

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



MWET SUC WI COVID-19

Mwet se suc wi COVID-19 tukun el eis mwe srihkasrak, finnwe oasr kuh waengihih symptom yohrohl.



MWET SE MA FOTOTO NUHSIN MWET MAS SAC

Mwet se suc sun mwet se ma wi COVID-19 ah, finnwe el eis fakfek in kohsrkohsr kuh tiac.



MWET SE MA SUN MWET SE MA FOTOTO NUHSIN MWET MAS SAC

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

⚠️ SRIHYUCKLAC^s

Enenuh in muhta luun lohm, pwacna pacl kom enenuh in eis ono, nwe ke na:

- Lwen na fohn 5 somla tari tukun pacl se emeet ma symptom lom ingacn muhtwacwack, kuh finnwe waengihih symptom lom, tuh kom eis mwe srihkasrak sac; AC
- Enenuh in aluhkwelah ao 24 liki pacl se fol lom an muhtwacwack ac kom tiacna orekmakihon ono in kahsruh ahkfihsracryeloh; AC
- Fin kuhtwena sin symptom lom ngacn wolac liki meet ah

😷 OREKMAKIHN MASK

- Sa na orekmakihon mask ke pacl se na ma kom konwack lah kom sun mwet mas sac.
- Orekmakihon 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 mwet nuhkewa muhta som nuh we.
- Nikmet som nuhke accn ma kom tiac kuh orekmakihon mask we.
- Nikmet muhta yurin mwet suc oasr sensen yohk la in weack mas upac ke lusen lwen 10.

▬ WACNGIHN MWE SRIHKASRAK SAHYAC

Mwet suc eis mwe srihkasrak ac konwelyuckyak la eltahl wi mas, tiac enenuh in sifwil eis mwe srihkasrak kuh eis pacl pucspucs.

▢ AHKKAHLWEMYE:

Ahkkahlwemye nuhsin accn in lutlut ac orekma ac mwet nuhkewa ma kom sun kuh muhta fototo nuh yohroh.

❤️ 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) ac fwahk nuh sin mwet suc topuk lah kom weack COVID-19
- Eis monglac yohk ac nihm kof yohk

🤒 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 orahkrakh (pet) nuhntin mwet in lohm sum
 - Muhta ke sie infackihl sahyac ac orekmakihon acn in yuyu kuh lohm fahsr sahyac fin kuh.
 - Fin kom enenuh in muhta yurin mwet sahyac ke sie infackihl, mwet nuhkewa enenuh in orekmakihon mask ac muhta loeslikie sie sin sie.
- Owo paho pacl pucspucs, afihnyac in oalum ke kom kohfkohf kuh sihnac, ac ahknwacsncsyaloh (disinfect) fin acn kuh ma kom kahl pacl nuhkewa

⚠️ TARAN KOM SIFACNA

- Ke lusen lwen 10, lah kom eis fakfek in kohsrkohsr kuh tiac.
- Kom kuh in weack COVID-19 tukun lwen 10 liki pacl se ma kom sun mwet mas sac.

😷 OREKMAKIHN MASK

- Orekmakihon mask ma fal na pwacye nuhke motom ke lusen lwen 10 ke kuhtwena pacl ma kom muhta ma kom muhta yurin mwet sahyac ke lohm sum kuh ke accn ma mwet nuhkewa muhta som nuh we.
- Nikmet som nuhke acn ma kom tiac kuh in orekmakihon mask.
- Nikmet muhta yurin mwet ma oasr sensen yohk la in weack mas upac ke lusen lwen 10.

✚ TUNI AC LIYE FIN OASR SYMPTOM

- Tuni ac liye fin symptom lom an ke lusen lwen 10 liki pacl sahflah se ma kom sun mwet mas sac.
- Fin kom muhtwacwack puhla symptom, sah na srihkomlac ac som eis mwe srihkasrak (test) ke pacl na sa.

✚ EIS MWE SRIHKASRAK

- Eis mwe srihkasrak fin muhtwacwacack in oasr symptom yurum ac ukwe kahs in kahsruh nuhke ohiyacn srihkom lac sifacna.
- Eis mwe srihkasrak tukun lwen 5 liki pacl sahflah se ma kom muhta fototo nuh yurin mwet se ma wi COVID-19*, finnwe waengihih symptom yurum.

Nga kuh in eis kahsruh ohjac?

Ip luhn ono

- Pahngon daktuh lom
- Pahngon 9-1-1 ke pacl in elyah (medical emergencies)



In ahkyohkye etwack lom, som nuhke hawaiicovid19.com/resources

* Acn in orekma, lutlut, kuh u sahyac sahp ac oasr kuhtuh pac kain in oakwuck sahyac ma elos enenuh in ukwe.

Ohfuhs luhn Health tiac wi oraclah lwacta in ahkmwesahsyaloh (clearance letter) elos suc srihyucklac ke lusen pacl se (isolation).

Acn in orekma tiac enenuh in eis mwe ahkkahlwemye lah sie mwet orekma tiac wi COVID-19 kuh . sie lwacta sin daktuh tuh mwet orekma in fohlohlklac orekma fin el ahkfalye oakwuck nuhkewa nuhke srihyuck lac luhn mwet se.

Ohfuhs luhn Crisis Support, Mental Health kuh Substance Use Treatment Services

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

