



PORTLAND PUBLIC SCHOOLS

prepared & empowered

Dwe me Aryo 2020

Bot lonyodo, lotino kwan, lotic wa ki apul ducu me Gangi Kwan me Portland,

Atye ka coyo botwu me nyutu gin ngo ma Gangi Kwan me Portland tye ka timo ne, nyo yube me timo ne pi temme me gengo nya pa two ma gilwongo Coronavirus 19 ka ce ocake nyaa i apul mewa madwong. Kombedi PE tye dwan mo ma okati nia two enni tye i Maine, pi man gum me nyaa pere tye nok totwal. Ento, gang tic madit ma loyo lok kom pwonye nyo Maine Department of Education (MDOE) kacel ki ma loyo lok kom yotkom Centers for Disease Control (CDC) omiyo botwa tam me bedo atera ki yoo me gwokke ki two man.

Dok bene amito kwanyo gum man me poyo wii lotino kwan, lopwonye ki lotic gangi kwan wa lonyodo pi gin ma waromo timo ne ducu kacel pi gengo nya pa two man kacel ki two mukene ma dingo yweyowa ma calo aur nyo flu.

Me Acel, wek kong anyut ada mukene ma lubu Coronavirus 2019, ma bene gilwongo nia COVID-19. COVID-19 en two ma mako yoo me yweyo mamewa ma kobe ki bot ngat acel bot mukene. Kwidi ma woto ki yamo (virus) ma en miyo two man COVID-19 ginongo wang me acel i boma ma gilwongo Wuhan i China ikare ma onongo gitye ka yenyo tyen two man.

Kwena ma komi nyutu ka ce COVID-19 odonyo ikomi gin aye lyeto, aona, ki dinge pa yweyo. Magi bene kwena ma two ma calo lyeto nyo flu kacel ki two mukene ma cok ki lyeto ma bene gitye ka wire i apul mamewa. Ka ce komi tye ka cwalo kwena ma calo egoni kun pe ya irwatte ki ngat mo ma tye ki two COVID-19 ci nongo itye ki lyeto nyo aur. Pi gwoke, lotino kwan nyo lopwonye ma cocok ni gicito woko ki Amerika (United States) doko ma gitye ka winyo arem i yoo yweyo gi nyo lyeto myero ginyuti bot lotic yotkomgi kit ma giwoto kwede.

Two man coronavirus ginongo ka nok totwal, i kabedo maromo 56 i will lobo kulu makun bene ogwayo Amerika (United States). Dok tic ma loyo lok kom yotkom Center for Disease Control (CDC) tye ka lubu kit ma two man tye ka wire kwede dok bene cwalo ngec manyen bot lotic ot yat ki gangi kwan kare ki kare. Anwoyo odoco nia, kombedi ma atye ka coc ni PE tye dwan mo ma nia ginongo two enni i Manie.

Me temme pi juko nyaa pa two mo keken ma kwako yweyo:

- Lotino kwan nyo lopwonye myero gibedi gang ka gitwo. Ka lotino kwan nyo lopwonye tye ki lyeto myero gibedi gang nioo ma ka lyeto dong peke dok bene labong mwonyo yat ma calo acetaminophen nyo (Tylenol), pi wang cawa 24.
- **Ngat acel acel – lotino kwans, lopwonye, lomii kare gi me tic nono kacel ki lolim i gang kwan – myero gilwok cing gi ki *cabun pi *seconds 20, nyo pi kare ma romo tyeko wero *alphabet. CDC tye ka Waco ne nia meno rek me acel me lweny ikom two**
- Ka pe ilwoko cingi, ci duny cingi ki gin dunyu cing ma tye iye ki kero pa arege maromo 60% wa 95%
- Ngat acel acel myero gi temme pe me mulo wang gi, dog gi ki um gi.
- Ngat acel acel myero oum ono ki giro tam mamereki bade nyo waraga ma yom nyo ma pwot

Lotic ma gwko lengo me gangi kwan tye gini ka tuti nino ducu me dunyo jami ki ka ma jwi wamulo k icingwa. Lotic yotkom kacel ki lotela me gangi kwan gitye katic kacel ki lotela me yotkom pa lwak kacel ki Maine CDC pi miyowa ngec manyen kare ki kare. Ka kono two enni onyaa woko ataa ikin gang ci wa bitiyo ki dawn ma aa ki bot CDC..

Dwan pi gin atima mabeco pa CDC romo kwako wa loro gangi kwan. Twero me loro gangi kwan aye meno aa ki bot Maine CDC, kun lubu iwel pa dano adii ma nongo dong two omako gi doko ki nyaa pa two ne. Wat ye ka tic kacel ki MDOE ka yube pi mede ki tic me pwony ka cegangi kwan giloro.

Abi mede ki nyutu botwu gin mo keken mayen ma kato ki apul mamewa kany. Pi tutunu, aleguwo me gwokke. Bed gang ka itwo, um aona nyo tam mameri, lwok cingi cocok dok peny latic yot kom me gang kwan ka itye ki peny. Ngec ma pol malubu COVID-19 nonge i: <https://www.cdc.gov/coronavirus>

Xavier Botana, Superintendent

P425- ACH COVID-19 Letter February 2020

353 Cumberland Avenue, Portland, ME 04101 207-874-8100 www.portlandschools.org