

# Wā in COVID-19: Katak Melele ko Remool ñan am Kejpārok eok im Bōbrae Ro Jet

Community Workshop Leader Guide eo kin Wā in COVID-19





# Arkansas Department of Health

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Iakwe Ri-Tel Ro an Jukjukinbed in,

Kommol kin am kommane workshop in wā in COVID-19 in ñan kwalok kin wā in COVID-19. Einwōt am jelā, armej ro ilo bukōn in ad elap aer kar eñtaan kin coronavirus kāäl in ekar walōktok ilo Arkansas ilo jinoiñ iiō in 2020. Mour kein ad im jukjukun bed ko ad emōj aer bed ilo jorren ilo elōñ wāween ko kōjwoj ejjein kar loe. Elōñ ro mōttam, ro ilo baamle eo am, im ro ri-tūrim emōj aer bōke COVID-19. Elap ad buromōj bwe kwōmāroñ in jelā juōn bwebwenato kin wāween an COVID-19 kāäl in ekar jelōt nañinmej ko rellap ak mej.

Iümin elōñ allōn ko kōjwōj ar katak kattolók kōj jen dron im kwal peid (bwijin allen!). Ekar jibañ, bōtaab ejjab bwe an jibañ. Ñan bōk jidrik kakije jen COVID-19, kem ar kömmaneelōñ mōttan ko ñan kwalok juōn “solution puzzle”. Wā in COVID-19 in ear juōn mōttan eo ekar jako, tok ñan kiō. Ilo aō jāiki menin, rijerbal ro an ejmour ro rej line ñan aer bōke wā in.j. Elañe enaj jejjōt ien eo innem enaj elukkun lap an aurōk ñan ro ilo jukjukun bed eo bwe ren bareinwōt bōke wā ko aer.

Einwōt am jela, elap an lōñ kajjitōk ko kin wā in COVID-19. Toolkit in ear kōmman ñan ro einwōt kwe- im rej kōnaan jibañ jukjukun bed eo am ilo am katakin er kin wā in. Enaj jibañ eok uaaki kajjitōk ko am make im kajjitōk ko rej itok jen jukjukun bed eo am. Jerbal eo am einwōt juōn ritōl ñan jukjukun bed eo am elap an aurōk ilo torein. Ilo am rōjañ ej r juōn mōttan “solution puzzle” in. Kommol kin am jolok am ien ñan kömmane ekkatak in ñan jukjukun bed eo im ilo am juōn mōttan uaak eo nan jukjukinbed in.

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## Ta unin bōk eddoin workshop in wā in COVID-19?

Workshop in wā in COVID-19 ej juōn ien kwelok kōtaan kwe im jukjukun bed ko ekārere size i er. Workshop in ej 30 ñan 60 minit aitōk in. Ilo am kōjerbale toolkit in, kwōnaaj jeer ie jet melele ibben ro uwaan jukjukun bed eo am kin wā in COVID-19. Katōbar eo ej ñan jeer ie melele ko im:

- **Ejimwe.** Melele in ar kamālim jen tijemlok ro an public health ekoba taktō ro. Melele kein ilo guide eo an jukjukun bed ko (Wā in COVID-19: Katak kin Melele ko Rejimwe Ñan Am Kejpārok im Bōbrae Ro Jet) im Guide in ñan Ritōl ro ej tok jen jikin jerbal ko einwōt Centers for Disease Control and Prevention (CDC) im U.S Food im Drug Administration (FDA).
- **Population-specific.** Jekar kenono ibben bwijin armej ilo Arkansas ilo ad kar kōmmane kein katak in. Koba rijerbal ro ilo jikin ājmour, tijemlok ro ilo public health, ritōl ro an jukjukun bed ko, im ro jet jokwe ilo jukjukun bed ko. Kem ej lelok toolkit in ilo 3 kajin:
  - Pālle
  - Spanish
  - Majōl
- **Letok Kajoor.** Kein jerbal kein renaaj uaaki kajjitōk lōñlōñ ko an ro rej mōttan jukjukun bed ko ikijien wā in COVID-19:
  - Kōmman am lemnak ikijien bōk wā in COVID-19; ak
  - Kenono ibben taktō eo am im bōk bar jet melele

## Orientation ñan Leader Guide

### Unin book in

Unin Guide in an Ritōl ro ej ñan lewaj aolep melele im naan in rōjañ ko kwōj aikuji ñan bōk eddoin workshop in wā in COVID-19 an jukjukun bed ko. Enaaj kōmelele wāwein am:

- Kūrwaj armej ñan workshop in
- Kenono kake wā in ilo am kōjerbal kein kenono ko reaurōk, Community Book ko emōj printi (Wā in COVID-19: Katak kin Melele ko Rejimwe Ñan Am Kejpārok im Bōbrae Ro Jet), im juōn presentation slide eo im ej am wōt pepe ñan lale
- Uaak kajitōk ko rejjab bed ilo Community Book in

### Wāwein an kein katak kein kōmman

Kein katak kein ñan wā in COVID-19 workshop in, koba guide in, rar jino kōmman ilo January 2021. Jemāroñ update ekkar ñan ta ko jenaaj bar jela kake kin COVID-19 im wā in. Jouj im lale <https://www.immunizear.org/let-s-talk-about-covid-vaccine> ñan download version eo ekāāl tata in kein katak kein aolep ien kein kwoj bōk eddoin juōn workshop. Menin enaaj jibañ kalikkar bwe kwōn lelok melele ko rekāāl tata ñan ro uaan jukjukun bed ko.

### Wāwein im ñaat ñan tōbare kem

Jekōnaan roñ jen kwe! Kwōj juōn ian ro elap aer aurōk in team eo rej jerbal in control COVID-19 ilo Arkansas. Jouj im kūrtok kem elañe:

- Ālikin am ready kein katak kein, ekabdre lōñ am kajitōk ikijien am bōk eddoin workshop in wā in COVID-19 in.
- Ro rej bōk konaer ilo jukjukun bed ko rej kajitōk kajitōk ko me jej aikuj kobaikilok ilo jikin FAQ eo ilo Leader Guide in.
- You have other ideas to improve these materials. Ewōr am bar jet idea ñan kōkōmanmanlok kein katak kein.

Elañe elõn am kajjitõk ko ikijienin COVID-19 eo ak kin wã eo, komaroñ in kürlok Arkansas Department Health eo:

- Etal ñan: <https://www.healthy.arkansas.gov/programs-services/topics/novel-coronavirus>
- Call: 1-800-803-7847
- Email: [ADH.CoronaVirus@arkansas.gov](mailto:ADH.CoronaVirus@arkansas.gov) or [Immunization.Section@arkansas.gov](mailto:Immunization.Section@arkansas.gov)

## Ewi wāwein ao aikuj in plan ñan workshop in wā in COVID-19?

### Lemnak elañe workshop eo am enaaj virtual ke ilo in-person

#### Workshop ilo in-person

Elañe workshop eo am enaaj ilo in-person, kālete juōn jikin eo kwōmāron loori aolepen guideline ko an public health. Lelok melele ñan ro rej bōk konaer ñan jiban er loori guideline kein:

- Kōtlok jab driklok jen 6 nee kōtaan armej ro.
- Lelok supply im rōjañ ikijien kwalkwōl pā
- Kōkalle kōjem ko kin sign ñan kakememej armej bwe ren ekōnak mask im jab bed elañe rej nañinmej.
- Lale ibben Arkansas Department of Health ñan kalikkar ke kwōj anōke aolepen kōmelele ko.: <https://www.healthy.arkansas.gov/programs-services/topics/covid-19-health-guidances>.

#### Virtual workshop

Elañe workshop eo am enaaj virtual, kālet platform eo emman tata ñan group eo am. Elañe ewōr kadredre am regular kwelok ilo virtual ibben group eo am, wōnmaanlok einwōt am kar kōmmane tok ñan kio. Erkein ej jeijo virtual platform komāroñ kālet jeni im link ko ña tutorial ko. Kalikkar bwe kwōn kālet juōn eo me ekkar ñan aikuj ko an workshop eo am. Compare feature einwōt joñan aitok in, laptata jete joñan armej ro rej bōk konaer, im elañe rej kōmālim am kwaloke screen eo am elañe kwōj lemnak in kōjerbale slide presentation eo.

- [Zoom](#)
- [Google Meets](#)
- [Facebook Live](#)

### Jino kappojak (2 week ak lōñlók mokta jen workshop eo)

- Kōmman alikkar kin ñaat im awa eo ñan workshop eo.
- Bukōt ro rekōnan bōk konaer.
  - Emman tata elañe kwōj kappok ro me rej kadredre lemnak in koba ibben dron. Waanjoñak ko ej einwōt kwelok ko ilo mōn jar ko im community education session ko.
  - Elañe kwōj aikuj kadreelel jerbal in:

- Kōjerbal waanjoñak in naan kein ñan mōn jar ko ak social media eo an drouloul eo im kobaiki melele ko an event eo am.
  - *"Kom ej aolep ruwānene tok ñan juon virtual ibben dron jotenin Wenje ilo 7:00 p.m. Kem enaaj koba ibben dron ilo Zoom ikijien adwōj kenono kake wā in COVID-19 EO. Workshop in ej ñan aolep. Itok im bōk melele ko im uaak ko rejimwe ñan kajitōk ko am. Elañe kwōj itok limo im, jeje itulal ak jeje tok ñan ña im inaaj jilkinwaj link eo ñan meeting in."*
  - Kwōmāroñ bareinwōt kōmman pepa ñan am likiti ilo mōn jar ko, mōn wia ko, ak ijōko jet armej remāroñ etal ñan ie. Kalikkar bwe kwōn kobaiki melele ko kin workshop eo am: ñāāt, awa, im ia (ak virtual platform), im kilen tōbare eok kin sign up.
- Lale aolepen kein katak ko an workshop eo.
- Read Leader Guide im Community Booklet in.
  - Ekatak script eo. Kwōnaaj emman lak am kwōn elañe kwōj katak.
  - Kajitōk aolep kajitōk ko emāroñ wōr am. Kajjeoñ lemnak ikijien kajitōk ko an ro rej bōk konaer māroñ kajitōki im pojak in uaak joñan wōt am māroñ. Melele ko ikijien wāwein tōbare kem ej bed ilo jinoi Leader Guide in.
- Kobaiki aolepen jikin jipaň ko. Jeiki melele kein lak imaan im pojak im jaketo jaketak ilo ien workshop eo. Local resource ko elap aer jiban ekoba:
- Naan in kamool ko jen ro rej jokwe ilo bukwōn eo im emōj aer bōke wā in. Menin enaaj jibañ kōmman bwe enaan kein ren etal ñan aolep armej.
  - Jikin ko ro rej bōk konaer remāroñ tal ñan bōke wā in. Men kein emāroñ koba jikin kauno ko, hospital ko, im local unit eo an Arkansas Department of Health eo am. Ñan kajojo jikin ko, lelok et eo etam, atoreej eo, im talboon nōmba eo.
    - Ñan bukōt jikin kauno eo am, lale lok <https://www.arrx.org/>.
    - Ñan bukōt local health unit eo am, lale lok <https://www.healthy.arkansas.gov/local-health-units>.

■ Lemnak wāwein am naaj jaketo jaketak kein katak kein ibben ro rej bōk konaer mokta jen workshop eo. Ekoba Community Booklet in im printed local resources page eo am, elañe kwar kōmmane juōn. Jet ekāleelko rej:

- Ektak: Jitōñlok ro rej bōk konaer ñan juōn jikin im awa eo remāroñ ektak kein katak kein.
- Mail: Jilkinlok kein katak kein imaanlok bwe en tōbar rein rej bōk konaer mokta jen workshop eo.
- Participant Download: Rōjañ armej bwe ren download aer make Community Booklet ilo <https://www.immunizear.org/let-s-talk-about-covid-vaccine-mar>.
- Download im Post: Download Booklet in im likiti ilo local resource page eo am ñan social media site ak ilo chat box eo ilowaan virtual workshop eo am.

## Wōnmaanlok im kappojak (1 week mokta jen workshop eo)

■ Kapooje virtual space eo am.

- Kamineneiki eok ilo virtual platform eo kwōnaaj kōerbale im setting ko an. Lemnak ewi wāwein am kōnaan kenono ibben ro rej bōk konaer ilo ien workshop eo. Ñan waanjoñak, kwōkōnaan ke bwe ren unmute er make ñan kajjitōk kajjitōk ko rej walōñtak, ak kwōkōnaan ke bwe ren jilkinwaj kajjitok ilo chat box eo? Kōmmane juōn kwelok ibben ro mōttam im nukun im katak kake elañe emman ibbem.
- Jet kein waanjoñak in settings ko ilo Zoom im rekkar ñan kwelok in group ko. Elañe kwōj kōerbale bar juōn virtual platform, lemnak setting ta kwōnaaj kōerbale. Ilo Zoom, etal ñan Setting im etale options ko ie:
  - Waiting room eo: ON. Ro rej bōk konaer reban māroñ dreloñe mokta jen kwe.
  - Aolep video im audio: ON
  - Mute aolep ro rej bōk konaer ilo ien aer kobawaj ilo kweilok in: ON. Remāroñ jab roñ er make im kenono ñe rej aikuj.
  - Chat ON. Kwomāroñ kōnaan likin private chat ilo OFF.
  - Kōmman ainikien notification ilo ien an juōn armej dreloñ ak driwōj: OFF.
  - Disable desktop/screen share ñan users ro: ON. Eban wōr tokjen an ro rej bōk konaer share screen ko aer ibben group eo.

- Non-verbal feedback im reaction an kwelok eo: ON. Ro rej bōk konaer remāroñ kōjerbal men kein ñan kenono ibbem im jab kōmman bōjrak ilo ien workshop in.
- Kappok volunteer ñan bōk eddoin jibañ kin tech ilo ien workshop eo. Elap an bin lead group im bōk eddoin jorrān in tech ko remāroñ walōñtak.
- Kapooj ro rej bōk konaer.
  - Ba lok ak kakememej er kin kilen dreloñ kein katak ko an workshop eo.
  - Lelok jibañ ñan set up “tech check” im kalikkar ke link in workshop eo, microphone eo, camera eo, im men ko jer emman aer jerbal. Kōmmane men kein imaaninlok workshop ne bwe en wōr jet raan in kommane jorrān ko elañe rej aikuj in kōmmani
- Kapooje kein jerbal kein elañe kwōj kōmmane juōn in-person workshop.
  - Ebool copy in kein katak ko
  - Jain in katoolok dron im kakememej in mask ko
  - Hand sanitizer
  - Tape ak bar jet kein jerbal ko ñan kōkalle kōta ko rekkar kōtaan jea ko
  - Pen im pencil (juōn ñan kajojo ro rej bōk konaer)

### **Kōmmani bojak ko āliktata (1 raan mokta jen workshop eo)**

- Etale aolepen kein katak ko bar juōn allen (Script eo an Leader Guide, slide presentation, FAQ's, im Community Booklet eo).
- Ekatak kōjerbale virtual platform eo am ñan am kalikkar ke microphone im camera eo am emman aer jerbal. Jekdron ñe kwar kōmmane moktalok, kememej bwe version kāāl in software ko rej driwōjtak im kwōmāroñ aikuj in update eo am.
- Kakememej ro rej bōk konaer ikijien workshop eo. Kalikkar bwe kwōn lelok link in virtual event im melele ko ñan tōbar kein katak ko,

## Ta eo ij ij aikuj in kōmmane im ba ilo ien workshop in wā in COVID-19

Elañe kwōj in-person workshop:

1. Kōmman elap ien am etal ñan location eo am ñan am kapooj aolep kain. Kalikkar bwe kwōn loori guideline ko rekāäl an public health.

Elañe kwōj virtual workshop:

1. Ilo an ro rej bōk konaer kobawaj, elañe kwōj kōjerbal slide presentation, kwalok picture slide in kabelllok eo am. Jino jaake “Karuwānene” slide eo 10 minit mokta jen am jinoe workshop eo.
2. Ñe awa in jinoe, kōjerbal script eo tulal. Ñan kajojo section ko, kem ej lewaj juōn screen shot in slide eo tu almiïñ im screen shot in page eo jen Community Booklet eo tu almoon. Kwōmāroñ kojerbal ejja script eo jekdron ñe kwōj kojerbal slide presentation eo ak jab.

### Sample Script

Note:

Jab riiti naan kein ilo *italic*. Rej ñan am melele wōt. Riiti naan kein ilo **bold**.

[Karuwānene]

## Karuwānene!

Karreo | Rule ko | Ta ünin ad bed ijin



Elap aō mōnōnō bwe kwar māroñ bōk am ien im bed ilo kweilok in. Jenaaj bōlen bōk 30 minute ñan juōn awa ibben dron. Kotōbar eo ao rainin ej ñan jaketo jaketak jet melele ko kin wā in COVID-19 eo me ekkar ñan kwe im ro jitenbūro ibbem. Inaj lewaj jet melele ko rejimwe me rej weepān jen Arkansas Department of Health ilo kōjatdrikdrik ke kwōnaj driwōjlok jen kweilok in rainin kin

elap melele ñan am kōmmane juōn kālet ilo elaplok **jelālokjen** kin am bōke wā in COVID-19 eo. Ewōr jet men ko iar akuj in ba waj mokta jen ad jinoe.

- Moktata, ña ij juōn **volunteer facilitator ak eo ej kōmmane kwelok in** ñan group in. Ijjab juōn rijerbal in ājmour, im eban bed aolepen uaak in kajjitōk ko am. Men ko me ijjab māroñ uaak, jouj im kajjitōk ibben taktō ak bar health care provider ro jet. Jeiki kajjitōk ko ilo ad wōnmaanlok wōt ilo kweilok in, bwe kwōnjab meloklok.
- Ālikin, komwōj emāroñ jab errā kin ta ko ro jet rej kālet in kōmmani ikijien melele ko jej jaketo jaketak rainin. Elañe kwōj kālet in bōke wā in COVID-19 ak jab, jouj im kememej in **kautiej** ta ko ro jet rej ba im kālet ko an ro jet kin ājmour ko aer.
- Ewōr jet ro remāroñ jeer ie jet melele ko elap aer aurōk rainin. Elap an aurōk bwe jen aolep errā ibben dron im **jab bar kenono** kake melele ko am armej remāroñ kobaikitok ilo kweilok in.
- Mokta jen ad jinoe, elañe ebed Community Booklet eo am, wōnmaanlok im likiti maanim. Bareinwōt juōn pen ak pencil. Kwōnaj kōnaan jeiki jet men ilo ad kenono.  
*[Ñan virtual workshop ko, kakememej er bar juōn allen ia eo ñan download kein katak kein]*

*[Ro rej kajjitōk im rej bōk konaer ñan virtual workshop eo ekkar ñan platform ta eo kwōj kōjerbale. Topics ko kwōmāroñ kōnaan cover:*

- Wāwein aer kapooje screen ko aer ñan lale rikenono eo.
- Wāwein aer jab kwalok ainikien kein kenono ko aer ñe rejjab kenono.
- Wāwein kajjitōk. Kwōmāroñ kōnan bwe en jab walōk anikier im kenono ibbem, kōjerbal feature in kotak peim, ak kōjerbal chat box eo.
- Wāwein ko jet ñan kobawaj ibbem.]

[Aolep rej bed ilo kauwōtata ilo aer bōk COVID-19: page 2 ilo booklet eo]

### Aolep rej bed ilo kauwōtata ilo aer bōk COVID-19

Wōn ian ro mōttam im ro nükum emōj an jelōte er?

**Ikiġġen COVID-19**

Ta in COVID-19?

COVID-19 ej jaun ikuhmej eo eq wallej per juhu-han kij tħalli.

Widni u remarx l-ikas natiżżej li COVID-19. Frin qiegħid u kien li et-tiegi jaċċu arnej. Fen han jidu, jiddekk fuq kvar tħalli natiżżej-ni minn ikk-ix-xaqqa, raffhem in emerxi b'wædd han kien tħalli.

Ijx-jejjel u konsultata natiżżej li han jid-areej jaġa jet. Konsultat kien COVID-19 ukoll han.

**Ikki jaħbi fuq kvar jaġħid ibben bejn arnej, eħbodd ik-ix-marr bil-ħalli:**

- Iker partaken
- Minn minnha kien
- Minn għadha kien
- Iker handi

Ij-ekippi u tħalli natiżżej li COVID-19 ukoll han. Ij-ekippi u tħalli natiżżej li COVID-19 ukoll han. Ij-ekippi u tħalli natiżżej li COVID-19 ukoll han.

**Iew illi minn Arkansa tarin:**

<b>2</b>	<b>8</b>
Ier rej Ri-Pacific Islander u im Hebreo u Native Hawaiian	Ier jaġħid 800 rebuk ak remalhem li COVID-19 ak Corona virus illo Arkansas

Jenaj jinoe ien in ad ibben dron im etale jet melele ikijien kij in. Moktata, **aolep** rej bed ilo kauwōtata ñan bōke COVID-19. Menin ej kinke ebidrodro an emmakit jen arnej ñan arnej. Aolep ien jej menono, al, bokbok, ak emajeje, particle jidrikdrik ko rej emmakit jen kij im bed ilo mejetato. Jet arnej rej menonoiki men kein. Elukkun **bidrodro** an ajedded.

Im COVID-19 ejjab ba wōn kwe. Arnej jen aolep lal ko im background ko emōj aer bōke COVID-19. Arnej ro ilo aolep kain jerbal emōj aer bōke COVID-19. Jekdron ñe emōj am boke, kwōmāroñ bar bōke.

Jen remaanlok. Kōjwōj jelā juōn eo emōj an bōke. Lemnak mokta kin arnej ro kwōjelā kajjeir me emōj aer kar bōke.

[Ewōr jet ro im elaplok an kauwōtata ñan aer bōke COVID-19: page 2 ilo booklet eo]

### Ewōr jet ro im elaplok an kauwōtata ñan aer bōke COVID-19

■ Ro rej jerbal ilo jikin ko ebwijn arnej ilo ie:

Mōn mōnā ko
 Factory ko
 Jikin jiküül ko
 Jikin taktō ko

■ Arnej ro ecolor kilier

Rikilmeej
Ri-Hispanic
Ri-Majōl

**Ikiġġen COVID-19**

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- Minn minnha kien
- Minn għadha kien
- Iker handi

Ij-ekippi u tħalli natiżżej li COVID-19 ukoll han. Ij-ekippi u tħalli natiżżej li COVID-19 ukoll han. Ij-ekippi u tħalli natiżżej li COVID-19 ukoll han.

**Iew illi minn Arkansa tarin:**

<b>2</b>	<b>8</b>
Ier rej Ri-Pacific Islander u im Hebreo u Native Hawaiian	Ier jaġħid 800 rebuk ak remalhem li COVID-19 ak Corona virus illo Arkansas

Im aet, aolep iad emāroñ bōke. Bōtaab, jet ewōr jet ro elaplok aer bed ilo kauwōtata jen ro jet. Jen lale **page 2** ilo booklet eo. Elāne kwōj **jerbal** ilo jikin ko me kwōj bed turin bwijin arnej, elaplok am bed ilo kauwōtata. Jikin kein ekoba jikin taktō ko, factory ko, mōn jiküül ko, im jikin

mōñā ko. Kwōmāroñ jerbal ilo jikin ko jet me kwōj bed bwilōn bwijin armej. Ak, kwōmāroñ jokwe juōn jikin ibben jet armej, im menin emāroñ kōlaplok am bar bed ilo kauwōtata.

Botaab lal ta ko jej tok jen e emāroñ bar jelōte joñan ad iuwata. Einwōt aō kar ba moktalok, armej jen aolep kajojo lal ko rej bōke COVID-19 bōtaab statistics ak nōmba ej kwalok ke **armej ro ecolor kilier elaplok aer iuwata**. Ñan waanjoñak, ilo Arkansas in:

[*Jeer ie statistics ak nōmba ko me elap tokjeir ñan group eo am*]

- Ri-African American rej kōmman 16 ilo aolep 100 armej. Bōtaab rej bed ilo 17 ilo aolep 100 case in COVID-19.
- Ri- Hispanics rej kōmman 8 ilo 100 riArkansas, bōtaab rej bed ilo 13 ilo aolep 100 case in COVID-19
- Ri-Native Hawaiian im Pacific Islander rej kōmman wōt 2 ilo aolep 500 armej ilo Arkansas, bōtaab rej bed ilo 8 ilo aolep 500 case in COVID-19

Inaj bar kajjitōk bwe kwōn bōjrak jidrik. Bōjrak jidrik, im lemnak kake wōn eo kwōjelā ilo group kein. Jete emōj aer bōke COVI-19 kadredre? Ñan ña, number ne elap. Im remāroñ bar bōke.

[*Kwōjjab maroñ jela ewi wāwein an COVID-19 naaj jelōte eok: page 3 ilo booklet eo*]

**Kwōjjab  
māroñ jela  
ewi wāwein  
an COVID-19  
naaj jelōte  
eok**



**Ewi jela an kawaradlo COVID-19**  
Ewi jela an kawaradlo COVID-19 an emāroñ tent kōlōlo ko rejat ha mōndi ngach owoññung en millo ñōm. Ak ilo in emāroñ kōlōlo prezur ko rellap ñan ñōm. Im emāroñ de ñor kōlōlo hove en kōlōlo ñōm ejonore eo an im kawaradlo bōloñko ko ñōm:

- ñor ñor
- ñor ñor
- ñor ñor

Kawaradlo bōloñko en COVID-19

**Postul jela met ñōm ñor COVID-19 tent kōlōlo ejonore an ñōm.**



Emōj, ta eo ej walok ñe armej rej bōke COVID-19? Ekwe, uaak eo ekadru ej ke jejjab māroñ jela imaan. Elañe kwōj bōk COVID-19, **ejjelok wāween ba elemen an naaj jelōte eok**. Emāroñ ejjelok am kōkalle. Emāroñ wōr am kōkalle drikdrik ko im kwōmāroñ eñjaake einwōt ñe kwōj tin bōk nañinmej in mej in. Ak, kwōmāroñ bōk **laplok** am nañinmej jen e. COVID-19 emāroñ kōmman jorrān ko rellap ñan ārim. Emāroñ kōmman menin am wōr am nañinmej ko rellap einwōt jorrān in menono, boñ bōtōktōk, ak stroke.

Jet iami remāroñ emman jinoin, ilo jidrik wōt ak ejjelok kōkalle Bōtaab jekdron ñe kwōj bōke jidrik wot ilo mokta, **kwōjjab jelā wāween an naaj jelōte eok tok ālik**. Tok ālik, emāroñ wōr broblem ilo ājmour eo am kin wōt COVID-19. Remāroñ lap ak aitok kitier. Kij in ebwe an kāāl. Lemnak kin menin: Jekar jab jela wōn ekar bōke kij in 2 iio emootlók-im jejjab jela aolepen wāwein ko kij in emāroñ jelōte armej ro iliju jaklaj. Bōtaab emōj ad loe an armej wōr wōt aer broblem ilo allōñ ko tok ālik. Einwōt ñe ejjab bwe, jaikuj lale lok mool eo bwe kwe ak juōn eo ej jitenbūro ibbem ekar **mej** jen COVID-19. Jen bōjrak bōk jidrik ien kememej ro emōj aer jako jen koj.

*[Emaroñ laplok an kauwatata ñan am bōke COVID-19 elañe: page 4 ilo booklet eo]*



Einwōt ad kar kenono kake, jejjab jelā wāwein an COVID-19 jelōte kōjwōj kajojo mae ien ej kab walok. Bōtaab, jejelā ke ewōr jet iuwōta ko me rej likit eok ilo kauwōtata ñan an lap am nañinmej. Elañe ebed booklet eo am maan mejam, lale **page 4**. Ilo ad etale men kein, likin juōn check mark turin aolepen men kein me rej ñan kwe.

*[Jeer ie statistics ak nōmба ko elap tokjeir ñan group eo am]*

- Emāroñ 3 Ri-African American rej mej jen COVID-19 jen aolep 1 Ri-Pālle.
- Emāroñ 3 Ri-Hispanic rej mej jen COVID-19 jen aolep 1 Ri-Palle.
- Emāroñ 3 Ri-American Indian im Ri-Alaska Native rej mej jen COVID-19 jen aolep 1 Ri-Pālle.
- Juōn wōt ilo aolep 250 armej ilo Arkansas rej native Hawaiian im Pacific Islander. Bōtaab rej bōk 4 ilo aolep 250 mej ko jen COVID-19.

Alap ro jet rej bar bed ilo kauwōtata ñan laplok broblem ibbeir jen COVID-19. Lemnak kake menin: Ilo aolep 100 armej ilo aelōñ in, 17 rej 65 aer iio im rittolók. Bōtaab ilo aolep 100 armej

ro rej ej jen COVID-19, 81 uaer rej 65 aer iio im rittolok. Melelein ritto ro elaplok aer māroñ mej jen COVID-19 jen ro rej jiroñ im likao.

Armej ro mej ewōr aer jet nañinmej ko ebar laplok aer bed ilo kauwōtata ñan nañinmej laplap. Kwōmāroñ loi men kein ilo screen eo. Rej koba tōñal, kilep, high blood pressure, problem in ār, im nañinmej in menono. Im āliktata, elañe kwōj **kobaatat**, elaplok am kauwōtata ñan nañinmej laplap.

[COVID-19 emaroñ jelōte mour eo am im ro jitentbūro ibbam: page 5 im 6 ilo booklet eo]

### COVID-19 emaroñ jelōte mour eo am im ro jitentbūro ibbam

 Elañe kwōbōe COVID-19, kwōmāroñ lelok ūtan ro me emāroñ lap aer nañimej jene.

 Emāroñ wōr am im ro jet problem in kömman jääñ.

 Emāroñ pen am bukōt ejmour ak taktó.

 Kwōmāroñ erītaan ilo am kajeoñ lale ro jet.



☐ Ro emāroñ nañimej, aej etabata uch hata, bōtawat jēloj ke kā amoyt aej aej aer nañimej, inc:						
<ul style="list-style-type: none"> <li>● Nāñimej in tħali</li> <li>● Nāñimej in ār</li> <li>● Nāñimej in pprex in ār (nevral)</li> <li>● Nāñimej in ār (nevral) waqt/laqgħiha im COPD</li> <li>□ Ro nāñimej.</li> </ul>						
Eelañe ke subwa an COVID-19 bar jelōt ait mour ko an ro rejlitbendu ibbam.						
 Nāñimej kieni kieni sejja hekk ro plu jidher jañeb. Għalli kien ait ro jet idher biex u em nōħi nāñimej in ċċonċi. <ul style="list-style-type: none"> <li>● Jidher jidher kien ait ro kien kieni kieni sejja hekk ro plu jidher jañeb in dōcen:</li> <li>▪ Jidher jidher kien ait ro kien kieni kieni sejja hekk ro plu jidher jañeb in ġieħi</li> <li>▪ Jidher jidher kien ait ro kien kieni kieni sejja hekk ro plu jidher jañeb im jaek idha fien jidher jidher jañeb in ġieħi</li> <li>▪ Ni reħeb xi sejja hekk ro plu jidher jañeb in ġieħi</li> <li>▪ Jidher jidher kien ait ro kien kieni kieni sejja hekk ro plu jidher jañeb in ġieħi</li> </ul>						
<input checked="" type="checkbox"/> Mied u kien kieni kieni sejja hekk? Kienekke idher (ja)? <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">Riċċa ja ġej jidher jañeb ak...</td> <td style="width: 33%;">Ajt ja ġej jidher jañeb ak...</td> <td style="width: 33%;">Anej ja ġej jidher jañeb ak...</td> </tr> <tr> <td style="height: 40px;"></td> <td style="height: 40px;"></td> <td style="height: 40px;"></td> </tr> </table>	Riċċa ja ġej jidher jañeb ak...	Ajt ja ġej jidher jañeb ak...	Anej ja ġej jidher jañeb ak...			
Riċċa ja ġej jidher jañeb ak...	Ajt ja ġej jidher jañeb ak...	Anej ja ġej jidher jañeb ak...				

Aolep ro emōj aer bōke COVID-19 emōj aer bōke jen ro jet. Ijela ke ilo lemnak, bōtaab lemnak kake. Wōn enaaj bōke jen kwe elañe kwōj bōke? Kememej, kwōmāroñ bidodo am kajeedede ñan ro jet, jekdron ñe edrik kōkalle ko ibbem ak ejjelok kōkalle ko. Kwōjjab bareinwōt jelā elañe rej jet ian armej ro me elap aer nañinmej elañe rej bōke, ak nana lok.

Elañe kwōj loore booklet eo, jej bed ilo **page 5**. Bōk juōn minit ñan lemnak kake **armej ro kwōj kea kake er**. Ro me kwōj jokwe ibbeir ak lale er. Ro kwōj jerbal ibbeir. Wōn armej ro **kwōj kōnan kejpāroke er?** Ilo page 5, kanne bóók kein. Jeiki etan armej ro kwōj kōnaan kejpāroke er ilo aer bōke wā in. Elañe kwōj anōke tok melele kein ibbemim im ejjelok booklet eo ibbam, kwōmāroñ bōk juōn pepa ak notebook im jeiki āt ko. Inaj bōjrak jidrik im lewaj jidrik am ien kommune menin.

[Bōjrak juōn minit im kōtlok bwe ro rej bōk konaer ren jeje. Ekkar ñan karōk eo am, kwōmāroñ kōtlok bwe ro rej bōk konaer ren jeer ie.]

Ekwe, jen lale **jet wāwein** an COVID-19 jelōte mour eo am im ro kwōj kea kake er, ijelokin nañinmej. Jen kenono kake am jab māroñ jerbal. Ewōr jet unin am jab māroñ jerbal. Elañe kwōj nañinmej kin COVID-19, alikkar ke kwōjjab māroñ jerbal. Elañe emman am mour ak kwar bed turin juōn eo ej nañinmej kin COVID-19, kwōban māron jerbal iumwin 1 ak 2 week. Jet jikin jerbal rar aikuj kilōk jejjo raan ak week ñe ebool aer rijerbal rar nañinmej ak bed turin juōn eo ej naninmej kin COVID-19. Emōj, elañe kij in ej ajeeded ilo jikin jerbal eo am, juōn in broblem me ej **jelōte eok im kōllā eo am.**

Bar juōn mej eo emāroñ jelōt kōllā eo am ej elañe ajiri eo nejim ak ro jet ilo baamle eo rej aikuj bed wōt mweo im kwōj aikuj bed wōt im lale er. Einwōt kwe, ajiri eo nejim enaaj aikuj in bed wōt mweo jen jikuul ak day care elañe rej nañinmej, ak elañe rar bed turin juōn eo ewōr an COVID-19. Melelein kwōjjab māroñ etal ñan jerbal kinke kwōj aikuj bed wōt mweo ibbeir. Jerbal im **lale baamle ko ad elap** an aurōk ñan kōjwōj kajojo, kin menin jej aikuj lemnak kake menin ilo ad lale jet kilen ko ñan kabōjrak ajeeded in kij in.

Im āliktata, ajpitōl ko ad elap aer eñtaan ilo tōrein. Aet, jikin kein elap aer boub, bōtaab ilo kio elap aer boub ilo juōn wāwein eo **elukkun lap ñan er.** Menin elap an jelōte ro einwōt kwe im ña. Elap aer kōjerbal lowaan hospital eo im rijerbal ro aer ñan lale rinañinmej in COVID-19 ro, ke reban māroñ jibañ **kwe ak ro jitenbūro ibbem** elañe kwōj nañinmej. Baj lemnak ñe aikuj taktō in jolok metak in joint pain, im kwōjja köttar bwe rekar cancel ien mwijmwij eo am, renaj aikuj tolók aer köttar ñan wōr rijibañ. Im, kwōmāroñ jab māroñ dreloñ ibbeir, ekkar ñan joñan nana in COVID-19 ilo bukōn eo am.

Men kein rej mool. Men kein rej jelōte armej ro ibelaakin aelōñ in, ilo Arkansas in, im jin ilo **jukjukun bed** in. Emōj, ta eo jaikuj kōmmane kin menin?

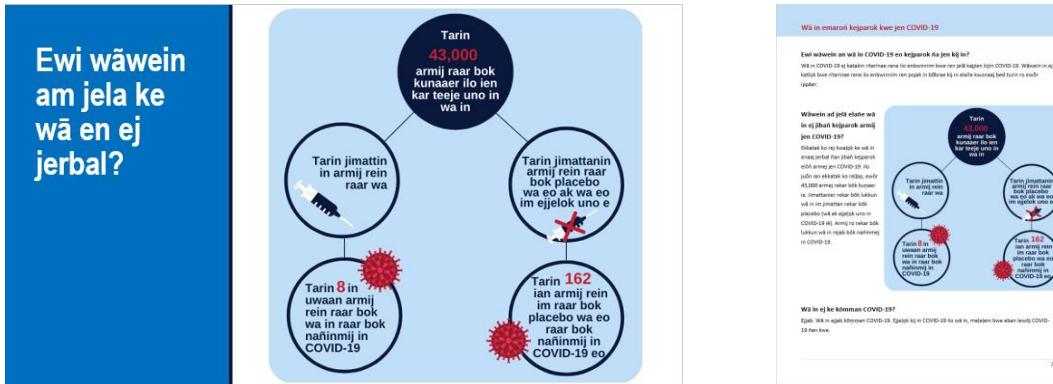
[*Bōk wā in COVID-19 ej wāwein eo emman tata ñan kōjpārok eok im ro jet: page 7 ilo booklet eo*]



Jej bed wōt ilo mōko mōd elañe jemāroñ im kattólok kej jen ro jet. Jej kwal peid im ekōṇak mask. Men kein rar jibañ kabōjrak ajeeded in kij in, bōtaab jaikuj laplok men ko jemāroñ kōmmani. Jaikuj laplok men ko jej kōmmani ñan jiban kij make, armej ro jej kea kake er, im jukjukun bed eo ad. Wā in COVID-19 ej kilen **nōmba juōn** jemāroñ **laplok ad kōmman** ilo torein. Jeban māroñ kejpārok kej make im ro jet jen kij in ñe ejzelok.

Ikōnaan bōjrak juōn minit in kakememej eok ilo ao etale melele kein ibbem, emāroñ wōr am kajjitōk. Jouj im jab meloklok in jeiki men kein. Jet emāron uaak ilo ad etale katak in, im inaj kajjeoñ uaak ko imāroñ ilo ien eo ad āliktata ilo ien kajjitōk im uaak session eo. [Karōke menin ekkar ñan wāwein eo emman ñan kwe ñan ebbok kajjitōk jen ro rej bōk konaer]

[Ewi wāwein am jelā ke wā in ej jerbal?: Page 7 ilo booklet eo]



Ebool melele ko ilo mejatoto kin wā in im ejjab aolepeir im mool. Melele eo ri-katak ro im ri-jerbal ro an public health rekōnaan bwe kwōn jela wā in **etiljek ke** im ej **jerbal ke**. Ilo **page 7** in booklet eo am, kwōmāroñ loe uaak ko ñan kajitōk ko am.

Kwōmāroñ lemnak elemen kilen an wā in jerbal, emōj jen jinoe jene im lale lok jen science. Immune system eo am ej mōttan ānbwinūm eo me ej jibañ tarinae nañinmej. Elañe immune system ej kōmmane jerbal eo an, im ewōr jet nana ko – einwōt kij – rej dreloñe ānbwinūm, immune system eo am enaj walōntak. Ej jinoe kajjeoñ mane kij e oak kabōjrake jen an kōmmann copy in make ilowaan ānbwinūm im kōmmann menin am nañinmej. Bōtaab ilo kajojo men nana kāäl ko, immune system eo ad aikuj in katakin make kilen tarinae. Wā in COVID-19 eo enaj katakin immune system eo am elemen jōkjōk in kij in COVID-19 eo. Menin ej kōmmann menin an immune system eo am jālitak jen kij in, emōj kwōmāroñ tarinae kij in elañe kwōbar contact ibben tok ālik.

Endrein an aolep wā jerbal, bōtaab kwar ke baj lemnak ñan kwe make, “Ewi wāwein an ri-katak ro jela elañe wā **kāäl** in enaj bōbrae kōj jen **COVID-19?**” Ekar wōr jet clinical trial rellap ñan teej ie wā in. Ilo juōn ian trial ko, iumwin 43,000 armej rekar bōk konaer. Enañin jimettanier rekar bōk wā im enañin jimettanier rekar bōk placebo. Placebo ej wā eo me ejjelok wā in kij eo ilo ie. Emōj, enañin 20,000 armej rekar bōke molin wā eo im enañin 20,000 armej rekar bōke placebo eo. Ilo 20,000 armej ro rekar bōke moolin wā eo, **8 wōt** rekar bōke COVID-19. Elōñlok jen **—162** —ilo ro rekar bōke placebo rekar bōk COVID-19. Menin ej kwalok ke ej jerbal. Wā in **emāroñ** kejpārok eok jen COVID-19.

Kwōmāroñ kōnaan jelā elañe kwōj bōk COVID-19 **jen** wā in. Uaak eo ej **jaab**. Ejjelok uwaan wā ko emōj kōmālim ñan jerbal ewōr kij in COVID-19 ilo ie, emōj **rejjab māroñ** lewaj COVID-19.

[Ewi wāwein an wā in COVID-19 kar kōmman im lelok maroñ ñan kōjerbale: page 8 ilo booklet eo]

## Ewi wāwein an wā in COVID-19 kar kōmman im lelok maroñ ñan kōjerbale

-  Emōj loore aolepen wāwein ko. Ejjelok wāwein ko kar jab loori.
-  Emōj donate billion tala ko.
-  Rikatak ro im ro jet rar jerbal iūmwīn awa ko.

Wilewim kōmmane im kōmelim im kōjerbale wi in COVID-19	
Mokta jen an armi bikh jadu uki, ro rej kōmmane niga kōlun etata bwe an emmra an jerbal in ejajik vintota bwe. Looce asety bufferi ko an kōmmane. <b>Kijek bufferi</b> eno offisial jene. Looce ja tāllit kōmmane. <b>Emōj bufferi</b> eno offisial jene. Looce ja tāllit kōmmane. <b>Emōj bufferi</b> eno offisial jene. Looce ja tāllit kōmmane.	
<b>Reffonko</b>	<b>Wilewim kōmmane im kōmelim im kōjerbale wi in COVID-19</b>
<b>Lorevita bikh kōmmane</b>	<b>Fal wilewim kōmmane wi in COVID-19</b>
lōkotak kōmmane	Wilewim kōmmane wi in COVID-19
ro ekkātak kōmmane	Wilewim kōmmane wi in COVID-19
<b>Ekkātak ko</b>	<b>Fal wilewim kōmmane wi in COVID-19</b>
Wilewim kōmmane wi in COVID-19	Wilewim kōmmane wi in COVID-19
ro ekkātak kōmmane	Wilewim kōmmane wi in COVID-19
<b>Lale emmra kōmmane</b>	<b>FDA</b>
ro kōmmane	FDA
<b>Ativeman kōmmane</b>	<b>FDA</b>
ro kōmmane	FDA

Ak process eo rikatak ro rekar kōjerbale ñan kōmmane wā in? Ijela elōñ iami ewōr ami kajjitōk kin menin. Jejelā ke emōkaj an wā in COVID-19 kar ejaak im kōmelim ñan jerbal jen wā ko jet kar jemaan. Emāron wōt elāñe rekar ekairiri, bōtaab juōn men eo jemāroñ bōke rainin im kalikkar ke wā in ej jerbal im ej safe, **ejjelok buñtōn ko rekar likjab**.

COVID-19 ej juōn public health emergency. Ej juōn men eo jejañin loe ilo mour kein ad. Illo ad kar kenono, ebidodo an ajeedeed jen armej ñan armej. Ej kōmman problem laplap ñan aolep ijelokin ājmour. Federal government rekar kōmmane bwe wā in en **menin aurōk**.

Ilo **page 8** ilo booklet eo am, ewōr juōn table ej kōmeleleik wāwein an process in compare ñan process in wā ko etale ñan māroñ ejaak im kōmelim ñan jerbal. Jenaaj jinoe ilo tu almiiñ ijo ilōñ. Rikatak ro rej kijor kōjatdrikdrik kin **jāān jen grant ko** ñan kōrool idea ko aer ñan lukkun kein katak. Menin ej bōk **ellōñ iiō**. Elap an competitive grants, im ekka aer kanne ñan jeijo grant ko im wōr bwijin "jaab" mokta jen an wōr "aet". Ñan wā in, ri-jerbal ro an public health rar jelā joñan an aurōk bwe en mōkaj an available. Government an U.S im agency ko jet rar lelok **billion talla ko** ñan kalikkar bwe rikatak ro ren jab aikuj kōttar grant ko.

Ālikin, wā eo ekar wōnmaanlok ñan **clinical trial** ko. Inaaaj bar ba, menin ej bōk **iiō lōnlōñ** ko. Kinwōt **extra funding ko** ñan COVID, rekar māroñ mōkaj aer jerbal. Elakkar wōr bwijin thousand armej ro ilo trial ko.

Men eo juōn ekar mōjak an kōmman ej review eo ñan **safety** data ko jen clinical trial ko. U.S Food and Drug Administration, ak FDA, ej bōk eddroin menin. Rekar review safety data ko an

wā in COVID-19 einwōt aer review bar wā ko jet. Bōtaab kinke menin kar aurōk menin, rekar lelok bar jet resource ko. Rekar jekejuüül rijerbal ro aer **ilo awa lōñlōñ ko**. Team ko rekar jerbal 24 awa ilo juōn raan, 7 raan ilo juōn week.

Im men eo āliktata ekar kōmman menin an mōkaj jerbal in ej **production im distribution** in wā. Kememej, ilo juōn wāwein, juōn company ej jolok elap ien im jāān ko ñan kōmman im teste wā ko. Rejjab kōnaan jolok jāān im kōmman million dose in wā eo maeien ewōr aer final approval jen FDA. Bōtaab ilo torein, funding ak jāān ekar kōmman oktag. Menin ekar bōke iuwōta eo jen manufacturer ro im kōmelim aer **wōnmaanlok** im kōmman dose ko mokta jen an FDA complete safety review eo aer. Innem, ñe review eo ebojak, dose ko rekar bojak ñan aer jilkinloki.

*[Ebool kain armej ro rar bōk konaer ilo clinical trial eo: page 9 ilo booklet eo]*

### Ebool kain armej ro rar bōk konaer ilo clinical trial eo



Rikilmeej, Ri-Hispanics, Native Americans, im Asians



16 ñan 91 iilō

Armej ro emāroñ killek rekar ke bōk kunaer ñe ekkatak ko ikijien wā in COVID-19?

Aer, illihian armej ro emāroñ killek rekar bed (ko ekkatak ko ikijien jet armej) in Pacific.

Edule ke rutto rekar bōk kunaer ñe ekkatak ko ikijien wā in COVID-19?

Aer, illihian killek ko ten wā ko kar kōmelim jipoz, ro 16-91 ñe ko rekar bed.



Ij kejatdrikdrik bwe menin ejibañ uaak kajjitōk lōñlōñ ko am kin tiljek eo an wā in. Bōtaab, emāroñ wōr am kajjitōk ikijien **wōn** ro rar bōk kunaer ilo clinical trial ko. Uaak eo ekadru ej ke bwijin kain armej rar bōk kunaer. Ej koba armej ro ejjab mouj kilier **im** lellap im lōllap ro. Ilo trial koilo wā eo rekar kōmelim moktata:

*[Jeer ie statistics ak nōmba ko rekkar ñan group eo am]*

- Armej ro rej jiroñ im likao ñan ro rerittolok rekar bōk kunaer, jen 16 ñan 91.
- Emāroñ 1 ilo aolep 10 armej ro rekar Ri-African America.
- Emāroñ 28 ilo aolep 100 armej rekar Ri-Hispanic
- Jejjo iaer ro rekar bōk kunaer rekar Pacific Islander.

[Ta ko ro jet rej ba kin wā in COVID-19 page 10 im 11 ilo booklet eo]



**Page 10:** "Elañee elap am ien, kwōmāroñ" featuring a photo of a healthcare worker in a mask and a testimonial from Dr. Sheldon Nikton.

**Page 11:** "Elañee elap am ien, kwōmāroñ" featuring a photo of a patient being vaccinated and a testimonial from Lynda Nikton.

Kwōmāroñ ebōk wōt melele ñan am lemnak wōt ikijien am bōke wā in COVID-19 in. Ej lap wōt ij kōnaan jaake waj im rōjañ eok bwe kwōn uaak aolep kajjítok ko am. Lemnak ko an **moolin armej ro jen Arkansas** rej bed ilo page kein tok imaan. Armej rein rej ro me emōj an kadredre uaak kajjítok ko aer im emōj aer kalikkar bwe rej **bōke wā in COVID-19** eo.

[Rōjañ ro rej bōk kunaer bwe ren read testimonial ko ilo booklet in. Elañee elap am ien, kwōmāroñ:

- *Buul riiti juōn ian testimonial kein jen booklet in*
- *Read juōn testimonial jen juōn eo ebaake jukjukun bed eo am, elañe kwōmāroñ loe juōn*

[Kwōj aikuj in bōk wā in COVID-19: page 12 ilo booklet eo]

## Kwōj aikuj in bōke wā in COVID-19

Elañee kwōj 16 am iiō ak rittolok

Jekdron ñe emōj am kar bōke COVID-19

Elañee kwōj bōroro ak ewōr am nañinmej, kenono ibben taktō eo am im lale elañee wā in emman fian kwe.

**Page 12:** "Bōke wā in COVID-19" featuring a checklist for COVID-19 prevention.

Wōnmaanlok ilo booklet eo ñan elañe kwotōbar **page 12**. Ej ba “Bōke wā in COVID-19” ilo page eo. Jemāroñ jerbal ibben dron ilo page kein āliktata. Elañe ejjelok am booklet imaan mejam, kwōmāroñ jeiki melele kein ilo juōn pepa ak ilo juōn notebook.

Jen kenono kake **wōn** aikuj bōke wā in COVID-19. Armej 16 aer iiō im rittolok rej aikuj bōke, jekdron ñe emōj am kar bōke COVID-19. Elañe kwōj būroro ak inebata kake nañinmej eo am, jouj im kenono ibben taktō eo am im lale elañe kwōj aikuj bōke wā in. Einwōt ilo **kajojo** wā ak uno ko, ekajor wōr exception ilo wōn ro remāroñ bōke. Bōtaab **jab lemnek** ke kwōjjab māroñ bōke kin jen un ko. Kenono ibben taktō eo am.

[Ñaat eo ñan bōke wā in COVID-19: page 12 ilo booklet eo]

Kiō wōnmaanlok ñan kajjitōk eo an **ñaat** kwōmāroñ bōk wā in. Ilo jinoin tata, ekarjab bwe dose ko ñan aolep. Hospital im jikin kauno ko rekar ro moktata rekar lelok wā eo ñan rijerbal ro ilo health care im ro jet me rej bed ilo kauwōtata in bōk COVID-19 ak ewōr broblem ko relaplok jen e. Ilo an lōñlok dose ñan bōki, bwijin armej rej māroñ bōke.

Ij kejatdrikdrik bwe **kwōnaaj** bōke wā in elañe am ien bōke. Ijela ke ña inaaj [*Elañe emōj am kadredre bōke, kajimweiki bwe en ba kwōkar*]. Ilo tōrein, pepe eo ej ñan **kakūtküt lale lok** ñan lale elañe eien am bōke. Kwōmāroñ lale ibben taktō eo am ak aolep jikin kauno ko ilo bukōn eo am. Ak, kwōmāroñ lale online ilo web site eo an health department. Elañe ejzelok am booklet, web site eo aer ej [www.healthy.arkansas.gov](http://www.healthy.arkansas.gov). Ejja atōreej eo ne ilo booklet eo am. Lale iolapap in page 12 me ej ba 'Lale site eo aolep allōñ' im jeiki juōn raan aolep allōñ kwōnaaj lale lok. Juōn waanjoñak emāroñ raan eo jinoin tata ak Mandre eo jinointata in allōñ ko. Innem, likiti ilo calendar eo am im lale lok bwe kwōn māroñ bōk wā eo am ilo ien eo **emōkajtata**. Kwōmāroñ kōnaan kōmman juōn am kein kakememej ilo talboon eo am.

Kwōmāroñ aikuj **2 dose** in wā in jejjo week kōtaan dron. Jekdron ñe kwōj aikuj 1 ak 2 ekkar ñan wā ta eo kwōj bōke. Ewōr jet jikin kauno ko rej kōmmane, im aolep er im oktak jidrik. Ilo ien eo

kwōj bōk dose eo kein kajuōn, kalikkar im kajitōk elañe kwōj aikuj in bōk kein karuo. Elañe kwōj, kalikkar im jeiki ilo kōlanda eo am.

[La ko ñan bōke wā in COVID-19: page 13 ilo booklet eo]

**La ko ñan bōke wā in COVID-19**

La	Onāān
Jikin Kauno Eo	Koban aikuj in kōllāíki wā in
Taktō	
Mōn taktō eo ilo bukōn eo	

Isa em ongolah bōke wā in COVID-19 eo a?

Ewōr menin aikuj bōke wā in COVID-19 eo a?

Isi kauo eo am

Taktō eo am

Arkansas Department of Health local health unit eo bōke wā in  
[www.arkansas.gov/health/local-health-units](http://www.arkansas.gov/health/local-health-units)

Jen jet \_\_\_\_\_

Fahdohi jidun tan bōke wā in COVID-19 han kauilohia eew hōvōk lemnin in wā.

Kauilohi in sagidlo isan in person in mōnhan kau hōvōk lemnin in wā.

Ij aikuj in kauilohi jidun menin aikuj bōke wā in?

Ewōr kauilohi bōke wā in ja bōke wā in aikuj aikuj in Arkansas in (je)wōk lemnin in wā.

In kauilohi jidun menin aikuj bōke wā in?

Ij aikuj in kauilohi jidun menin aikuj bōke wā in?

Ewōr kauilohi in Arkansas Department of Health eo bōke wā in, [www.arkansas.gov/health](#).

Jete ondāán aikuj bōke wā in COVID-19 eo a?

Ejekon aikuj bōke wā in.

Ewōr aikuj in kauilohi in bōke wā in, an ongolah bōke wā in aikuj kau hōvōk jidun.

Gia ejekon aikuj in kauilohi in bōke wā in, hōvōk aikuj kau hōvōk jidun.

Kiō lale lok **page 13**. Jaikuj kenono kake **ia** eo ñan am bōk wā in COVID-19 eo am. Kwōmāroñ bōk wā eo am ilo jikin kauno ko ilo bukōn eo am, jen taktō eo am, ak jen local health department unit eo am. Ewōr jet jikin ko einwōt jikin jerbal eo am me remāroñ lewaj wā in. Elañe kwōjelā kwōn etal ñan ia, check e box ne. Elañe kwōjjab lukkun jela ia ñan bōk wā in COVID-19, lale lok website eo an Arkansas Department of Health ak bar juōn eo kwōjelā kajjen im emōj an bōk wā eo aer.

Elōñ armej rej lemnak kake onāān. Elañe menin inebata ñan kwe, ewōr ao **kōjellā emman**. Ñe kwōj bōk wā in COVID-19, eban lōñ onāān ñan kwe. Jekdron ñe ejzelok am health insurance. Kwōmāroñ roñ ke juōn clinic emāroñ bill eok kin ien eo rekar lewaj wā in, bōtaab reban bill kwe. Elañe ewōr am insurance, remāroñ bill ie insurance eo am. Jekdron ta, kwōban bill jen e.

[Ta eo kwon kōtmāne elikin am bōke wā in COVID-19: page 13 im 14 ilo booklet eo]

Jet armej rej inebata kane **side effects** ko. Ālikin am bōk wā eo, emāroñ wōr jidrik am kōkalle einwōt pio ak metak koppan peium. Jet armej renaaj fever im eñjaake aer mōk ālikin. Ñan majority in ro ilo trial eo, kar jet wōt raan in an menin walok. Menin ej an ānbwinūm response ñan wā eo ilo an jerbal im tarinae kij eo. Elañe menin ej walok, ejjab melelein wā eo ekar kōmmman menin am nañinmej. Im ilo ad kar ba moktalok, wā in **eban** lewaj COVID-19.

Ālikin am bōk wā eo am, kememej in schedule dose eo am kein karuo elañe kwōj aikuj, im jeiki ilo kōlonda eo am.

Ilo **page 14**, kwonaaj loe jen jikin ñan am jeiki kajjitök ko am kin wā in COVID-19. Jet minit jen kio enaj wōr ien ad uaaki jen iaer.

[Jet wäwein ko ñan böbrae jen COVID-19 im broblem ko rej walök jene: page 15 ilo booklet eo]

## Jet wāwein ko ñan bōbrae jen COVID-19 im broblem ko rej walok jene

 Bôke wâ in COVID-19 eo, jekdron ñe emôj am kar bôke COVID-19.	 Jab bed ijkô ebook armij ie.
 Kôpkô am mask ñe kwôj bed lobwilej ak ñe ñu ñôn jîñk eo kwôjbag mårôb bed jiñno reñ ro jet.	 Kakutuk am kwal peim. Elañe komârôi, kôjerbal dren mânän im seap. Iri peim ibben dron iumwin 20 second.
 Bed wôt mweimôm elâne kwôj nañinmej.	 Be jiñno nee ren ro jet ñe kwôj bed lobwilej.

Ñan kajemlok workshop in ad, ikōnaan bar kenono kake jen ian main point ko jekar kenono kaki rainin. Ejjelok kilen jelā ewi joñan an lap COVID-19 eo ibbem, im elap an aurōk bwe kwōn kömman joñan am māroñ bōbrae jen e. Wā in ej wāwein eo emman tata, bōtaab ewōr jet men

ko kwōmāroñ bar kōmmane. Bed 6 nee jen ro jet. Koṇak am mask ilo am bed loblej ak jikin ko kwōjjab mārōn bed 6 nee jen ro jet. Kakutkut am kwal peim. Elañe kwōmāroñ, kōjerbal dren mānāān im soap. Ir peim ibben dron iumwin 20 second. Im āliktata, bed wōt mweo elañe kwōj nañinmej.

### [Kajjitōk]

**Kajjitōk?**

Emāroni lōñ wōt am kajjitōk  
Ikijien wā in COVID-19 in.  
Kwaikūj bōk aolep uwak in  
kajjitōk ko am mokta jen am  
lemnak in bōke wā in.

Elañe ewōr am kajjitōk,  
kwōmāroñ:

- ✓ Kenono ibben taktō eo am
- ✓ Kenono ibben Rī-katino eo am
- ✓ Kūrlök Arkansas Department  
of Health
  - ✓ Call: 1-800-803-7847
  - ✓ Email:  
ADHCoronaVirus@arkansas.gov

“Kiō ke emōj ad kenono kake aolepen melele ko kin wā in COVID-19, ewōr en ke ewōr an kajjitōk? Kwōmāroñ kotak peim ñan ao kir eok [Elane kwōj kōjerbal juōn interactive platform], ak kwōmāroñ jeiki kajjitōk koi lo chat box eo.”

*Kememej jerbal eo am einwōt juōn volunteer. Ro rej bōk kunaer remāroñ kajjitōk kajjitōk ko kwōjjab māroñ uaaki. Tōl lak er ñan FAQ section eo ilo guide in. Elañe uaak ko ñan kajjitōk ko rejjab bed ilo ie, kwalok mool im ba kwōjjab jelā uaak eo. Kakememej er bwe ren bōk kajjitōk kein ñan taktō ko aer.*

### [Kilōk]

Ij kejatdrikdrik bwe menin ear lewaj melele ko kwar aikuj ñan jibañ eok lemnak in bōk wā in COVID-19 eo. Ej juōn men eo ekajoor ñan kejparok eok im ro jet. Kommol kin am bed ijin. Kejpārok wot.

## Kajjitōk Ko Ekkā Kajjitōk Kaki

Community Booklet in elōñ melele koie, bōtaab ejjab māroñ uaak aolep kajjitōk ko rikatak ro ewōr aer ilo ien workshop in. Tulal ej juōn list in kajjitōk ko ekkā kajjitōkin kin COVID-19 im wā eo remāroñ kajjitōk ibbem.

### Ewi wāwein an wā in COVID-19 jerbal

**Q: Elañeinaaj bōk wā in, ewi to im imāroñ lukkun bōbrae jen COVID-19?**

A: Ekkar ñan wā ta eo kwōj bōke. Kajjitōk ibben taktō eo am ak armej eo ekar lewaj wā eo. Im kememej, kōmelim in wā in ej bwe en kejpārok eitin aolep armej. Jet armej ilo trial eo rekar bōk COVID-19, bōtaab ekar jab wōr aer nañinmej laplap.

**Q: Ewi to in an wā in kejpārok iō jen COVID-19?**

A: Jejjab jelā ewi to an wā in jerbal.

### Ikijien wā im bōbrae

**Q: Ta ko ilo wā eo?**

A: Koppan wā eo ekkar ñan wā ta eo kwōj bōke. Kwōmāroñ kajjitōk ibben taktō eo am kin kajojo men ko ilowaan kajojo wā ko. Remāroñ lewaj juōn fact sheet eo ej list men kein.

**Q: Ta in wā in mRNA?**

A: Wā in Mrna eoktak an trigger immune system eo am jen wā ko jet. Eitin aolep wā ko jet rej likit kij eo ejjab kajoor ak ejjab active ilo ānbwinid. Ejjab wā in Mrna. Bōtaab, Mrna katakin cell ko ad wāwein kōmman protein, ak juōn mōttan protein, im ej trigger immune system eo ad. Immune response eo, im ej kōmman antibodies, ej kejpārok kōj jen ad nañinmej jen moolin kij eo.

**Q: Etke wā in Mrna ej aikuj in bed ilowaan jōko remōlo?**

A: Wā in mRNA remajno im remāroñ bidrodro aer jorrān. Ilo aer kwōj wōt ej jibañ bōbrae jen aer jorrān. Elañe rej jorrān, wā in eban jerbal.

**Q: Ij rōn an armej kenono kake “adverse event reporting” ak ba ke CDC im FDA renaj kōmman katak in safety ak kejbarok. Melelein ke rejjab jelā kake safety ak kejbarok eo an wā in?**

A: CDC im FDA rej kakobaba melele kin adverse event ko im tiljek ñan aolep wā ko. Menin ej kinke jekdron ñe clinical trial ko rekoba jōñoul thousand armej ak lōñlok, emāroñ wōr side effect ko rejjab ekkā aer walok im jejjab jelā kake elañe juōn wā emōj lelok ñan bwijin armej. Ejja bar ilo wā ko jet. FDA emōj an ba emman wā in, ke ej jerbal, im ke eien an armej in jukjukun bed ko bōke.

**Q: Jet wā ewōr 2 aer dose. Ak elañe ijjab bōk dose eo aō kein karuo?**

A: Elañe kwōj bōke wā eo ewōr 2 an dose ak kwōbōke wōt 1, kwōban bōbrae jen COVID-19

**Q: Elane inaaj bōke wā eo im 2 an dose, ñaat ij aikuj bōk dose eo kein karuo? Ak elane ijjab bōke ilo ien eo ij aikuj in bōke?**

A: Len eo ñan bōk dose eo am kein karuo ekkar ñan wā ta eo kwōj bōke. Kwōnaj aikuj in bōke dose eo kein karuo ilowaan 3 ñan 4 week ālikin dose eo am kein kajuōn. Elañe kwōjab bōk dose eo kein karuo, kwōj aikuj bōke ilo ien eo emōkaj tata. Kwōban aikuj in bar jino jen jinoin.

**Q: Elane inaaj bōke wā in Pfizer mokta, imāroñ ke bōk wā in Moderna ñan dose eo kein karuo ak vice versa?**

A: Jaab. Elañe kwōj bōk wā eo im 2 an dose kwōj aikuj bōk ejja wā eo wōt ilo kajojo ien.

**Q: Ewi brand in wā in emman tata? Ta ko armej ro rej bōke?**

A: Wā eo moktata ekar kōmelim jen FDA ewōr melele ko rebaake ilo ad lale ewi wāwein aer jerbal im ewi joñan aer tiljek. Ijo kwōj etal im bōk wā eo am enaj wōr wōt juōn kain. Kwōmāroñ jab māroñ ekāalel.

## Bōk wā in COVID-19

**Q: Etke ewōr jet ro rej bōke wā mokta jen ro jet? Wōn ej kōmman karōk kein?**

A: Advisory Committee on Immunization Practices (ACIP) eo an CDC ej kōmman recommendation ñan group ta ko rej aikuj bōk wā in COVID-19 eo kinke ejjab bwe wā eo ñan aolep. ACIP eo ej kōmman recommendation ñan jerbal ko an aolep wā. Ilo an limited supply ko an COVID-19, ACIP eo ej recommend bwe essential worker ro im ro elap aer kauwōtata ñan nañinmej ko rellap ren bōk wā in mokta. Armej ro ilo group kein ekoba:

- Ro rej jerbal ilo health care, factories ko, mōn jikuul ko, food service im production, emergency service ko, im ro jet. Menin enaaj kejpārok er jen COVID-19 ilo aer kōmmani jerbal ko aer.
- Ro me elap aer nañinmej jen COVID-19, einwōt ritto ro im armej ro ewōr aer nañinmej ko.

State health department ko rej wōnmaanlok kin laajrak kein jen tōl eo an CDC im lale ekkar ñan ta ko rej walok ilo state eo.

**Q: Ta side effect ko ij aikuj jelā lok imaan jen wā in COVID-19?**

A: Ñan armej ro rejjab kwalok ta ko rej eñjake, men ko ekkā aer walok rej:

- Metak ak ebbōj jen ijo rekar wā ki
- Edrik am piba
- Eñjaake am mōk
- Metak bar

Men kein rej jako 1 ak 2 raan.

**Q: Elañe wā in ej jerbal etke ij aikuj in loori guideline ko an public health (einwōt ekōṇak mask im kattolok ña)?**

A: Jejelā ke wā in elap an māroñ bōbrae eok jen am bōk COVID-19. Bōtaab official ro an public health rej rōjañ kōj bwe jen kōjerbali wōt kein bōbrae jen COVID-19 ilo torein. Jej aikuj kwal peid, ekōṇak mask ilo loblej, im jab bed ijōko ebool armej ilo ie joñan to in aer ba.

**Imāroñ ke bōk COVID-19 elañe...?**

**Q: Emōj aō bōk COVID-19 kadredre. Imāroñ ke bōk wā in COVID-19?**

A: Aet. Clinical trial ko rej kwalok ke wā in emman jekdron ñe emōj am kar bōk COVID-19. Bōtaab, kwōjjab māroñ bōk wā in elañe ewōr am kōkalle ak kwōj bed ilo isolaition ak quarantine.

**Q: Ewōr ao nañinmej. Imāroñ ke bōk wā in COVID-19?**

A: Clinical trial ko rej kwalok ke wā in emman im ej jerbal ñan armej ro elōñ kajojo aer nañinmej ko. Bōtaab ejjab lap an wōr melele ñan ad jelā ewi wāwein an jelōte eok im nañinmej eo am.

**Kenono ibben taktō eo am ikijien ñe wā in emman ñan kwe.** Elañe kwōj lemnak in bōk wā in, kalikkar ñan armej eo ej lewaj wā eo kake nañinmej eo am.

**Q: Ibūroro. Imāroñ ke bōk wā in COVID-19?**

A: Elañe kwōj būroro im bōk COVID-19, kwōmāroñ bed ilo kauwōtata ñan lap am nañinmej. Ejjab lap an wōr melele ñan ad jela elañe wā in emman ñan kōrā ro rebūroro. Bōtaab, elañe ebidrodro am māroñ bōk COVID-19 kin jerbal eo am, kwōmāroñ kōnaan bōk wā in. **Kenono ibben taktō eo am elañe wā in emman ñan kwe.**

**Q: Ikar kadrōke juōn kain wā. Imāroñ ke bōk wā in COVID-19?**

A: **Kenono ibben taktō eo am elañe emman wā in ñan kwe.** Elañe kwōj lemnak in bōk wā in, kalikkar ñan armej eo ej lewaj wā eo kake ta enjake ko am ñan wā ko jet.

**Q: Ikar expose ñan COVID-19 im ij quarantine. Imāroñ ke bōk wā in COVID-19?**

A: Kwōmāroñ bōk wā eo, bōtaab, kwoj aikuj in kōttar ñan ne ejemlok am quarantine. Menin eoktak jen ro rej jokwe ilo group setting ko einwōt nursing home ko im jikin kalbuuj ko. Bōtaab elañe kwōj jokwe ilo mweo imōm innem komaroñ in kōttar.