

Protect Yourself and Others From COVID-19

Aulukluki Elpenek Allat-llu COVID-19-amek



Know How it Spreads — *Nalluvkenaku Qaillun Sagtelaucia*

- The best way to prevent illness is to avoid being exposed to this virus.
- *Arcaqertuq naullutengenritlerkamun mat'umek naulluulriit/quselriit avatiitni uitanritlerkaq.*
- The virus is thought to spread mainly from person-to-person between people who are in close contact with one another (within about 6 feet).
- *Man'a sagtelaryukaat yugteggun yuut mallgulluteng uitakuneng (arvinlegen (6) it'ganret iluatni).*



Clean Your Hands Often — *Unaceten Erurturluki*

- **Wash your hands often** with soap and water for at least 20 seconds.
- *Unaceten miilirluki eruraqluki yuinaat (20) cetyagaat cipluku.*
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- *Miilailkuvet wall'u mertailkan unacet ciissiircautiitnek mingugmek aturluten yuinaat pingayun percent-aneq (60%) cipluku alcohol-alegmek. Unaceten mingunqegcaarluki kinernatkaatnun.*



Avoid Close Contact — *Yugnun Mallguurutevkenak*

- **Avoid close contact** with people who are sick.
- *Mallegteksaunaki naulluulriit.*
- **Put distance between yourself and other people** and don't shake hands. This is especially important for people who are at higher risk of getting very sick.
- *Yugnun mallguurutevkenak unaciurpek'nak-llu. Una arcaqertuq naulluuqeryukaaralrianun..*



Stay Home, Especially If Sick — *Nevni Uitauruten, Arcaqerluku Naulluukuvet*

- Alaska is under a Government mandate to stay home, except for necessary travel.
- *Alaska-m Anguyagtiin alerquagaakut nem'etaurasqelluta, ayagnarqekuvet taugaam piyugngaluten.*
- **If you have traveled out of the YK Delta in the past two weeks and you have a fever, cough and shortness of breath, call ahead before seeking care.**
- *Ayallrukuvet maaken Kuigpiim Kusquqviim-llu nuniignek, malruk nitilignek iluagni, puqlaniquvet, quserluten wall'u anerniqluten, qayagauqiu 543-6949.*
- **In villages, call your clinic. In Bethel, call 543-6949.**
- *Nunacuarni emsuvici qayagaurulu. Mamterillerni qayagaurulu 543-6949.*
- The stay-at-home mandate may continue for several weeks—keep a 30-day food supply at home.
- *Nem'etaurnarqaaten qavcini nitilini agiirtellriani - upnarqaaten neqkanek ataucimi iralumi aturarkavnek*



Clean and Disinfect — *Carriryaraq*

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- *Carrirturluki yuut agturturalrit unuaquaqaan. Ilakluki nem iluantellriit: estuulut, amiiget teguyarait, kenurraat nipcessuutait, teguyarat, qanercuutet, negtessuutet, qurrutet, unacissuutet-llu.*
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.
- *Cat iqakata, carrirluki: Ciemek miilakun merkun-llu erurluku, ciissiircaun aturpailegpegu.*
- If your community does not have clean running water, go to the YKHC website: www.ykhc.org/covid-19.
- *Nunavni cuplukun mer'ilkuvet, yuvrirniaran YKHC-m website-aa: www.ykhc.org/covid-19.*