

COVID-19 Video in Jelālakjen ikijen Wā ilo Jeje

Elmen am Kōjerbale template in jeje in

Jeje kein ilo video in ej kanan kin jabrewōt menko ikijen Wā in COVID-19. Kwomaroñ kōjerbale jeje kein ñan kaman video ñan kwalok enaan kin clinic in wā ko kajojo, ilo ien wā ilo clinic ko, ak ilo jabrewōt jikin eo kwoj share e COVID-19 melele in wā ko.

Ñe kwoj kaman video, kelet e section ko ilo jeje in rekar ñan community eo im aikuij ko aer. Kwomaroñ kōjerbale aolepen menko rekar, men bwe en ekārere im jejjōt ñan topic ko, ak bar jeje ak bar kadōk e section ko.

Waan joñak, ñe ewor bwebwenato ko rejab mool ej ajeded ilo community eo am, kwomaroñ aikuij in kōjerbale menko rekar ñan ingredient ko, ilo am nañinmej elikin wā, menin inepata ko ikijen microchip ko, ak menin inepata ko ikijen DNA. Ak, ne armej ilo community eo rekanan kaboje er make mokta jen aer wā, kwomaroñ kōjerbale menko ilo ID, woneen, ta ko kwonij eñjake, im side effect ko.

Menkein ej kelmenlakjen wōt- kwomaroñ kōjerbale topic ko kwelak lale rekar ñan kwe. Menin ej jermal enwot juon template im ej ekar ñan jibañ kwe kin aikuij ko ikijen COVID-19 Wā eo. Kinan an baj flexible, ejelok makitkit in statement kein ilo jeje kein. Ñe aikuij, jouj likit statement in makitkit ko am make ikatan topic kein ñe kwoj kammene video ko am.

Jej rejañ kwe ke kwoj aikuij likit video kein am iumwin jilu minute bwe armej ren alooj e im kememej e menko rekar ekatak kake. Kwojjab aikuij in kōjerbale aolepen menko rekar ñan video in. Ñe kwokanan kōjerbale aolepen menko rekar ñan video in, kwon kaman bwijin video ak en kadu.

Menin rejañ ko ikijen jeje:

Jinoin/Kabelok

[Kabelok eo am make (10-15 second): ba jidrik kin kwe make, mon jermal ta eo kwoj jutak kake, im jermal eo am ilo mon jermal eo ak community eo ikijen role eo am. Kwalok kwojam likit ien kein am ñan am kammene video in]

Elukun bwijin melele ko namōj ikin wā in COVID-19. Emaroñ lap melele kein ñan am kajeoñ melele kake science- im naan ko an armej ro- ilo am kajeoñ lale ta eo emman ñan kwe.

Melele ko ij ajeej e rainin ej itok jān Washington State Department of Health (DOH, Ra eo an Mon Ejmour an Washington), Centers for Disease Control and Prevention (CDC, Center eo ñan Control e Nañinmej ko im Bōbrae jān e) im U.S. Food and Drug Administration (FDA, U.S. Doulul

in Mõñã im Drug). Ebbõk wã ej am kelet, im elukun aurõk bwe kwon kammene kelet eo ekar. Ij rejañ kwe bwe kwon kaman am make research im lale melele ko remman enwor Department of Health, ak kenan ñan nurse ro, dakto ro, im rijerbal ro an mon ejmour ilo community ko.

Kõjerbal ñe kwokanan kenan kake: Kein kamool ikijen am citizen

Kwojjab aikuij in U.S citizen ak kwalok kein kamool ke kwoj citizen ñan am bokke wã eo. Jokdron ñe kwoj citizen ak ejelok am status ikijen immigration, aolep armej ilo Washington remaroñ wã. Juon wõt rule eo im ej ba kwoj aikuij 12 am yio ak rittolak.

Kõjerbale ñe kwokanan kenan kake: Menko rej require ikijen ID

Ñe kwoj bokke wã eo, remaroñ kajitõke ID eo am ak Social Security Numba eo am. Botaab kwojab aikuij kwalok menkein ñe kwojjab kanan ak rejako ippam.

Kõjerbale ñe kwokanan kenan kake: Woneen

Wã in ejelok woneen ñan aolep armej, bar ñan armej ro ejelok aer insurance. Rejjab aikuij lewaj woneen ak elewaj am bill. Ñe ewor am insurance, ba lak ñan armej eo ej lewaj wã eo, ak ñe ejelok am insurance okwe ej emman wõt. Kwomaroñ bokke wõt wã ne ak ejelok woneen.

Kõjerbale ñe kwokanan kenan kake: Maroñ dreloñ ilo kajin

Ñe kwonij aikuij jibañ ilo kajin majol ak menko jet ikijen jibañ ilo wawein kenan, kajitõk ibben armej eo ej lewaj wã eo. Jibañ ilo ukok emaroñ belak.

Kein kememej ñan armej eo ej kenan: likit kajin ko kajojo rekar ñan alooj e video eo.

Kõjerbale ñe kwokanan kenan kake: Wã ko kajojo

Ewor 3 wã ilo torre in im rej jibañ kwe bobrae jãñ am nañinmej ak mej jãñ COVID-19. Aolepen wã kein relukun kajur ñan bobrae jãñ COVID-19, im enij jibañ kwe bwe kwonjab nañinmej ak mej jãñ COVID-19. Kwoj aikuij in bokke wõt juon iaan wã kein.

- Pfizer wã eo ej ruo dose in, im kwoj bokke 3 week katan. Aolep armej ro 12 yiio im loñlak remaroñ bokke wã in Pfizer.
- Moderna wã eo ej bar ruo dose in, ak kwoj bokke 4 week ikatan, im ej ñan aolep armej 18 yiio im loñlak.
- Johnson & Johnson wã eo ej juon wõt dose in im ej ñan aolep armej 18 yiio im loñlak.

Kõjerbale ñe kwokanan kenan kake: Ta ko kwonij eñjake elikin am wã

Mokta jãñ am bokke wã eo, armej eo enij lewaj wã eo enij lewaj jet kajitok ñan lale ñe kwonij kadõk im ejakar wã in ñan kwe. Elikin am bokke wã eo, kwonij aikuij bed wõt ilo ijjo kwar wã ie 15 minute. Ilo am katar armej eo ekar lewaj wã eo enij lale ñe kwonij kadõk e wã in. Kadõk jãñ wã in elukun jeja. Armej eo ekar lewaj wã in ekar train ñan an jelã wawein an jibañ kwe ñe kwonij kadõk jãñ wã in.

Elikin am bokke wã eo jinoin enij wor am card in record in wã ko am. Card in ej record e ak kein kamool ke emõj am bokke COVID-19 wã eo. Kakwone card in ñan am beddo lale date kani, wã rot eo kwar bokke, im jete dose ko kwar bokke. Kwoj aikuij bar kakwone bwe kwon kwalok ke emõj am wã ñan COVID-19. Bokke pijja in car eo am ak kaman copy bwe enij lak jako.

Ñe kwar bokke Pfizer ak Moderna wã ko, kajitõk ñe kwomaroñ bar schedule e am appointment kein karuo ilo am bed ilo clinic eo ilo appointment eo am jinoin tata.

Emaroñ bok lak ñan ruo week ñan am dedelok bwe kwon böbrae. Elikin kwomaroñ bar roolak ñan am kammane menko kwar kammane mokta jãñ pandemic eo. Kwolukun dedelok ñe 2 week elikin am bokke dose eo kein 2 in Pfizer ak Moderna, ak 2 week elikin dose eo am jãñ Johnson & Johnson. Lale website in LifeAfterVaccine.org ñan am lale ta menko kwoj aikuij in kammane elikin an dedelok am wã.

Kõjerbale ñe kwokanan kwalok melele ko base ioon kajitok ekkã aer lewaj ikijen wã eo

Enwõt am jelã kadede, COVID-19 wã ko rekar approve jãñ FDA ñan emergency im ñan rijerbal ro an mon ejmour im ra ko an mon ejmour im rej kajeoñ joñan aer maroñ bwe en wor wã kein ñan aolep armej in Washington.

Ñan jet armej, elukun keiñtanan am lomnak kin wã ne bwe reñak elmen an nej enbwinin jermal ñan wã kein. Emman wõt ñe kwoj ikumkum kin jibañ ko ikijen nañinmej ko, im ebar emman ñe kwoj bar elelak kajitok. Emman bwe kwon jelã ke miliion dose in wã ko emõj aer ajeje, jej loe ke eitan aolepen armej ro emman aer mour elikin wã in. Bwijin armej enij metak pein im enij eñjake an majno elikin jejjo raan. Jet armej remaroñ pio ak piba jidrik ak enij makaj an jako. Jet armej rejjab eñjake side effect ko. Menko rej eñjake im elukun kawatata elukun jeja.

Kõjerbale ñe kwokanan kenan kake: Menko rekar likit ilo wã kein, im bar bwebwenato ko rejab mool kin menko rej likit ilo wã kein

Wã in ej kaman jãñ fat, salt, suga ñan jibañ an emman jermal ilo enbwinim. Menko rej likit ilo wã in ejjab kawatata im rej aikuij ñan wã in bwe kwon maroñ in böbrae. Jouj kememej bwe wã in ejelok part in fetus ko ak cell in fetus eo, latex ko, metal, kein track, menko jet, ak part in menin mour ko ekoba jidrik in pig ak jidrik in lep. Wã kein ejelok virus eo ej kaman COVID-19.

Kõjerbale ñe kwokanan kenan kake: Bwebwenato riab ko ikijen an maroñ track ak chip ko ilo wã in.

Bwebwenato riab ko kin an wõr microchip ko ak an maroñ track. Ejelok microchip ko ak kein track ko ilo COVID-19 wã in, ak wã ko jet. Wã in ejjab track armej ak ebbõk melele ko ikijen armej ro. Government ejjab record ñããt eo kwar bokke wã in, ak rejjab bar track e kwe! Record ko rej kaman jãñ form eo kwokar kanne ilo am bokke wã eo. Kio, jaab, ejelok chip ilo wã in. Ekar ejelok chip ilo wã kein! Armej ro rej ajeje wã [enwõt ña] rej kõjerbale record in wã ko am ñan aer maroñ likit record in wã ko am, ekoba wã in COVID-19. Jej kõjerbale wã kein ñan

kakememej kwe ñe kwojjab aikuuj wã im kwoj jelã wõn ekawatata ilo torre in outbreak in nañinmej in.

Kõjerbale ñe kwokanan kenan kake: Bõbrae ilo wã ñan BIPOC community eo

FDA rekar kamelim bwe wã kein ren beddo etaale kin evidence ko kajojo. Dakto ro remokade rej kwalok ke wã kein relukun kajur im remaroñ bõbrae. Armej jãñ race ko kajojo im oktaktak bukon ko aer rekar bok kwonaer ilo etaale wã kein. Ñan Pfizer im Moderna wã ko, emaroñ 30% in armej in U.S. rekar kaman wã trial kein ñan Ri-Hispanic, Ri-Kilmej ak Ri-Africa jãñ Amedka, Ri-Asia, ak Ri-India jãñ Amedka ak Ri-Alsa im jimatan kar ritto wõt.

Ñan Johnson & Johnson wã ko, emaroñ 38% in armej in U.S. rekar kaman wã trial kein ñan Ri-Hispanic, Ri-Kilmej ak Ri-Africa jãñ Amedka, Ri-Asia, ak Ri-India jãñ Amedka ak Ri-Alsa im jimatan kar ritto wõt. Kakobaba, emaroñ 45% in aolepen armej ro rekar bok kwonaer rej jãñ Hispanic ak Latinx. Ekar ejelok menin kawatata ko rekar loe ilo juon iaan ak aolepen group kein ñan trial ko.

Kõjerbale ñe kwokanan kenan kake: Elmen an Jerbal Wã in

Wã in ej katakin enbwinim bwe en kammane uno eo ekajur im emaroñ jumae virus eo ñe kwonij nañinmej. Kio, kwonij maroñ jumae virus eo ak kwoban nañinmej, im kwoban jako jãñ utamwe ko ak jermal. Ejelok oktak menin am nej jumae ak ajri eo nejim jumar nañinmej ko jet, enwot measles im bokbok.

Kõjerbale ñe kwokanan kenan kake: Wõn emaroñ bokke wã in

Aolep armej ro 12 yiio im loñlak rej aikuuj bokke wã in. Menin ekoba armej ro rekar nañinmej jãñ COVID-19, im armej ro rejjab nañinmej. Jej rejañ kwomi ke aolep rej eligible ñan bokke wã in. Botaab jejelã ke jet armej ejjab alikar bwe rebõraro ak rekumkum kin ejmour eo aer. Kenan ibben armej ro an mon ejmour ñe ewor men eo kwoj ekõl kake ilo am bokke wã in.

Wã in ejjab limit ñan armej ro im wõn ro remaroñ bokke kio. Ilo jinoin torre eo ekar limit supply, jemaroñ kar lelak ñan group jidrik ko. Botaab kio ewor kio wã in torre eo am in kio! Aolep armej 12 yiio im loñlak remaroñ wã ilo Washington.

Kõjerbale ñe kwokanan kenan kake: Bõbrae in wã ñan armej ro rebõraro ak rekanan bwe en wõr nijied

Armej ro rebõraro, rej lactate, ak rekanan bõraro remaroñ bokke wã in. Kojimwe ilo am kenan bõbrae kwe make im baamle eo am. Report ko mokta rej kwalok ke wã in emaroñ jibañ enbwinim kaman uno ko rekajur ñan ningning eo nejim ilo am najdrikin. Ej aikuuj bar loñlak katak ko, botaab ejañin confirm, enij jibañ bõbrae ningning eo nejim jãñ COVID-19. Im ñe kwokanan kaman nejim ningning iliju joklaj, ejelok men eo enana rekar loe ikijen ningning eo im side effect jãñ wã eo, ekoba COVID-19. Ñe kwojjab bõraro, lactate, ak plan in bõraro, kenan ibben armej ro an mon ejmour ñan lale wã eo ekar ñan kwe.

Mokade ro an mon ejmour rejjab elolo menin kawatata ñan armej ro rebõraro.

Kõjerbale ñe kwokanan kenan kake: Bõbrae ikijen wã ñan armej ro ewor aer nañinmej maantak

COVID-19 wã kein rej ekar ñan armej ro bwijin aer nañinmej ekoba nañinmej menono, joreen lung, toñal, ak kileplak. Armej ro kin menkein ak nañinmej ko jet relukun kawatata ñan nañinmej in ñe reban bokke COVID-19 wã eo im aurõk bwe ren bokke bwe ren maroñ bõrae. Ñe ewor an nañinmej ko kajojo, kenan ibben armej ro an mon ejmour. Renij lewaj aolepen melele ko kwonij aikuuji ñan kammane kelet eo am kin wã in.

Kõjerbale ñe kwokanan kenan kake: Side effect ko

Jet side effect remaroñ walok. Emaroñ wor am side effect elikin am bokke wã in. Kwomaroñ eñjake an metak peim, emõkmõk, metak bõram, ak metak muscle. Menkein renij baj walok wõt, im melelein ke wã in ej jibañ enbwinim bõbrae. Im enbwinim enij bõbrae jokdron ñe ejelak am side effect.

Ñan bwijin armej, side effect kein remaroñ walok elikin ruo raan elikin am bokke wã eo im emaroñ bed lak in juon raan. Ñan wã ko me ruo dose in, side effect ko rekajur walok elikin dose eo kein karuo ijelakin dose eo jinion.

Ilo am jelã kin side effect kein enij jibañ kwe ñan am bojak in bokke wã eo. Side effect kein rejjab kawatata, ejjab katoto aer bed, im renij baj wõt walok. Im, wã side effect ko ebidodo ñan lale im rejjab kawatata jãn am nañinmej kin COVID-19.

Kõjerbale ñe kwokanan elelak jibañ ikijen wawein am madmõd e side effect ko

- Jet armej relukun ekõl kin aer jab jermal jãn wõt side effect kani. Kwomaroñ ba ñan mon jermal eo im ba kwoj plan in bokke wã, kwomaroñ kõjerbale sick leave ko am ak schedule e juon am appointment mokta jãn an weekend bwe kwon kõjerbale raan in off kani am ñan kakije ñe kwonij aikuuji. Waan joñak, ilo Bolaide elikin am jermal.
- Ñe ewor ajri mwemom, kajitok ibben jarko mõttam ak baamle eo am bwe ren standby elañe enij wõr am side effect im kwonij aikuuj kakije elikin am bokke wã eo.

Kõjerbale ñe kwokanan kenan kake: Bwebwenato riab ko ikijen an wã in janiji DNA eo ak lelak COVID-19 ñan armej ro

Wã eo an COVID-19 ejjab janiji ak kakure DNA eo am. Ak ilo juon wawein, ej jermal ibben enbwinim bwe en kammane uno ko rekajur. Rej lewaj menko ñan cell ko am bwe en jumar virus ko ñe enbwinim enij eñjake, kio enbwinim emaroñ kammane uno rekajur ñan jumae. Im, ejelok iaan wã kein ewor virus ko rej kaman COVID-19, kwoban nañinmej jãn COVID-19 ilo am bokke wã in.

Kilōk

[*Ña/kōj*] tomak ke video enij lewaj melele ko im uak ko kwonij aikuiji ñan lale kelet ko ñe COVID-19 wã kein rej jimwe ñan kwe.

Ñe kwonij bar aikuij jidrik ien ak melele ko kin kelet in wã in am, ebar emman! Etal ñan CovidVaccineWA.org ñan melele ko jet. AK, kwomaroñ call e armej eo ej lewaj wã eo – rekanan jibañ kwe kammane kelet eo am. Ñan bukote jikin wã ko turim, kōjerbale Vaccine Locator (Kein kabbok wã eo) ilo vaccinelocator.doh.wa.gov. Ak ñe kwoj aikuij jibañ kabbok ak kaman am appointment, call e 1-833-VAX-HELP, im jujen jibed #. Jibañ ikijen kajin ej bar bed.

Kein note ñan armej eo ej kenan: Ñe kwoj lomnak in record e video in ilo bar juon kajin ijelakin pãlle, kōjerbale 1-800-525-0127 ijelakin 1-833-VAX-HELP. Ejja baj jikin call center eo ak ejelak kajin Pãlle ilo numba eo rejjab ekar ñan kajin ko jet.

[*Kakilōk ñan kwe make (10-15 seconds)*]

Ñan kajitōk am bōk beba in ilo bar juon wāween, kūrļok 1-800-525-0127. Ro im rejaroñroñ ak bin aer roñjak, jouj im kūrļok 711 (Washington Relay) ak email civil.rights@doh.wa.gov.