



OCTOBER 2023 Marshallese  
DOH 820-244

## Kōjbarok eok māke jān COVID Aitok: Bōk Wā



**Rikatak ro rej kwalōk ke eloñ armij emōj aer ion e COVID Aitok.**



**Jabdewōt ej bōk COVID emaroñ in bōk nañinmej in COVID Aitok.**



**Katak ko rej kwalōk ke armij ro rejanin de wā in bobrae jān COVID-19 remaroñ in laplok aer maroñ in bōk COVID Aitok.**

COVID Aitok, ako Post-COVID Conditions (PCC, Elikin-COVID Jekjek ko), ej kwalōk ainwot jabdewōt jain, kakōlle, ako jekjek im rej wanmaanloḷok ako eddeklak elikin juon COVID-19 nañinmej. [Kakōlle ko](#) remaroñ in pād iumin wiik, allōñ ako yiiō im emaroñ in kōba ippān emokmok, joraan in komalij, pokpok, ben an menono, metak ko, jako an maroñ et bwiin ako oktak ilo lemak ṁōñā, piba, ben an kiki, oktak eñjake im elaplok.

Jabdewōt, jokdoon yiiō ta, im emōj an bōk nañinmej in COVID-19 emaroñ in bōk Aitok COVID. Elap an ekka an walok ilo armij ro rekar jab bōk wā, im armij eo ekar lap COVID-19 kakōlle. Armij ro rekar bōk nañinmej in COVID-19 elōñ alen elaplak an wōr aer kauwōtata ko ilo ejmour koba ippān Aitok COVID.

Kwoj maroñ in kadiklak am maroñ in bōk Aitok COVID kakōlle ko ilo am pād wōt ilo jimwe kin raan in COVID-19 wā. COVID-19 wā ko rej rōjañ ñan an jabdewōt eo 6 allōñ im rittolak bōk.

# Kabōjrak Aitok COVID

Wawen eo eman tata ñan kabōjrak Aitok COVID ej ñan [kōjbarok eok māke im ro jot](#) jān am bōk nañinmej in COVID-19. [Pād wōt ilo am bōk COVID-19 wā ko](#) ej lewaj kōjbarok eo eman tata jān COVID-19 nañinmej im nañinmej ko rellap. Kwoj maroñ in bar kōjbarok eok māke im ro jot jān COVID-19 ilo am jab epāake armij ro emōj an alikkar ke rej nañinmej in COVID-19 ako lõmṅak in bōk nañinmej in, kwale peim ako kōjerbale arkool kein kwalkwol pā, ekanak māāj ilo ibwiljin eloñ armij, teej ñan COVID-19 im pād wōt mweo imōm ñe kwoj nañinmej.

COVID-19 wā in ej belak ñan aolep armej 6 allōñ im loñlak, im ej rōjañ jān Centers for Disease Control and Prevention (CDC, Jikin Kantūrol Nañinmej im Bobrae).

## Ekatak ko Eliktata

Rikatak ro rej kwalōk ke eloñ armij emōj aer ion e COVID Aitok.

Ilo torrein, katak ko rej kwalōk ke armij rein ilal remaroñ in kōmman bwe ro jot ren bōk Aitok COVID:

- **Armij ro rejjab bōk wā in kōjbarok jān COVID-19**
- Armij ro rej bōk nañinmej elap jān COVID-19; elaptata ro rej aikuj lale ilo ojpito
- Armij ro ewōr aer nañinmej im joraan in ejmour
- Armij ro rej ion e nañinmej in ebboj (MIS) ilo ien eo ako elikin COVID-19
- Armij ro emōj aer bōk nañinmej in COVID-19 elaplok jān juon alen

Jokdoon Aitok COVID ekka an jab walok ippān ajiri im jodikdik jān ippān rutto ro, ta ko rej walok ilo ien-aitok elikin COVID-19 ekka an walok ippān ajiri im jodikdik.

Juon [ekatak eo ej walok kio](#) emōj an bar kwalōk ke armij ro rejañin de bōk wā rej aikuj in lõmṅak in bōk wōt COVID-19 wā jokdoon ñe emōj aer bōk e mokta lak. Rekar bar loe ke armij ro rejañin de bōk wā im emōj aer mour lak jān COVID-19 im bōk juon wā ekar kadiklak kauwōtata eo aer ilo bōk Aitok COVID.

# Kōnnaan kin Aitok COVID ippān Jikin Takto eo am

Emāroñ in ben in kwalok ke juōn ej nañinmej in aitok COVID kinke ilo torrein ejelok teej emaroñ in kōmman ñan jella. Ñe kwoj lõmṅak kwoj nañinmej in Aitok COVID, [bojjak ñan ien appoinmen eo am](#) ippān jikin takto eo am kōmmane juon laajrak in:

- Jekjek ko am ilo kio im mokta lak
- Aolep uno/kein kakajur kwoj bōk
- Aolepen kakōlle ko rekar walok elikin COVID-19 nañinmej eo am kōba ippān naat eo ekar jinoo, joñan ikutkut an aer walok, ta eo ej kōmman bwe ren eman ako nana lak, im wawen aer jelot mour eo am
- Aolepen uno ko im teej ko emōj am bōk im ej epāake kakōlle ko kwoj lõmṅak emōj an jinoo elikin am bōk COVID-19



*[Aitok COVID emaroñ in juon nañinmej iumin Americans with Disabilities Act \(Kakien ko an Amedka ikijen Nañinmej\)](#) ñe ej jelot am kōmmane jōt men ko, āinwot lale eok māke, etetal, ippān doon ippān ro jōt, ako jermal.*

Ñan kajitok pepa in ilo juon jekjek konij, kall e 1-800-525-0127. Armej ro rej jarroñroñ ren kallōk 711 (Washington Relay) ak email [doh.information@doh.wa.gov](mailto:doh.information@doh.wa.gov).



Bukot COVID-19 wā ko turim ilo [vaccines.gov](https://www.vaccines.gov)

Ewōr ke kajjitōk?

Email:

[COVID.Vaccine@doh.wa.gov](mailto:COVID.Vaccine@doh.wa.gov)