

Makoko in bōk jermal ko rej lewaj

Emaron jab teru jibañ in bōjrak jermal ko am elañe kwōnaj makoko in bōke jermal eo ekkar. Kwōj aikuj ripoot kin jabdewōt jermal rej lewaj im kwōj makoko in bōke ilo ien am lelok claim im aikuj wōr am wun emmon in jab ebōk jermal eo ekkar.

- **Jermal ekkar** ej einwōt im ekkar ñan katak in kaminene ko am moktalok, jermal ko kar am, jikuul, ejmour, kejbarok im jimwe ko am.
- **Wun emmon** enaj kōmman ilo ien ewōr juon am make wun im ewōr tōkjen kin am makoko in bōk jermal eo rej lewaj.
- **Calim in koot** rej walok ilo ien kwōjelā am jab letōk melele, ekoba makoko in jermal, ilo ien am claim jibañ.

An kajojo armij ripoot kin jermal ko rej lewaj

Kwōj aikuj ripoot kin am jab bōk juon jermal rej lewaj, kin jabdewōt wun, ilo claim in bōjrak jermal am aoleb wiik. Bōtab, ñe ewōr am “wun emmon” in jab bōke jermal eo, emaron wōr wōt jibañ ñan kwe.

Kim naj jilkinwaj juon beba in kajitōk ko ilo mael ak eServices. Waanjoñok in jet kajitōk ko rej:

- Ta wunin am makoko in bōk jermal eo?
- Raan ta eo rar lewaj jermal eo?
- Ta wāween eo rar lewaj jermal eo? (ilo talebon, email, ak juon letā)
- Kwōj ke maron tōbrak ñan kain jermal eo rej lewaj?

Ñe kwōj ebōk jibañ ilo ien eo kwōj makoko in bōk jermal eo, kim naj woñmaanlok in kollaiki jibañ ko an kajojo wiik ilo amim lale an woñmaanlok am maron tōbrak ñan jibañ ko an bōjrak jermal. Kim naj aen jibañ ko rejab kar aikuj tōbrak ñe kim naj loe tōkelik kwar jab maron tōbrak.

Jermal eo ekkar

Kim ej watōke jermal ej “ekkar” ilo ien ej einwōt katak in kaminene eo moktalok, jermal eo am kar moktalok im jelālokjen. Ilo ien renaj lewaj juon jermal, kwōj aikuj kajitōk ibbam make:

- Ewōr ke aō iminene in kōmmane jermal eo?
- Ijellokun katak in kaminene kin jermal eo, ij ke aikuj bōk katak in kaminene ak jelālokjen eo elablok ñan aō kōmmane jermal eo?
- Emōj ke aō kar kōmmane kain jermal in moktalok?

Kim naj bar lomnake joñan uwōta eo ekoba ñan ejmour, kejbarok, im jimwe ko am ilo amim lale elañe jermal eo ekkar. Ilo ien juon idin jorrāān kin public health, kim naj bar lomnak kin joñan uwōta in jermal eo rej lewaj ñan ejmour eo an armij ro rej jokwe ibbam.

Wun emmon

Ejab watoke jermal ekkar ilo ien ewōr “wun emmon” in makoko in bōke juon jermal. “Wun emmon” ebañ kōmman elañe enaj walok ke ewōr am make wun im ewōr tōkjen am makoko in bōk jermal eo.

Waanjoñok:

- Ñe 65 am yiō im rūttolok ak emōj watōke kwōj bed ilo joñan uwōta eo elab jen [Centers for Disease Control and Prevention, CDC](#) (ilo Kajin Belle) ilo ien idin jorrāān eo an public health.
- Kwōj jokwe ibben juon eo emōj watōke elab joñan uwōta ñane.
- Ewōr uwōta in jorrāān ilo jikin jermal eo.

Ilo ien eo ewōr am wun emmon in makoko in bōk jermal eo ekkar, jet wun ko renaj kōmman amim kajitōk am maron jermal.

Kwōjab maron jab jermal im bōk wōt jibañ ko kin wun ko einwōt:

- Elablok am bōk jen jibañ eo an bōjrak jermal jen ilo jermal eo rej lewaj.
- Kwōjab kōnaan jermal.
- Ewōr am inebata kin am rool ñan jermal, bōtab ejellok am bar juon wun eo juon emelim ñan am makoko in bōke.
- Ejab emmon ibbam jermal eo rej lewaj jekdon jermal eo ekkar.
- Kwōjab kōnaan jañiji kain jermal eo am.
- Kwōj jikuul.
- Kwōj rool ñan jermal eo am ekkā, bōtab kwōjab jelā ñaat.
- Kwōj kōttar an juon jikin jermal eo oktak lewaj juon jermal.

Jikin jermal ko ewōr uwōta ñan jorrān

Jikin jermal ko ilo Washington rej aikuj loor [mennin aikuj im melele in kajinet ñan juon jikin jermal eo ewōr kejbarok jen Centers for Disease Control and Prevention \(CDC\)](#), state [Department of Labor and Industries an states](#), im [Washington State Department of Health](#)([link ko ilo Kajin Belle](#)).

Ñe kwōnaj makoko in jermal kin juon inebata in kejbarok ilo jikin jermal, kim naj etale elañe ewōr kar uwōta ko ilo jikin jermal eo. Renaj lomnak kin melele ko jen armij ro rej claim im jikin jermal ko jimor, im bareinwōt kakien ko ikijen uwōta an state im federal.

Rejab watōke jermal ekkar elañe jikin jermal eo ej makoko ak jab maron lelok juon jikin jermal eo ejellok uwōta, einwōt aikuj ilo kakien im melele in kajinet an state ak federal. Ewōr an jikin jermal ko eddo in kamool ke ejellok uwōta ilo jikin jermal ko im rej loor kakien im melele in kajinet kin ejellok uwōta ilo jikin jermal ko rekkar.

Claim in koot

Jabdewōt armij eo ej bael claim an kajojo wiik aikuj lukkun kamool elañe emōj lelok juon aer jermal. Ilo ien am kōjella kim ke emōj lewaj juon am jermal, kim naj lewaj kajitōk ko ñan kwe im jikin jermal eo am ñan lale elañe kwōj maron tōbrak wōt ñan jibañ ko an bōjrak jermal. Emōj watōke koot ñe kwōjelā am dabdeb melele jen kim, ekoba am makoko in bōk juon jermal rej lewaj.

Ta ko remaron walok ñan claim in koot.

Am jelā in likjab in ripoot kin jermal eo ejimwe im wonnam, am maron jermal, ak wunin an bōjrak am jermal emaron jemlok ilo an jab tōbrak jibañ, bar rool waj kolla in jibañ ko, bakkin ko im maron ion kaje ko kin rubrub kakien ko relab.

Baele juon jumae

Ewōr am maron in baele juon jumae elañe kwōjab errā kin jemlok eo ear kōmman ikijen jibañ ko am ikijen bōjrak jermal. Waanjoñok in jemlok ko kwōmaron jumae emaron koba:

- Elañe ewōr am wun emmon in makoko in bōke juon jermal.
- Elañe ekkar juon jermal rej lewaj.

[Bōke melele ko relabok](#) (ilo Kajin Belle) kin jumae ko kin jibañ im wāween am lelok.