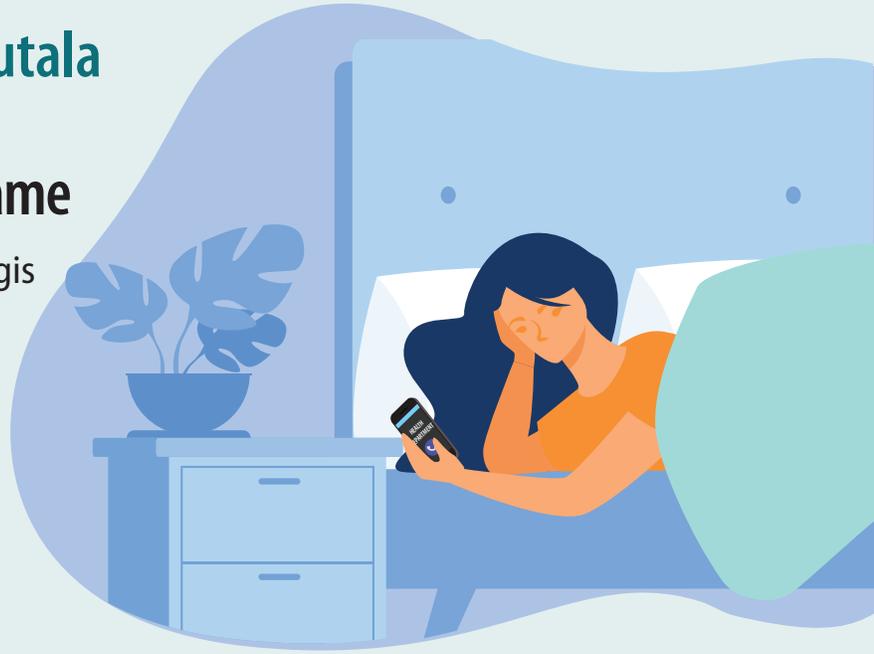


# Sarale kesarema kişaya

Kofegeda hayokomabu nitenasi: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

## Sarale kesarema kişaya inna ŝutala dergamenaye nafod kika Aŝik fulkuda nitenata itakin nişame

- Kosima kwa COVID-19 kinama kotakki tagis kiyamma kişaya itiyala goski fulkusuna.
- Sidaka nitenasi hakeda maida ninan dada ide akotura maide nikan dada.
- Kosima sade nikamma ana ameta kiya kaso.



## Kwenkin batada ide iteyala koluda

- Iteyalana uleyasi kişama ita kişana ninaki olle gonuya maida kişana.
- Kwelleki battadaki iteyala ingaleya goda.
- ŝonumale kişaya battada kişama uleya kodufa ita nafod kika.
- Kosima sabababu kwe korala aw sosone korala nina fanakala itala kişano aw itakin adagala kişayana ŝonumabu ŝinka kowe.

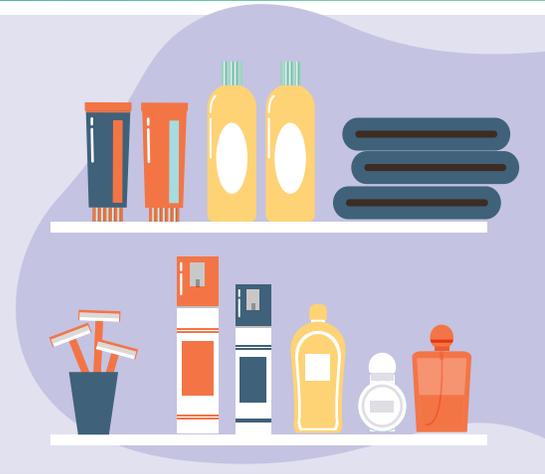


# Sarale kesarema kišaya



## Uleya date košayana iteya date kosayana kwellete nafon mekame

Dateye kokalasi šane, biya kubayate, bikere, ņada šane, allate, aw sudaba na iteyana kwellete nokosamarama.



## Uleyala kokontina alemate

COVID-19 Alemate akede deya tokoma, kosa, hakeda dogoladana ellena.

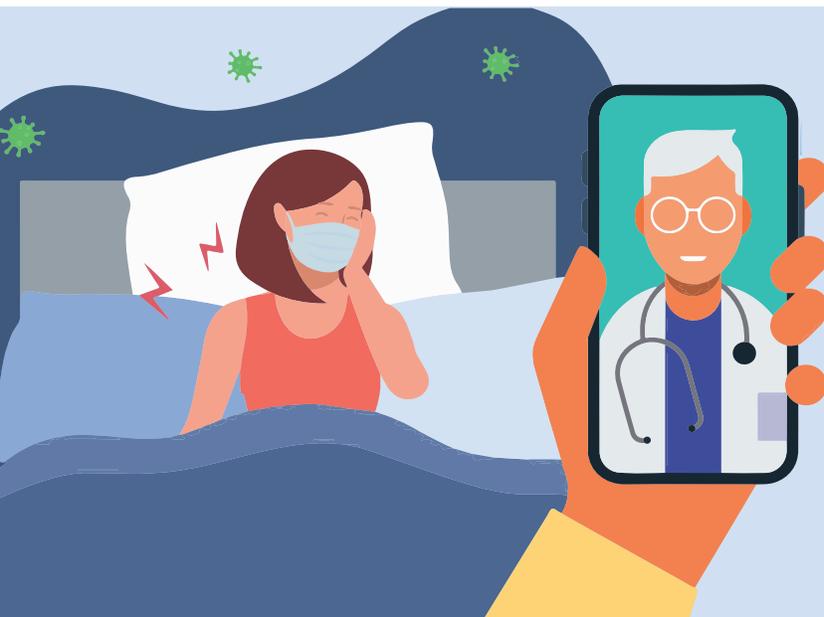
Abbareda sa nitenasi komara tabilenabu komaro ensi fulkus gosumawana ide koreyala kosima afita fulkuda Ita Kinna.



## Dada ekkena nitena henuya fulkuda kotulasi

### Kwella inna damanenaye kinnaya

- Hakeda tagama.
- Keka kotik kiyama koņada aw bada sogala.
- Atodakin fedala tagama kesoma aw fenunasi šonumma.
- Araleda, umma ara,aw lina kokala agala, uda aw ikimeyala kontiya.



Fanaka itetala dada ekkena nitena fulkuda itata ka. Inna numuratenata kiya 911 aw koreyala kosima afita fulkuda itowata kiya kišo COVID-19 kinama kwa nitakemam kosiya dada kitenasi inna numuratenata nisanasi maida.