

Mwe Ahkkahlwemye Fin Sahp Kom Sun Mwet Mas Nuhsin Lutlut luhn K-12

Inen Mwet Se Ma Sahp Sun Mwet Mas Sac

Inen Acn in Lutut

Lwen ma Sun Mwet Mas

Konweyuckyak lah sahp kom sun sie mwet ma wi mas luhn COVID-19 ke acn in lutlut lom.

Kom tiac enenuh in muhta ke quarantine finnwe kom eis kuh tiac eis fakfek in kohsrkohsr.

Meac kalmac?

Komw kuh na in tafwelah wi lutlut, pwacna fin muhtwacwack in oasr symptom lom kuh kom eis mwe srihkasrak tuh kahlwemack lah kom wi COVID-19. Ke sahp kom sun sie mwet ma wi mas luhn COVID-19, tiac kalmac pa kom ac weack mas. [Study pucspucs](#) ahkkahlwemye tari lah fahsrelihk luhn mas inge ke acn in lutlut kwacna srihk liki kuh oacna mura ma eis kain in mwe kahsruh pucspucs in loangwelah mas.

Ukwe kahs in kahsruh ke ip luhn public health in kahsruh loangwelah fahsrelihk luhn COVID-19 in lohm sum ac acn in lutlut.

Kahs in Kahsruh luhn Public Health

- Eis mwe srihkasrak tukun lwen 5 liki paci sahflah se ma kom sun mwet se ma wi COVID-19 ah, finnwe wacngihih symptom lom ke paci sac.
 - Orekmakih self-test kit **kuh**
 - Konwack acn in eis mwe srihkasrak:
 - [COVID- 19 Program In Eis Mwe Srihkasrak luhn County](#)
 - [Acn In Eis Mwe Srihkasrak ke COVID-19 ke Mura](#)
- Tuni symptom lom.
 - Fin muhtwacwack in oasr symptom lom, sa na srihkom lac liki mwet sahyac ac eis mwe srihkasrak luhn COVID-19.
 - Kom fin eis mwe srihkasrak tuh weack mas, kom enenuh in srihkom lac ke lusen lwen 5. Orekmakih kuhfwen kahsruh se luhn CDC inge [Quarantine and Isolation Calculator](#) in liye lah puhtahka kom enenuh in srihkom lac sifacna.
 - Sramsram nuhsin daktuh lom ke paci na sa kom fin etuh lah kom ac masack upac ke srihpen COVID-19. Oasr [ono ma orekma wo.](#)
- Fin oasr kihsen siyuck lom sahyac, som nuhke <https://hawaiicovid19.com/translations/> in eis kahs in kahsruh ma oasr ke kain in kahs 21.
- Kom kuh in pahngon Hawai’I State Department luhn Health ke (808) 586-8332 fin oasr pac kuhtuh kihsen sahyac kom.