

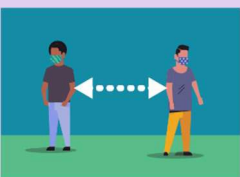
6 Ial ko Ñan Ājmour

[Jibañ kapōjrak an ajeeded COVID-19]



Kōnak (Wear) juōn kein penjān mejam ak māj

- Kōnak juōn kein penjān mejam ak māj ijoko elōñ armej ie.
- En jimwe am kōnake: en penjak loñiim, ʔotim, im jimwin ñiim.
- Kwale ālikin am kōnake.



Lale (Watch) joñan ettoḷokim ñan ro jet

- Pād 6 ne ettoḷok jen armej ro rejjab jokwe ilo ṁweo imōm.
- Ñe kwōj etetal ak kōmmourur, kwōn kōlapḷok kōta eo kōtaam im armej ro imāam.



Kwale (Wash) pāim

- Kōjberbal soap im den māññāñ.
- Kwale pāim ippān doon iumwin 20 second diktata.
- Kwale aolepen paat ko ilo pāim: ion pāim, tulik in pāimm, addin pāim, im addilep ko
- Kōjberbal hand sanitizer ñe ejjeḷok soap im den.



Irri im karreoik (Wipe) ioon men ko ilowaan ṁweo

- En emmakijkij karreoiki ijoko elap kōjberbali, āinwōt remote ko, cell phone ko, kein kōppeḷok kōjem ko, ioon counter ko, kein kune kaurur teeñki ko, im men ko jet.
- Kōjberbal kein karreo ko emōj an EPA-kōmālim kōjberbali.



Ijoko (Wide) elap lowaaer ak mellowaaer

- Kōmman bwe group ko im iien ippān doon ko en iiet jen 10 armej ie.
- Iakiakwe ro mōttam inabōj ijo elap lowaan ak mellowaan im emman mejatoto eo ie ñan emmenono.



Ājmour (Wellness): Diwōj im etal ñan ijoko jet wōt ñe kwāājmour 100%

- Pād wōt ṁweo imōm ñe kwōnañinmej, jekdoon ñe jidik wōt nañinmej ko kwōj eñjaki.
- Ñe kwōnañinmej, etal im taktō ippān taktō eo am.
- Call e 9-1-1 eḷaññe elap am nañinmej ak kwōdḷel.