

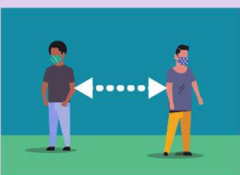
6 sakkun ngeni pechakul

[Alilis ren awukala fetalfeilen ewe COVID-19]



Eaea (Wear) ew pwalipwelin mesom

- Eaea ew pwelipwelin mesom lupwen ka nom lon leni mi chomong aramas lon.
- Eaea eochuni: pwaluela awom, pwotum, me ngachom.
- Sopuni murin eom eaea.



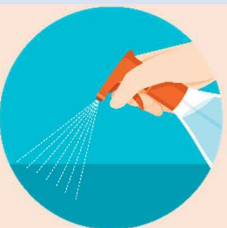
Nengeni (Watch) taman lefilom

- Kopwe nom esapw kis seni 6 fit lefilom seni ekkena aramas resapw ir chon nom lon imwom.
- Ika pwe ka fefetal ika taiso, iwe kopwe nien atemala lefilom me ekkena aramas ika pwe ka nom wenecharen murir.



Talu (Wash) paum

- Eaea sop me chanupwich.
- Telu paum ren esapw kis sen 20 seken.
- Telu unuselapen paum: lon paum, lukun paum, awutum, me awutulapwom.
- Eaea ekkena hand sanitizer lupwen sop me chan ese wor.



Limeti (Wipe) leni me fan

- Limeti ekkena leni remi eaea iteitan, mi usun remotes, cell phones, amwachen asam, won counter, afichin lam, me pwal ekkoch mettoch.
- Kopwe eaea ekkena pisekin limelim mi mumuta seni EPA.



Wate (Wide) leni mi suuk

- Kopwe awukuku chon mweich fengen pwe epwe chok kis seni 10 aramas.
- Kapwong ngeni atongom me lukun me pwal wate suukulon ekkewe leni me pwal asepwel mi pwal feilioch.



Apechakul (Wellness): Kopwe chok touou lukun ika pwe ka pechakul 100%.

- Kopwe nonom lon imwom ika pwe ka mefi semau, ika mo asosotun semau mi chok kisikis.
- Ika pwe ka semau, kopwe chula ngeni noum we dokter.
- Kori 9-1-1 ika pwe eom kewe sosotun semau ra fakkun lapengaw.

Chuukese

Ren eom kopwe sisilei: <https://health.hawaii.gov/coronavirusdisease2019>