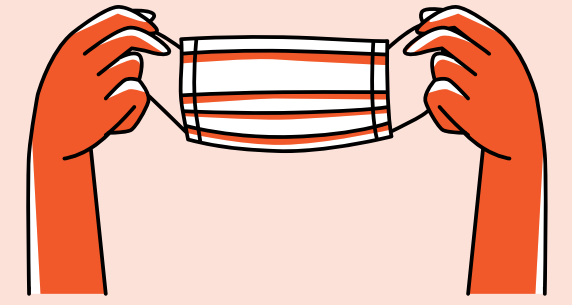


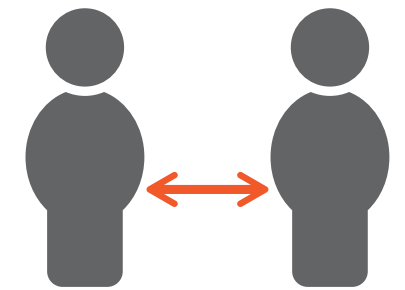
# VA'AIGA O OU ĀŪGA O LE KOVITI-19 I LOU AIGA

Afai ua maua oe ile KOVITI-19 'ae tou te nonofo ma ni isi tagata i le fale e tasi, e matuā mafai telē lava ona pipisi atu le KOVITI mai iā te oe i tagata nā. Afai ua e fa'alogoina ni āūga o le KOVITI-19 pe ua fa'amaonia i se siaki ua maua 'oe, puipui i latou o lo'o i lou fale i le mulimuli i fa'atonuga ia:

**1** Fai se ufi fofoga (e ufiufi ai lou gutu ma lou isu) i taimi uma e iai ni tagata i totonu o lou fale.

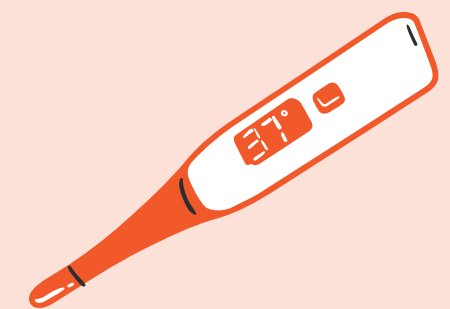


**2** Nofo mamao mai isi tagata i se va e 6 futu (2 mita) i taimi uma.

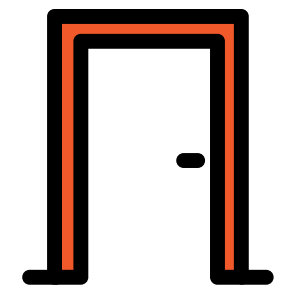


**3** Ia fai ma siaki lau fa'alogo, ou āūga.

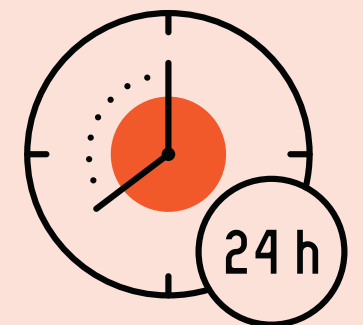
Afai ua faateteleina, telefoni lau falema'i. A leai sau falema'i, telefoni le King County COVID-19 Call Center.



**4** Nofo i se potu e faasino mo na'o oe, ina ia e mamao ese ai mai tagata o lou aiga. Ia fa'apea ona fai i so'o se taimi e mafai ai.



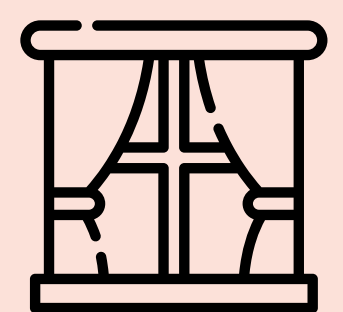
**5** Ia 'ese le taimi e te faaogāina ai le umukuka po'o le faleta'ele mai le taimi e fa'aogā ai e isi tagata o lou 'āiga. Ia faamamā mea uma pe'ā uma ona e faaogāina. Fufulu uma mea na e faaogāina atoa ma luga o laulau pe'ā uma.



**6** Aua ne'i faaogāina e se isi ni mea e patino mo oe, mea e pei o ipu, sipuni, (utensils), ma solo, fa'apea mea e fa'aaogā i moega.



**7** Talai faamalama ina ia sau le 'ea mai fafo ma gasolo i totonu o le fale, ae maise pe afai e fa'aaogā e isi tagata o lou aiga le faleta'ele o lo'o e fa'aogāina.

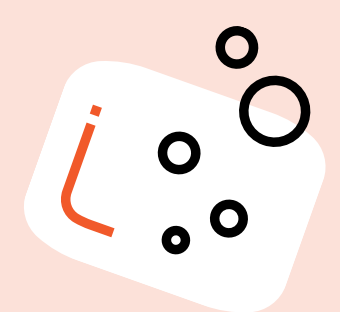


**8** Ia fufulu mea uma e te tago so'o iai, pei o 'au o faitoto'a fa'apea luga o laulau ma fata (counter) e fai ai mea'ai.



**9** Mulimuli i 'auala nei tau soifua malōlōina.

Ufiufi lau tale pe o lau mafatua i se pepa solo pe o le vaega i totonu o sou tulilima. Ia fufulu so'o ou lima i le vai ma se fasimoli, pe o se fagu fufulu lima e 60% le malosi (o le alcohol).



January 1, 2024

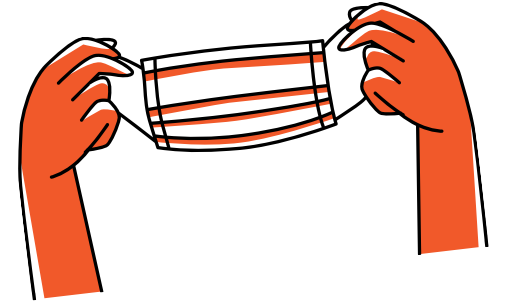
# TAUSIGA O NI TAGATA O I LOU FALE UA MAUA ILE KOVOTI-19

Ole nonofo faatasi o 'oe ma se tagata ua maua ile KOVITI-19 o se auala lea e te ono maua ai fo'i ile KOVITI-19. Tusa pe o e faia uma mea ua fa'atonuina, e pei o le nofo valavala ma faaaoga ufi fofoga, e telē atu le avanoa e maua ai oe ile KOVITI-19 ao lua nonofo faatasi ma se tagata ua maua i le fa'ama'i nai lo se i si lava tulaga.

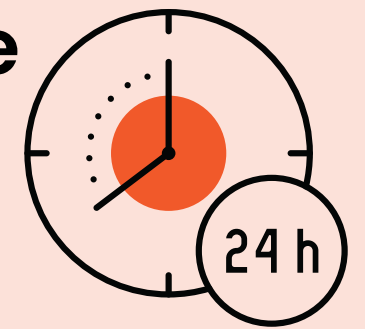
Afai o iai se tagata ua maua ile KOVITI-19 i lou fale, e fautua atu ina ia mulimuli i sitepu nei:

**1 Filifili se tagata o lou 'āiga e tausia le tagata ma'i.**  
Afai o oe, tautuanā ia lava le malōlō a le ma'i. Fa'atau ni fuaāla'au mo le fiva, fa'aī tigā, ma ni isi tulaga o faalogoina e le ma'i. Mulimuli i fa'atonuga mai le foma'i a le ma'i.

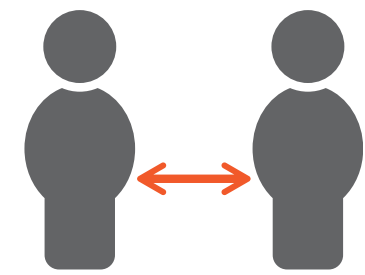
**2 Ia faaaoga e le tagata ma'i se ufi fofoga fa'apea fo'i 'oe pe a iai ni tagata i totonu o le fale fa'apea fo'i pe'ā potopoto i fafo.**



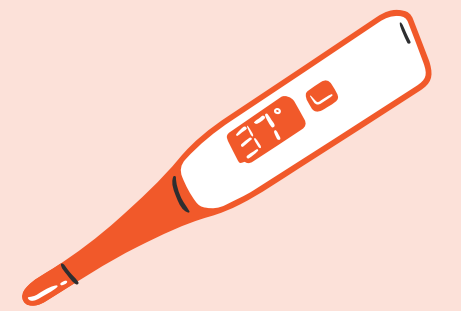
**3 Ia 'ese'ese taimi e faaaoga ai e le tagata ma'i le umukuka pe o le faleta'ele mai taimi e fa'aaoga ai e i si tagata o lou aiga.** Ia faamamā i taimi uma so'o se mea na faaoga. Fufulu uma mea na faaoga e fai ai mea ai, laulau ma fata pe a uma ona faaaoga.



**4 O tagata e le 'o feagai ma le tausiga ole tagata ma'i e tatau ona fa'amamao ese i taimi uma mai lē ua maua ile KOVITI-19.**



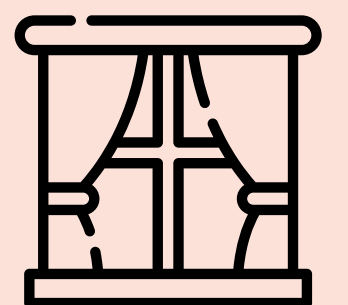
**5 Fai ma siaki lau fa'alogo mo ni āūga o le KOVITI-19, ina ia iloa ai pe o 'ē afāina pe leai.**



**6 'Aua le faaaogāina e se isi ni mea e patino i le tagata ma'i, mea e pei o ipu, sipuni, (utensils), ma solo, fa'apea mea tau moega.**



**7 Talai faamalama ina ia sau le 'ea mai fafo ma gasolo i totonu o le fale, ae maise pe afai e fa'aaoga e isi tagata o lou 'āiga le faleta'ele o lo'o fa'aaoga e le tagata ma'i.**

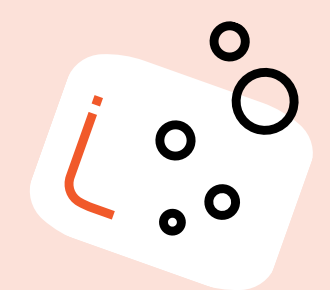


**8 Fufulu mea uma e tago so'o iai le tagata ma'i, mea pei o 'au o faitotoa ma mea e fai ai mea'ai.**



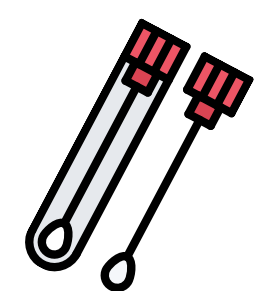
**9 Mulimuli i 'auala tau soifua malōlōina.**

To'aga e fufulu so'o ou lima i le vai ma se fasimoli, pe o se fagu fufulu lima e 60% le malosī (ole alcohol).



**10 Fai sau suega mo le COVID-19.**

Ia amata ona e nofoesea i le aso mulimuli e uma ai le nofoesea a le tagata o lou 'aiga e maua i le KOVITI-19.



January 1, 2024

Mo nisi auala i le tausiga o nisi ua maua ile COVID-19 i lou aiga, faamolemole asiasi ile [www.kingcounty.gov/covid/self-care](http://www.kingcounty.gov/covid/self-care), (ole vaega lea na'o le gagana Igilisi e maua ai)