



# COVID-19

## HAWAI'I STATE DEPARTMENT OF HEALTH

### POW MA BACHNGULING NGA BINEEY CHAREAN K'AD

A **charean k'ad** qiir baab miniiq meey i'ooeboech weenagan nga COVID-19, ney naag ko falaay chathawal.

Baach matookeän ko 10 sug bachaaw ma laay pi [Wadul ma Matooyil Paawoq](#). A baabiyor qiir gaath gällabthir a charean K'ad paapaluw faqan theerek faak ea wuth baab charean baabiyor faa ba baabiyor.

#### **Magëy Thiinog**

Baap' gällabthir koebreq machaan a baabiyor's bälbäl ko matooyil nga COVID-19, Marbaaq ba diqiy bachngul yaed faak ea wuth weenagan ma ba diqiy charean yaed faak ea wuth nga pi baabiyor yae COVID-19 chael; ma yaed faak ea wuth weenagan (e.g., baas faa fadilaeg); falaay chathawal; bälbäl COVID-19 chael chathawal; ma maang ko baabiyoral gafaeliy deadeag (e.g., theerek maang).

Charean chiib theerek mat'aaw ma kiireq, giidiiq koebreq galongeag toer machaaq ma duguun i ney chagiy matooyil nga COVID-19.

#### **Baalyaang naag A Baqëg ko Charean K'ad nga Bungud**

- Miniiq baal' yae gimeed?
- Miniiq kuu riin gimeed koeth baat' yaein bineey dabung tabinaew?
- Kuu riin gimeed bacharwol nga baen faa baach?
- Kuu riin gimeed koeth baat' yae chaaq fadilaeg?
  - Baey damunmuun ma/faa chiich naag u a gurudiy, baar, guul, faa chaaq duugil?
  - Nameag yae chaaq faa faafeäl nga a gym faa kisae tafalaay?
  - Tuntun tabinaew faa pach u bineey bagbag faa fangiich tabinaew faa pach u chagiy bagbag?
  - Peeth a baab faa chaaq falaang faa baen gachowor?
- Kuu riin gimeed bacharwol nga u-baabiyor madil (e.g., salon, barber, toogtaa, tafalaay)?
- Kuu riin gimeed yaper u a cheeleeg yae chaaq faa baach baar baas?
- Kuu riin gimeed fangiich a muduugil faa paapaluwt u a baay ko liyoer (e.g. galaasyaa)?

#### **Bungud Giidiiq Gimeed Baey I'ooeboech Bachbach Yaed Yaed Bulbul Baey I'ooeboech**

##### **Weenagan Nga COVID-19**

Gimeed koebreq fongur, baabiyor, mayuguq l'oeg, faa f'oeth bineey k'ad. Baap naag u gochgooch. Faqan gimeed meel'eeg, maang pi [Tell Your Contacts](#) (Gapiinam Bineey K'ad) faang nga chiyuusaa naag f'oeths faa baabiyor nga bineey matooyil k'ad baap'.

#### **Thib nga Gaqar nga Bineey K'ad**

*"Hi. Geeg maduun nga bachngul nga gimeed baleayaa' baabaliy ruwaqthoel. Riin gimeed baey a baat'eag meenit' nga bachngul chap? Geeg boon toer ko COVID-19 dakean (madil). Gu firfirtiy baat' bilchigiy dakean (madil), ma geeg mak'il nga gofgofeag gimeed baap' chamcham yaed gimeed koebreq baap naag boon nga galongeag bineey tabinaew ma chaaq. Ney naag ko falaay chathawal, gimeed thingar baay ko chaaq faqan gimeed baey COVID-19. Gimeed thingar kuu baay faqan gimeed koebreq finm'ar ma suusun yaed gimeed baey COVID-19 ma riin daangaay buuth baey boon luug. Paer u tabinaew ko u baal' 5 bacihaaw, machiy a feal'-boeboey theerek ko 10 sug bachaaw badbaad baat' gimeed koebreq bachbach chaaq, deadeag ko gachimchim, ma baap naag boon 5 bachaaw bachaaw matooyil. Faqan gimeed baey badbaad deqer, pi Hawai'i Gaqar [Qaam ko Qubichiyaa](#) meey baagiy biibiy deqer ma daaw' tael dakean chagiy faang."*