

# KAHS IN KAHSRUH FOTOTO NUH SIN MWET SUC WI COVID-19 AC MWET MA SUN MWET MAS SAC



## Mwet suc wi COVID-19 nuhke Mwet ma sun mwet mas sac



### MWET SE MA FOTOTO NUH SIN MWET MAS SAC

#### MWET SUC WI COVID-19

Mwet se suc eis mwe srihkasrak (test) tuh el positive ke COVID-19, finnwe oasr kuh wacngihn symptom yohrohl

Mwet se suc muhta feet 6 liki Mwet Suc Wi COVID-19 ke lusen minute 15 ke puhluhn ao 24, finnwe el orekmakihn mask kuh tiac (muhtwacack lwen 2 meet liki Mwet Suc Wi COVID-19 ah masack kuh eis mwe srihkasrak (test) tuh el positive ke COVID-19)

### MWET SE SUC SUN MWET SE MA FOTOTO NUH SIN MWET MAS SAC

Mwet se suc muhta yurin kuh sun Mwet Se Ma Fototo Nuh Sin Mwet Mas Sac tuh sonna sun Mwet Suc Wi COVID-19 ah



#### MWET SUC WI COVID-19

##### ⚠ SRIHYUCKLAC<sup>s</sup>

Enenuh in muhta luun lohm pwacna fin enenuh in eis kashruh luhn ono nwe ke:

- Enenuh in sun lwen na fohn 5 liki pacl se symtop lom ah sikyak (kuh fin wacngihn symptom lom, liki pacl se kom eis mwe srihkasrak (test) sac); AC
- Enenuh in aluhkwelah ao 24 liki pacl se fol lom an muhtwacack ac kom tiacna orekmakihn ono in kashruh ahksrihyelah; AC
- Fin kuhtwena sin symptom lom ngacn wolac liki meet ah

##### 👤 OREKMAKIHN MASK

- Orekmakihn mask ma fal na pwacye nuhke motom ke lusen lwen 10 ke kuhtwena pacl ma kom muhta yurin mwet sahyac in lohm sum kuh ke acn ma puhs mwet muhta we
- Nikmet som nuhke acn ma kom tiac kuh in orekmakihn mask
- Nikmet muhta yurin mwet suc oasr sensen yohk la in weack mas upac ke lusen lwen 10

##### ⊕ WACNGIHN MWE SRIHKASRAK SAHYAC

Eis tari mwe srihkasrak (test) ac ahkpwacyeyuck lah oasr COVID-19

##### 📱 MWET SUC SUN MWET MAS SAC:

Nuhnakmuhnahs ahkkahlwemye nuhsin acn in lutlut kuh acn in orekma ac Mwet nuhkewa Suc Fototo Nuh Sin Mwet Mas Sac



#### MWET SE MA FOTOTO NUH SIN MWET MAS SAC

##### 🏠 QUARANTINE<sup>s</sup>

##### Mwet Ma Sun Mwet Mas Sac suc Soenna Eis Fakfek in Kohsrkohs:

Enenuh in muhta in lohm ke lusen lwen fohn 5 tukun pacl sahflah se ma elos sun Mwet Suc Wi COVID-19

Fin elos tiac kuh in som liki Mwet Suc Wi COVID-19 sac (elos tuhkwani muhta in lohm se ma wacngihn infackihl, acn in yuyu, ac living room sahyac), na enenuh elos in muhta in lohm ke lusen pacl ma Mwet Se Suc Wi COVID-19 el srihyucklac AC enenuh in sang lwen fohn 5 nuh fac

##### Mwet Se Ma Fototo Nuh Sin Mwet Mas Sac suc Eis Tari Fakfek in Kohsrkohs Nuhkewa Ma Enenweyuck:

Tiac enenuh in muhta in lohm pwacna fin oasr symptom sikyak

**MWE ACSMAKIHNHYUCK:** IN EIS FAKFEK IN KOHSRKOHSR NUHKEWA MA ENENWEYUCK kuhpashr nuhke matwom ac pacl sahflah se kom eis fakfek in kohsrkohs ah:

- Yac 5 nuhke 17: enenuh in sun wik 2 tukun elos eis fakfek ahkluo ke fakfek luo meet ah
- Yac 18 yak nuh lucng:
  - enenuh in sun wik 2 tuh in tiac ahluhkwelah mahlwem 5 tukun pacl se elos eis fakfek ahkluo ke fakfek luo meet ah; KUH
  - enenuh in sun wik 2 tuh in tiac ahluhkwelah mahlwem 2 tukun elos eis fakfek in kohsrkohs sefanna meet ah; KUH
  - ke elos eis fakfek in kohsrkohs meet ah AC sie fakfek in booster

##### 🔑 EIS MWE SRIHKASRAK (TEST)

Eis mwe srihkasrak (test) tukun lwen 5 liki pacl se kom sun kuh fototo nuh sin Mwet Suc Wi COVID-19 ah

##### 👤 OREKMAKIHN MASK

- Orekmakihn mask ma fal na pwacye nuhke motom ke lusen lwen 10 ke kuhtwena pacl ma kom muhta yurin mwet sahyac in lohm sum kuh acn ma puhs mwet muhta we
- Nikmet som nuhke acn ma kom tiac kuh in orekmakihn mask
- Nikmet muhta yurin mwet suc oasr sensen yohk la in weack mas upac ke lusen lwen 10

##### 🏠 IP LUHN ONO TUNI AC LIYE FIN OASR SYMPTOM

Mwet nuhkewa suc sun kuh fototo nuh sin mwet mas sac (lah elos eis kuh tiac eis fakfek in kohsrkohs) enenuh in tuni ac liye fin oasr symptom ke lusen lwen 10 tukun elos sun Mwet Suc Wi COVID-19 ah. Fin oasr symptom sikyak, sa na srihkomlac liki mwet sahyac ac som eis mwe srihkasrak (test).

📱 **MWET SUC SUN MWET MAS SAC:** Nuhnakmuhnahs ahkkahlwemye nuhsin acn in lutlut kuh acn in orekma



#### MWET SE SUC SUN MWET SE MA FOTOTO NUH SIN MWET MAS SAC

##### 👍 TIAC QUARANTINE

Tiac enenuh in muhta ke quarantine pwacna fin Mwet Se Ma Fototo Nuh Sin Mwet Mas Sac masack kuh eis mwe srihkasrak tuh el positive nuhke COVID-19

##### 👍 TIAC ENENUH IN EIS MWE SRIHKASRAK

Pwacna fin:

- Symptom uh sikyak; kuh
- Mwet Se Ma Fototoyang Nuh Sin Mwet Mas Sac masack kuh eis mwe srihkasrak tuh el positive nuhke COVID-19

##### 👍 WACNGIHN MWE ACSMAKIHN ENENUH SE

**AHKKUHTWEYAC:** ⚠ **Srihyucklac:** sraclah mwet se suc wi COVID-19 kuh eis mwe srihkasrak tuh positive ke COVID-19 tuh wacngihn symptom la liki mwet sahyac, finnwe ke mwet in lohm selos sifacna

🏠 **Quarantine:** sraclah mwet se suc fototoyang nuh sin mwet suc wi COVID-19 liki mwet sahyac, mweyen el kuh na in weack mas

<sup>s</sup> Acn in orekma, lutlut, kuh u sahyac sah ac oasr kuhtuh pac kain in oakwuck sahyac ma elos enenuh in ukwe.

# Kuhtuh pac Kahs in Kahsruh Sahyac



**MWET SUC WI COVID-19**

## ♥ SIFACNA KARINGIHN KOM

- Tuni ac liye symptom lom an ac pahngon daktuh fin symptom lom an upac lac
- Pahngon 9-1-1 fin oasr medical emergency (oacna upac in mongmong, folfol lah in ngoasrom kuh fin motom, ngal inuwom, kuh kuhtuh pac ma sahyac) ac fwahk nuh sin mwet suc topuk lah kom weack COVID-19
- Eis monglac yohk ac nihm kof yohk



**MWET SE MA FOTOTO NUH SIN MWET MAS SAC**

## ♥ SIFACNA KARINGIHN KOM

- Nikmet muhta yurin Mwet Suc Wi Covid-19 ac orekmakihn mask fin kom enenuh in wi mwet sahyac in lohm sum kuh som nuhke acn ma puhs mwet muhtwa we
- Tuni ac liye lah fuhkah puhla luhn monum ke lusen lwen 10 tukun pacl sahflah se kom fototo nuh sin Mwet Suc Wi COVID-19 sac. Kom fin muhtwacwack puhla symptom, sah na srihkomlac ac som eis mwe srihkasrak (test) ke pacl na sa
- Pahngon 9-1-1 fin oasr medical emergency ac fwahk nuh sin mwet se ma topuk ah lah kom sun mwet se suc wi COVID-19



**MWET SE SUC SUN MWET SE MA FOTOTO NUH SIN MWET MAS SAC**

## ♥ SIFACNA KARINGIHN KOM AC MWET SAHYAC

Tahfwelah na ukwe oakwuck in muhta loes liki mwet sahyac (physical distancing) ac orekmakihn mask ke pacl se kom liki lohm sum

## ← KARINGIHN MWET SAHYAC →

- Muhta in lohm sum pwacna pacl kom enenuh in eis kahsruh luhn ono
- Nikmet lwelah mwet in muhtwacta yurum
- Srihkom lac liki mwet sahyac ac ma orahkrahk (pet) nuhtin mwet in lohm sum
  - Muhta ke sie infackihl sahyac ac acn in yuyu kuh lohm fahsr sahyac
  - Fin enenuh se kom in muhta ke infackihl se ma mwet sahyac oasr kac, muhta feet 6 loes liki elos ac orekmakihn mask
- Nikmet tuhkwani orekmakihn kuhtwena kuhfa yurin mwet sahyac in lohm sum an (oacna toothpaste, tawol, kulun bed, aluh, telephone, kuh kuhtuh pac ma sahyac)
- Owo paho pacl pucpucs, afihnyac in oalum ke kom kohfkoehf kuh sihnac, ac ahknwacsnwacsyelah (disinfect) fin accn kuh ma kom kahl pacl nuhkewa
- Oakiyac mongo nohm ac kuhfwa lom in utuckuh ac fihliyucki ke mohtohn srucnguhl lom ah. Orekmakihn paper plate kuh kufwen mwe mongo ma kom kuh in tuhllah
- Oracnih kutkut lom sifacna liki kutkut luhn mwet sahyac in lohm sum

Ohfufs luhn Health tiac wi oraclah lwacta in ahkmwesahsyelah (clearance letter) elos suc srihkyucklac ke lusen pacl se (isolation). Acn in orekma uh, tiac enenuh in eis pwepuh liki acn in ono kuh mwe ahkkahwlemye lah mwet se negative ke mwe srihkasrak in COVID-19 fin mwet sac ahkpwacyeye tari ma nuhkewa ma enenweyuck tuh elan tui liki pacl in srihyucklac kuh quarantine

## Nga kuh in eis kahsruh ohyac?

### Ip luhn ono

- ☐ Pahngon daktuh lom
- ☐ Fin wacngihn daktuh kuh health insurance lom, pahngon Aloha United Way 2-1-1

### Mwet Sahyac

- ☐ Pahngon Aloha United Way 2-1-1

### Mwe Kahsruh Nuhke Ongaiyac, Muhnahs ke Mwe Nuhnak kuh Kahsruh Nuh selos suc Orekmakihn Ono Kuluk

- ☐ Pahngon Hawaii CARES ke nacmpuh se inge 1-800-753-6879 (TTY 7-1-1)
- ☐ Text ALOHA nuh 741741



**A 文**  
Oasr mwet in lweng ma kuh in sang kahsruh



In ahkyohkye etwack lom, som nuhke [hawaiiicovid19.com/resources](https://hawaiiicovid19.com/resources)