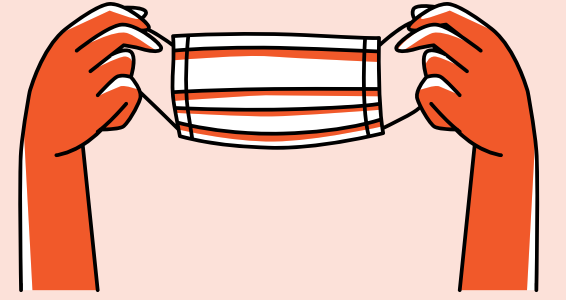


MAPULE'I HO NGA AHI FAKA'ILONGA MAHAKI (SYMPTOMS)

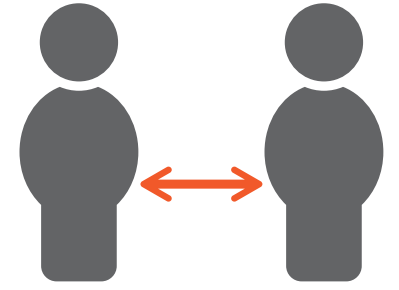
COVID-19 'I 'API

Kapau 'oku ke ma'u 'a e COVID-19 pea 'oku ke nofo mo ha kakai kehe, 'oku fakatu'utamaki lahi 'a ho'o fakamafola 'a e mahaki ki he kakai 'i ho 'api. Ke malu'i homou 'api, muimui ki he ngaahi fakahinohino ko eni kapau na'a ke sivi 'oku ke ma'u 'a e COVID-19 pe ko e ngaahi faka'ilonga mahaki:

1 Tui ma'u pē 'a e me'amalu'i (mask) 'i ho'o 'i he kakai 'i loto 'i homou 'api 'i he taimi kotoa pē.



2 Tauhi 'a e va mama'o fute 6 (mita 'e 2) 'i he taimi kotoa pē.

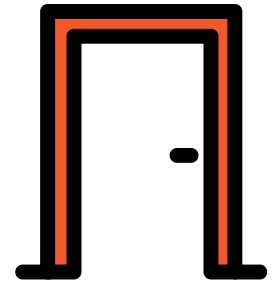


3 Siofi ho ngaahi faka'ilonga mahaki (symptoms).

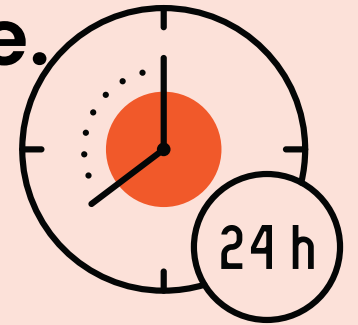
Kapau 'oku 'alu ke kovi ange 'a e ngaahi faka'ilonga mahaki, tā ki hao toketā pe ki he senitā tali telefoni 'o e King County COVID-19, kapau 'oku 'ikai hao toketā.



4 Nofo 'i ha loki makehe mei homou 'api 'i he lahi taha 'oku ala lava.



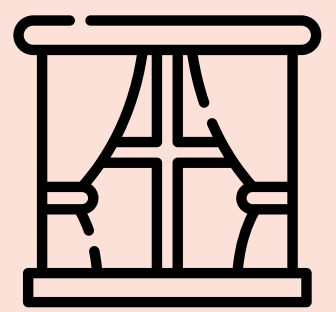
5 Ngāue'aki 'a e peito mo e falemālōlō 'i he taimi kehekehe. Fufulu ma'u pē 'a e ngaahi feitu'u kotoa hili hono ngāue'aki. Fufulu 'a e ngaahi me'a ngaahi kai moe ngaahi funga me'a kotoa hili hono ngāue'aki.



6 Faka'ehi'ehi e ngāue'aki fakataha 'a e ngaahi me'a hangē ko e me'a ngaahi kai, taueli, kafu.



7 Fakaavaava 'a e ngaahi luva ke hu atu e 'ea tautau tefito kapau 'oku mou ngāue'aki 'a e falemālōlō tatau.

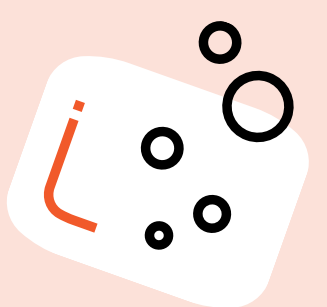


8 Fufulu 'a e ngaahi funga me'a 'oku ala ma'u pē ki ai, hangē ko e kau matapā mo e funga kānita.



9 Tauhi ma'u ha founga haisini angamaheni.

Tale pe mafatua ki ha pepa tisiú pe ko e tafa'aki ki loto ho tui'i nimá. Fufulu ma'u pē ho nima 'aki 'a e koa mo e vai pe ko ha me'a fufulu 'olokaholo (alcohol-based sanitizer) 'oku 'ikai si'i hifo 'i he 60% 'a e 'olokaholo.



January 11, 2021

Kapau 'oku 'ikai hao toketā pe fiema'u tokoni ke ke nofo mavahe mei homou 'api ki he senitā telefoni 'o e King County COVID-19: 206-477-3977. 'Oku 'i ai 'a e kau fakatonu lea.

TOKANGA'I 'A KINAUTOLU 'OKU COVID-19 'I 'API

Ko 'ete nofo fakataha mo ha taha 'oku COVID-19 eko taha ia 'o e founa fakatu'utāmaki lahi ke ma'u kita 'e he COVID-19. Tatau aipē 'a e tauhi e va mama'o moe tui mask, 'oku fakatu'utāmaki ange pea te ke ala ma'u 'a e COVID-19 ho'o nofo fakataha mo ha taha 'oku COVID-19 'i ha toe feitu'u ange.

Kapau 'oku ke nofo mo ha taha 'oku COVID-19, 'oku mau fale'i ke ke muimui ki he ngaahi sitepu ko eni:

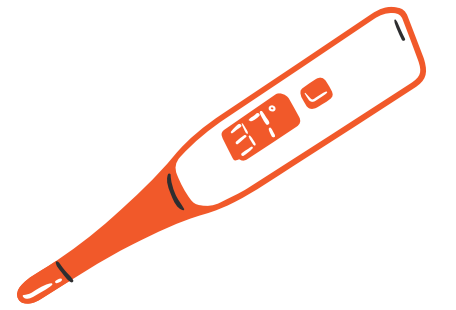
1

Fili ha taha pē 'i homou fāmīlī ke hoko ko e taha tauhi pau.

Fakapapau'i 'oku lahi 'aupito 'a e mālōlō 'a e tokotaha 'oku COVID-19. Ngāue'aki ha ngaahi faito'o fakatau pē ki he mofi, mamahi e monga mo e ongo'i puke. Muimui ki he fakahinohino 'a e kau toketā.

2

Siofi ho ngaahi faka'ilonga mahaki (symptoms) na'a kuo ma'u koe 'e he COVID-19.



3

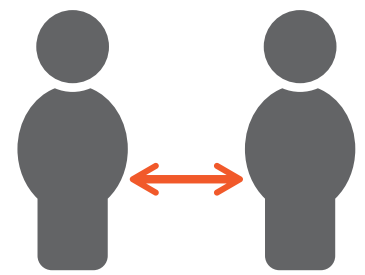
Ngāue'aki 'a e peito mo e falemālōlō 'i he taimi kehekehe.

Fufulu ma'u pē 'a e ngaahi feitu'u kotoa hili hono ngāue'aki. Fufulu 'a e ngaahi me'a ngaahi kai moe ngaahi funga me'a kotoa hili 'a e ngāue'aki.



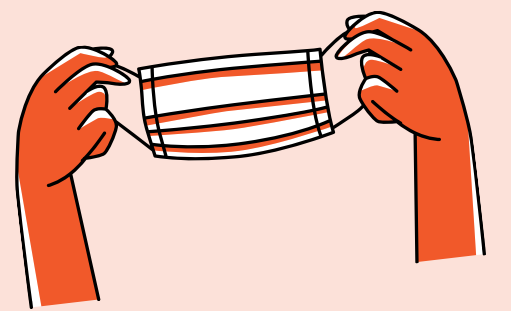
4

Ko ia pē 'oku 'ikai ke tauhi, 'oku fiema'u ke tauhi 'a e va mama'o mei he tokotaha 'oku COVID-19.



5

Tui me'a malu'i (mask) kapau 'oku fiema'u ke ke vaofi mo e kakai 'oku 'i loto pe 'i tu'a mei homou 'api.



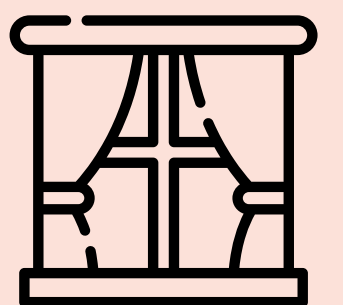
6

Faka'ehi'ehi e ngāue'aki fakataha 'a e ngaahi me'a hangē ko e me'a ngaahi kai, taueli, kafu.



7

Fakaavaava 'a e ngaahi luva ke hu atu e 'ea tautau tefito kapau 'oku mou ngāue'aki 'a e falemālōlō tatau.



8

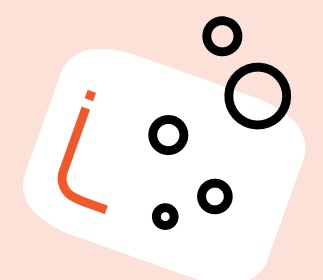
Fufulu 'a e ngaahi funga me'a 'oku ala ma'u pē ki ai, hangē ko e kau matapā mo e funga kānita.



9

Tauhi ma'u ha founa haisini angamaheni.

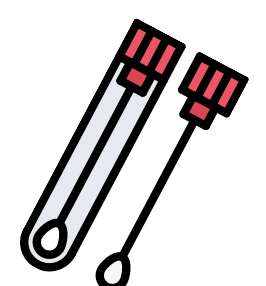
Fufulu ma'u pē ho nima 'aki 'a e koa mo e vai pe ko ha me'a fufulu 'olokaholo (alcohol-based sanitizer) 'oku 'ikai si'i hifo 'i he 60% 'a e 'olokaholo.



10

'ALU 'O SIVI COVID-19.

Kamata kolonitini 'i he 'aho fakamuimui taha 'oku 'osi ai 'a e nofo mavahe (isolate) 'a e tokotaha COVID-19 'i homou 'api.



Kapau 'oku 'ikai hao toketā pe fiema'u tokoni ke ke nofo mavahe mei homou 'api, tā ki he senitā telefoni 'o e King County COVID-19: 206-477-3977. 'Oku 'i ai 'a e kau fakatonu lea. Ki ha toe fakahinohino mo e tokanga'i 'o kinautolu 'oku COVID-19 'i 'api, kātaki 'alu ki he www.kingcounty.gov/covid/self-care ('i he lea fakapilitānia pē)

January 11, 2021