

Ne'l rogon i ayweg ney

[Ngan ayuw ngan taleg e COVID-19 ni dab ki garar]



Mu opnguy (Wear) pe'thngum nge langam

- Mu opnguy pe'thngum nge langam u fithik e girdii ni yoqor.
- Mu'n nib fel rogon: nge mo'pung langam, pe'thngum, nge yichar'em.
- Ramu' mag maluknag.



Mu nop'ay (Watch) paa lafngin mew beq

- Mu tay ne'l e feet nga thilin mew beq ni gathi chongin e tabinaw rom.
- Faanra yibe yaen ara exercise, mag palog nigem boch ko cha'an nib mo'n rom.



Maluk (Wash) nag paam

- Ko soep nge raen ni bay bochi gawal riy.
- Mu gachigchiy paam u lan raliw e second.
- Maluk nag paam nib fel rogon: lan paam, rifrifen paam, bugliy paam, nge bugul nib gaa.
- Mu use nag e hand sanitier faanra dariy e soap nge raen.



Mu falay (Wipe) daken yu yang i banen

- Mu kiln nag e pine'n nib tama maath ngay, bod e remote, cell phone, ggin ni ma bing e maab riy, daken e counter, switch ko magal, nge ku boch banen.
- Mu fanaq mem'en e kiln ni keyog e EPA e kafel ngaq.



Yu yang i (Wide) banen nib gaa yang

- Moolung fa madaq e dabi yoqor ko ragag e girdii.
- Mudaq nag e fagaer u banen ko yu yang i nen nib maab ma be yaen e nifeng riy nib fel rogon.



Rogon i ayweg ney (Wellness): Ngam chuw u tabinaw faanra rib fel rogom ni 100 pacent

- Paer u tabinaw faanra gab maar, demtrug faanra ba waer e maar rom.
- Faanra gab maar mag guy e togta rom.
- Mu denguwa nag e 9-1-1 faanra gab ubchiyaq.

Mu paer ni gab naab ko mang e be buuch:
<https://health.hawaii.gov/coronavirusdisease2019>