

Pworous Fan Iten Ekkewe Chon Fiti Sukulen K-12 Mennip Ika Ra Pwal Expose seni COVID-19

Itan emen mi kan Expose

Iten ewe Sukul

Ineet ewe a Fis (Ran)

Aua mochen om kopwe silei pwe mennip ka kan expose seni emen mi kan wor semmwenin COVID-19 lon sukul.

Atun om kuwarantin lupwen ka expose, inamwo ika fan fite ka angei are kese angei ewe oppos, ese kon lien lamot.

Met weween?

Ka tongeni chuen fifiti sukul inamwo ka pwari esisenen ekkewe semmwen are ka test positive fan iten COVID-19. Weween ika emen a expose, a aiti ngeni kich pwe ewe emen mi kan wor COVID-19 esap weween pwe epwe wesewesen wor semmwen mi chou. Lape ngeni ekkewe [minen research ika study](#) a pwarata ngenikich pwe lon sukul ese kon chommong mi kan eani nge a ekis osukosuk lap seni ekkoch lukun aramas mi kan eani cheufetalin ei semmwen inamwo ika fan fite ra kan akachocho le ataelo ei osukosuken semmwenin covid.

Kopwe alleasochisi ekkewe kapasen emmwen seni public health fan iten ach sipwe ti seni COVID-19 an esap cheufetal lon imwach me lon sukul

Ekkewe Pesepes seni Public Health

- Kopwe test lon ukukun 5 ekkewe ran mwirin ka kan fiti emen mi kan wor COVID-19, inamwo ika kese semwen.
 - Kopwe aea self-test kit **are**
 - Kopwe kutta ekkewe leeni mi kan wor test:
 - COVID-19 [County Testing Prokrams](#)
 - [Community-Based Testing Sites fan iten COVID-19](#)
- Cheki ika mi wor esisenen om kewe semmwen
 - Ika ka eani och semmwen, kopwe mwittir kuwarantin me test fan iten COVID-19.
 - Ika ka test positive, mi lamot kopwe kuwarantin lon ukukun 5 ekkewe ran. Kopwe aea ewe an CDC [Quarantine and Isolation Calculator](#) fan iten kopwe silei ifa ukukun ttamen mi lamot om kopwe kuwarantin.
 - Kopwe kekkeri om we pcp ika tokter ika ka ekieki are meefi pwe mennip kopwe fokkun semmwen seni COVID-19. Mi wor [alillis lon pekin safei](#) mi suuk ngenikich.
- Ika mi wor om kewe kapas eis me ekkoch pworous ka mochen silei ka tongeni totaa won <https://hawaiiicovid19.com/translations/> fan iten om kopwe angei emmwen mi kan suuk ngenikich lon fosun fonuom mi kan wor 21 sokkopaten fos.
- Ka tongeni kekkeri ewe Mwu are Hawai'i State Department of Health lon (808) 586-8332 ika mi wor om kewe kapa seis.