



# COVID-19

## HAWAII STATE DEPARTMENT OF HEALTH

### MET KOPWE FORI IKA PWE KA FEN TES REN COVID-19

#### TES POKITEN REN NAPENAPEN COVID-19 (IKA MI UNUSEN APPOS<sup>1</sup> IKA ESE APPOS)

- Nonom nom imwom chienon chok ika pwe ka kan no kut safeom.
- Nonom seni ekkena ekkoch, akaewin ekkena a fakkun ngaw tekian ar repwe fakkun semwen seni ewe COVID-19.
- Ika pwe kopwene kan nom arun ekkoch, kopwe eaea ew masku.
- Ika pwe eom tes mi **PUNG**, nengeni ewe “eiemuuno (Isolation)” non [Imw Eiemuuno me Nonom seni aramas Afanefan](#).
- Ika pwe eom tes we **ESE PUNG**, nonom non imwom tori an ese chuen no wor pwichikarum non 24 awa ika kose unumi safean akisinon pwichikar **me** pwan ese wor no napenapen semwen kena.

#### ANGEI TES POKITEN **EOM ARAP NGENI EMON ARAMAS A TORI EWE SEMWENIN COVID-19.**

- **Unusen Appos<sup>1</sup>**
  - Ika pwe en **ese kan** wor eom napenapen ewe semwen, iwe en **kosapw kan** no non nonomweno seni aramas.
  - Kopwe tes sefan 5-7 ran murin eom we arap ngeni ewe aramas mi tori COVID-19, **nge ika mop we ese wor napenapen ewe semwen reom.**
    - Ika pwe eom we tes a kan **PUNG**, mutir ne pusin eiemuukono me pwan nengeni ewe “eiemuuno (Isolation)” [afanefan](#).
  - Tumunu eom kopwe kan chechekeni napenapen semwen kena ren 14 ran murin nasenon eom we arap ngeni ewe aramas a tori COVID-19
    - Ika pwe ka kan popuweta napenapen semwen, mutir **ne pusin eiemuukono** me pwan **no angei tes.**
- **Ese kan Appos**
  - Nengeni ewe “Nonomweno seni aramas (Quarantine)” non ewe [Imw Eiemuuno me Nonom seni aramas Afanefan](#).
  - Mutir ne angei tes, **nge ika mop we ese wor napenapen ewe semwen reom.**
  - Kopwe kan nonom non imwom ren 10 ran<sup>2</sup> murin nasenon eom we arap ngeni ewe aramas mi kan semwen ren COVID-19, **nge ika mo pwe eom we tes ese pung.**
  - Nonom seni ekkena ekkoch, akaewin ekkena a fakkun ngaw tekian ar repwe fakkun semwen seni ewe COVID-19.
  - Ika pwe kopwene kan nom arun ekkoch, kopwe eaea ew masku.
  - Ika pwe eom tes mi **PUNG**, nengeni ewe “eiemuuno (Isolation)” non [Imw Eiemuuno me Nonom seni aramas Afanefan](#).
  - Ika pwe eom we tes **ESE KAN PUNG**:
    - Kopwe kan sopweino ne nonomweno seni aramas ren 10 ran.
    - Kopwe tes sefan 5-7 ran murin eom we arap ngeni ewe aramas mi tori COVID-19.
    - Mutir chok pusin eiemuukono me pwan angei tes ika pwe ka kan popuweta napenapen semwen.
  - Tumunu eom kopwe kan chechekeni napenapen semwen kena ren 14 ran murin nasenon eom we arap ngeni ewe aramas a tori COVID-19
    - Ika pwe ka kan popuweta napenapen COVID-19, mutir **ne pusin eiemuukono** me pwan **no angei tes.**

#### TES POKITEN **SUKUN, ANGANG, SAI, IKA ESAPW REN-COVID-19SAFEI KENA EPWE KAN FORI.**

- En **kosapw kan** nonomweno seni aramas ika pwe ka kan tes pwe kopwe eoch ngeni ew sukun, angang, ika met kopwe fori ren eom sai, ika ka kan etto ikei ren tesin COVID-19 seni emon chon awora tumunun safei (ren awewe, me mwan reirei ika ew foforun safei).
- Echok aeoeo ngonuk ika **ESE WOR** eom napenapen semwen kena **ME EN ESAPW** emon a kan arap ngeni emon aramas mi tori COVID-19.

<sup>1</sup>Aramas ra kan unusen appos 2 wik murin ar aruwowen appos non ekkena safei mi ruwow apposun, usun chok ekkewe Pfizer-BioNTech ika Moderna, ika 2 wik murin ew chok appos seni ena mi chok ew apposun, usun chok an Johnson & Johnson apposun Janssen.

<sup>2</sup>Nonomweno seni aramas epwe kan 14 ran ren nenien nonom mi kan arap fengen ika angang non neni mi chufengen chomong non, mi pachenong ika mi wor chon non imwomuwe ra kan angang non nenien chufengenin chomong non (awewe, imwen kanipus).