



# COVID-19

## TIPARTMEN LUHN NIEN KARIHNGIHNYUHK LUHN MAHNO FIN AN HAWAII

### KAHSRUH NUH SIN MWET SE MA WEAK COVID-19 A MUHTA LOHM AH

#### Ahksrihkyelah afototoi kuh apuhsrali lom nu se

- Srihke in srelah nein mutul kuh nien eis mongla luhn mwet mas se ingen
- Mwet se ma karihngihn mwet mas sen enenuh in tia oasr kuhtena mas in mahno lal yohk na nuhke kain in mas uppa sahye ma a kuh in oruh upa nu sel el fin weak COVID-19
- Srihke in oasr engyeng srik luin nien mongle kuh mutul luhn mwet mas sen (pa nuhke, winto an in ikak, kuh oasr pahl luin rum sen in ahkengyengsrikye luin rum sen)
- Nimet lelah in oasr mwet muhteta

#### Loang ahkwoye in liye lah oasr mwe elyah uppa sikyak nu sin mwet mas sen

- Pangonak taktu kuh mwet karingin ono lun mwet mas sen e fin kom puhla kuh liye muh el keoki kuh upelah ke sripen mas lal an
- Pangon 911 ke mwe elyah nuhkewa (ahkahleme nuh sin mwet kom sramsram nuh se ke nempuh se kom pahngon an lah mwet mas se lom ingen el oasr tari ke COVID-19)
- Mwe sensenakahnyuhk: uppa in momong kuh mahl, ngal kuh el puhla muh toasr ineweal, oasr akilenye muh el fohsak a tiana etal sifena, el koflah in ngetalik kuh el toptop na, folfol lac ingoasrol kuh muhtal fasrfasrlah arle kahlem muhnaslah lal

#### Karihngihn fahsrelihk luhn wet ma panang in oasr mas

- **MONGO:**
  - Mwet ma san enenu in mongo (kuh in kitakat el) luin rum sel an kuh srenglah liki mwet nukeua
  - Oul ahluh kuh kuhfen orek mongo orekmakin kohlohf, sop a kof fol kuh orekmakin insin in owo ahluh
  - Ohllah poum tukin kom eslah kohlohf lom an kuh tukin kom kahlimihn mongo kuh puhs luhn mwet mas sen
- **NIMET AOREKMAKIHNI MA LUHN MWET** (pa nuhke, ahluh, kuhfen mwet mongo supun kuh fohrk, tahol, mwe loeyuhk pet, kuh kuhfwen ma sahrom)
- **NUKNUK IN KOSRELAH OALUM A INFUEM KUH KOHLOHF** (pel fuhkah kom enenuh in orekmakin uh):  
**MWET MAS:** Nuknuk in sang kosrelah oalum a infuem pal e nukeua kom inmahsrol mwet uh (lah elos wi kom muhta lohmi ah kuh pel kom som ono uh)  
**MWET KARIHNGIHNI MWET MAS:** Orekmakihn nuknuk in kosrelah oalum a infuem pel kom kasru mwet mas. Orekmakihn kohlohf pel kom kahlimihn srah, fahsr tok, kuh kuhtepena sronin mwet mas sen. Kihpakuhnlah kohlohf fohkfohklah an nuhke mwe sisi kutkut ma oasr pack in sisi kutkut loa. In pel nukeua, kom kena sa oullah poum tukin kom eslah kohlohf lom ma kom orekmakihn kahlimihn mwet mas sen.
- **OWO PO** pel e nukeua orekmakin sop a kof ke lusen sekohn 20. E fin wangin sop a kof, kom orekmakihn mwet owo po ma oasr arkohohl 60% ka. Tiana kahl motom, oalum, infuem poum a fin tia nasnas.
- **OULLAH A AHKNASNASYELAH** an ma kwana kahlyuhk len nukeua (pa nuhke, mwe ikak sruhnguhl, an in ahkos lahm luin lohmi sum an, poum kuhfen mwe orekma, nien mongle kuh lohmi fahsr, fohset, kuh kuhfwen ma sahrom, kuh kuhtena ma sahye.)
  - In aksrihkye fahsrelihk luhn mas uh, aknasnasye nien mutul a mongle luhn mwet mas sen pel na ma enenuh an.
- **OWO FOHKFOHK:** Orekmakihn kohlohf ke pel ma kom kahlimihn owo fohkfohk luhn mwet mas sen finne nuhke mwe loeyuhk kial an. Orekmakihn kof fol in oul owo fohkfohk lal an. Ahkphoye owo lal an orekmakihn fol se ma fokoko emet ke insin an. Kena sa oullah poum tukin kom eslah kohlohf lom an.
- **KUTKUT KUH PUHS:** Srellah sie mwe sisi kutkut ah luhn mwet mas sen enenuh in oasr pack in sisi kutkut loa. Orekmakihn kohlohf ke pel kom mokle kutkut kuh puhs luhn mwet mas sen. Oulla poum tukin kom kahl kutkut kuh puhs.

#### Sifena loang nuh ke karihngihnyom kuh nuhke kuhinmahno lom

- Mwet karihngihn mwet mas se enenuh in muhta lohmi ah a liye lah el a nuh fuhka lah oasr akuhl in mas COVID-19 sel (pa nuhke, fol, kohfko hf, mahl, kuh kuhtena mwe akuhl sahye.)
- Mwet karihngihn mwet mas suh ma akihlen lah oasr mas inge se el enenuh in pangonak taktuh kuh mwet in karihngihn ono lal an. A fin e wangin taktuh kuh mwet in karihngihn ono lom, kuh oasr kuhsen siyuk lom, kom muhtetalah nuhke <https://www.auw211.org/> kuh pahngon 211
- Mwet karihngihn mwet mas ma wangin mwe akuhl ke mas COVID-19 se enenuh in muhtana lohmi ah **ke pel se inge** a mwet mas se el karihngihn an enenu in sikaleni in srellah liki mwet uh **ke lusen** len 10\* tohkoh.

\*Srikomle ke lusen len 14 yohkna nuhke an ma puhsle mwet we (kuhtuh an ingen pa, nien karihngihn mwet muhnas, iwen muhta luhn mwet mahtuh, iwen kahsruh mwet ma oasr suhkahpahs lah la, nien kelpous, iwen wihklel kuh nien kahsruh mwet ma wanginle nien muhta la, nien karihngihn muhta luhn mwet ma oasr suhkahpahsrah la suh elos ahsrosr kuh akiwelos we, nien muhta luhn solse, kuh kuhtepena an sahye ma oana an ma ahkahleme yeyuk inge).