

PU' TUNATYANGWU, PIW HIITA NA'SASTAGNWU

Hak kiy ep hisavo qatuninikt nawus put paas na'sastagnwu, sen haqawa it COVID-19 na'pala umùukiy ep'e.

Kur hak hiita kiy ang ayo hiita naasaslawe, sen nõösiwqat, pay hakim qa sòsoyam hùuyaànkimi'yangwu.

Hak hakim amum sikisvet angqw tsokiwme, pay qa naqlap qatuwmangwu, taywa'naakwapniy aw pakiwtangwu, piw sikisve'panaptsat hòtsi'ytangwu.

I' sanitizer 60% honaakuyit aqw òopokiwta.

Hak kiy ep pite, wukonapnay nit tootsiy oyangwu, pu' paas maavaqtangwu. Piw sen hak yuwsit oyat pu' naavahomngwu.

Hak kiy ep sunyantangwu, qa angqe waynumngwu, piw qa sinmuy amumum tsotsvalngwu taq songqa hak it tuuyat himu'ytangwu.

Kur hak sinmuy amùupa hintsake, sen kiy ep qa kwangwa'hinte, pay hak taywa' naakwapniy aw pakiwtangwu piw navay yaap wunuwtangwu.

Hak sutsep maayay maavaqtangwu, qòtvikit nit kuuyit akw'a, sen it alcohol-based sanitizer, pumuy hak sunat aqw pòotoyngwu.

Hak òhòhòte sen asisite, hak hòhònpit akw naakwapngangwu, piw sen tsòyiy akw naakwapngangwu. Piw hak poosiy nit yaqay nit mo'ay aw qa tongkngwu, ispi hakim maaya'at songqq qa maavaqiwta.

Hak hiihita ang hòonangwu, piw disinfecttangwu, yang hòtaapit, yu'a'atapiy nit piw sikisvet rooyanpi'at.

Ngas'ew hiihita, ngahut, piw nõösiwqat sinomuy amungem na'sastagnwu, ima hakim peetu hiita tuuyat himu'yyungqam, pumuy songqa it tuuyat suu'na'palyangwu.

Hakim àapave qenitote, pep hak it tuuyat himu'ytaqa pakiwtamantani, hin hakim aw tunatyawungmantani.

- An...
- A...
- U...

Hak tumalmongwiyy aa'awnangwu, himu hintiqw, hin hakim aw sùpa'angwayangwu.

Hak tuutuyte, hin hak tuuvingtagnwu? Sen kiy angqw tumala'ytangwu.

Hak sutsep naahongvilawngwu, sen warikongwu, sùput nõösiwqat tuumoytangwu, paas naasungngangwu, piw it lolmat ngahut kwu'ukngwu (e.g. Vitamin D, multivitamins, Vitamin C, Vitamin B12)

Hak tuuhikyay sen pahantùhikyay amumi taqa' nangwingwu, hin hak tokoy aw tunatyawtangwu.

Hak it òhòhòtuyat ngahut piw tuhikkive mu'iwaaq pam hakim tuuwalngwu.

Kur hakim piw hiita akw tuutuyaye, sen tsaatsakmuy tiitaptotote, hakim nawus umùukiy ep qa yesqaqamuy amumum tsotsvalyangwu.

Hakim piw neengem peenayangwu, kur hak tuutuytiqw, hin hakim hakimuy eyoknayangwu piw hakim umuy pa'angwayangwu.

COVID-19 pa'angwni:
1.833.956.1554 sen navajohopisolidarity.org

Piw yep tutuveni COVID-19 engem'u:
CDC.gov/coronavirus

I' pay sòsoy himu sinmuy amungem na'sasiwta, niikyangw hak tuutuyte, hak nawus pahantùhikyay aw naamataknngwu. Hak imuy pahantuhikuy tuuvingtagnwu, sen hak hiita tuuyat aw pòotangwu sen aw naamataknngwu.