

# Minaféén Coronavirus ika Novel Coronavirus (COVID-19)



## Met ei novel coronavirus?

Novel coronavirus (COVID-19) ew ménún samwau a fokkun pechokun a ewin pwá non ewe Tisamper 2019 me non Maas 12 a pwá non sokkopaten neni non unusan fénúfan me non meinisin ekkewe 50 sopwun non Merika ika U.S. Ei ménún samwau, ika mo epwe kukun osukosukan ngeni ekkóóch aramas, a tongeni epwe efisatá watten semwen me ewe semwen itan pneumonia ngeni ekkóóch ren ekkewe chinap ika ekkewe mi fen wor ar osukosuk ren semwen.

## Ifa usun fetanin ei COVID-19?

Sou sinenapen pekin safei ir mi chiwen káée ngeni tichikin pwoarusan ifa usun an fetan seni aramas ngeni aramas. Ewe pisekin pwaratá minen chok iei a pwaratá pwe ekkewe aramas a torir ei semwen re mor ika mwesi ukukun onu fit seni ewe aramas ese tori (ei semwen). Ekkóóch pwan anen epwe mwet (transmission) a tongeni pachenong:

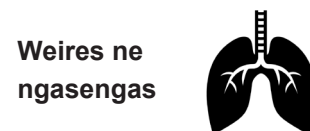
- Kinefengin aramas, ren atapa ika kémwéch fengen ne kapwong
- Atapas och mettóóch ika won mettóóch ika surface) mi wor ewe ménún samwau won, iwe atapa awomw, pwotumw, ika mesomw
- Ese kon an nap ei, nge ika ke pwuri ika atapa kuten mwongo

## Ifa ukukun afeiengawan COVID-19?

Napeseni 80% ekkewe a torir ra chikar sefan mwirin ekkóóch chok esisinan. Ekkóóch, akaseinón ekkewe chinap me ekkewe mi wor watte me sesemwen chok iteitan, ra tongeni epwe kon afeiengaw esisinen me wor pachenong ewe semwen itan pneumonia ewe ra tongeni niungunó, me fan ekkóóch fen mánó.

## Met ekkewe esisin (symptoms)?

Ekkewe aramas ra sinei pwe a úrir ewe COVID-19 ra repwotuni esisinan kewe epwe pwá non 2 ráán ika kukun seni ika ne tamenón 14 ráán mwirin ar atapa ika ngaseri (expose) ei ménún samwau:



## Io epwe feiengaw ren ei (at risk) COVID-19?

Ren iei feiengawen ei COVID-19 ngeni unusan aramas ren an pwe tongeni efisatá semwen a kon watte mi chok kukun. Non ei fansoun, a chok chó kukun ekkei keis non Merika ika US. Ekkewe ra watte ika older adults me ekkewe mi fokkun watte me afeiengaw ar semwen ren chowe an semwenin ngasengas, máán suke, semwenin ammat, me ekkewe semwen a afeiengawa an inisich pekin fiu ngeni semwen (immune system) ra tongei kon nap ar repwe feiengaw ren. Kapachenong, chóón sái ngeni me seni ekkóóch neni non fénúfan mi tongeni epwe anapanó feiengawan. Katon [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel) ren minaféén éúréúr ren sái seni ewe CDC.

## Ifa usun ai upwe eppetí an esapw toriei COVID-19?

Pomweni pwung tétenun pau me omw kosapw atapa won mesomw a tongeni epetuk seni COVID-19 me chommong ekkóóch ménún samwau. Katon <https://youtu.be/d914EnpU4Fo> ren kopwe nengeni sefani ekkewe pomwen téten pau mi pwung. Ie ese mwo wor safean ei COVID-19. Ren an epwe akukununó feingawen ekkóóch paikingin ngasengas, akaseinón ewe máter (flu), ka tongeni aninis ne epetuk me ekkóóch ne angei ewe opposun máter. Tumwunun iteitan ráán a pachenong kosapw kinengeni aramas mi semwen an kosapw atapa mettóóch mi chommong aramas mi atapa ren ekkewe elevator buttons, amwochun en asam, titin nepekin kewe naté mi mechá me komoch ne kapwong fengen. Ekkóóch pwan napanap a pachenong:

- Kosapw atapa mesomw, pwotumw, ika awomw nge ese téton poumw.
- Nomwetiw neimw ika en mi semwen me kosapw kinengeni ekkóóch.
- Apwonu awomw/pwotumw ngeni tisu ika péún ufomw en fansoun ka mor ika mwesi.



CDC a sopwosopwonó ne apechokuna mefian ren sái ngeni sokopaten fénú non fénúfan. Seni ewe Maas 12, ewe CDC a atou mefian an esapw wor sái ese kon auchea (nonessential) ngeni China, Iran, South Korea, me Europe. Sái ngeni Sapan mi wor nóninenin ren ekkewe mi watte ika older adults ika ekkewe ir mi chok sesemwen. Katon [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel) ren minaféén éúréúr ren pekin sái seni CDC.

## Met upwe féri ika a wor ngeniei ekkei esisin?

Ewe máter me ekkóóch paikingin ngasengas pachenong COVID-19 mi chok wewe fengen ika esapw fen nénnépok sainin me esisinin. Ekkewe aramas re ekieki nge ir mi semwen ika epwene semwen RESAPW nó ngeni angang. Ekkei aramas repwe tumwun/nengenééchu arm or, weiresin ar ngasengas, me pwichikar me repwe atowawa fesen (social distancing) an esapw torir ew me nein ekkei semwen mi wor rer. Ekkewe aramas a torir ekkei esisin sia fen anapanapa ME ir mi churi emon a ffat pwe mi tori ei COVID-19 epwe kéri noun we chóón awora aninisin safei won fon. Awora pworausán ekkewe esisin me inet me ifa usun ar churi ewe chóón semwen (confirmed case). Ewe chóón awora aninisin safei a tongeni epwe era kopwe tes non ewe nenien ika commercial lab ika apachanong ekkóóch aninisin pekin public health. Ekkei aramas mi wor ren esisinin ewe COVID-19 ir mi churi ei keis (chóón semwen) resapw feito ren ewe chóón awora safei ika nenien emerechensi nge rese kéri ewe chóón awora, ika nenien emercheni akkomw

## Ifa usun ach safeani COVID-19?

Ese wor safei epwe achikara COVID-19. Napengeni aramas mi chok kukun ar semwenin coronavirus repwe chikar won pwisin ir ne únúmóng mettóóch mi chéchuchén, asésé, me ún safeian metek me pwichikar. Nge ren ekkóóch a fen winiti semwenin pneumonia me repwe ne angei tumwunun safei (medical care) ika fen niung.

**Ren pwan ekkóóch pworaus: [www.health.mo.gov/coronavirus](http://www.health.mo.gov/coronavirus)**

**24 hour Hotline: 877-435-8411**

**Asfélé sefan 3/20/2020**

