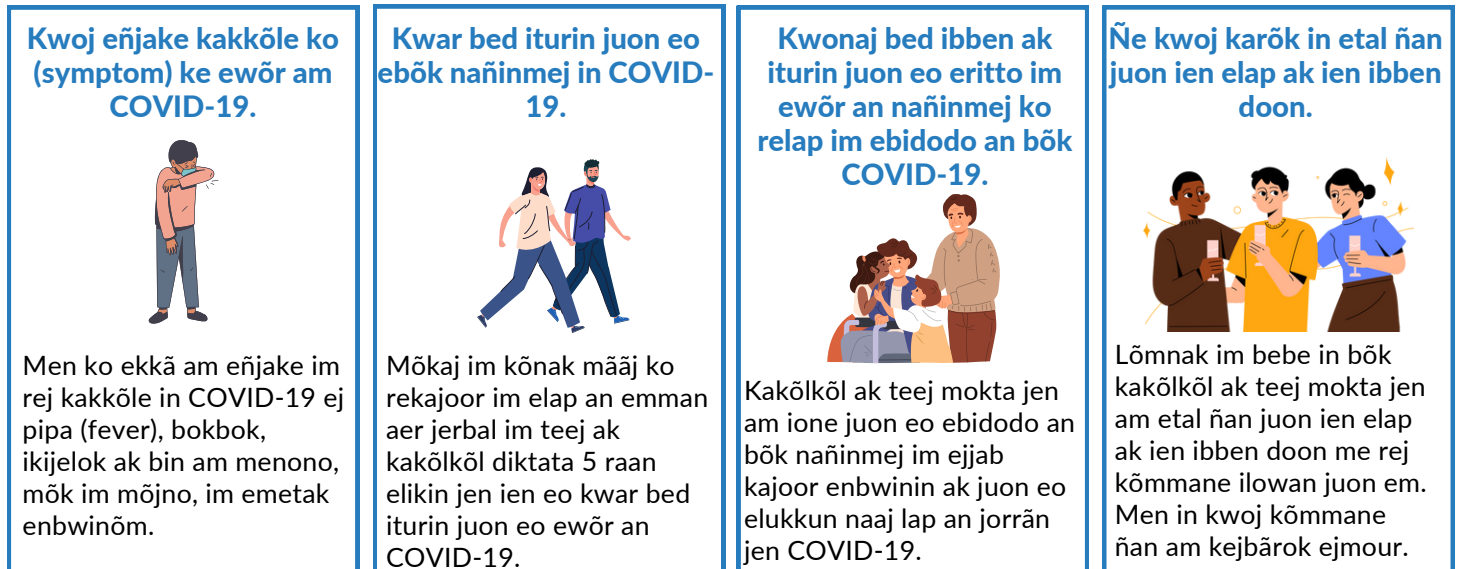


Ñãät Kwon Kajerbal Ilo-Mweo COVID-19 Teej Eo

Kein Teej ak kein kakölköl ko kwoj make kömmani ilo mweo imöm (At-home self-test) rej jibañ kalikar elañe ewör am nañinmej in COVID-19, bwe kwon maroñ böprae jen an ajededlok ñan ro jet. Erkien jet ian men ko rej walok ak kakköle ko kwoj aikuj etale ñan am jelã ñãät eo ekkar bwe kwon kajerbal kein kakölköl COVID-19 eo im ta eo kwon kömmane ñe ej alikar jemlokin kakölköl ak teej eo am.



Kajerbal kein teej ak kein kakölköl eo COVID-19 Ilo-Mweo Teej (At-Home COVID-19 Test)

Elañe teej eo kwar make kömmane ilo mweo imöm ej kwalok ke ewör am COVID-19:



Bed wöt imweo imöm im make lok iam jen ro jet ilo mweo diktata 5 ran jen ien eo kwar teej im lo ke ewör am COVID-19.

Elañe teej ak kakölköl in COVID-19 eo kwoj kömmane ilo mweo imöm ej kalikar bwe ejjelok (negative) am nañinmej in COVID-19.



Bar kakölköl im teeje iok make 24-48 awa elikin jen ien eo kwar kömmane teej eo moktata, elaptata ñe kwoj eñjake bwe ejañin lukkun emman am ejmour.

Elañe teej eo kwar make kōmmane ilo mweo imōm ej kwalok ke ewōr am COVID-19:

Ñāāt eo ej jemlok am make lok iam:

- Elikin 5 ran elañe kwar jab pipa (fever) iumin 24 awa im ejjab lukkun lap am nañinmej ak ejjelok kakkōle ko ke ewōr am nañinmej in elap.
- Elikin 10 ran elañe ear lap am nañinmej itok wōt jen COVID-19/ak emōjno enbwiniōm ñan tarinaeki nañinmej eo. Kennan ibben taktō eo am ñan bōk melele ko relaplok.

Elañe ejemlok ien am make lok iam bōtab kwoj bar jino eñjake am nañinmej in COVID-19 ak elaplok am nañinmej, kwoj aikuj bar jino make lok iam jen ro jet. Bar kakōlkōl ak teej e iok make kōn COVID-19 teej ñan am jelā ñe elukkun jako am nañinmej.

Wōnmanlok wōt im kejbārok:

Elikin an dedelok im jemlok am make lok iam im ejjelok ak ejako am nañinmej, kōnak im kajerbal määj ko rekajoor im elap an emman (high-quality) iumin 10 raan ñe kwoj bed iturin ak ebake armej ro jet.

Ñāāt eo kwon ak kwoj aikuj kūr juon taktō ak jikin ejmour eo:

- Elañe kwoj juon eo eritto ak ewōr juon an nañinmej elap im emaroñ kauwatata ñe kwoj bōk COVID-19 im ñe kwoj kōnan bōk uno ak wā ñan kejbārok bwe kwon jab bo.
- Mōkaj in etal im lo taktō elañe men kein me rej mōttan nañinmej in elap rej walok ñan kwe, ñe ebin am menono ak emetak ubōm.

Elañe teej ak kakōlkōl in COVID-19 eo kwoj kōmmane ilo mweo imōm ej kalikar bwe ejjelok (negative) am nañinmej in COVID-19.

Emaroñ wōr wōt mōttan nañinmej in ibbam meñe kakōlkōl eo am ej kwalok ke ejjelok (negative) am COVID-19. Wōnmanlok wōt im kōmman jabrewōt men kwomaroñ kōmmane ñan am kejbārok ejmour eo am.

Wōnmanlok wōt im kejbārok:

Elañe kwar bed iturin juon eo ewōr an COVID-19, wōnmanlok wōt im kejbārok iok make im armej ro jet:

- kōnak ak kajerbal määj ko rekajoor im emman aer jermal (high-quality) iumin 10 raan elikin am kar bed ebake juon eo ewōr an COVID-19, meñe kwar kakōlkōl im teej eo am ej ba ejjelok am COVID-19.
- Bar kakōlkōl ak teej ñe kwonaj bed ebake armej ro jet, elaptata ritto ro ak ro ewōr aer nañinmej ko relap.

Lor wōt naan in tōl ko an (CDC guidelines on COVID-19 exposure) ñan jelā kōn ta eo kwon kōmmane ñe kwar bed ijo ak iturin ro ewōr aer COVID-19.

Ñāāt eo kwon ak kwoj aikuj kūrlok juon taktō:

Elañe elōñ alen am teej im kakōlkōl eo am ej kwalok bwe ejjelok am COVID-19 (negative) ak kwoj eñjake wōt am nañinmej, kūrlok ak etal im lo taktō.