

AINIKIEN KO  
JĀN FRONTLINES:

# Juōn Al in COVID

JERBAL AN JUKJUKUN PĀD LŌMNAK  
KO IPPĀN DOON PROJEK

KAKIEN, JIKIN EKATAK  
& JUKJUKUN PĀD

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**Projeek in ej kwalok ta  
ko rej walok ilowaan  
Washington pedped ion  
jukjukun pād im ta eo  
ekar walok ilo ien eo  
ebin ñan ro imaan.**

Jāān ñan pepa in ekar kōmman jān Washington State Department of Health (Rā eo an Ejmour ilo Washington) jān juōn grant jān Centers for Disease Control and Prevention (Jikin Kantūrol Nañinmej im Bōbrae). Lale kein rekar walok ilo pepa in im ro rej jermal im jab kwalok aolepen kakien ko an Washington State Department of Health akō the Department of Health and Human Services (Rā in Ejmour im Jerbal ko an Armij), im ejjab bar walok etan jikin jermal, ekatak, akō doulul ko jān U.S Kien.

## Kobban

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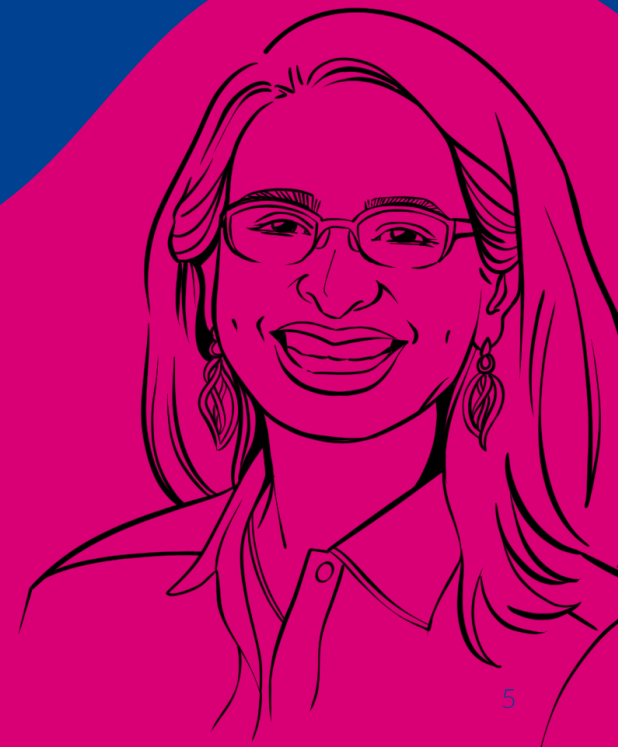
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Jibāñ  
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Elŏñ ebeben ko Wāwein kŏnnaan im roñjake  
Jenolŏk  
Wūnlelep

"Kij armij jej etetal ilo ad lŏmṇak  
ke jej pād ilŏñ in pyramid in  
oktak eo.

Lale wāwen an juŏn baerōj eo  
ej māke ian māroñ in kŏmman  
ad wŏtlak."

—Priya Jayadev



## Ñe jej roñjake, COVID ekar letok ekatak ko rej aurōk kake aurōk in mour an armij



Ejmour eo ejjab eman ej joñan an jukjukun pād ko kajur lak im kwalok aer **jellā** im **eñjake** kin ta in jenolok. COVID ekar lukkun in kwalok elōñ aurōk ko ilo ejmour an loḷleḷ — jān maan in mweo imōm ñan jikin jermal in jabdewōt bar jikin kwōj māroñ in loḷḷak kake.

Ien eo ebin ej wanḡaanloḷ wōt ilo an mwilal im bōk ilo wāwein ko ñe ejjab eman ad lale armij. Ej lukkun in kwalok an ejelok ippān doon im ta ko rej pād wōt — jab jimwe lale armij jān wōt jikin ko rej itok jān e, aer māroñ, kakure, jab eman lale rūtto, jikuul ñan jikin kalbuuj lain ko, edik kōjbarōk an jermal, ejelok onean lak ñan diik onean rijermal ro, ejabwe jikin jokwe im ḡōñā, metak ilo jenolok, ejabwe jibāñ ko ñan ro rej wōr aer imenene, armij ro ejelok jikin aer takto, mour ilo an ejelok intōnet, ejelok aer jarom akō dān, ejelok wāwein itotak, ewōr abañ ko rilale rej kōtak.

Laajrak eo emāroñ in aitok lak wōt.

Enin ej jōt ial ko relukkun in kamijak im COVID emāroñ in booj e jukjukun pād ko im rijibañ ñan kōnnaan im ūn liklak.

Unin an aurōk bwe ro ilo kien, jikin jermal, im jikin ekatak, im jōt ien armij ro aolep raan meloklok ke COVID ekar katakin kin aolep ilo yīō ko jilu ekar rub burued ie.

**Jān kememej wōt ta ko jekar ekatak kin mour im COVID ekar kwalok ñan kij elikin-ien eo ebin im ilju jeklaj.**



# EKATAK JĀN KAKIEN

*Armij ro imaan ilo jukjukun pād  
eo jān Washington rej kwalok  
jelalakjān ñan jerbal ko ilo kein  
im rej kajur lak, koba ippān an  
wanṁaanḷok an walok elikin  
COVID nañinmej eo.*

## KAKIEN EKATAK

- Ippān Doon an Jukjukun pād
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## Ippān Doon an Jukjukun pād

### Armij ro iolap rej ion e abañ ko

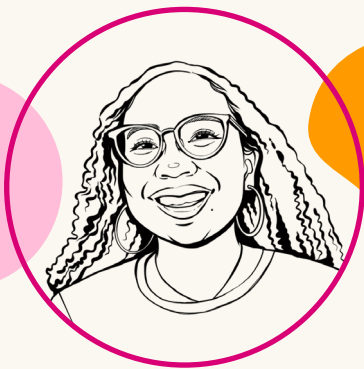
Armij ro iolap rej ion e jabdewōt abañ ko ilo jermal koba ippān ro rej ion e jorān, an jabwe jikin jokwe im ṁōñā, ejelok kein kamol ilo pepa, ion e an lap kōjerbale uno ko rekajur im ejmour ilo mwil, rilale, diik/ejelok kolla.

### Kōmman tōl ko renij kobaiki jukjukun pād

Kommoan bwe tōl ko ikijen kobaiki jukjukun pād ej kobaiki armij ro emārōk lak ñan eman kil ko aer, jekjek in enbwin, yiiō ko, kain armij rōt, kol in bar rōt, nememen mejaer, bwebwenato kin mour ko aer im jān.

### Iolap Kilmej, Armij ro jān jikin eo emōj kwalok, Enne ko ilo Pacific, Jān Spain/Latin, & BIPOC mej ko

Iolap Kilmej, Armij ro jān jikin eo emōj kwalok, Enne ko ilo Pacific, Jān Spain/Latin, & BIPOC mej ko rej walok im pād iolap āinwōt juōn men eo ekkā an armij kalimjōk. Jekonan loe ad māke walok ilo jermal rōt kein.

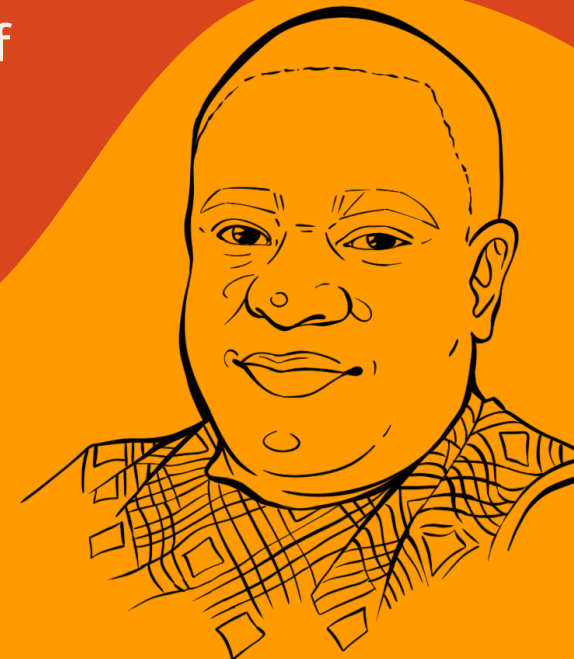


"Emenin burumōj ke ekar bōk COVID bwe en māroñ in wōr jabdewōt kain jān akō jibāñ

ñan kōmmane aolepen men ko jekar konan kōmmane ñan yiiō ko an jukjukun pād eo ad...

an bellōk jikin kōjbarōk in ijo jemāroñ in lelak jermal kein ñan ajiri, ñan rūtto ro."

—Pa Ousman Joof



# Ippān Doon an Jukjukun pād

## Ekatak ko ilo am aini pepa ko

Ekatak ko ilo am aini pepa ko ñan kōmman an wōr jermal ñan jukjukun pād ko ad ilo aolep ial ko ilo ejmour an ļoblej ilo kajin eo ebidodo melele im kōttōpar ko rellap.

## Kōmman kelet ko rej pedped ion-jukjukun pād

Kalimur in kobaiki aolep kelet ilo an pedped ion-jukjukun pād im ej koba ilo jenolōk — mōkta lak im ilo kio.

## Jermal ippān ritol ro an jukjukun pād

Jermal ippān ritol ro an jukjukun pād. Deļoņ oktak ko im ro uwaan jukjukun pād rej pedped ion ta eo rej kea kake.



# Ippān doon

## Aikuj an aolep bōk kunaer

Lale lak wāwein ko rej aikuj an aolep jermal im ejjab māroņ in kōmman āinwōt armij akō doulul ko rejjab jenolōk.

## Jellā joñan aurōk in ippān doon

Jellā jonna aurōk im kōmmane ien ippān doon ko rej jinoo ippān jukjukun pād ko rej tōl im kwalok kajur ko ilo kōmman-kelet im kwalok ñan ro jōt.

## Kotlak an ro uwaan jukjukun pād & rijermal ippān doon

En eman am jermal, jimwe am ļōmņak, eman am uak, im bellōk ñan elōñ wāwein ko. Akō kwōn jab ekireer ñan ro uwaan jukjukun pād eo im rijermal ro am bwe ren māroņ in jermal im lukkun koba ilo im kwalok jellā eo elaptata ippeir.

## Laajrak in jibāñ ko ilo jikin ko jukjukun pād ej pād ie

Kommnae juōn laajrak in kein jibāñ ko im elōñ jukjukun pād ie ilo aelon eo im ro mōttad.

## Ippān doon

### Ekatak ko ikijen tiijain ilo & nana jukjukun pād ko rej ion e aer jab juōn wōt

Ekatak ko ikijen tiijain ñan im ilo jukjukun pād ko rej ion e aer jab juōn wōt āinwōt an lap jorāān, jabwe jikin jokwe im ṁōñā, kōjerbale uno ko rekajur, nañinmej ilo kalmenlakjān, dike armij jān ijoko rej itok jān e, māroñ, yīiōm nañinmej ko, kain armij rōt, oktak ko im jenolok ko jōt.

Kōmmāne menin lelak ko bwe en lap lale lak.

### Kalōk wāwein tōl ilowaan jukjukun pād ko

Kalōk wāwein tōl ilowaan jukjukun pād ko bwe ien tōl kein remāroñ in bellok rej pād wōt im aurōk ñan jukjukun pād ko rejjab walok.

### Kwalok jibāñ ko rellap ilo jāān ñan jikin ekatak eo

Kwalok jibāñ ko rellap ilo jāān ñan jikin ekatak eo ilo am jouj, lap, im wāwein ko jōt.



## Juōn wōt kōmmelele

### Kōmmelele ko ilo jikin ejmour an lōblej

Kōmman bwe kōmmelele ikijen ejmour an lōblej im ebidodo loe, bukōt, im ilo kajin eo ebidodo jellā kake.

### Jukjukun pād ko rej kwalok kōjbarōk

Kōmmāne ien ko ñan jukjukun pād bwe ren lukkun kwalok ta eo kōjbarōk ej āinwōt/eñjake.

### Ekatak kin kōmmelele ko

Kōjbarōk ilo ekatak ilo jukjukun pād ilo kōmmelele etaale bwe jukjukun pād ko ren kōmman naan ko ilo an ejelok rej lale kōjām.

### Jerbal ko rej pedped ion-armij

Kōmman bwe an jermal ko rej pedped ion-armij jab epāake jukjukun pād ko rej ion e oktak ko jān wōt an jenolok jān turin armij im kantūrol im kajitok ñan kōjbarōk eo eman lak.

### Wāwein aini kōmmelele ko rej juōn wōt

Kalimur ñan wāwein aini kōmmelele ko rej juōn wōt (ilo waanjoñak. an wōr kajin ko jōt, kobaiki armij ro rej kōnnaan im jukjukun pād eo rej leke).

### Jāān ko an lōblej im rej bellok

Kōmman bwe en bellok jāān ko an lōblej ñan an aini kōmmelele ko an jukjukun pād im wanmanlak ippān ro mōttad rej aurōk ippān jukjukun pād ko elap aer jelōt.



## Oktak ilo Kakien

### Juŏn Wūnlelep kake COVID

Kōjerbale Juŏn Wūnlelep kake COVID ñan an ukōt kakien ilo kōjerbale ejmour an lōblej.

### Kōmman bwe jukjukun pād ko ren koba

Aolep jikin kōmman kakien ej aikuj in wōr kakien, kōmanit, im mwil ko im aolep jukjukun pād ko rej koba im mārōñ in kwalok jemlōkin kakien ko.

### Bukōt rijerbal ro rej oktak im emōj aer ion e elōñ menko

Bukōt rijerbal ro emōj aer ion e elōñ kain im rej mārōñ in jibāñ jermal/kakien jemlōk ko rej koba ilo ta ko kwar ion e.

### Kememej in kōmman kelet ilo jimwe

Kememej ke kōmman kelet ilo jimwe ej unin an laplōk nōmba in wā ilo jukjukun pād ko ewōr kōlar. Jab melōklk jōt ien armij mouj rejjab lukkun koba ilo kōjbarōk ñe rej ekatak kin an armij ro oktak aer kōlar aikuj jibāñ.

## Jōdikdik

### Kōjbarōk ilo jōdikdik

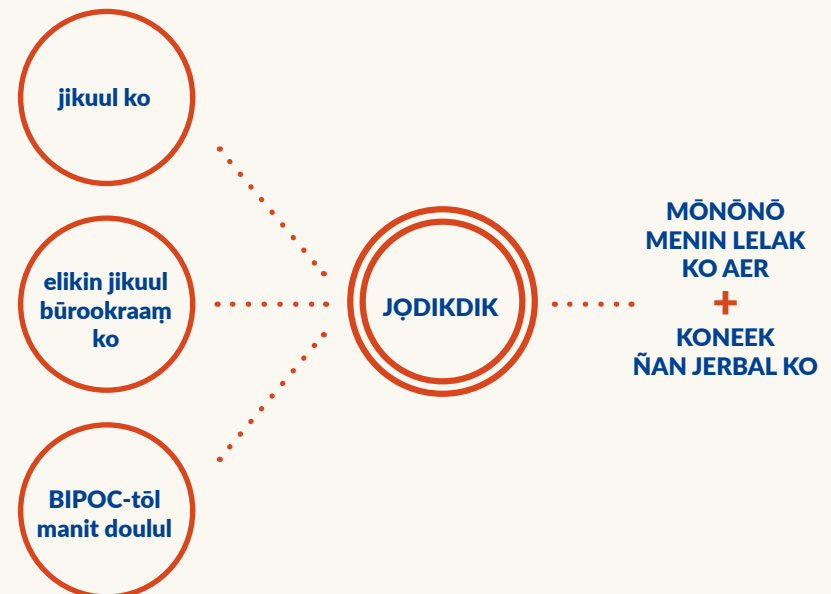
Kōjerbale COVID āinwōt juŏn ien ñan kōjbarōk ilo jōdikdik im ilo an jenolōk lak jōdikdik ro oktak aer kōlar, jōdikdik ro ewōr aer jorāān, jōdikdik ro ejabwe mōñā ippeir, akō rej kōmmane ilo aer mōnōnō kin menin lelak ko aer. Jab kaļaplōk akō jeje ñe armij ro reban tōpar iok.

### Epāāke jōdikdik

Epāāke jōdikdik ilo jikuul, būrookraam ko elikin jikuul, BIPOC-tōl doulok ko ilo manit āinwōt juŏn wāwein an ippān doon jukjukun pād.

### Bukōt jermal ko ilo ejmour an lōblej

Lale bwe jōdikdik im baamle ko aer rej mārōñ in bukōt jermal ko ilo ejmour eo an lōblej.



"Bwebwenato ko rej kwalok  
ke elōñ an COVID mour

(bwijin) ilo an tōpar ro jej  
iakwe ir.

Akō elaptata ej debij ro  
ebwōd melele ko ippeir."

—Jordan Chaney



## Oktak in Kain Armij & COVID-19 Kōmmelele

# NH/PI+AI/AN

YIIŌ EO UTIEJ TATA EMŌJ AN OKTAK JĀN JOŃAN  
KEIJ IN NAŃINMEJ IN COVID-19 KO

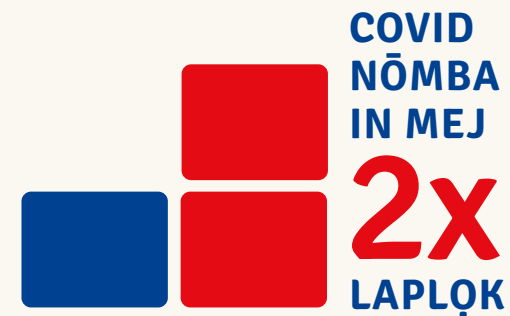
Jān Hawaii/Enne ko ilo Pacific (NH/PI) im  
Amedka India/Jān Alaska (AI/AN) joñan  
armij im elaptata emōj an oktak jān  
COVID-19 keij ko

## Oktak in Kain Armij & COVID-19 Kōmmeļe



Amedka India/Jān Alaska (AI/AN) armij ro ewōr aer **2.5x** elaplok oktak-yiĪŌ joņan mej jān armij ro rej jān Asia im Mouj.

## Oktak in Kain Armij & COVID-19 Kōmmeļe



RiKilmej/Africa Amedka ewōr aer nōmba in **COVID-19** mej epāāke **2x** laplok laplok jān Asia, Mouj, im eloņ jikin ko.

# COVID-19 Kōmmelele ikijen Ōjpitōl



NH/PI NŌMBA EO ELAPTATA ILO ŌJPITŌL



Jān Hawaii/Enne ko ilo Pacific armij elaptata ilo ro rej pād **ōjpito emōj an alikkar ako** emaroñ in COVID-19 keij ko.

# COVID-19 Kōmmelele ikijen Ōjpitōl



Jān Hawaii/Enne ko ilo Pacific ewōr joñan armij ej deļōñ **ōjpito 5x laplok jān Armij Mouj ibwiljin** alikkar ako emaroñ in COVID-19 keij ko.

# EKATAK KIN TA EJ WALOK ILO JERBAL KO

*Ta eo rijerbal ro an jukjukun pād  
rej aikuj bwe jikin ejmour ko ren  
kememej kake COVID?*

## EKATAK KIN TA EJ WALOK ILO JERBAL KO

- Kobaiki aolep
- Māroñ deloñ ilo kajin
- An Māroñ in Lōñ Kain juōn  
Emāroñ in Kōmmane
- Juōn wōt ilo kein jerbal ko
- Oktak wāwein lale armij
- Jelalakjān
- Ta ko pelakim
- Jāān
- Kejatdikdik
- Joñan Eddo

## Kobaiki aolep

### Jab eman ippam an jepel lak jukjukun pād

Jab kōtlak jepel lak ilo jukjukun pād eo ad; ej koba an onean mour ko an armij.

### Melele kin aikuj

Ḷōmḥak kin jukjukun pād ko ilo wāwein ko im jellā wāwein kautej im an oktak jān manit eo ekajur.

### Kōjbarōk ilo ejmour an mwil

Jellā ke ewōr kōjbarōk eo ilo ejmour an mwil ilo aolep jikin ko lal eo.

### Kōjbarōk ilo jukjukun pād ko rej ion e jorān

Kōjbarōk ilo jukjukun pād ko rej ion e jorān elap im COVID-epāake jorān ko relaptata.

### Bulān ḥan jibāñ ko ekkā aer walok

Bulān ḥan an wōr jibāñ an jukjukun pād ilo jikin an jimwe ko (BIPOC, LGBTIAA+, ejelok jikin jokwe, kalbuuj, rūtto, diik/ejelok onean, koba ippān ejmour an kalmenlakjān im inepata ko ikijen kōjerbale uno ko rekajur).

### Kōmmane juōn jikin lale paun & jekjek eo an

Kōmmane juōn jikin lale paun im jekjek eo ej debij kein ilōñ.

## Māroñ deloñ ilo kajin

### Lelak kein jermal ko ilo elōñ-kajin

Kōmman elōñ ekin jermal ko elōñ-kajin rej bellok jān jinion, ejjab Kajin Pālle & Spanish wōt, kwalok an bellok elōñ-kajin, kōjerbale ASL riukok.

### Kememej lal ko ad

Kememej lal ko ad ilo jukjukun pād ko rej epāake kij im rej rebij elōñ kain armij.

### Ḷōmḥak kin aolepen lalin

Ḷōmḥak kin aolepen lalin. Ejjab aolep ilo Amedka akō Washington rej melele Kajin Pālle.

### Onean ajej

Onean ajej ippān doulul ko ilo jukjukun pād. Elap onean kein jibāñ kein.

### Kōmman bwe ukok ko ren bellok

Kōmmane riboot in bwe en bellok ilo elōñ kajin.

## An Māroñ in Lōñ Kain juōn Emāroñ in Kōmmane

### Kwalok naan ko kake ejmour an lōblej

Katak wāwein am kōmmane elōñ wāwein ko Kōjerbale jiñña & jermal ko an armij ñan ekwalok naan ikijen ejmour an lōblej (ilo waanjoñak. bwebwenato, al, ikkjure, elōñ armij, biit, pija, roñjake, jermal ko anlain).

### Epāake rijeje ro

Epāake rijeje ro; ebidodo pād turuer.

### Bukōt rijeje ro elap menko rekar ion e.

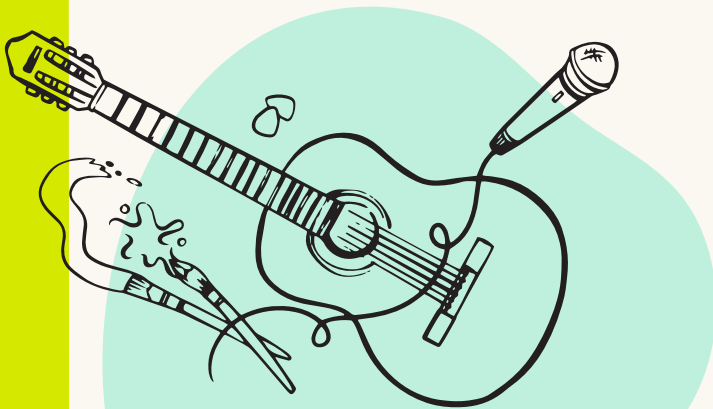
Bukōt rijeje ro elōñ men ko rekar ion e āinwōt BIPOC rijeje, oktak/ ejelōk kain armij rijeje in kōlar, kora ko an kōlar in aolep kain armij, jōdikdik ro rej kalbuuj im rūtto.

### Kōjerbale wāwein an armij jermal

Kōjerbale wāwein an armij jermal ñan am deļoñ ilo elōñ ian im elōñ mōttan ko rej jenolōk ilo bwebwenato an armij.

### Kōjerbale jiñña & manit

Kōjerbale jiñña im manit ñan bōktok ejmour eo an lōblej bwe en mour lak.



## Juōn wōt ilo kein jermal ko

### Kōmman wāwein jermal ko im ej kwalok melele ko

Kōmmane wāwein jermal ko rej kwalok wāwein an aolep kōjerbale jermal ko ilo tijitō! jokdoon ewōr aban ko (ilo waanjoñak. bōktok kein koneek, kōmman bwe kōmmeļeļe ko en bidodo kōjerbale ilo cellphone, kōmmane juōn wāwein eo im ewōr armij rej kwalok ilo aer kōnnaan, im buriin ilo pepa.

### Tōpar ilo an lap- & diik-jellā kin tijitō!

Kōjerbale lap- im diik-jellā kin tijitō! ñan am tobar armij ilo mejatōtō, anlain, ilo armij.

## Oktak wāwein lale armij

### Atōrej an armij dike doon & jorāan ko ikijen jān

Kwalok wāwein am atōrej an armij dike doon im jorāan ko ikijen jān ilo bulāan in jermal ko am.

### Kōjbarōk ro rej mijak

Kememej jote armij ekar jako mour ko aer jān wōt COVID.

Kōmman bwe kakien ko ilju jeklaj ren kōjbarōk ro elap aer mijak ilo ijo.

## Jelalakjān

### Projeek ikijen jelalakjān im tiijain

Tiijain an jukjukun pād eo projeek in jelalakjān ilo jain.

### Jellā ta ko rej kōmmelele kake tāmoņ

Jellā ta ko rej kōmmelele ilo kilāāj ko rediik (K-12) im kilāāj ko relap jelalakjān (kaļōj) űan melele kin jukjukun pād ko ewōr tāmoņ ilo jelalakjān an jain.

### Lelak māroņ

Jej aikuj māroņ in an mour jān jīñña, jibāñ jān burumōj, ejmour űan an emanlak im laplok ilo tōrre ko elap ad abāñ.

## Ta ko pelakim

### Tiijain jikin ko ilo nabōj

Tiijain jikin ko ilo nabōj bwe armij ro ilo jukjukun pād ren māroņ in ippān doon ilo an lap kōjbarōk.

### Jibāñ armij melele kake HVAC jermal ko

Jibāñ armij melele wāwein an HVAC (menen, an kōto duōj deloņ, im moļo) jermal im an liklik mejatōtō im kwalok kin jibāñ in ilo jukjukun pād ko rediik.

## Jān

### Bar kōmmane uak eo ilo mōkaj

Bar kōmmane uak eo ilo mōkaj űan jān.

### Kadiklak abañ ko

Kōmman bwe en diiklak abañ ko űan bōk jān.

### Aikuj ko ilo pepa

Wanmaanloķ wōt ilo am likit ilo jeje ta ko rekar jibāñ ilo kwelak ko im aikuj ko an jukjukun pād ko ilo aelōñ eo.

### Kwalok juōn kōjbarōk an jukjukun pād ilo juōn rā

Kwalok juōn kōjbarōk an jukjukun pād ilo juōn rā.

### Jibāñ kalōk bwe en kajur

Jibāñ jukjukun pād ko kalōk bwe en laplak jān ej deloņ.

### Jibāñ tiijain űan joñan eddo eo an

Jibāñ ritōl ro ilo jukjukun pād tiijain űan joñan eddo, renij aikuj in loņmak ilo elōñ jān ko.





## Kejatkidrik

### Aikuj wūnlelep & kejatkidrik

Melele ke armij ewōr aer wūnlelep im juōn men eo rej kejatkidrik ñan e, ñan uak ilo juōn ien burumōj im aurōk.

### Aikuj juōn men eo enij kōmman bwe ren ettōr & koneek

Kememej armij rej aikuj juōn men eo enij kōmman bwe ren ettōr. Jej aikuj in eñjake ke ewōr melelein akō wūnlelep. Jejjab konan eñjake āinwōt pōk ilo juōn jikin tutu. Ejjab jibāñ. Jej aikuj kein koneek. Ej kōtlak bwe jen jellā ke jejjab māke lak iad. Ejjab kij ilo ad māke akō jukjukun pād ko rej māke lak.

### Aikuj tomak & kein kakajur

Kememej uak ko remaokaj rej aikuj tomak, melelein, im wūnlelep ilo jermal eo ad. Jej aikuj armij ro rej kōmman kakien bwe ren mōnōnō im likit kij ilo lōñ, bwe jen jellā ke ewōr tokjān jermal ko ad.

**"Oktak eo ñan elaplōk būrookraam  
āinwōt kwelak im ien lale jermal ekar  
jibāñ io bwe in jellā kilen mour ilo ien  
kalbuuj eo im bukōt juōn jukjukun  
pād eo elōñ-armij ñan epāake ir."**

**—Mulki Mohamed**

## Joñan Eddo

### Lelak jibāñ ko ilo jermal

Melele ke ritōl ro an jukjukun pād ejmour an lōblej jibāñ an kajojo im jikin ekatak ko. Lōmñak kin jermal ko.

### Kōmmane būrookraam ñan ejmour

Kōmmane būrookraam ñan ejmour to jibāñ ejmour ñan jukjukun pād lain ko imaan.

### Melele wāwein an jorāan jermal

Melele kin wāwein an jermal ko kajuōn im karuo jorāan jermal.

### Kōmmane elaplōk jibāñ bwe ren koba

Bukōt wāwein ñan jibāñ bwe en laplōk an koba bwe en kwalok kin men ko emōj ad ion e an armij ilo aolep jikin in kwalok.



**Ikar eņjake ke wūt ko āinwōt aō  
uno. Aļ elak oktak jekjek in ekar bar  
juōn uno.**

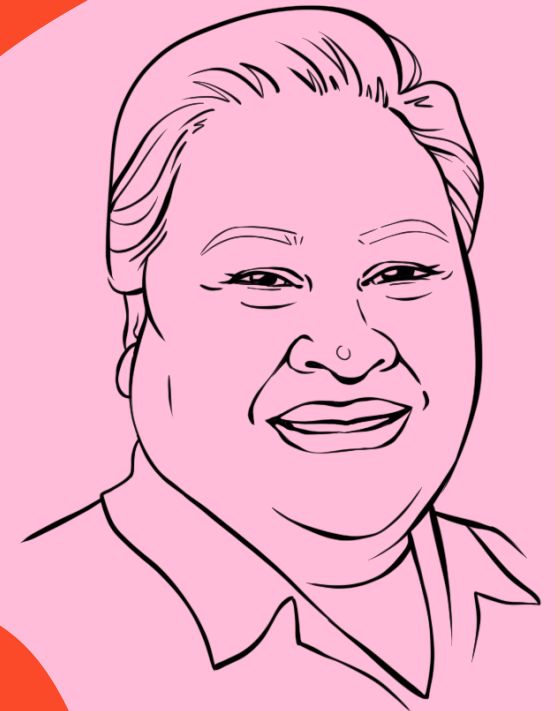
**Men ko redik ñan debij ilo ien  
kamijak im burumōj im ilo an lukkun,  
lukkun bwōd."**

**—Zyna Bakari**



**"Elapļok am kautej.  
Ñan bar ro  
rekar jab roņjake"**

**—Aunty Lua Pritchard**



# EKATAK JĀN JUKJUKUN PĀD

*Ta eo COVID "rijerbal ko jej māron in  
leke" rej konan bwe jukjukun pād ko  
aer ren māroñ in kememej  
kake ien eo ebin?*

## EKATAK JĀN JUKJUKUN PĀD

- Jibāñ
- Kōjjeḷā
- Koneek
- Oktak-Manit
- Elōñ ebeben ko Wāwein  
kōnnaan im roñjake
- Jenolọk
- Wūnleplep

## Jibāñ

### Karōk & kalōk

Karōk ippān doon im kalōk elōñ wāwein.

### Tōpar rijerbal ro

Karōk ien kwelak ippān rijerbal ro rej jibāñ ro rej kōmman kakien im ej pedped ion ejmour im jimwe ilo ejmour. Armij rein rej jibāñ kwalok ta ko imaan ñan ro rej kōmman kakien ko rej jermal ñan e.

### Kwalok riboot in

Kwalok melele ko ilo riboot in āinwōt doulul ko am māke akō ilo am ippān doon ñan jibāñ kamakut juōn ļōmṇak bwe en wanṇaanļok.

### Karōk juōn pepa

Karōk juōn pepa, ippān elōñ buñtōn ko, im jain ko emōj karōk.

### Tōpar WA DOH Secretary eo an Ejmour

Kattōparlak Washington Department of Health Rijeje an Ejmour kake COVID juōn wōt ippān ekatak ko an jukjukun pād.

## Kōjjeļā

### Kaurōk ejmour eo am

Kememej bwe aurōk ejmour eo am.

### Jimwe ñan kajitok

Ewōr am jimwe ñan kajitok ippān ejmour eo an ļoblej ñan jibāñ eok ñan lale enbwinnim, koba ippān armij ro jōt ilo jukjukun pād ko ad.

### Campaign ko rej kwalok kake eok

Ewōr tokjem. Jukjukun pād ejmour eo an ļoblej jelalakjān campaign rej kwalok kin mour eo am.

### Māroñ in bidodo-ñan-melele kōmmeļeļe ko

Ewōr tokjān am aikuj in jellā kin bidodo-ñan-melele kōmmeļeļe ko im naan ko ñan kōjbarōk ejmour im eman am pād ilo ien ko rellap ilo takto.

### Atōrej melele ko rejjab jimwe

Kōnnaan ippān ro kwōj iakwe ir im rijerbal ro ñe rej kōmman bwe en ajeeded melele ko ilo naan ko loñiim im ilo channel ko an jukjukun pād.

## Koneek

### Kōnnaan im roņjake ej melelein

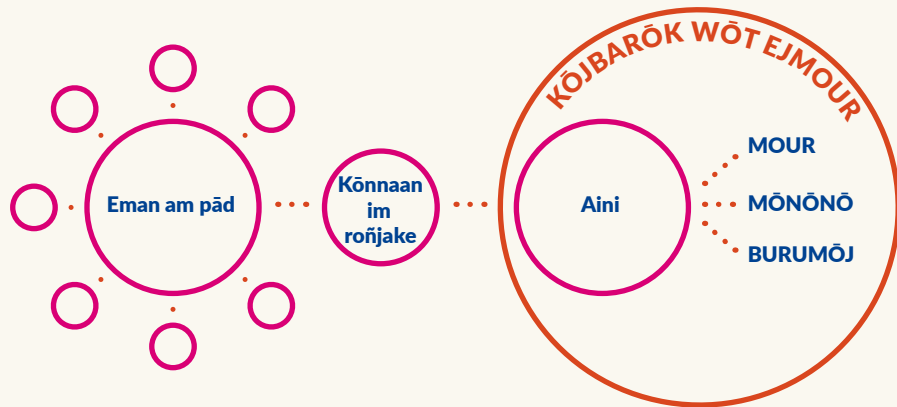
Jellā ke kōnnaan im roņjake ej mōttan an eman ņan elōñ armij.

### Aini ej melelein jibāñ

Aini ej lap melelein ilo jukjukun pād akō ekkā an aurōk jān wōt jermal im mour in jikuul. Jej aikuuj wōt in jibāñ ilo kōmmeļeļe kin mōnōnō, burumōj, akō mour jān raan ņan raan ilo an eman wōt ejmour eo am.

### Debij ejmour eman ippān doon

Jermal ippān doon ņan laajrak wāwein debij ejmour elaptata ñe oktak kein rej oktak jān wāwein ko jej imenene kake.



## Oktak-Manit

### Oktak-Manit & oktak ko ilo jikin

Beddo kōmman oktak-manit, oktak ko ilo aer ippān doon.

### Jikin & jukjukun pād pija

Jermal ippān pija, pedped ion jukjukun pād.

### Aurōk in elōñ kajin

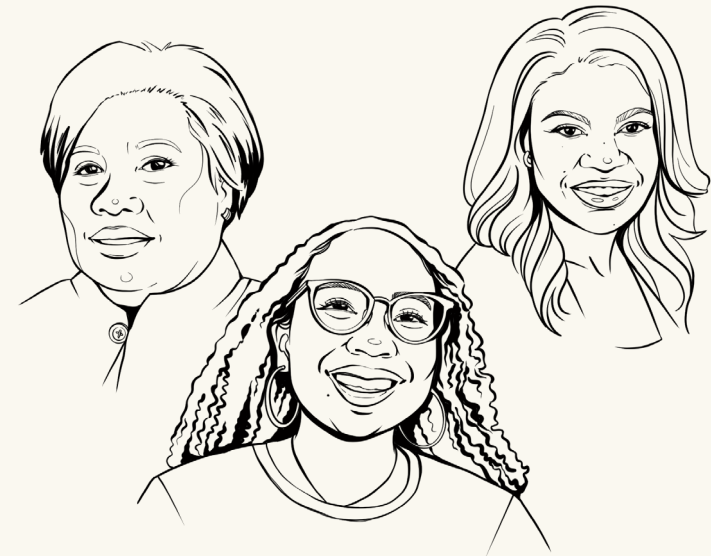
Ñe ej aurōk, kōmman bwe en elōñ kajin.

### Jenolōk ilo manit & oktak-manit campaign ko

Kōjbarōk Amedka/Oktak, Africa Amedka/Rikilmej, Jān Spain/Latin/Latinx, Jān Enne ko ilo Pacific, im BIPOC jukjukun pād ko rej pād ilo iolap im ejenolōk ilo manit im oktak-manit campaign ko.

### Aet/Im ļōmņak

Kōjerbale Aet/Im not Āinwōt/Akō ļōmņak in tōpar armij in elōñ kōlar im emakūt ilo kautej.



## Elōñ ebeben ko Wāwein kōnnaan im roñjake

### Ebeben ko oktak wūn ko aer

Kememej bwe elōñ ebeben ilo ejja jukjukun pād ko wōt ej māroñ in wōr aer wūnlelep ilo elōñ kain kōnnaan im roñjake.

### Eloñ yiiō ej kōjerbale elōñ channel

Bukōt jote armij ilo elōñ yiiō ej kōjerbale elōñ channel. Ilo waanjoñak, elōñ jōdikdik rej kōjerbale menko āinwōt Tiktok im Twitch. Ebeben ko remāroñ in kār kōjerbale menko āinwōt Facebook im Instagram akō roñjake ko. Retio im ilo roñjake ilo loñi emāroñ in wāwein eo eman tata ñan jukjukun pād ko edik aer kōmman jān ilo an ejelōk intōnet.

### Bidodo lak tāākij

Kememej joñan ikkut in an ajeeded kin melele ilo cell phone, bwe en bidodo lak kwalok ilo tāākij.



## Jenolōk

### Bōktok jōt jukjukun pād ko ñan maan

Bōktok rikalbuuj, jabwe ṁōñā im jikin jopkwe, ejelōk/diik-jān jukjukun pād ñan imaan ilo jerbal ko an jukjukun pād.

### Kōjerbale armij

Bojjak in jibāñ armij ro kwōj uni lak ir ñan juōn lal eo ej jepel lak ilo jān, jikin, im bwebwenato kin joñan am māroñ.

## Wūnlelep

### Kajur & ippān doon

Jellā kin kajur ilo nōmba. Ippān doon ej kōtlak an kōmman uak ko remman im rej uak inepata ko ilo lale im joñan an kajur.

### Melelein & ajej unin

Jej aikuji in eñjake ke ewōr melelein akō wūnlelep. Koneek bwe jen jellā ke jejjab māke lak iad. Jej aikuji doon im aikuji jikin ekatak ko ñan ad māroñ in oktak.

**Ekar uuk armij jān jikin  
ko rekar kwōn ie**

**im ñan jikin makūtkūt ko.**

**Ilo, jidik ien, ekar  
kapellōk lōmṇak**

**im buruon armij, ilo juōn  
ien eo ejañin kar walok.**

**Ekar kōmman ad aolep  
jab māāj, ñan juōn  
anijnij.**

**—Jordan Chaney**



**Kommol tata kin am bōk am ien im  
riit riboot im kobaiki ekatak ko ñan  
aurōk jermal ko kwōj kōmmane.**



DOH 830-036 May 2024 Marshalllese  
Ñan kajjitōk bwe ren lewōj peba in ilo bar juon wāwein, kwōn kallōk  
1-800-525-0127. Armej ro rej jarroñroñ ren kallōk  
711 (Washington Relay) ak email [doh.information@doh.wa.gov](mailto:doh.information@doh.wa.gov).