

# Ka Manawa Kūpono E Ho'ohana I Kekahi Hō'ike Covid-19 No Ka Hale

Kāko'o nā hō'ike COVID-19 no ka hale iā 'oe no ka mea hō'ike iā 'oe ke loa'a ke COVID-19 no laila 'a'ole 'oe ho'olaha i nā kanaka 'ē a'e. Eia kekahi mau hanana a mana'o e kōkua iā 'oe me ke koho 'ana i ka manawa kūpono e ho'ohana i kekahi hō'ike COVID-19 no ka hale a he aha kāu hana ke loa'a iā 'oe ka hopena o kāu hō'ike.

He mau 'ōuli o ke COVID-19 kou.



'O nā 'ōuli ma'amau 'o ia ka piwa, ke kunu 'ana, ka nae, māluhiluhi, a 'eha ke kino.

Ua hele kokoke 'oe i kekahi kanaka i loa'a ke COVID-19.



E komo i kekahi uhi maka pukapuka 'ole 'ānō a e ho'ohana i kekahi hō'ike i 'elima mau lā ma hope o ka hele kokoke 'ana i kekahi kanaka i loa'a ke COVID-19.

Aia 'oe me kekahi kanaka i loa'a koke paha ke COVID-19.



E ho'ohana i kekahi hō'ike ma mua o ka hui 'ana me kekahi kanaka nāwali ai'ole kekahi kanaka pāma'i i ke COVID-19.

Makemake 'oe e hele i kekahi hanana ai'ole kekahi anaina.



E no'ono'o pono i ka ho'ohana 'ana i kekahi hō'ike ma mua o ka hele ana i kekahi anaina maluhale no kāu palekana.



**E ho'ohana i kekahi hō'ike COVID-19 no ka hale.**



**Inā he 'ae ka hopena o kāu hō'ike COVID-19 no ka hale:**



**E noho ma ka hale a e ho'oka'awale ma kahi 'ē o nā kanaka 'ē a'e no 'elima mau lā ma muli o ka loa'a ana i ka hopena 'ae o ka hō'ike.**

**Inā he 'ole ka hopena o kāu hō'ike COVID-19 no ka hale:**



**E ho'ohana i kekahi hō'ike hou i iwakāluakūmāhā - kanahākūmāwalu hola ma hope o kāu hō'ike mua, inā he 'ōuli kāu.**

## Inā he 'ae ka hopena o kāu hō'ike COVID-19 no ka hale:

### 'O ka manawa kūpono e ho'opau i ka ho'oka'awale 'ana:

- Ma hope o 'elima mau lā inā 'a'ohē piwa no iwakāluakūmāhā mau hola a ua loa'a iā 'oe nā 'ōuli 'ūpalu ai'ole ua loa'a 'ole nā 'ōuli.
- Ma hope o 'umi mau lā inā ua kū'o ai'ole 'o'ole'a kou mau 'ōuli a/ ai'ole he nāwali kou. E kama'ilio i kāu kauka no ka nū hou a'e .

Inā ua pau ka manawa o kāu ho'oka'awale 'ana akā ua ho'i hou ai'ole 'oi aku ka 'ino o kou 'ōuli COVID-19, pono 'oe e ho'omaka hou i ka ho'oka'awale 'ana mai ka lā mua. E ho'ohana hou i kekahi hō'ike COVID-19 no ka hale e hō'oiā'i'o 'a'ohē ma'i lele kou.

### 'O ka hana ho'omākaukau ma mua o ka pōpilikia:

Ma hope o kāu pau 'ana i ka manawa ho'oka'awale a 'a'ohē 'oe i nā 'ōuli, e komo i kekahi uhi maka pukapuka 'ole no 'umi mau lā inā aia 'oe ma kahi o nā kanaka 'ē a'e.

### 'O ka manawa kūpono e kāhea i ke kauka:

- Inā he kanaka pāma'i COVID-19 'oe a makemake i ka lā'au lapa'au.
- E hele i ke kauka 'ānō inā he mau 'ōuli 'o'ole'a kou e like me ka pa'apū o ka hanu 'ana ai'ole 'eha ka umauma.

## Inā he 'ole ka hopena o kāu hō'ike COVID-19 no ka hale:

Hiki ke loa'a ke COVID-19 inā he hopena hō'ole kāu. Ho'omau i ka hana palekana.

### 'O ka ho'omau o ka hana palekana ma mua o ka pōpilikia:

Inā ua ahuwale 'oe i ke COVID-19, e ho'omau i ka hana palekana nou a me nā kanaka 'ē a'e:

- E komo i kekahi uhi maka pukapuka 'ole no 'umi mau lā ma hope o ka ahuwale, pēlā i'o nō inā ua loa'a ka hopena hō'ole.
- E ho'ohana i kekahi hō'ike hou inā hele koke 'oe ma kahi o nā kanaka 'ē a'e, pēlā i'o nō me nā kanaka pāma'i.

E heluhelu iā CDC guidelines on COVID-19 exposure.

### 'O ka manawa kūpono e kāhea i ke kauka:

Inā ua mau ka hopena hō'ole o kāu mau hō'ike, akā mau nō kou mau 'ōuli COVID-19, e kāhea i ke kauka.