

Novel Coronavirus Disease COVID-19

Ewe Semwenin Coronavirus COVID-19

What is COVID-19?

COVID-19 is a respiratory illness caused by a new, or "novel" coronavirus. Coronaviruses cause respiratory illnesses, such as the common cold.

Met COVID-19?

COVID-19 ew semwenin aweiresi fetanin ach ngasangas ren ei minafén ménun semwen itan Coronavirus. Coronavirus a asenipa semwenin weiresin ach ngasangas, usun chék itá epwe mátter ren mwor, méngépwot me pwichikar.



How does it spread?

COVID-19 spreads through droplets from sneezes and coughs. It also spreads through close contact with others, including handshakes and sharing food or drinks.

Ifa usun an chéunó me napenó?

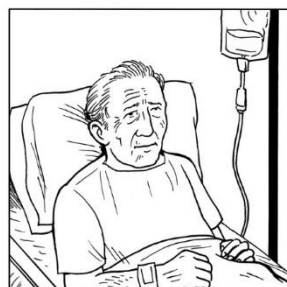
Covid-19 a tongeni chouno me napeno ren an sa non chochonun ach mwesi me nau. A pwan tongeni napeno ren kan fengenin fitemon aramas, awewe ren kapong fengen won pour achuchu won mwongo me minen ka.

What are the symptoms?

The main symptoms of COVID-19 are fever, coughing, and shortness of breath. Some people also experience body aches and a sore throat.

Ikefan ekkewe asisinin ei semwen?

Ekkewe asisinin ei semwen Covid-19 a wor pwichikar, mwor me ngasechin. Ekkoch ir mi pwan mefi metekitek non inisiir me metek non chiorer.



Who is most at risk?

Older adults, people of any age who have other medical conditions, and pregnant women may be at higher risk for severe illness from COVID-19.

Ion epwe mwutir ngeni an tori ei semwen?

Ekkewe iir ra mwukono, ekkewe iir mi pwukun wor ar semwen ese pwan nifinifin nefonguur me ekkewe fefin iir mi pwopwo. Ikkeiir ekkei a tongeni chouitiir ei semwen fansoun a toriir.

To request this document in another format, call **1-800-525-0127**.

Deaf or hard of hearing customers, please call **711** (Washington Relay) or email civil.rights@doh.wa.gov.

Ren omw kopwe angei ei toropwen esinesin pwan non ewoch napanapan, kokori 1-800-525-0127

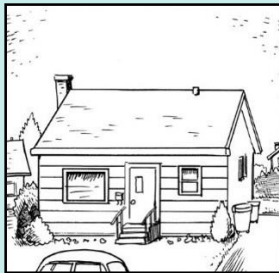
Ren chon anisi iir mi seningepung ika weires ar rongorong, kokori 711 (Washington Relay) ika email civil.rights@doh.wa.gov.

Protect yourself and your community.

Tumwunueochuk me chochon non neniomw

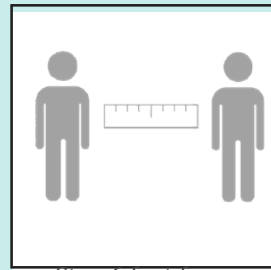
Stay home as much as possible. Especially if you are sick.

Nonomw chok non imwomw ika pwe mi tufich. Napenon ika pwe en mi semwen.



Going to work or the grocery store?

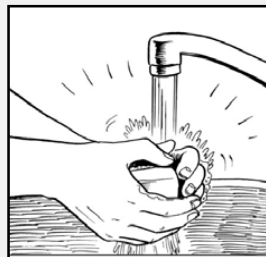
Kopwe no ngeni angang ika non sitowa?



Stay 6 feet from others.
Epwe 6 fiit towawen nefinomw seni



Wear a facemask.
Mesemeseta ekkewe opwonun won mas.



Wash your hands.

Tonu poumw



Use hand sanitizer.

Aea ekkew totonun bau



Cover your coughs and sneezes.

Pwonu awomw fansoun ka mor me mwesi



Clean surfaces in your home.

Nimetocho won ekkewe nenian me non imwomw



Call before you go to the doctor.

Koko ne nwan kopwe no ren tokter



Don't touch your mouth, nose or eyes.

Kosapw atapa awomw, pwotumw ika mesomw

Call 9-1-1 if you experience the emergency warning signs of COVID-19.

- Trouble breathing
- Ongoing pain or pressure in the chest
- Sudden confusion
- Being unable to respond to others
- Blue lips or face

Kokori 9-1-1 ika a toruk ekkei esisinin me sainan ei semwen COVID-19.

- *Weires ne ngasangas*
- *Metekitam me weiresin fan mwarum*
- *Osukosuk non mokuromw*
- *Kese chuen tongeni fos ne ponueni chon fos ngonuk*
- *Enuaraw won tinawomw me won mesomw*

For other COVID-19 concerns, call your healthcare provider.

Ren pwan ekoch porousan COVID-19 omw mwochen sinei, kokori noumw kewe chon sasafenuk

Visit [DOH.WA.GOV/Coronavirus](https://www.doh.wa.gov/Coronavirus) or [Coronavirus.wa.gov](https://www.coronavirus.wa.gov), call 1-800-525-0127 and press # for interpreter services, or text the word "Coronavirus" to 211211 for more information.

Katon ei peich DOH.WA.GOV/Coronavirus ika Coronavirus.wa.gov, kokori 1-800-525-0127 iwe ikatiw # ren chon awewe ngonuk non fosun fonuomw, ika makei ei fos iwe ka teksini (text) "Coronavirus" ngeni ei nampa 211211 ren pwan ekkoch porous euchoa.