

Ifa Usun Omw Kopwe Pusin Tumunuk me Pwan Ekkoch

Tourechun pworous: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Weweiti ifa usun an a napeno



- Ese mwo wor safean ika oposun epetin semwenin coronavirus 2019 (COVID-19).
- **Ew anen epetin ei semwen kopwe achocho kosapw nom ia mei wor ie ewe monun semwen.**
- Ewe monun semwen kich mei mefi pwe epwe tongeni fetan seni emon-ngeni emon aramas.
 - » Nefinen aramas ir mei momot fengen (non ewe ukkukun 6 fiit).
 - » Non parasen ngasangasen emon an ngaseu ren ewe mei wor ren monun ei semwen non epwe mwor, mwesi ika porous.
 - » Parasen chènun awen emon mei tongeni epwe paresenong non awan ika potun pwan emon mei nom unukun ika ngaseranong.
 - » COVID-19 epwe tongeni fetan seni ekkewe ese pwa me wor ekkewe esisinen ewe semwen.

Meinin repwe

Tènu pèur iteitan



- **Tènu poum** ngeni sop me konik non ukkukun 20 seken akaewin mwirin omw namofetan non neni mi chomong aramas ie, ika mwirin omwe fongoti pwotum, mwor, ika mwesi.
- Ika ese wor sop me konik, **kopwe aea sanitizer mi nofit me arukor epwe 60%**. Kopwe tènu ngeni unusen non me nukun poum tòfi fengeni tori an epwe pwaseno.
- **Kosapw atapa mesom, pwotum, me awom** ika pwe kose mo tènu poum.

Kosapw nom unukun ekkoch



- **Kosapw nom unukun ekkoch** aramas mei semwen.
- **Nom non imw.**
- **Awora towaw fesen nefinemi me ekkoch aramas.**
 - » Chechemeni ekkoch aramas resapw mefi ekkewe esisin nge ir mei tongeni achèu fetan ewe semwen.
 - » Ei mei fakkun auchea ngeni **ekewe ir mei apwangapwang an epwe wateno ar semwen.** www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html



cdc.gov/coronavirus

Pinei awom me pwotum ngeni mangak pwonupwonun aaw me pwot nupwen kopwe nomw unukkun ekkoch



- **En mei tongeni achèu ewe COVID-19 ngeni ekkoch** ina mo ika kose mefi semwen.
- **Meinisin repwe aea pwonupwonun aaw me pwot nupwen repwe no fetan nein** me nomw orun aramas esapw ir chon non ew imw akkaewin nupwen epwe weires ar repwe forii ewe angangen towaw fesen nefinen aramas.
 - » Kosapw aea pwonupwonun aaw me pwot ngeni ekkewe semirit ier 2 feitiw, me ekkewe mei weires ar ngasangas, ika rese mefi, ese mokusutukut ika fen ese tongeni attii ewe mwangak ren pusin an tongeni.
- **Ewe pwonupwonun aaw me pwot minen an epwe epeti seni ekkoch esapw torir ewe semwen** ika pwe en mei semwen.
- **KOSAPW** aea ekkewe pwonupwonun aaw me pwot an chon angangen pioing.
- Sopweno ne **fori ewe 6 fiit nefinom me ekkoch aramas**. Ewe pwonupwonun aaw me pwot esapw siwinin ewe foforun towaw fesen me ekkoch.

Pinei omw mwor me mwesi



- **Chechemeni kopwe pinei awom me pwotum** ngeni tissue ika ke mwor ika mwesi ika ngeni nemonun poum.
- **Oturano ewe tissue ka pin aea** non kapich.
- Mwitir **tènu poum** ngeni sop me konik non ukkukun 20 seken. Ika ese wor sop me konik, kopwe aea sanitizer mi nofit me arukor epwe 60%.

Nimeti me nieno paikin



- **Nimeti ME nieno paikin won ekkewe neni chomong mei atapa ie** iteitan raan. Ekkei mei pachenong chepen, suukun asam, switchen tengki, won counter, kamochun kapet, desk, fon, keyboard, toilet, foset, me sink. www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html
- **Ika mei nimengaw ekkewe mettoch, kopwe nimeti:** Aea kona ika sop me konik pwe epwe nieno paikin.
- **Murin, ka aea nimenimen monun paikin ngeni pisekin non imw.** Ka tongeni kuna tetenin [mi register ren EPA ekkewe sokkun pisekin nimenimen monun paikin ren pisekin non imw ikei](#).