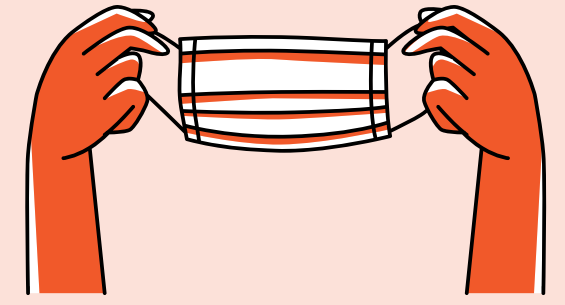


# BULA QAQARAUNI E VALE KEVAKA KO TAUVI COVID-19

Kevaka o tauvi COVID-19 ka ko tiko vata kei na so tale e vale, e rawa saraga ni dewa vei ira na lewe ni vuvale na mate oqo. Ena kena taqomaki na nomu vuvale, vakamuraia na vakasala oqo kevaka sa vakadinadinataki vakavuniwai ni sa tauvi iko na COVID-19 se laurai na vakatakilakila ni mate:

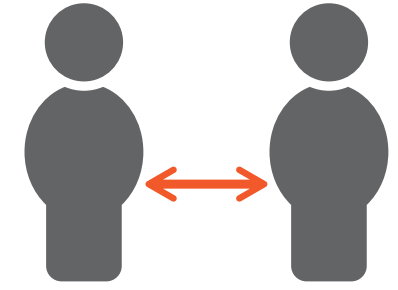
1

**Daramaka na ubi ni gusu kei na ucu e lomani vale mo taqomaki iko mai vei ira na lewe ni vuvale ena veigauana taucoko.**



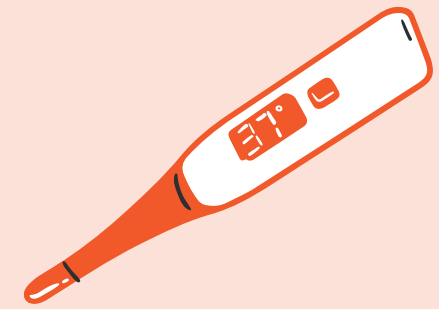
2

**Vakayawakitaki ena veigauna kece me rauta e 6 na fiti (2 mita)**



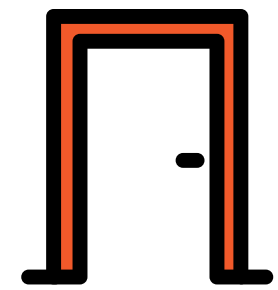
3

**Vakaraica tiko na revurevu ni mate oqo vei iko. Kevaka e toso cake na kaukauwa ni mate, qiria na nomu tabana ni veiqaravi e vale ni bula se na tabana ni veiqaravi ni King County.**



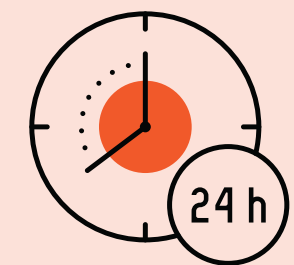
4

**Mo tiko taudua ga ena rumu sa vakarautaki vei iko ka vakayawaki iko mai vei ira na lewe ni vuvale e na veigauna taucoko.**



5

**Me veilutuki na gauna e vakayagataki kina na valenikoro se valenisili/valenivo. Me dau vakasavasavataki na veivanua se veika o vakayagataka ni oti ga nomu vakayataka. Savata vinaka na yaya kece ni oti na kena vakayagataki.**



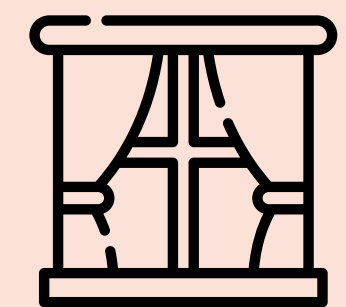
6

**Kakua ni wasea na nomu yaya kei ira na lewe ni vuvale dou tiko vata, me vaka na yaya ni kana, towelu, yaya ni moce.**



7

**Doladola na katuba leka baleta me vukea na cagi bulabula e lomani vale, vakauasivi kevaka e wasei tiko valenisili/valenivo.**



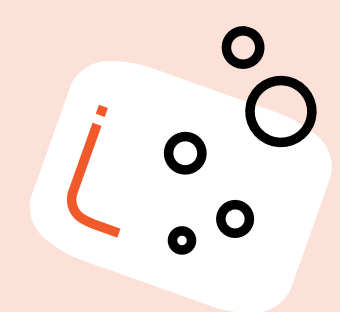
8

**Vakasavasavataka na yaya ni oti na kena vakayagataki me vaka na doladola ni katuba se na delani teveli.**



9

**Cuqena na tiko bulabula. Savata vakawasoma na ligamu ena sovu kei na wai ka lumuta na ligamu ena wainimate e 60% se sivia na kena kaukauwa**



January 11, 2021

Kevaka e sega ni dua na nomu vuniwai se o gadreva na veivuke mo tu vakayawakitaki iko mai vei ratou na nomu vuvale, veitaratara mai vei ratou na tabana ni veiqaravi ena King County COVID-19 Call Center ena talevoni: 206-477-3977. E vakarautaki talega kina na vakadewataki ni vosa.

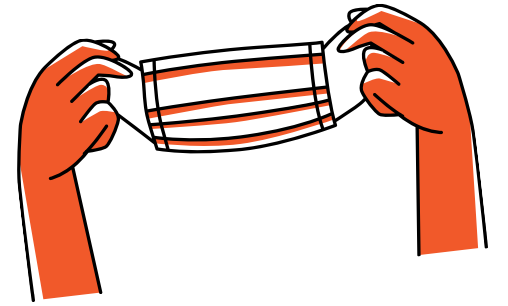
**Public Health**  
Seattle & King County 

# NOMU VEIQARAVI VEI IRA NA TAUVI COVID-19 E VALE

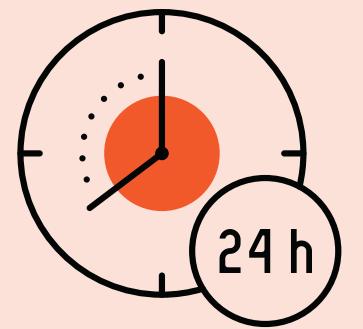
E dua na ririko levu e tiko kevaka e dua na noda lewe ni vuvale e tauvi COVID-19. Dina ga ni na vakayacori na tataqomaki me vaka na tu veivayawaki kei na darami ni ubi ni gusu kei na ucu, ia e se rawarawa cake tikoga na veitauvi ni COVID-19 e vale mai na na so tale na vanua. Kevaka e tiko vata kei dua e tauvi COVID-19, vakamuraia eso na i vakasala oqo:

**1 Lesia e dua e loma ni vale me dauniveiqaravi.**  
Raica me levu na nona gauna ni vakacegu o koya e tauvi COVID-19. Vakayagataka na wainimate vakarautaki kevaka e tubu na nona katakata, mosi ni tilotilo se momosi ni yago. Vakamuraia matau na veivakasala mai valenibula.

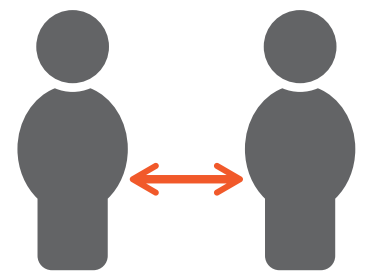
**2 Daramaka na i ubi ni gusu kei na ucu ena vei gauna kece ni veimaliwai e vale se i tautuba**



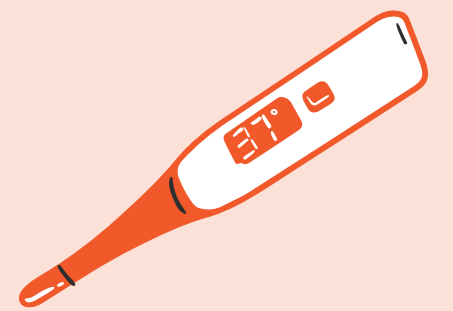
**3 Me veilutuki na gauna e vakayagataki kina na valenikoro se valenisili/valenivo.**  
Me dau vakasavasavataki na veivanua se veika o vakayagataka ni oti ga nomu vakayataka. Savata vinaka na yaya kece ni oti na kena vakayagataki.



**4 O ira ko sega ni lesi me dauniveiqaravi e dodonu me vayawaki taki koya mai vei koya e tauvi COVID-19.**



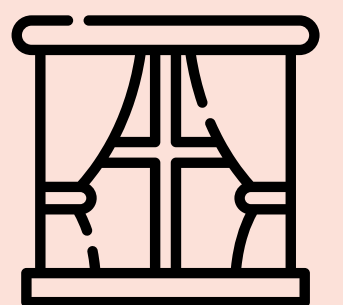
**5 Vakaraica tiko na vakatakilakila ni COVID-19 vei iko.**



**6 Me kua na veiwasei ni yaya e loma ni vale me vaka na yaya ni kana, towelu, yaya ni moce.**



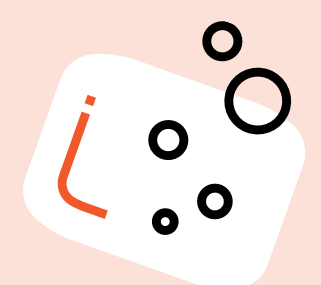
**7 Doladola na katuba leka baleta me vukea na cagi bulabula e lomani vale, vakauasivi kevaka e wasei tiko valenisili/valenivo.**



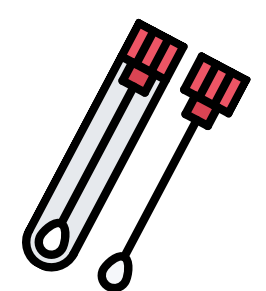
**8 Vakasavasavataka na yaya ni oti na kena vakayagataki me vaka na doladola ni katuba se na delani teveli.**



**9 Cuqena na tiko bulabula.** Savata vakawasoma na ligamu ena sovu kei na wai ka lumuta na ligamu ena wainimate e 60% se sivia na kena kaukauwa



**10 Dikevi vakavuniwai me laurai kevaka e tiko vei iko na COVID-19.**  
Na veivakayawaki me tekivutaki talega ena otioti ni siga e vakacavari kina na nona tu vakayawakitaki o koya e a tauvi COVID-19.



Kevaka e sega ni dua na nomu vuniwai se o gadreva na veivuke mo tu vakayawakitaki iko mai vei ratou na nomu vuvale, veitaratara mai vei ratou na tabana ni veiqaravi ena King County COVID-19 Call Center ena talevoni: 206-477-3977. E vakarautaki talega kina na vakadewataki ni vosa. Kevaka ko gadreva tale eso nai tukutuku me baleta na qaravi ni COVID-19 e vale, sikova na [www.kingcounty.gov/covid/self-care](http://www.kingcounty.gov/covid/self-care)

January 11, 2021