Know How it Spreads — *Nalluvkenaku Qaillun Sagtelacua*

- The best way to prevent illness is to avoid being exposed to this virus.
- *Arcaqertuq naullutengenritlerkamun mat’umek naulluuriit/quelrit 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-anek (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 Uitaurluten, 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 Kusquviim-Ilu nunignek, malruk nitilignek iluagni, puqlaniquvet, quserluten wall’u anerniqluten, qayagauqiu 543-6949.*
- In villages, call your clinic. In Bethel, call 543-6949.
- *Nunacuarni emsuvici qayagaurluku. Mamterillerni qayagaurluku 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 — *Carriiyaraq*

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- *Carriirturluki yuut agturturlrit unuaquqaan. Ilakluki nem iluantellriit: estuulut, amiiget teguyarait, kenurrat nipcussuuitait, teguyarat, qanercuutet, negtessuutet, qurrutet, unacissuutet-llu.*
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.
- *Cat iqakata, carrirluki: Ciumek miilakun merkun-Ilu 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’ilкуvet, yuvririyan YKHC-m website-a: www.ykhc.org/covid-19.*