

# SAASIING PAAWOQ KO COVID-19 YAEY & QULUULIY



## Yaey vs. Quluuliy



### YAEY

A chaaq miniiq sikeeng maenigiil ko COVID-19, fithik faa daangaay qangiin



### CHUUCHGUUR QULUULIY

A chaaq miniiq i moey fithik 6 taqay ko pi Yaey ko a tam'ing myangary ko at nga obuut 15 miint dakean a 24-qaawqq nap'an u kiiq ko theerek maang (faqtal 2 langlaeth soomm'odakean pi Yaey i m'aar faa sikeeng maenigiil ko COVID-19)



### QULUULIY ko A CHUUCHGUUR QULUULIY

A chaaq miniiq paer fithik faa i moey u quluuliy fithik a Chuuchguur Quluuliy maachnea i baey daangaay quluuliy fithik pi Yaey



#### YAEY

##### ⚠ DEEREES<sup>§</sup>

Bineeygar paer u tabnaew maachnea ko nga feek falaay chathaawol faqan:

- u qachiig 5 sug langlaeth baey dubchol suusun qangiin m'odakean m'uug (faa i daangaay qangiin, suusun sikeeng qir koel); MA
- u qachiig 24 qaawqq baey dubchol suusun wuryal m'aar daangaay maang ko m'aar-pil falaay; MA
- Qangiin, i gubiin, baey qichngiy

##### 🗨 CHUW A THEEREK

- Chuw a maenigiil-k'ad theerek ko 10 langlaeth gubiin taayim gimeed koemoeyrq chealcheal opirs u tabnaew faa u girdiiq
- riin daangaay chigar nga tabrey quw gimeed koebreq tael nga chuw a theerek
- Cheef girdiiq miniiq koebreq u toelaeng riyaq ko walow simaaw ko u qachiig 10 langlaeth

##### ⊕ daangaay CHAAG SIKEENGING

Geeg baaq moey sikeeng ma tiriggil nga baey COVID-19

##### 📱 QULUULIY:

Gaagool l'oeg sukuul/pangiin ma gubiin Chuuchguur Quluuliy



#### CHUUCHGUUR QULUULIY

##### 🕒 KAALBUUS<sup>§</sup>

##### 🕒 Qadaaw Quluuliy:

Bineeygar paer u tabnaew ko u nga obuut 5 sug langlaeth faqan wuryal quluuliy fithik pi Yaey

i tael nga cheef quluuliy fithik pi Yaey (fas u pi woed homaang fithik daangaay kiiq choob seenggil, maekuy seenggil, ma fas ), bineeygar paer u tabnaew nap'an pi Yaey qiir u deereeg MA ko pi chaag 5 sug langlaeth

##### Falaay Chuuchguur Quluuliy Miniiq koebreq Tafang- nga Madil: riin daangaay taliin nga paer u tabnaew faqan qangiin toey

**CHAAG: TAFANG- NGA -MADIL** moey dakean gimeedr yangar ma taayim suusun wuryal falaay:

- Yangar 5-17 duw: u qachiig 2 wiik faqan l'oeg pi 2nd guruuy ko falaay
- Yangar 18 duw ma labthir:
  - u qachiig 2 wiik maachnea daangaay boech bineey 5 mdakeanths faqan l'oeg pi 2nd guruuy u a 2-guruuy fachfach; OR
  - u qachiig 2 wiik maachnea daangaay boech bineey 2 mdakeanths faqan l'oeg a kiiq-guruuy falaay; FAA
  - cheek ko pi tooluk falaay fachfach MA a poom guruuy

##### 🔧 FEEK SIKEENG

Feek sikeeng u qachiig 5 langlaeth faqan wuryal quluuliy fithik pi Yaey, kuu geeg daangaay baey qangiin

##### 🗨 CHUW A THEEREK

- Chuw a maenigiil-k'ad theerek ko 10 langlaeth gubiin taayim gimeed koebreq chealcheal opirs u tabnaew faa u girdiiq
- riin daangaay chigar nga tabrey quw gimeed koebreq tael nga chuw a theerek
- Cheef girdiiq miniiq koebreq u toelaeng riyaq ko walow simaaw ko u nga obuut 10 langlaeth

##### 🏠 GALUUF KO QANGIIN

Gubiin quluuliy (qadaaw ma falaay) thangar galuuf ko qangiin ko 10 langlaeth faqan wuryal quluuliy fithik pi Yaey. i qangiin toey, qaafthiliin pow ma feek sikeeng.

📱 **QULUULIY:** Gaagool l'oeg sukuul/pangiin



#### QULUULIY ko A CHUUCHGUUR QULUULIY

##### 👍 DAANGAAY KAALBUUS

daangaay kaalbuus thangar faqan pi Chuuchguur Quluuliy moeycomes qubchiyaq faa sikeeng maenigiil ko COVID-19

##### 👍 DAANGAAY SIKEENG MAQOGTHAAR

Faqan:

- Qangiin toey; faa
- Chuuchguur quluuliy maang qubchiyaq faa sikeeng maenigiil ko COVID-19

##### 👍 DAANGAAY MULWOL THANGAR

**MUTRUG:** ⚠ **Deereeg:** chaqriy moeyaq miniiq i COVID-19 faa sikeeng maenigiil ko COVID-19 daangaay qangiin iyaen yaqan opirs, kuu in piir fanaay tabnaew  
 🕒 **Kaalbuus:** chaqriy moeyaq miniiq qiir u chuuchguur quluuliy fithik a chaaq fithik COVID-19 iyaen yaqan opirs u yaey piy feek qubchiyaq

§ Pangiins, sukuuls, faa opir muukun meey baey chaag matoochiyal gimeed bineeygar kuu moey leak.

# Chaag Paawoq



## YAHEY

### ♥ KOEL CHATHAAWOL KO GIMEED GAEG

- Mdakeani nga qangiin ma cgubiin a chathawlii gof i qangiin feek kireeb
- Cgubiin 9-1-1 ko falaay doel (l'ooboch faan, talablaeb dabpiilugun faa suur, p'eem'oon qamiith, gimeed.) ma weeliy pi qaaqayweeg gimeed baey COVID-19
- Feek gilaeb ko giif ma paer biqech



## CHUUCHGUUR QULUULIY

### ♥ KOEL CHATHAAWOL KO GIMEED GAEG

- Cheef quluuliy fithik pi Yaey ma chuw a theerek i gimeed bineeygar moey u quluuliy fithik opirs u tabnaew faa u girdiiq
- kalook gimeed m'ar ko 10 langlaeth faqan wuryal quluuliy fithik pi Yaey. i gimeed toey qangiin, kiiq ma feek sikeeng qaafthiliin
- Cgubiin 9-1-1 ko falaay doel ma weeliy pi qaaqayweeg gimeed baey moey u quluuliy fithik beaq fithik COVID-19

### POOS GIMEED

- Paer tabnaew maachnea ko nga feek falaay chathaawol
- riin daangaay gubiinow thuum
- Paer iyaen yaqan gimeed girdiiq ma kuus u pi peqnaqun weel
  - Paer u a kiiq seenggil ma maang a kiiq maelkuy seenggil
  - i gimeed bineeygar moey u pi woed seenggil suusun gimeed girdiiq, chaqriy deengkii qureel ko u qachiig 6 taqay ma chuw a theerek
- riin daangaay footh puman n'ean fithik gimeed girdiiq u pi peqnaqun weel (e.g., bugul noorii, gapalpal, baer, pileet, yuunoon, pining, gimeed.)
- taalukluk yaan, qupong choochol ma qangis, ma kiliin leapeap ma n'ean suulweeg
- Baey qabiich ma n'ean bineey gimeed taliin magey u gimeed maab. Maang baanyor pileet ma maang waer yuunoon
- tuutuw gimeed dow kiiq yaqan gimeed choon ko gimeed paqanaqun weel

Pi guruuy ko M'ar riin daangaay naag deereeg "tamilaeng" baabyor. Pangiins thangar daangaay thangar a daab COVID-19 sikeeng faa a waag chaag nga suul i pi chaq suk pi duugliy nga liib deereeg faa kaalbuus



## QULUULIY ko A CHUUCHGUUR QULUULIY

### ♥ KOEL CHATHAAWOL KO GIMEED GAEG & POOS GIMEEF

quluuliy leak deengkii daar theerek paawoq faqan keerug ko pi peqnaqun

## Quw koebreq geeg feek qaaqayweeg?

### Falaay

- ☐ poeng gimeed chathaawol gof
- ☐ I gimeed riin daangaay baey a chathaawol gof faa m'ar chathawlii, poeng Aloha Chaag Maqaab 2-1-1

### Gimeed

- ☐ poeng Aloha Chaag Maqaab 2-1-1

### Thiinog bayuuliy dunubbiy, gaafgow M'ar faa chungdiy Maang mingming thaaq

- ☐ Cgubiin Hawaii CHATHAAWOLS u 1-800-753-6879 (TTY 7-1-1)
- ☐ Bug ALOHA nga 741741



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Ko chaag thilpar gof, guy  
[hawaiiicovid19.com/resources](https://hawaiiicovid19.com/resources)