



Dwe me Adek 12 , 2020

Bot lonyodo, lotino kwan, lotic wa ki apul ducu me Gangi Kwan me Portland, Kombedi ma atye ka coyo waraga man, Maine otyeko nongo ngat acel ma tye ki two coronavirus-19. Ngat man ginongo in county ma gilwongo Androscoggin County kun Maine Center for Disease Control (Maine CDC tye ka waco nia pe gitye ka neno nyaa pa two man i apul mapol. Ento latela me gangi kwan me Portland gitye ka biro wang gi ka ducu dok ki bedo atera iyoo me gwoko kom pi gengo nyaa pa two man i apul wa. Gov. Janet Mills latela me state mamewa pet ye ka miyo tam me loro gangi kwan, pi man wa wabiro wangwa pi neno nia gangi kwan obedo twolo kun wagwoko gangi kwan pi bedo maleng pi yotkom pa lotino kwan ki lopwonye nwa.. kwidi ma woto ki yamo (virus) ma bene gilwongo nia, COVID-19, kobe ki bot ngat acel bot mukene ka ce wutene kacel kin gat ma dong tye ki two ne, pi man wabitimo gin magi pi gwoke: Elo mslo diro me dunyu ka ma naka jwi gimulo i gangi kwan; moko tam ki cik i kit me tic ki latin kwan nyo lapwony ma two; juko donyo pa dano i ka ma lotino kwan ogure iye; ka bene diro nino anyim nyo juko yub mo keken ma dong gitero atima. Ento gin enni loke nino ducu, piman wamito niangiwo nia wabi medo yoo me gwoke mukene ikom enni kit ma wanongo kwede ngec manyen ki bot lotic yotkom pa lwak.

Temme me juko donyo pa lwak i kacoke nyo gin atima pa lotino kwan

Pi tmme mewa me gwoko loatino kwan ki lopwonye wa ki nongo two man, wat ye ka tweyo jora me donyo ikit gin mo keken ma lotino kwan gitye ka timone. Wabi juku coke mo keken ma romo kelo dul pa dano I gang kwan (labolne, yub pa lonyodo kacoke pa lonyodo ki lopwonye PTO, yub pa lotino kwan ma bene gwayo dano me gang.). Yub me pyem ducu ma timme ikin gangi kwanwa, kun gwayo jami calo ngwec nyo kit gin mo keken ma pe gitimo i ot kwan; gidiro ninone nyo gingolo woko makulu. Me medo ikom enoni wajuku wot me lim ma kwako lok me pwonye woko ducu pi tutunu. Pi tutti man me gwoke, wanongo nia bedo bene ber me juku pi tutunu dano ma naka jwi gimiyi karegi me nono pi tic ki lotinowa i gangi kwan.. Kombedi, ka cam, gure pi winyo lok mogo me gang kwan, tuko ma patpat ki gin moo keken ma gure lotino kacel bimedede ento dano gi me gang nyo ngat mo keken pe bindonyo. Enni romo lokke cawa mo keken i anyim.

Kacokke pa lonyodo ki lopwonye

Wabi mede ki kacokke wa pa lonyodo ki lopwonye madong tye ka time ni. Wa penyo lonyodo ki /lonyodo apita ma gitye ka winyo arem nyo gitye ki lanyut me two wek watim kacoke meg i *telephone nyo gidir ninone.

Nyutwa kit ma wot meri woko obedo kwede

Lonyod/lonyod apita myero ginyuti ki latic yotkom me gang kwan gi kit ma giwoto kwede i lobo ma woko ka ce lobo ne tye ki Centers for Disease Control (CDC) dok gitye ki **alert or warning level health notices**, nyo ka gibedo cok ikom dano maocito, nyo tye ki yub me cito ilobo ma woko i agiki mwaka me gang kwanr. Iromo nongo ngec ma pol manyutu boti ngec me wot woko i : <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

Lotino kwan ma two nyo manen calo kome dong pe romo lwenyo ikom two

Latin mo keken my tye kanyutu cal me two COVID-19 – lyeto, aona matwo, arem dwan ka dinge pa yweyo – nongo tye i gang, gibigwoke woko cen i gang kwan kunu kun nongo bor ki kom lowadgi nyo ki kom lapwony nioo ma lanyodo nyo lanyodo apita mere obino ka gamo en me tero ne gang. Dok ma calo lapoo wic, latin mo keken ma tye ki aur, myero obed gang nioo ma en ocang ki aur menu labong yat me cango aur, macalo acetaminophen (tylenol) pi wang cawa 24. Lonyodo pa lotino ma calo enoni gin aye ma gitye ki twero me konyowa. Myero gimii ngec bot latic yotkom me gang kwan wek giitii kacel me nongo yoo me konyo latin enoni.

Gangi kwan giromo loro ne

Lotic yotkomwa me gangi kwan kacel ki lotlea me gangi kwan gitye ka tic kacel lotic me yotkom pa lwak me nyutu botwa alokaloka ma timme nino ducu pi lok kom two enni. Pi tutunu, watye ka yube me neno ka waromo loro gangi kwan pi gwoko lotino kwan kacel ki lopwonye. Ka enni otimme, wa be miyo gin ducu me pwonye bot lotino kwan me pwonyogi ki i gang kun lopwonye bikonyo gi. Watye ki ngec nia dano ducu pe tye ki computer nyo laptop nyo internet i gang ento watye ka tuti me neno nia lotino kwan ducu ginongo jami magi me konyo pwonye gi i gang. Lotino me pre-kindergarten keken ma pe binongo pwony ki i gang.

Cam me dye ceng i gang kwan

Wabi mede ki ki yub me miyo cam ki lotino kwano kare mo keken ma nongo gangi kwan giloru. Gimiyu botwa twero me mede ki poko cam kit ma naka jwi watimo i kare me yweyo. Ikare ma nongo gang kwan giloru, wabi nyutu ka kwene ma myero wugam cam ki iye.

Tam tuwa ducu en aye me neno nia lotini omede ki pwony kun wagwoko yot komgi wa ki lopwonye gi bene. Abimede ki miyo botwu ngec me alokaloka ma tye ka time kare ki kare. Acwako kor ngat acel acel me timo gin me gwoko kom: bed gang ka itwo, cum aona ki tam mameri ka ilwok cingi kare ki kare. Watii gini kacel pi gwoko ngat acel acel ki awana mo keken!

Ngec mapol ma lubu lok kom two enni nonge i [COVID-19 PPS Information Center](#) i bwo ngec tuwa.



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