

COVID-19 Sinmuy Tunatya'am

COVID-19 pas a'ni la'ya, pam hingsay paatsöpoliwangwu, yang sinmuy amüpa pam waynuma. Songqa sinom put na'palyaye puma hakiy amüpa put hiikwistotangwu, piw yang hiihita ang ima paatsöpoliwungngwu.



Pay it tuuya pas a'ni hoytangwu, piw a'ni naapalni'ya, piw kyaysiwqam akw qöyangwu.

It tuuyat awk tuutuye, hak:

- Mukituyayta
- Qa kwngwa'hiikwistangwu
- Hiita qa hova'ikwngwu piw noovat qa kwngwa'ytangwu
- Suupan qa hintangwu
- Öhöhotangwu

....Piw hak songqa hakiymuy tuutuyangwu, pumuy amumu tsotsvalye.

Wuuwuyom niqw ima hakim piw hiita tuuyayyungqam, puma songqa it tuuyat akw su'tutuyotini.

Pay l'tuuya songqa hakiy wuuyoqat niinangwu.

I' pay sösoy himu sinmuy amungem na'sasiwa, niikyangw hak tuutuye, hak nawus pahant'hiikyat aw naamatakangwu. Hak imuy pahant'hiikuy tuuvingtangwu, sen hak hiita tuuyat aw pöotangwu sen aw naamatakangwu.

Puhuveni Ösömyaw 2021 | Tutuveni: CDC niqw

Pay hak kiy epningwu sen qa angqe waynumngwu. Pokmuy aw tunatyawangwu piw pasay aw'i.

Pay hakim qa tsotsvalyangwu, sinomuy amumum'u. Ima hakim umuukiy ep qa yesngwuniiqam, pumuy pay hak qa amumum tsotsvalyani.

Pay hak hiihin naatuwalangwu, piw uukitsokinawit ang'a.

Hak kur ang waynumninit, hak qa hiita aw tongkngwu piw navay yaap wunuwtangwu.

Navay Yaap

Hak ang waynume, hak taywa'naakwapniy aw pakiwtangwu, sen hak sinmuy amüpa waynumngwu, pam sinomuy tuuwalangwu.

Pay imuy lööq nit aapii yaasangwuyniiqamuy amungemsa. Pay hak su'an hiikwistangwu.

Hak lööqmuy naakwapnit ang pakiwtangwu, hakiy huur naakwapni'ytangwu. Haka atpip tuhik'taywa'naakwapnit ang pakiwtangwu, pu' mötsapnaakwapnit atsva pakiwtangwu.

COVID-19 pa angwini: 1.833.956.1554 sen navajohopisolidarity.org
Piw yep tutuveni COVID-19 engem'u: CDC.gov/coronavirus

Hak maayay qötvikit akw maavaqtangwu sen sanitizert ang mapriqk pam put niinangwu.

Ngas'ew 60% honaqkuyit aqw öopokiwtangwu.

Hak yang hiihita ang qenitaq piw paas höönaq, pay tuuya songqa qa hongvi'iwangwu.

Hak qa suyan unangwte, nawus 911 aw eykngangwu:

- Qa nanvoti'ytangwu
- A kwang'hiikwistangwu
- Tawitsqat ang tuutuyngwu
- Pangiipu'at niqw mo'a sakwawsanin
- Teevep tuutuyngwu
- A'ni muuki'iwte
- Qa qatuptangwu