

# Ngac e fal kom in sifacna eis test nuhke COVID-19 lohm ah

Test se kom eis lohm ah an e kasre kom in konacack lah kom maskihn COVID-19 in kuh in kosreyuklac kom in tiac kitaclik nuhsin mwet ngiac ah. Pa inge ohiyac kuh mwe nuhnahk in kahsrüh sulacrah ah ngac ac fal kom in eis COVID-19 test an ac meac kom e oruh tukun kom eis results kuh ma sikyahk ke test lom an.

Oasr mwe akucl ma kom puhlah ke mas se inge COVID-19.



Inkaiyacn mwe ahkucl mwet uh puhlah uh pa folac mihsrihsr oana flu, cough, mahl, ulac ku tohtohlah, ac ngal mahno.

Kom fototo nuh yurin mwet se ma maskihn COVID-19.



Orekmakihn mask wo se ma e kuh in kosrekomlac ac som pahluh kuh eis test an ke inmahsrön len 5 tukun kom pulah muh kom fototoyang nuhsin met oasr mas se inge.

Kom pulah muh kom e fototo nuh yurin mwet se ma sensen in weack mas se inge COVID-19.



Eis test kuh pahlu an met liki kom osun kuh fototo nuh yurin met se ma Oasr mas upac in ikwac ma e kweok kac kuh ac upac nuhsin fin weack COVID-19.

Kom e fin plan in wi toeni



Srihke in eis test an met liki kom som nuh ke toeni ma orek luun lohm uh in muh kosraclah fasrelik lun mas uh.



## Eis COVID-19 test se ma kuh in ituck lohm an ah



Fin test se lohm ah ngen palyeyuck muh oasr yurum mas se inge COVID-19:



Muta lohm an srihkomlac liki mwet nuhkewa ke lusen len 5 tukun kahlwem muh kom positive kuh oasr mas se sum uh.

Fin COVID-19 test lom tuhkuh tuh wo kom tiac oasr ke mas uh:



Sifwil eis test an ke ao 24 nuhke 48 tukun test se oemet lom an, yohkna fin oasr mwe akucl ke mas an yurum.

## Fin test se lohm ah ngen palyeyuck muh oasr yurum mas se inge COVID-19:

### Ngac ac sahflah isolation kuh srihkomlac liki met nuhkewa lohm an uh:

- Tukun len 5 fin kom puhlah ma wacngihn ma kom puhlah ke lusen ao 24 ac fin fihsracsruh kuh wacngihnlac mwe akucl in mas se inge sum.
- Tukun len 10 fin puhlah lom ke COVID an upaclac ac/kuh oasr mas sum ma in tuh weang akupacyelac puhlah lom an. Sramsram nuhsin mwet lohm ono ah elos in usot kaksruh nuhsin.

Fin kom sahflah ke isolation kuh srihkomlac liki mwet nuhkewa lohm an uh sifwil folokohh ma kom puhlah an kuh upaclac enenuh kom in sifwil srikomlac ac muhtacwack na ke len se na kom puhlah ma ingen uh. Sifwilpac eis test nuhke COVID-19 lom ah an in liyac na piyac lah wacngihn infection yurum.

### Tafwelah ma ac karihngihnacng sie mwet:

Tukun wacngihnlac mwe akucl in mas se inge sum ac kom kuh in tilac srihkomlac liki mwet lohm an uh, orekmakihn mask se ma wo e kuh in kosraclah mas sen uh ke lusen len 10.

### Ngac kom enenuh in suk kaksruh nuhke hospital kuh yorol taktuh ma uh:

- E fin oasr elyah lom ma ac tuh oruh in sensen nuhsin in weack COVID-19 ac kom fin enenuh ono in kosraclah wet kuh virus.
- Sana soklah kaksruh lun taktuh ma fin oasr ma upac kom puhlah pa nuhke mahl kuh ngal iniwac.

## Fin COVID-19 test lom tuhkuh tuh wo kom tiac oasr ke mas uh:

E kuh pac kom in maskihn COVID-19 uh test lom an fwak muh wacngihn yurum. Oruh kewa ma public health oakiyac mwet se in oruh in kosraclah fasrelihk luhn mas uh.

### Tafwelah ma e karihngihnang sie mwet:

Kom fin weack COVID-19, tafwelah in karihngihnang sifacna ac mwet ngia ah:

- Orekmakin mask se ma e wo ac kuh in kosraclah ke lusen len 10 tukun kom weack mas, finne test lom an tuhkuh tuh negative.
- Sifwil eis test an fin kom e fototo nuh yurin mwet sahyac, yokna mwet ma e sensen in weack mas uh.

Ukwe CDC guidelines on COVID-19 exposure.

### Ngac e fal kom in sokol taktuh ma uh:

E fin kom srakna test tuh negative tuhsruk oasr mwe akucl ke COVID-19 yurum, sokol taktuh kuh nurse ma.