ijin](#).