
Ippān doon ñan Ājmour

Juon mejādik ñan ien kōmṃao ko elap
tok limo ie kake wā ko



Ilo bok in ewōr meḷeḷe
ko, jermal im kein jipañ ko
remooḷ bwe kwon kōḡōḡō
ippān client ro am kake
aorōk in wā ko im waween
ko jōt ñan bobrae ājmour
ko aer.



Pepa in kwalok naan in kapilōk ko

4-19

Ilo-am-ṣarōñ kalimjōk meḷeḷe ko rellap kake wā im bwebwenato ko emarōñ wōr am ippān client ro. Wūnin kōḡōḡō ko ekoba:

- **KWALOK MEḶEḶE KO REMOOḶ** rej rojāñ ñan wā im ṣwil ko jōt remman ñan ājmour
- **KŌJERBAḶE TŌḶN EO EJIMWE** ñe kwoj kōḡōḡō kake wā ko
- **UWAAK ABḶŌḶŌ KO REKKĀ** emarōñ wōr an client ro
- **KAUTIEJ TŌMAK KO** ilo am kwalok kōn ājmour



Kajjitōk ko ekkūt kajjitōk

20-23

Uwaak ko ñan kajjitōk ko rekkā, āinwot:

- Ewi waween ao kōmeḷeḷe ki Long COVID?
- Ewi waween ao kōḡōḡō kake wā ko repāake ajri im bōrōro?
- Ewi waween ao uwaak abḶŌḶŌ ko ikkijen kabuñ an client?



Kajimwe meḷeḷe bwod

24-27

Kein jiniet ñan jipañ client ro kwalok meḷeḷe ko rejjab jimwe kake wā ko.



Kein jiniet in kōḡḡao ko

28-32

Waanjoñak in bwebwenato ko kōtaan Community Health Workers (CHWs, Jukjukin Pād Ājmour Rijerbal ro) im client ro.



Kōḡḡao pepa in jermal

33

Juon kein jipañ eok kōmmalmel kōḡōḡō ippān client ro.



Eloñḷok mejādik ko

34-36

Link ko ñan eloñḷok ṣen ko ilowaan kein jermal eo.



**Ñe kwoj kōnnaan ippān client
ro, aorōk ñan am kōmman
bwe alikkar ñan er im jellā
melele ko remool.**



Kwalok kin melele ko sciencerejimwe
remaroñ kōmman bwe en laplok an client
eo am lōke eok im kwalok ñan er jellā ke
wā ko rej bobrae im jeppet kutien aer jermal.

**Eñin ej ta
ko CHWs rej
aikuj jellā
kake wā ko.**



Errein ej jōt
melele ko
remoo!
kake wā.



Wā ko rej **tiljek aer teej** mōkta jen aer maroñ ajej. Jokdoon elikin an mōj aer weeppan, rej etale wōt ñan kōjbarok.



Wā ko **rej lōmōḡor mour ko** ilo aer bobrae nañinmej ko, utaḡwe im mej. Wā ko rej jālitak eo ad eman tata nae nañinmej ko āinwot polio, pok aidik, COVID-19 im eloñ ro jōt.



Elañe kwonij nañinmej, bōk wā **ej kadikḡok kakkūḡkūḡ** in an nañinmej eo am kauwōtata ak epāake mej.



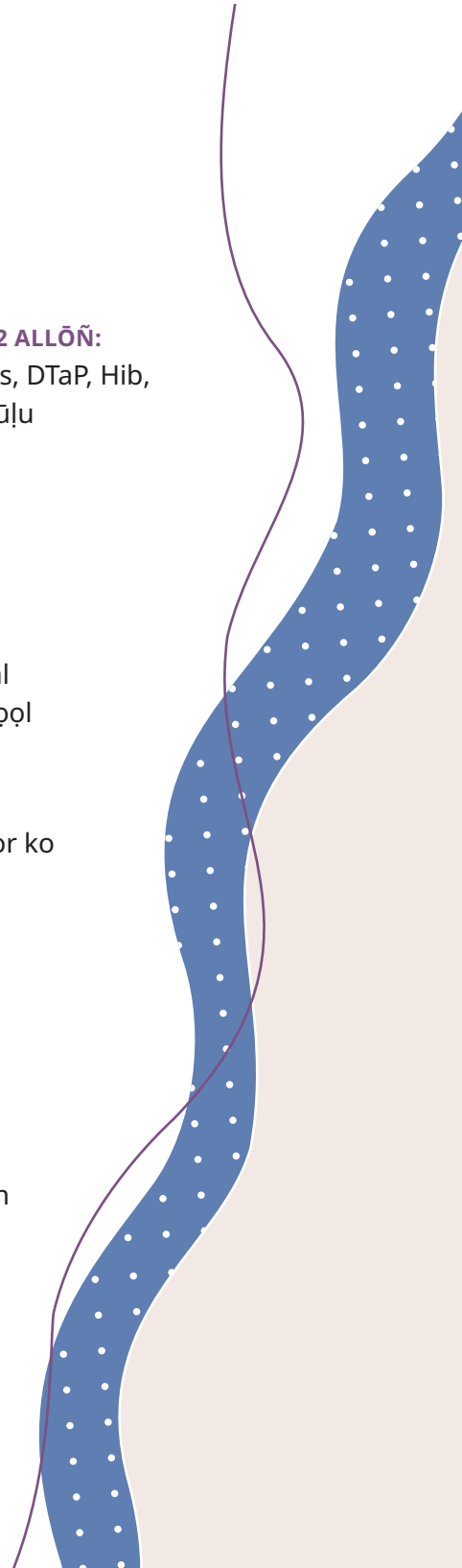
Wā ko **rej jipañ enbwinnim kiḡe** im tarinae ippān nañinmej ko. Rej bar bobrae an ajedeed nañinmej ilo jukjukin pād eo am.



Errein ej wā ko ekkā bōk im ñaat eo rej rojāñ in bōk.

- **ÑAN NIÑNIN KO REJ KAB ẸŌTAK ÑAN 12 ALLŌÑ:**
Hepatitis B ilo ien Ẹŋtak, RSV, rotavirus, DTaP, Hib, pneumococcal, polio, COVID-19 im bŭlu
- **ÑAN AJRI RO 1-8 YIIŌ DETTAN:**
Eloñ!ok wā in jŋt iaan wā ko ñan niñniñ, hepatitis A, MMR, pok im bŭlu
- **ÑAN AJRI RO 9-18 YIIŌ DETTAN:**
HPV ilo 9 yiiŋ, Tdap im meningococcal ilo 11 yiiŋ, bŭlu im COVID-19 aolep boŋ
- **ÑAN RŪTTO RO:**
Flu, COVID-19, shingles, RSV, pneumococcal im Tdap wā in kokajoor ko
- **WĀ KO EPĀĀKE-BŌRŌRO:**
Tdap, flu, COVID-19 im RSV wā ko rej rojāñ ilo ien bŋrŋro ñan bobrae jimor pĀrŋn im niñniñ

Kajojo wā oktak. Client ro, elaptata ro emojno enbwinnier, rej aikuj tŋpar taktŋ ro aer kake ro remaroñ aikuji. Eitin aolep jikin kauno ko, jukjukin pĀd clinic ak rĀ ko an ājmour rej kotlŋk appointment in wā.



Ekatak elaplok

Jikaan e QR code eo, innem jiped **Pepa in kwalok naan in kapilok ko** ñan elaplok kein jipañ im link ko.



Ñan kajjitok pepa in ilo juon bar jekjek, kurluk 1-800-525-0127. Jarroñroñ ak ro epen aer roñ, jouj kurluk 711 (Washington Relay) ak email doh.information@doh.wa.gov.

Mennin ej bok eddo jen juon grant iumwin US Centers for Disease Control and Prevention (Jikin Kanturol Nañinmej im Bobrae) ñan Washington State Department of Health (Ra eo an Ajmour) (6NU50CK000515-05-14).

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**Ñe kwoj kōṃṃao ippān
client ro kake wā,
ṭon eo am im bōklōkōt
eo am rej aorōk.**



Eñin ej waween an maroñ lap
tōprak in kōṃṃōṃ ko am im likūt er
ilo aenōṃṃan.

**Ej EMAN
ñan an wōr
kajjitōk
kake wā.**



Elap mejele ko rebwod ak ebwod aer kwalok kake wā ko, im client remaroñ kwalok abñōñō ko aer, perper im ļōmnak ko rekajoor kake er. Jokdoon joñan am ak an client ro am ṁaroñ eñjake, kwomaroñ tōl bwebwenato ko elap kautiej, im lap mejelein kake aorōk in wā ko.

- Kajjitōk ñe kwomaroñ kwalok mejele ko ikkijen wā.
- Pād wōt ilo am jokwane, kautiej im jouj.
- Roñjake ṁōkta. Uwaak ilo am lukkun kōļmanlokjen.
- Kajjitōk ta kajjitōk ko aer.
- Dāpij an eman tōñ eo am.
- Kile eñjake ko aer.
- Kwon ineemman im rojāñ.



Kwon kajnōt im jab kōmman am māke ļōmnak. Lelok kajjitōk ko rej aikuj kōjēbaļe elaplok jen aet ak jab wōt ñan uwaak ñan am meļeļe eñjake ko aer im ta ko rej aorōk ippeir.

ÑAN WAANJOŅAK

“Kwoņaroņ ke kwalok ñan io elaplok? Kajjitōk ta ko am kake wā ñan baamle eo am?”

Kiļe abņōņō ko aer im jab jāj.

ÑAN WAANJOŅAK

“Kwojjab māke iam ilo an wōr am kajjitōk kake wā ko. Jej aolep konan kōjbarok ro jej iakwe er im bwe en eman ājmour ko aer, im ewōr meļeļe ko rej kōmman aitwerōk im aepokpok ilo intonet im jojal media.”

Kalimjōk ta ko wā rej jipaņ kake.

ÑAN WAANJOŅAK

“Iņaroņ loe ke kwoj abņōņō kake ājmour eo an baamle eo am. Wā ko remaroņ jipaņ bobrae eok im er jen bōk naņinmej.”

Kōmman bwe en pidodo im jemjerā, ak bar kōjjeļā ki er ke juon jikin bōk meļeļe eo kwoņaroņ tōmak e.

ÑAN WAANJOŅAK

“Iņaroņ ke kwalok ñan eok ta eo emōj ao katak kake waween an wā ko kōjbarok eok im ro kwoj iakwe er?”

Lelok jipaņ im kokajoor.

ÑAN WAANJOŅAK

“Elaņe ej tok limoim, iņaroņ kwalok meļeļe ko remaroņ uwaak jōt iaan kajjitōk ko am kake wā. Iņaroņ bar pād ñan wonņaanlok wōt kake bwebwenato in elaņe kwoj konan kōnnaan elaplok.”



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**Ñe client ro rej iwaj ñan
eok kake abñōñō ko kake
wā, kwomaroñ uwaak ilo
waween ko rej kwalok am
konan kōmman jemjera,
jipañ im mejeje ko remool.**

Uwaak ko am reṃaroñ jinoe juon ien
bwebwenato eo elap tōprak in im ej
kōmman bwe client eo am **laplok an
lōke** ñan bōk wā.



**Imaroñ uwaak
abñōñō ko am.**



Errein ej jōt abņōņō ko an client rekkā.

Ukōt uwaak kein bwe kwon eņjake aer lukwi. Kwalok am meļeļe im kajnōt, ak bar tōl kake meļeļe ko remooļ.

“Ij riit aunļain ke wā ko reņaroņ kōmman autism.”

Wā ko rejjab kōmman autism. Emōj an katak mennin jen scientist ro iuņwin yiiō. Kij ko im jekjek ko ilo meļan reņaroņ kōmman autism. Wā ko rejjab jelōt kij.

“Ij roņ ke kwoj naņinmej elikin am bōk wā.”

Jōt armej rej eņjake an ebboj peir ijo rekar wā ie. Kwoņaroņ eņjake am mōk im piba jidik iuņwin juon raan. Ta ko rellap aer waļok elikin wā relukkun jeja.

“Ejelok aō injuron im elap wonāān wā ko.”

Eloņ iaan wā ko ejelok wonāān ak edik-wonāān. Ilo Washington, ajri ro iuņwin 19 yiiō reņaroņ bōk wā ilo ejelok wonāān. Ewōr bar juon būrokraaņ eo ewōr wā ko edik-wonāān ñan rūtto ro ejelok aer injuron 19 loņļok.

“Imijak in bōk wā jen jekjek in emakūt eo aō.”

Kwojjab aikuj kwalok jekjek in emakūt eo am ippān jabdewōt ñan bōk wā.

“Emōj ao bōk COVID, im eman ao eñjake.”

Jabdewōt armej reṃaroñ bōk COVID-19 elaplok jen juon alen, eo eṃaroñ kōmman kakōlle ko aitok aer-pād ak kalaplok kauwōtata ko āinwot būrooblem in menono. Jokdoon armej ro eman ājmour ko aer rej aikuj bōk wā ñan bobrae jen nañinmej ko rellap.

“Taktō ro rekonan wōt bwe in wā kinke rej bōk jaan jen e.”

Taktō im jaintij ro rej rojāñ bwe armej ren wā ñan bobrae. Rejjab bōk jaan jen er.

“Emōj ao bōk wā eo. Ijjam aikuj bar bōk e”

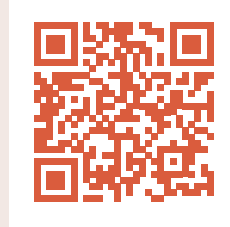
Baerōj ko rej oktak im wā ko rej kokāal ñan an eman lak aer bobrae jen er. Taktō eo am eṃaroñ bar rojāñ ñan bar bōk wā bwe en aitok-lak am bobrae.

“Ritōl eo ilo mwon jar eo aō ej ba ijjab aikuj bōk wā.”

Eitin aolep kabuñ rej kotlok ak rojāñ armej ñan bōk wā. Eṃaroñ jipañ ñan kwalok melele ko remoo! ippān ritōl eo an mwon jar eo am. Iṃaroñ kwalok elaplok melele ippām.

Ekatak elaplok

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DOH 130-118 Eprōl 2026 Marshallese



**Kwoṃaroñ kwalok ājmour
ilo waween ko rej kautiej
ṃanit ko an client ro am.**



Kwoṃaroñ kōjje!ā client ro ke wā rej bobrae jen nañinmej ko rellap ilo am bar rejetak kelet ko aer. Wonṃaanlok ilo am kōṇōnō kake wā bwe en eman lak am me!e!e kake tōmak ko aer.

**Koba ippān wā,
imenene kein
reṃaroñ dāpij
an eman ājmour
eo am.**



Eṃaroñ wōr am client ro rejjab konan bōk wā. Āinwot juon CHW, kwomaroñ wonṃaanlok ilo am kwalok kōn science in wā ko ilo am kautiej kelet ko aer. Men kein rej naan in rojāñ in ājmour ko reṃaroñ dāpij an client ro am, ro rej iakwe er im jukjukin pād ko aer pād ilo an eman ājmour.

Ñe kwonij nañinmej:

- Kememej ke ajri jidik ro, niñniñ, rütto ro im armej ro ewōr aer nañinmej kauwōtata rej pād **ilo elaplok kakkūṃkūṃ** in jorrān in eloñ nañinmej ko.
- **Pād wōt mweo imōm** elañe kwomaroñ, im jab pād ilo jikin ko lowaan eṃ ebwijin armej ie.
- **Pinej loñiim** kake jimwin peom ak juon too! ñe kwoj pokpok im ṃaje.
- **Kanake juon N95** māāj ñan bobrae an ajedeed baerōj in menono ko reṃaroñ kōmman nañinmej ko āinwot COVID-19 im būļu.
- **Kwaļe peom** ilo an ikkūt.
- Elañe kwonij teej positive ñan COVID-19, wūno in kōṃadmōd baerōj ko āinwot Paxlovid reṃaroñ jipañ eok **bwe en mokaj lak am mour im bobare nañinmej kauwōtata ko.**



Kōjbarok eok māke jen bōk nañinmej.

- Dāpij am ṁōñā ilo waween eo eman ñan ājmour im e peḷan, pād wōt ilo am emourur im buul kiki ñan **kalapḷok an kajoor enbwinnim.**
- Pād wōt ilo am ḷoore raan in **appointment in ājmour im kakōlkōl ko.** Loelak taktō eo am ilo diktata juon alen aolep yiiō. Ien etaḷe ko aolep iien reṁaroñ dāpij an eman ājmour eo am im kadiklok kauwōtata in am bōk nañinmej.
- **Kwaḷe peom** elikin am kōjerbaḷe mōn kabojjak, ṁōkta jen ṁōñā im ṁōkta jen am jibwe mejam.

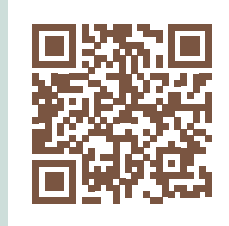
Wā ko rej waween eo jejjet kutien an jermal ñan bobrae eloñ nañinmej ko.

- Bōk wā emaroñ **kōjbarok eok** jen eloñ nañinmej ko reṁaroñ kōmman bwe en wōr rej mej.
- Meḷeḷe ko rej pedped ion-science ej kwalok **kewā ko emōj aer ḷomoor mour ko** im bobrae nañinmej ko im eñtaan. Wā ko emōj aer kōmman bwe nañinmej ko āinwot polio im pok aidik en diklok aer walok im kadiklok kauwōtata in bōk nañinmej in toñal ilo aitokin mour an juon armej.



Ekatak elaplok

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Kajjitōk ko jen CHWs āinwot eok.



Kōṃṃao ko ippān kajojo client oktak.

Emaroñ wōr am kajjitōk
kake waween uwaak jōt
wūnin kōṇṇōṇō ko rejenolok.

Errein ej uwaak ko.

Ta eo ij aikuj kōmmane ñe juon client eban bōk wā kōn wūn ko ikkijen kabuñ?

- Eloñ ritōl in kabuñ ko rej errā kake wā, ak jōt emōj aer kōmman bwe armej ren mijak im wōr aer ļōmnak kake wā ko.
- Tōmak ko an aolep rej oktak, innem eman tata ñan roñjake im uwaak kajjitōk ko an client eo am ijeļakin kajeoñ ukōt ļōmnak ko aer. Leļok er ñan juon taktō ak juon rijerbal in ājmour eo enij leļok meļeļe ko remooļ.
- Kōjjeļā ki client eo am ke kwoj bellok ñan kōñōñō elaplok kake im kwalok meļeļe ko remooļ kake wā.

Ewi waween ao leļok naan in kapilōk ñan client ro rej bōrōro ak rej pārōn kāāl im ewōr aer abñōñō ikkijen wā?

- Rojāñ bwe ren kōñōñō ippān juon taktō in ājmour ak taktō in ajri eo aer kake kōjbarok in wā ko — ñan er māke im ñan ajri ro nejier.
- Kwalok ñan er ke reṃaroñ aikuj kajjitōk ippān jikin taktō ko aer kake wā ko, ekoba ñan COVID-19.
- Kwomaroñ bar kwalok jikejuul in wā ko ilo **[Pepa in Kwalok Naan in Kapilōk ko 1.](#)**



Ij ke ɱarofñ tōpar taktō eo an juon client elañe ewōr aer kajjitōk ko ijjab ɱarofñ uwaak?

- Aet, ak bōk melim jen client eo ɱōkta im kajeofñ jab kajjitōk ippān taktō ro melele in ājmour ko an client eo.
- Kwomaroñ jipañ client ro jikejuul appointment in wā ippān taktō aer, ak kajjitōk wā ta ko rej aikuj.

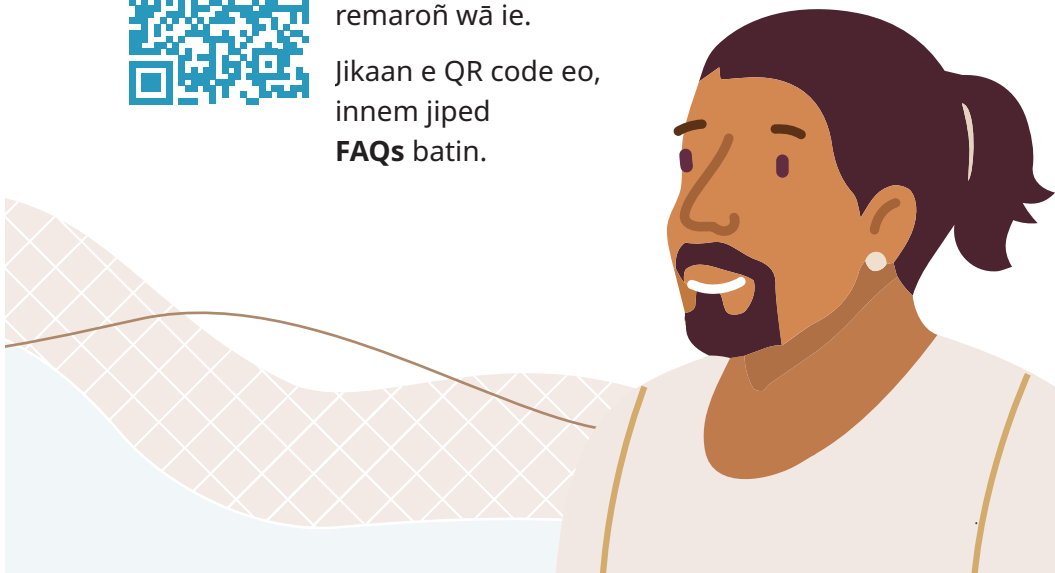
Ak ñe juon client ejjab wā jen wōt an kar jab eman ta eo eaar ion ippān taktō ro an ɱōkta lak?

- Kiļe eñjake ko aer im ta ko rekar ion e, im kwalok ñan er ke ejiṁwe aer abñōñ im rej aikuj kōṁadmōd kake kautiej.
- Kajjitōk in kōñōñō jermal in wā eo. Kotlok aer lewaj kajjitōk, bōk aer ien im kōmman kelet jen melele ko.
- Elañe ej tok limoer, lelok er ñan juon taktō eo reṁarofñ lōke eo kwojeļā ke enij roñjake, uwaak kajjitōk ilo kautiej im kōmman juon eñjake eo elaplok an eman.



Lelok client ro ñan jikin ko ilo jukjukin pād remaroñ wā ie.

Jikaan e QR code eo, innem jiped **FAQs** batin.



Ewi waween ao ɱarowñ jipañ client ro ejelok aer injuron bōk wā?

- Kwalok ñan client ke eloñ wā ko ejelok wonāān ak edik wonāān ilo an ejelok injuron.
- Kwalok clinic ko ilo jukjukin pād, jikin kauno ko, im rā in ājmour ko ilo jukjukin pād rej kōmman appointment in wā jokdoon jekjek in injuron.
- Leļok er ñan būrokraam ko rej pād ilo jukjukin pād im kautiej ɱanit ko ejelok wonāān ak edik-wonāān wā ko ie ñan rūtto ro ejelok aer injuron.

Ta in Long COVID im ewi waween aō kōmeļeļe ki ñan client ro?

- Jabdewōt eo emōj an bōk COVID-19 remarowñ bōk Long COVID, eo ej meļeļein kakōļle ko aer remarowñ pad iuɱwin 3 allōñ ak elaplok.
- Kakōļle ko rekkā ekoba lap an mojno, pen an menono, addeboulul, būrooblem ko ilo ɱarowñ kememej im oktak ko ñan baɱ in menono.
- Taktō ro rej ekatak wōt kake Long COVID. Elañe kakōļle ko an juon client aitok-an pād, ba ren tōpar taktō eo aer.
- Pād wōt ilo aer bōk wā ko rekāāl ej waween eo eman tata ñan kadiklok kauwōtata in bōk Long COVID. Wā ko rej pād ilo an ejelok wonāān ak ilo an dik wonāān.



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DOH 130-113 Eprōj 2026 Marshallese



Client remaroñ iwaj ippām kake
mejele ko rebwod emōj aer loe
ak roñ kake wā ko.



**Eñin ej waween jipañ er
bōk mejele ko remoo!**

Kajimwe mejele bwod.



Ewi waween aō maroñ jipañ client ro ao jellā kajjeen mejele ko rebwod ikkijen wā?

Ien eo client rej loe ak roñ kake juon men eo elap aer kajjitōk kake aunlain ak ilo jukjukin pād eo aer, kwomaroñ ba ren kajjitōk ippeir māke kajjitōk aorōk kein.

○ IA EO MEJELE KO REJ ITOK JEN E?

Elañe ej jen juon aujpitōl, clinic, ak dipaatmen in ājmour ilo jukjukin pād eo am, elaplok am maroñ lōke. Elañe ej jen juon armej eo ej kwalok lõmnak ko an ilo an ejelok mejele ko remool ippān, jab tōmak e

○ EJ KE KŌJERBALE NAAN KO REKAJOUR ĀINWOT "AOLEP IEN," "JAÑIN", AK "AOLEP"? Ñan waanjoñak: "Jab bōk wā" ak "aolep wā rej jermal ilo juon wōt waween" Mejele ko ikkijen ājmour ejeja aer lam waan, im kajojo wā oktak.



○ **EJ KE KAJEŃ KAMIJAK EOK AK KŌMMAN AM INEPATA?**

Ej ke jinoe kake naan ko āinwot "Eñin ej ta eo rejjab konan bwe kwon jellā! ak "10 wā ṅōṅooj ko renij kōṃṃan am bwiloñ!" Elañe ej kōṃṃan am eñjake am mijak, ikdeelel ak illu, emaroñ riab.

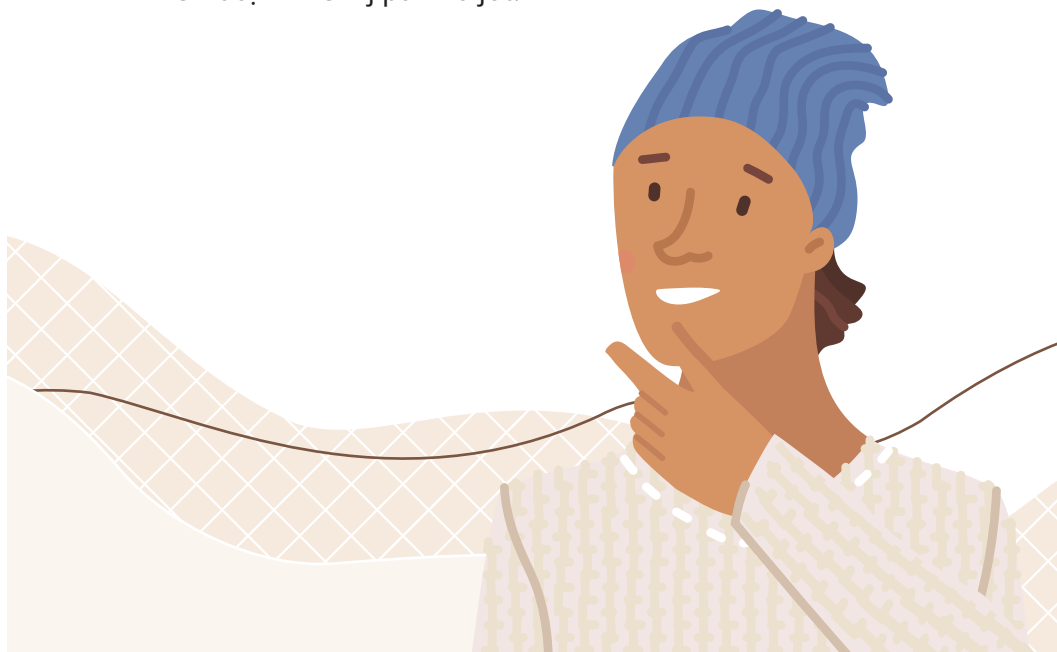
○ **EJ KE NITBWIL JUON ARMEJ EO AORŌK ILO LOBWILEJ AK DOULUL ILO AN JAB KWALOK MELELE KO REMOO?**

Ñan waanjoñak: "Taktō ro rej riab e eok!" ak "Kien ej nooje moo! eo kake wā ko!" Elañe aet, lōmnak ruo alen.

○ **EJ KE KAJEŃ WIA KAKE JUON MEN ÑAN EOK?**

Eloñ melele ko rebwod rej jermal ñan kwalok kōn ṃweiuk ko. Elañe ej kakkō! eok bwe kwon wiaki juon men ilo jabdewōt iien, emaroñ jab eman ñan lōke..

Jikaan e QR code eo, innem jiped batin eo iuṃwin **Pepa in Kwalok Kōn Melele ko Rejjab Moo!** ñan am loe webjait ko rej rojāñ ñan kōjberbaḷe ñan etale melele ko remoo! im kein jipañ ko jōt.



Ekatak elaplok

Jikaan e QR code eo im lale iumwin **Pepa in Kwalok Kōn Melele ko Rejjab Moo!** jekjen ñan am loe webjait ko rej rojãñ ñan kōjërbaļe ñan etale melele ko remool im kein jipañ ko jōt.



Ñan kajjitōk pepa in ilo juon bar jekjek, kūrlok 1-800-525-0127. Jarroñroñ ak ro epen aer roñ, jouj kūrlok 711 (Washington Relay) ak email doh.information@doh.wa.gov.

Mennin ej bōk eddo jen juon grant iumwin US Centers for Disease Control and Prevention (Jikin Kantürol Nañinmej im Bobrae) ñan Washington State Department of Health (Rã eo an Ājmour) (6NU50CK000515-05-14).

DOH 130-114 Eprō! 2026 Marshallese



Kein Jipaň ko ilo Ien Kōm̄m̄mao



Ñe kwoj kōnnaan ippān client kake wā, aorōk ñan bwebwenato kake ta eo ej kōjjeļā ki er, jipaň er im kautiej ṁanit eo aer.

Kememej ñan:

- **BŌK MELIM** jen client eo am ṁōkta jen kōnnaan kake wā ko: "Kwoj ke konan kōṁṁṁō kake waween an wā ṁaroň jipaň eok im ro kwoj iakwe er"
- **JAB KŌJERBAĻE** naan ko remaroň kōmman bwe ren eñjake aer: Jab kōjerbaļe "uwea," "ej aikuļ" ak "ejelok bar kelet."
- **TŌL KŌN AENŌM̄MAN**, bwe client eo am en jab eñjake jāj kōn eñjake ko an: "Ej EMAN ñan an wōr kajjitōk kake wā. Iṁaroň kate io ñan uwaak er."

Juon ien kōm̄m̄mao eo ejeraam̄man emaroň:

- **LALE ALIKKAR KO.** Ñan waanjoňak: Wā ko rej waween eo eman tata ñan kōjbarok eok māke jen eloň nañinmej ko im kadiklok kauwōtata in nañinmej."
- **KWALOK AORŌK IN WĀ KO ÑAN JUON ARMEJ.** Ñan waanjoňak: "Iṁaroň loe ke kwoj abṁṁṁō kake ājmour eo an baamle ao m. Wā ko remaroň jipaň bobrae eok im er jen nañinmej."
- **KOBAIKI BWEBWENATO KO AM MĀKE IM BWEBWENATO IN ROJĀÑ KO KAKE WĀ.** Ñan waanjoňak: "Iaar kelet in bōk wā kinke ikar jab konan bōk nañinmej ilo ao pād turim lollap eo jema im ajri ro nejū. Ij ṁṁṁṁō kake kelet eo aō."

Errein ej jōt waween an ien
kōm̄m̄mao ko ṁaroň kōmman.



Waween kōḡōḡo ippān:

Juon client eo ejjab konan wā.



CHW: Ilukkun ḡōḡōḡo kōn ao ḡaroḡ bar loe yuk rainin. Ejet am mour ḡaantak?

Client: Eman ao pād. Ak komro kōrā eo ippā kar bōk COVID jōt allōḡ emootlok im jekar jab kōmman jōt jermal.

CHW: Jolok bōd kōn ao roḡ kake. Ta eo kwar kōmmane ien eo kwar COVID-19?

Client: Jekar pād wōt mweo im kakije.

CHW: Iḡōḡōḡo bwe eman am pād kio. Imaroḡ ke kajjitōk ḡe emōj am bōk wā ko rekāāl?

Client: Ijjab tōmak ilo er. Ij ḡōmnak mennin bobrae ko jen lal ekajoor lak jen wā ko.

CHW: Emōj am ke wā?

Client: Aet, ak ejjab ilo yiiō ko rej kab jemḡok.

CHW: Ij loe. Kwomaroḡ ke kwalok ḡan io elapḡok?

Client: Armej eo ḡōttā eaar ba ḡan io ke wā rej kōmman bwe en lapḡok am naḡinmej.

CHW: Mooḡ ke jōt armej rej eḡjake an wōr men eo ej walok ḡan er, ak emokaj aer jako. Kwoj ke kwon ḡe inij kwalok jōt meḡeḡe kōn waween an wā bobrae im jejjot kutien aer jermal?

Client: Ejjab lukkun tok limo iō.

CHW: Imeḡeḡe. Elaḡe kwoj konan kōḡōḡo kake wā ilju jeklaj, inij ḡōḡōḡo in. Ewi *waween* am dāpij an eman ājmour eo am?

Client: Ij emourur im ij kajeoḡ kajimwe ao ḡōḡā.

CHW: Loore wōt ḡwil ko remman ḡan ājmour. Im ḡe kwoj konan ekatak elapḡok kake waween an wā bobrae eok im baamle eo am jen bōk naḡinmej, imaroḡ konnaan elapḡok kake.

Ien kōḡḡao in e jeraamḡan kinke ej:

- Kwalok im rojāḡ ḡwil ko remman ḡan ājmour elapḡok jen wā
- Uwaak abḡōḡo ko kake ta ko rej walok elikin bōk wā im an armej jelōt kelet
- Pād wōt ilo an konan kōmman jemjera im kajḡot
- Ej kūr client eo ḡan pād wōt ilo an tōpar elapḡok ien bwebwenato





Waween kōñōño ippān:

Juon client eo ewōr in abñōñō in kōjbarok kake wā ko.



CHW: Ejet am mour maantak?

Client: Ejañin eman ao mour.

CHW: Worrer, ak eita?

Client: Ej kab moj ao nañinmej in bũ!u.

CHW: Jolok bōd kōn ao roñ kake. Imaroñ ke kajjitōk ñe emōj am bōk wā ko rekāāl, ekoba wā in bũ!u?

Client: Ijjab !ōmnak ij aikuj wā ko.

CHW: Kwojjam eñjake ne?

Client: Ij roñ ke remaroñ kōmman bwe en laplok am nañinmej.

CHW: Ime!e!e abñōñō ne am. Wā ko rej waween eo ej jejjet kutien an bobrae eok jen eloñ nañinmej ko. Kwomaroñ eñjake ta ko rej walok elikin juon wā, ak ej immune system eo am ej jermal ñan kōjbarok eok.

Ewōr ke bar men eo kwoj abñōñō kake?

Client: Imaroñ jab jermal ñe inij nañinmej elikin ao bōk wā.

CHW: Nañinmej ko rej wa!ok ekkā aer dik im rej jako iumwin juon ak ruo raan. Jōt armej ro rejjab bōk wā remaroñ nañinmej ilo ien aitok lak im jab pād ilo jikin jermal.

Client: Oh, ijjab konan.

CHW: Kwoj ke konan elap!ok me!e!e kake wā ko kwomaroñ konan bōk?

Client: Enij eman, kommol.

CHW: Mōman! Im ij pād elañe ewōr elap!ok am kajjitōk ak abñōñō ko.

Ien kōm̄mao in e jeraam̄man kinke ej:

- Jinoe ilo am kajñōt, lelok kajjitōk ñan client eo kake ājmour eo an im ñe eaar bōk wā mōkta lak
- Kwalok me!e!e ko remoo! ikkijen science
- Ej konan jipaň client eo kōmman buñtōn ko tokelik im ñan bōk wā
- Ej kūr client eo ñan pād wōt ilo an tōpar elap!ok ien bwebwenato



Waween kōṅōṅo ippān:

Juon client eo ewōr an baamle killep im ejjab lukkun jellā kake wā ko.



CHW: Ejet am mour?

Client: Ilakkar inepata kake juon ien an baamle kōṅok waloñtak.

CHW: Ta bulān ko am?

Client: Aolepen baamle eo aō renij pād ilo mweo imōm. Ajri ro, bubu ro, aolep.

CHW: Joñan in kwoj reiṃaanṅok ñan an aolep pād ippān doon! Āinwot am jellā, armej elapṅok aer maroñ nañinmej ñe rej itotak ak eñjake inepata.

Kwoj ke inepata kake am ak an ro jōt bōk nañinmej?

Client: Jidik. Āinwot eitin aolep ien ij bōk nañinmej ñe jej aolep ippān doon, im ijjab maroñ jolok eloñlok awa in jermal.

CHW: Eman ke ippām ñe inij kajjitōk ñe emōj am bōk aolep wā ko?

Client: Ijjab jellā ñe emōj aō. Etke?

CHW: Wā ko rej waween eo eman tata ilo am bobrae eok māke jen nañinmej. Ej bar bobrae ajri ro, rūtto ro im ro rejjab maroñ bōk wā bwe ren jab nañinmej.

Client: Ijjab jellā wā ta ko inij aikuji.

CHW: Iṃaroñ kwalok meṅeṅe kake wā ko rej rojāñ bwe kwon ṃaroñ kajjitōk ippān taktō ao am kake.

Client: Enij jipañ, kommol.

CHW: Kin jouj! Kwomaroñ ba ñan io aolep iien elañe kwonij aikuji jabdewōt.

Ien kōṃṃao in e jeraṃṃan kinke ej:

- Jinoe kake kajjitōk ko rejjab uwaak kake aet ak jab wōt ak aikuji elapṅok kōmelele ñan an client eo kwalok
- Ekoba meṅeṅe ko remool ikkijen an ajedeed nañinmej
- Ej jipañ client eo kōṃṃan am māke kelet ilo an kwalok an jejjot kutien an jermal wā ko
- Ej kūr client eo ñan pād wōt ilo an tōpar elapṅok ien bwebwenato





Waween kōnōṅō ippān:

Juon client eo apaň an bōk jipaň ikkijen ājmour.



Client: Ebwe an to ao jaňin taktō.

CHW: Oh, mool ke? Ak eita?

Client: Ejelok ao injuron, im ijaňin etal. Ijaňin bar loe juon taktō eo ej kōjberbaḷe kajin eo aō. Ak ijjab lukkun konan naňinmej yiiō in.

CHW: Imeḷeḷe. Epen ñe ej ejelok injuron in ājmour. Imaroň rojāň waj waween am maroň bōk wōt jipaň ikkijen ājmour.

Imaroň ke kajjitōk ñe emōj am wā?

Client: Ij lōmnak kwoj aikuj injuron ñan bōk wā.

CHW: Eloň wā ko remaroň kōmman ilo an ejelok injuron ak ilo jidik wōt ak ejelok wonāān. Kwomaroň bar bōk er ilo juon jikin kauno ilo jukjukin pād eo am ak jiiikin ko kwojjab aikuj kōmman appointment.

Client: Eman ñan jellā. Ak ejelok wao wa, im ijjab maroň tal ñan jabdewōt appointment. Im baj eo ejjab ettor ilo turin jikin jokwe eo aō.

CHW: Ewōr doulul ko rej leḷok ial ilo ejelok wonāān ñan jikin appointment ko, im jermal ko rej leḷok ukok ilo ejelok wonāān.

Client: Enij jipaň. Ñaat eo remaroň jipaň?

CHW: Ejelok ao lukkun uwaak kio, ak imaroň lale im kōjjeḷā ki eok. Ewōr ke juon ien eo eman imaroň jilkinwaj meḷeḷe ko?

Client: Jabdewōt iien enij eman!

CHW: EKWE! Ñe imaroň bōk meḷeḷe ko am ñan tōpar eok, inij jilkinwaj.

Ien kōmṃao in e jeraamṃan kinke ej:

- Ej kwalok an meḷeḷe kake jekjek eo client eo ej pād ie
- Ej kwalok uwaak ko
- Ej kajjitōk melim ñan kwalok elapḷok meḷeḷe tokelik
- Ej kōjjeḷā client eo kake jermal ko rebellok
- Kajjitōk melim ñan lelok meḷeḷe





PEPA IN KŌMMALMEL

Ta eo kwonij kar ba?

Eñin ej juon ien ñan am kōmmalmel bwebwenato kake wā ippān client ro. Ilo ijin ilal ej waanjoñak in ta ko client remaroñ ba. Ilo jikin ko ejelok kobban, jeiki waween am nej kar uwaak.



Aorōk ñan:

- Jab jāj
- Tōl kōn mejeje ko remoo!
- Kautiej
- Kajjitōk in wonmaanolok kake bwebwenato eo

Naan in kapilōk: Kajjitōk melim ñan kwalok doulul ko ilo jukjukin pād im jipañ ko.

Ñan jipañ, lale uwaak ko am ñan mejeje ko ilo **Pepa in Kwalok Naan in Kapilōk ko 3.**

“Emōj ao bōk COVID im eman ao eñjake.”

“Ij roñ ke kwoj nañinmej elikin am bōk wā.”

“Ritōl eo ilo mwon jar eo aō ej ba ijjab aikuj bōk wā.”

“Ejelok aō injuron im elap wonān wā ko.”



Eloñlok mejādik ko

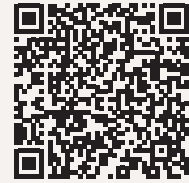
Kio ke emōj am ekatak kake ien kōṃṃao ko elap tōprak ie im ien kōṃṃao ko remman kōn wā, kwomaroñ kōjerbale eloñlok ainikien, bideo, im kōmmalmel jermal ko.

Loelak waportal.org/CHW-VCT



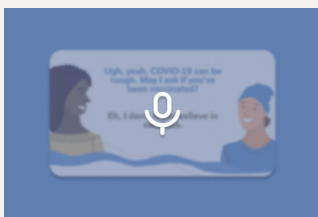
Wallet kaat

Buriin in joñan-bōjō, ilo-am-ṡaroñ makūtkūt kaat eo ekoba naan in kapilōk im kakememeej ko ñan jinoe iien kōṡṡao ko. Māke kōjērbale ak kwalok ñan client ro.



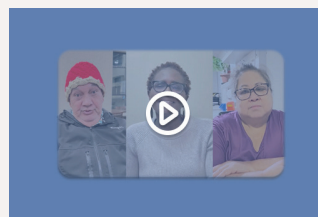
Pepa in Jerbal

Jeje im kōmmalmel uwaak ko am māke ñan kajjitōk ko ekkūt an client kajjitōk kake wā.



Ainikien kōṡṡao ko (Kajin Pālle wōt)

Roñjake ak alooje kōṡṡao eo eaar pād ilo jeje ikōtaan juon CHW im juon client eo aepedped in bōk wā.



Bideo in kamoo! ko (Kajin Pālle wōt)

Roñjake bwebwenato ko jen ro uwaan jukjukin pād im CHWs kake waween aer kwalok me!e!e ko rej jipañ ikkijen kōjbarok im an jērbal wā ko. Māke lale ak kwalok ñan client ro.

Lale eloñlok tipdikin mejele kake wā ko.

Wā ko rej rojāñ ñan bōk:

Jikaan ñan lale Washington State Department of Health (DOH, Rā eo an Ājmour) wā ko rej rojāñ im jikejuul in wā ko.



West Coast Health Alliance:

Jikaan ñan ekatak kake West Coast Health Alliance (WCHA, West Coast Ājmour Doulu), eo ekoba California, Hawaii, Oregon, im Washington. WCHA ej kōmman kelet in jermal ko peļaakin jukjukin pād ājmour kakien ko rej pedped ion science eo ej pād im eman tata.



Linktree mejādik librare:

Jikaan ñan lale juon librare in jikin wā ko rej jipañ.



Ñan kajitōk pepa in ilo juon bar jekjek, kūrlok 1-800-525-0127. Jarroñroñ ak ro epen aer roñ, jouj kūrlok 711 (Washington Relay) ak email doh.information@doh.wa.gov.

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DOH 790-028 May 2026 Marshallese