

# KEM BELLOCK

IM KWOJ RUWEINENE ÑAN IEN  
JAR KO AD IBBEN DRON,

bōtaab ñe ewor **JABDREWŌT** ian  
**KŌKALLE** kein ilo laajrak in ilal ibbam

## JOUJ JAB DRELON

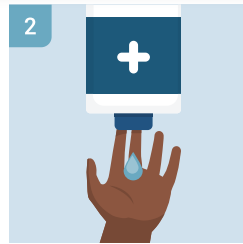
kejbarok kwe make im ro jet:

- Ewor kar bipa (fever) 100.4° lōñlok ibbam ilo raan ko 2 rej jemlok lok
- Kwoj bokbok (cough), kajjinek, metak kabin buruōm, jab maroñ nemak ak āt bwiin jabdrewōt, metak driim, metak bōram, udiddid, ukutkut am udiddid im pio ak jabdrewōt kōkalle ko ekkā aer walok jen COVID-19
- 65 lōñlok am iiō ak ewor wāwein ko im rej jelet eok einwōt high blood, joreen in ār, tōñal, lap an eddro joñan baun eo am, worlok ak nañinmej ko jet im renaj kamajno ki eok — waanjoñok ko jet rej bed ilo laajrak in “vulnerable individuals” ak “rimajno ro” me emōj an White House/CDC Guidelines for Opening Up America kwaloki.
- Ewor ajiri jiddrik ro elap aer drik ñan aer maroñ melele ke raikuj kattolok er make jen ro jet.

# Jouj Im Kwale Peim



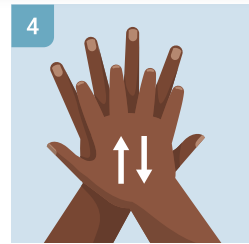
**KATUTU KI PEIM**



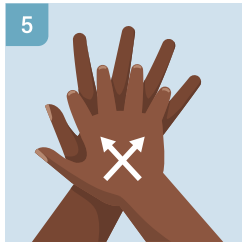
**JOOP E PEIM**



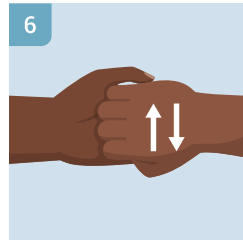
**IRRI LOBDREN PEIM**



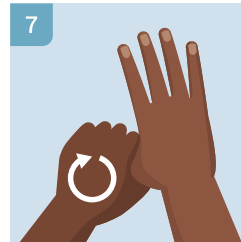
**IRRI IM KWALLE  
LIKIN PEIM**



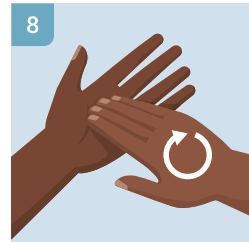
**IRRI KŌTAAN  
ADRIIN PEIM**



**KOBAIKI ADRIIN PEIM  
IM IRRI IPEN DRON**



**IRRI IM KAREOKI  
ADDI KANE RE KILEP**



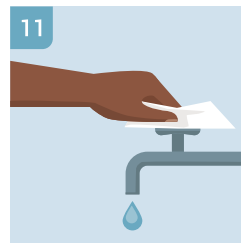
**KWALLE AKIIN PEIM  
IM IMAAN ADIIN PEIM**



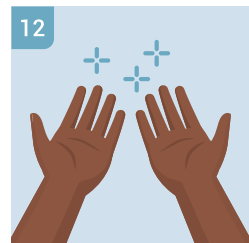
**KWALLE PEIM**



**KŌMRAIKI PEIM KIN  
JUON TOOL (TOWEL) EO  
KOMARŌŃ KŌJERBAL E  
JUON WOT ALEN**



**KEJERBAL TOOL  
(TOWEL) EO ÑAN AM  
KWUNNE BOJET EO**



**ERREO KIŌ PEIM**

Enaan in ej iwoj ñan kom jen jukjukinbed eo  
an NWA Healthcare im Marshallese  
COVID-19 Task Force eo.



# Kwoj Aikuj Ekkōnak Meej (Mask) Non Dreloñ



**EJJELOK** emaroñ dreloñ

iloan mwiin ñe ejjab cover  
tūrin mejen *ijelokin ajiri ro*  
*umwin 10 aer iiō.*

**Kommol kin am karejar im  
loor kien kein.**

# JAB Kebaak Dron



**JAB KEBAAK DRON** - Jab iakwe bein dron, bakuj dron, mejjemaki dron, jibwe pein dron, high five, im jabdrewot wāwein kebaak dron ko jet.

**KOJERBAL WĀWEIN KO JET ILO AMI IAK-IAKWE DRON** im rejjab komman bwe kom en aikuj kebaak lok turin dron, einwot jeaal, baddik, likit beim ilo ubom, “wakanda” ak kakajkaj, iak-iakwe dron kin naan, im wāwein ko jet.



Enaan in ej iwoj rian kom jen jukjukinbed eo an NWA Healthcare im Marshallese COVID-19 Task Force eo.



community  
clinic

**UAMS**  
Northwest  
Regional Campus

# Phase 1: Laajrak Kāāl Ko Mōn Jar Ko Remaroñ Loori Nan Aer Jar ilo Ien COVID-19 in

Kabuñ ko rej aikuj wōnmaanlōk wōt ilo aer kōmman jar online.

Elañe kabuñ ko rekōnaan jar ibben doon ilo mōn jar ko aer, jet kein bar wāwein kejbarok rijar rane:

**Kalōñlōk ien jar im ajeje rijar rane bwe jet ren jar ilo ien iō im jet ilo ien ko jet.**

Jōnan armij ne kwoj kadelōne ilo juōn ien jar ej aikuj etal ekkar ñan jōnan mōn jar ne am. Etal ñan website en an Arkansas Department of Health im lale jōnan kōtaan eo rej kabilōk ñan katoolōk armij jen doon.

**Kebooj mōn jar eo am mokta jen an bellōk ñan jar.**

● **Likit men kein ilo kajjojo jikin diwōj delōñ:**

- Jikin karreo pā
- Kōjjela ko me rej ba: Jab delōñ ñe kwar piipa (fever) iloan raan ko 2 rej mootlōk, wor kakōllen COVID-19 ibbam iumin raan ko 7 rej mootlōk
- Bed turin juōn eo me ewor nañinmij in COVID-19 ibben iloan raan ko 14 rej mootlōk

● **Lale bwe en wor joob im den manaan ñan kwalkwol pā ilo aolep bathroom im jikin kōmman mōñā ko**

● **Illik kōjjela ko me rej ba: Kōmmakijkij am kwal peiūm ak kōjerbal hand sanitizer.**

● **Karōke loan mōn jar ko bwe en lap kōtaan jea ko an armij. Kwoj aikuj:**

- Likit 6 ne kōtaan armij, ñan ñe rej itok jen juōn wot bōrōj/em.
- 12 ne kōtaan ritel jar im rijar ro. Elañe kwojjab maroñ karōk kobban mōn jar eo, kōmman kōtaan jea ko im kakōllaiki kin to ak tape.

● **Lale won ian rijar ro remaroñ jibañ kejbarok wāwein kein kenono kaki ilo ien jar. Kwoj aikuj rijibañ eok:**

- Kakilen rijar ro ñan COVID-19 ilo aer delōñ in ten jar.
- S Lale an armij delōñ ibbendoon in jar bwe ren likit 6 ne kōtaer aolep ien.

**Kajjitōk ibben ro uwaan mōn jar ko bwe ren bed wot moko im jar online elañe rej:**

● **Eñjake ke renañinmij, ak kar enjake kakōlle kein iloan raan ko 7 rej mootlōk:**

- Pokpok
- Kajjinōk/kadu tok menwaer
- Metak buruweir
- Kāāl aer jab maroñ et ak nemak nemen jabdeiwot
- Metak enbwinnier
- Metak bar
- Biō
- Kakōlle ko jet an COVID-19

● **Kar piipa im tōbar 100.4 ak laplōk iloan raan ko 2 rej mootlōk**

● **65 aer iio ak ruttolōk**

● **Wor aer nañinmij rōt kein:**

- High blood
- Nañinmij in ār
- Tōñal
- A Kajjinōk/ worlōk
- Kilep
- Naniñmij ko jet me rej kōmman bwe en mojnō immune system kein ad

● **Wor nejier ajiri jiddik ro me remaroñ jab melele ak jelā ke ren kattolōk er 6 ne jen ro jet.**

## Kōjelaik rijar ro kin ta ko remaroñ naaj bōk jikier mokta jen aer iwōj in jar. Rej aikuj melele ke:

- Rejjab maroñ deloñe mōn jar ko ñe rekar piipa iloan raan ko 2 rej mootlōk ak wor kakōllen COVID-19 ibbaer iloan 7 raan ko rej mootlōk, ak kar bed turin juōn eo ewor an nañinmij in COVID-19 iloan 14 raan ko rej mootlōk.
- Rej aikuj kakōlkōl in COVID-19 mokta jen aer deloñe mōn jar ko.
- Rej aikuj ekkōnak mask ilo ien jar:
  - Wāwein in ejjab ñan ajiri ro reddik jen 10 iiō dettaer
  - Ñe kwōjjab nañinmij, kwomaroñ lelōk mask ñan ro me ejjelōk aer. Kajjitōk ñe rijar ro remaroñ keke mask im ajeer ñan aolep mokta jen an ijjiino jar. Kakemeemej aolep bwe ren kwal mask ko aer kin den mānāan aolep ien elikin aer kōjerbali.
- Rej aikuj likit 6 ne kōtaer ilo ien jar. Ro rej jokwe iumin juōn bōrooj rejjab aikuj kattolōk er jen doon.

## Ilo ien jar ko:

### NAN AOLEP JIKIN JAR

- Kajjeoñ jab bed ijoko edik belakin im koboob (einwot loan elevator ko)
- Jab kōjerbali men ko bwijin armij rej jibwi (einwot pileej in jaba im bok ko aolep rej kōjerbali)
- Ijellōkin an itoitak pileej in jaba eo:
  - Illik pileej in jaba turin kejam ko maan ak lik
  - Kajjitōk bwe armij rej jilkinwoj jaba ko aer online ak ilo mail
- Ñe kom maroñ, kadiklōk kōjerbali water fountain ak jikin idaa ko
- Jab kōmman ien kajjiri ak kilaa ko jet (einwot Sunday school)
- Kōmmani “iakiakwe im karuwainene” ilo nabōj. Rejan rijar ro bwe ren:
  - Kattolōk kōtaer kin 6 n
  - Iakiakwe doon ilo ami jea, majid ak wawein iakiakwe ko jet me kwomijjab ebaake doon ie
- Kajjeoñ kaietlōk rijibañ ilo ien jar. Ñe ritel jar ro rej bed 12 ne ettolōk jen ro jet, innem ritel jar eo ejjab aikuj ekkōnak mask.
- Kajjeoñ kaietlōk uwaan choir eo bwe ren maroñ bed im ettolōk jen doon kin 6 ne.
- Jab katlōk an armij wōnmaanlōk ñan lokatok eo ilo ien kwojkwoj, jar, kōjerammōn, ak wāwein ko jet.

### MŌN JAR KO ME REJ KWOJKWOJ

- Jab katlōk an armij make ebbōk kijeir ak jumor idaa jen juōn cup
- Kwomaroñ katlōk bwe armij ren lelaltak mask ko aer ilo aer bōk kwojkwoj.
- Enjab lōñ rijibwi kein kwojkwoj ko. Bwe en emman, kwomaroñ lelōk kein kwojkwoj ko ñan kajjojo rijar ilo ien en rej deloñe mōn jar eo bwe ren bōki ilo ien eo ekkar ilo ien jar.

### MŌN JAR AN RIJEW

- Armij eo wot tellōkin jibwe Torah ak bible eo aer emaroñ jibwe. Rijar ro rejjab maroñ jibwe Torah in.

## Elikin jar:

Karreoki aolepen ijoko me rijar ro rekar jibwi im bed ie (einwot jaki ak eran jikin jar ko) elikin kōjerbali. Kōjerbali kein karreo ko me renaaj man kijin COVID-19. Etan kein karreo kein rebed ilo

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>.

● **Jab kōmman mōñā ñan elikin jar. Ñe ewor mōñā:**

- Lale bwe rikōmman mōñā ro ren ekkōnak glove im mask
- Keboji bwe rijar ro ren bōki im mōñā lõk moko
- Jab katlõk an juõn im juõn make kanne kijeir



# Wāwein Aṃ Maroñ Koba Lok Ibben Ro Uan Mōn Jar Eo Aṃ ilo Ien COVID-19!

**Einwot juon jukjukin bed eo ej tōmak, ewōr ialan ad maroñ ibben dron meñe jejjab maroñ bed turin dron. Kwomaroñ:**

## Bukot wāwein ak jikin ko jet kwomaroñ jar ie.

- o Kōjerbal online (einwot YouTube, Instagram Live, ak Facebook Live) ak kūr dron ilo video (einwot Zoom ak FreeConferenceCalls.com) ñan kōmmāne ien jar ko ad ibben dron. Ilo wāwein in jooj maroñ lo turin mejen dron. Bareinwot, kwoj maroñ wot bōk kunam im jar, al, im nebar.
- o Kōjerbal “drive-in” ak ien jar ko me armej bed wot iloan wa, ijin ej ñan ro rejjab internet ak bed online ilo social media ko. Ilo ien jar rōt kein, armej rej ettōr ñan parking lot ko im jar jen loan wa ko waer. Kwomaroñ kōjerbal parking lot eo an mōn jar eo am.

## Ajeej kein riit ko bwe armej ren riit.

- o Ajeej kein riit ko einwot katōk ko an Sunday School, pepa in bible study ko, ak jar ko.
- o Kwomaroñ kōjerbal email, social media ko online, website eo am, ak regular mail ñan am ajeej im leto-letak kein riit kein.

## Jibañ Drāpij im Kakobaik Ekklesia Ak Member Ro.

- o Rejañ ekklesia ak member ro bwe ren share pija, video, im prayer request ibben dron.
- o Remaroñ share ilo email, group in bwebwenato im chat ko online, ak mail.
- o Jino group-text e dron ak kōjerbal app ko me bwijin armej remaroñ text e dron ie (einwot GroupMe.com).
- o Jikejuul (schedule) ien video ak conference call ibben group jidrikdrik ko.

## Kūr ak lo lok member ro me ejjelok aer internet ak rejjab ekke aer bed online.

- o Kūr lok er ilo talboon.
- o Etal ñan moko mweer im bwebwenato nabōj ilo am jab to jen wa eo waam.

