

## **FSM Information Services**

### **Press Release**

#### **COVID-19 Vaccines Now Available for All Eligible Citizens (18+) in All FSM States**

PALIKIR, Pohnpei—As of February 22<sup>nd</sup>, 2021, all States in the Federated States of Micronesia (FSM)—the State of Yap, the State of Chuuk, the State of Pohnpei, and the State of Kosrae—are offering the Moderna COVID-19 vaccine for the eligible population, which includes all adults who are eighteen (18) years old and up. Citizens interested in receiving their vaccine need only visit their State's public health office.

All adult FSM citizens are encouraged to get their COVID-19 vaccine as early as possible. All categories of adult citizens aged 18 and up—from first responders to teachers, grocery store workers to stay-at-home parents, fishermen to College of Micronesia-FSM students—are eligible to receive the Moderna COVID-19 vaccine.

The FSM National Government, operating in part on guidance received from the World Health Organization (WHO) and the U.S. Centers for Disease Control and Prevention (U.S. CDC), is seeking a minimum vaccination rate of seventy percent (70%) of the eligible population prior to the repatriation of any FSM citizens from COVID-19 affected jurisdictions. Ensuring that you and your family obtain the vaccine is crucial towards ensuring the Nation's safety and the eventual return of the Nations' stranded citizens.

For information on how you can get your COVID-19 vaccine, contact your State's immunization program at the following numbers.

Yap State—+691-350-2114

Chuuk State—+691-330-3945

Pohnpei State—+691-320-3144/2217

Kosrae State—+691-370-2125



# FAQ ON COVID-19 VACCINE

## FREQUENTLY ASKED QUESTIONS

### 1. Should I get vaccinated for COVID-19?

It is strongly recommended that you get vaccinated. The vaccine will help protect you from getting COVID-19. If you still get infected after you get vaccinated, the vaccine may prevent serious illness. By getting vaccinated, you can also help protect people around you.

### 2. Can the vaccine give me COVID-19?

No. None of the COVID-19 vaccines currently authorized for use or in development in the United States use the live virus that causes COVID-19. However, it typically takes a few weeks for the body to build immunity after vaccination. That means it's possible you could be infected with the virus that causes COVID-19 just before or just after vaccination and get sick.

### 3. If I already had COVID-19 and recovered, do I still need to get the vaccine?

Yes. CDC recommends that you get vaccinated even if you have already had COVID-19, because you can catch it more than once. While you may have some short-term antibody protection after recovering from COVID-19, we don't know how long this protection will last.

### 4. Can my child get vaccinated for COVID-19?

No. More studies need to be conducted before COVID-19 vaccines are recommended for children aged 18 and younger.

### 5. Is it safe to get a COVID-19 vaccine if I have an underlying medical condition?

Yes. COVID-19 vaccination is especially important for people with underlying health problems like heart disease, lung disease, diabetes, and obesity. People with these conditions are more likely to get very sick from COVID-19.

### 6. Is it better to get natural immunity to COVID-19 rather than immunity from a vaccine?

No. While you may have some short-term antibody protection after recovering from COVID-19, we don't know how long this protection lasts. Vaccination is the best protection, and it is safe. People who get COVID-19 can have serious illnesses, and some have debilitating symptoms that persist for months.

### 7. Why do I need two (2) COVID-19 shots?

Currently authorized vaccines, and most vaccines under development, require two doses of vaccine. The first shot helps the immune system recognize the virus, and the second shot strengthens the immune response. You need both to get the best protection.

### 8. Will the shot hurt or make me sick?

There may be side effects, but they should go away within a few days. Possible side effects include a sore arm, headache, fever, or body aches. This does not mean you have COVID-19. Side effects are signs that the vaccine is working to build immunity. If they don't go away in a week, or you have more serious symptoms, call your doctor.

### 9. Are there long-term side effects from COVID-19 vaccine?

Because all COVID-19 vaccines are new, it will take more time and more people getting vaccinated to learn about very rare or possible long-term side effects. The good news is, at least 8 weeks' worth of safety data were gathered in the clinical trials for all the authorized vaccines, and it's unusual for vaccine side effects to appear more than 8 weeks after vaccination.

### 10. How do I know if COVID-19 vaccine is safe?

All COVID-19 vaccines were tested in clinical trials involving tens of thousands of people to make sure they meet safety standards and protect adults of different ages, races, and ethnicities. There were no serious safety concerns. CDC and the FDA will keep monitoring the vaccines to look for safety issues after they are authorized and in use.

### 11. What should I do about side effects?

If you experience a severe allergic reaction, in Pohnpei call 911 or 320-2213/3109, Chuuk call 911 or 330-2444/2216/5442, Yap call 350-2110/2115/4161, Kosrae 370-3012, or go to the nearest hospital. Call the vaccination provider or your healthcare provider if you have any side effects that bother you or do not go away.

### 12. When can the general public receive the COVID-19 vaccine?

Due to limited quantities of the COVID-19 vaccine, the CDC, in consultation with the FSM Department of Health & Social Affairs and the FSM Immunization Program recommends prioritizing people based on certain risk factors, such as exposure, age, comorbidities, underlying health conditions, working conditions and inability to social distance. As more vaccines become available, the DHSA and FSM Immunization Program will work with the local healthcare providers to ensure fair and equitable distribution to the community.

## contact your local immunization program to learn more

Pohnpei 320-3144/2217; Chuuk 330-3945  
Yap 350-2114; Kosrae 370-2125

## for more COVID-19 information

Pohnpei 320-3109; Chuuk 330-2114  
Yap 350-4161; Kosrae 370-3012



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# TOP NUKE KISENSIYUK IN COVID-19 VACCINE

## FREQUENTLY ASKED QUESTIONS KOSRAEAN

### 1. KU NGA ENENU IN EIS COVID-19 VACCINE?

Arulana kwefweyuk kom in wi eis vaccine se inge. Vaccine uh ma in kasre kom in kosrelah COVID-19. Kom finne weack tukun kom eis vaccine se inge, vaccine se ingacn ac kasre kom in loange kom in tia upac nu sum. Ke kom eis vaccine se inge, kom oayapac kasru in kosrelah mwet kom osun se.

### 2. U VACCINE SE INGE KU IN ORU NGA WEACK COVID-19?

Mmoh. COVID-19 vaccine se ma lela in ku orekmakinyuk inge tiana orekmakin live virus se ma oracla COVID-19. Tusrukto, tukun sie met el fakfuki, manun sie mwet akkeyeyuklac tukun week luo yak. Kalmac pa kom ku pac in weack virus se ma sripacack COVID-19 met liki ku tukun kom fakfuk na kom ku pac in masaack.

### 3. NGA FIN WI COVID-19 NE KWELAC KU NGA SRAKNA ENENU IN EIS VACCINE SE INGE?

Aok, CDC kwefwe kom in eis vaccine se inge kom finne wi tari COVID-19 mweyen kom ku in weang pacl pukanten. Antibody protection lom an ku in fototlac tukun kom kwelac liki COVID-19 mweyen kut sonna etu la lusac kac protection se inge.

### 4. TULIK NUTIK INGE KU IN WI EIS COVID-19 VACCINE SE INGE?

Mmoh. Eneenyuk in orulana yok study oreklac ke COVID-19 vaccine se inge met liki tulik yac 18 nu ten ku in wi eis vaccine se inge.

### 5. KU NGA KU IN EIS COVID-19 VACCINE FIN ASR MAS LUK?

Aok. COVID-19 vaccine se inge arulana yok sripac nusin met nukewa ma oasr elyah la nu ke misen heart, maskin lung la, misen suka, ku fact. Met ma wi mas inge fisracsr nu se in weack COVID-19.

### 6. KU OANA WO NGAN EIS MA IN AKKEYEYU KE COVID-19 LIKI NA NGAN EIS VACCINE SE INGE?

Mmoh. Antibody protection lom an ku in fototo lac tukun kom kwelac liki COVID-19, ac kut tiana etu la lusac kac ma ingacn ku in loangekom. Vaccination se inge pa wo emet ac el safe. Met nukewa ma weack COVID-19 ku in mas na upac kac, ku in ullac mano ke pacl na loes.

### 7. EFU KU NGA ENENU FAKFUK LUO KE COVID-19 VACCINE?

Vaccine ma akkeyeyuklac inge su srakna orek enenu doses luo. Shot se met an ma in kasru immune system lom an in ku in akilen virus se inge. Shot se akluo ngacn ma in akkeye kosrelah lun immune system lom an. Kom enenu shot luo ngacn in ku in orekma nu sum.

### 8. KU FAKFUK SE INGACN WAEK, KU NGA KU IN MASKUNACK?

Ku in oasr side effects tusruk ac wanginlac ke tukun len luo ma. Kutu side effects ma ku in silyak ingacn pa, waek poum, insufngal, fufufufur, ku ngal munum. Tia kalmac pa kom weack COVID-19. Side effects ingacn akkalemeye la vaccine se ingacn orekma in akkeye immune system lom an. Ac fin tiana wanginlac ke lusen week sie ku oasr ma kom pula sayac, pangon doctu lom an.

### 9. KU ASR LONG TERM SIDE EFFECTS KE COVID-19 VACCINE?

Ke sripen COVID-19 vaccine se inge sasru, ac ku in oasr kutu pacl tok fwa mwet ma eis vaccine ku in akilen ku loetelah la mac ku in silyak ke long term side effects. Ma se ma wo kac an pa at least week alkosr pa safety data ku in orekeni ke vaccine se ma orekmakinyuk inge su ma in oracni side effects ma silyak ke week alkosr tukun kom eis vaccine se inge.

### 10. NGA ETU FUKA LA COVID-19 VACCINE SE INGE SAFE?

COVID-19 vaccine se inge tesiyuk ke clinic ma wi tesi thousin singuoul ke met in ku in etu la vaccine se inge ku in orekmakinyuk ac ku in kasru met matu ke kain in matwe, races, ku ethnicities. Tusruk wangin ma kom ac elyah kac CDC ac FDA ac fwa monitori vaccine se inge nu ke oana sie ma ku in silyak tukun sie met eis vaccine se inge.

### 11. MAC NGA KU IN ORU KE SIDE EFFECTS?

Fin asr ma kom pulakin tukun kom eis vaccine se inge, pangon Pohnppei call 911 or 320-2213/3109, Chuuk call 911 or 330-2444/2216/5442, Yap call 350-2110/2115/4161, Kosrae 370-3012, ku som nu hospital. Pangonaac clinic ku acn se ma kom eis vaccine se inge fin asr side effects ku ma ma akkolukyekom.

### 12. NGAC MET NUKEWA KU IN EIS COVID-19 VACCINE SE INGE?

Ke sripen pisen COVID-19 vaccine se inge, CDC wi FSM Department of Health & Social Affairs ac FSM Immunization Program kwefe in som nu sin met ma orekma ke mas se inge, met matu, ac met ma oasr elyah la ke mas lalos. Pacl se ma puseni lun vaccine se inge, DHSA ac FSM Immunization Program ac tufwa wi healthcare providers in ku in tufwa akfasyeyelik nu sin met nukewa.

## pangon immunization program fin oasr siyuk

Pohnppei 320-3144/2217; Chuuk 330-3945  
Yap 350-2114; Kosrae 370-2125

## ku pangon fin asr siyuk ke COVID-19

Pohnppei 320-3109; Chuuk 330-2114  
Yap 350-4161; Kosrae 370-3012

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# KALELAPAK KAN ME PID COVID-19 VACCINE

## FREQUENTLY ASKED QUESTIONS POHNPEIAN

### 1. I ANAHNE IANG ALE DOK EN SILASIL EN COVID-19?

Ei, konehng ien iang ale dok wet. Dok wet pan sewese doare iuk sang COVID-19. Ma ke alehdi COVID-19 mwurin amw iang ale dok wet, ah dok wet pan kak doare iuk sang soumwahu keper tei kan. Dok wet pan pil kak doare men impomw kan sang soumwahu en COVID-19.

### 2. I PAN KAK ALEHDI COVID-19 SANG DOK WET?

Soh. Dok en silasil en COVID-19 me ahniki manaman sang de kohsang United States sohte kin doadoahngki mwahs me kahrehda COVID-19. Apw mwurin wihk kei pein paliwar en emen emen aramas pan kak kakehlail ih pein ih mwurin ale dok wet. Me wehwheki ke pan kak alehdi mwahs en COVID-19 mwohn de mwurin amw ale dok wet.

### 3. MA I ALEHDIER COVID-19 NGEHI MWAHULA, I ANAHNEHTE ALE DOK WET?

Ei. CDC patohwan me e konehng aramas en ale dok wet menda ma ke alehdier COVID-19 pwe aramas kak pilehu alehdi soumwahu e. Mehlel me paliwar en emen emen aramas me alehdi er COVID-19 pan ekis apwal en pilehu alehdi soumwahu wet, apw e pan kakete alehdi COVID-19.

### 4. NEI SERI PAN KAK IANG ALE DOK EN SILASIL EN COVID-19?

Soh. Study de repen kamarain pen soumwahu wet anahne doulahte mwohn atail pan kak nweidehng seri me soumpar 18 de panangih en ale dok wet.

### 5. E KONENG ARAMAS ME AHNKI SOUMWAHU KEPER TEI KAN EN IANG ALE DOK EN SILASIL EN COVID-19?

Ei. E kesempwal aramas me ahniki soumwahu keper tei kan soangen soumwahu en mongiong, soumwahu en ngolungol, diabetes, de obesity en iang alehdi dok wet. Aramas me ahnikier soumwahu pwukat me keiu mengei en alehdi COVID-19.

### 6. E MWAHU MA PEIN DOAREPEN PALINWAR EN APWALIH SOUMWAHU DE IEN ALE DOK EN SILASIL?

Soh. Palinwar en aramas ahneki mehn doare soumwahu apw sohte mehn kadehde me kasalehda ia wen reirei en doarepen palinwar et ah pan kehlail. Dok en silasil et me keiou mwahu oh sohte keperpe. Aramas me alehdi Covid 19 kin alehdi soumwahu doar oh kin kaluwetehla aramas me kak mihi me lelel sounpwong kei.

### 7. DAHME I ANAHNE DOK PAK 2 KI?

Ansou et, dok en silasil me kitail doadoahngki anahne aramas en ale pak 2. Keieu en dok pan sewese paliwar en kak kilelehdi mwahs en COVID-19, ah keriau en dok pan kakehlail ih paliwar. Ke anahne koaros pwe ken kak doare iuk mwahu sang COVID-19.

### 8. I PAN KAK MEDENGI DE SOUMWAHUKIHDA DOK WET?

Kilel en ale dok wet pan kak pwarada, apw e pan kak sohrala mwurin ran kei. Kilel me pan kak pwarada iei medek wasa dok o wiawih ie, moangmedek, karakar de medek en nan paliwar. Kilel pwukat kaidehn kaselepen me ke alehdi COVID-19. Kilel pwukat iei kaselepen me dok wet wie doadoahk oh songosong en kakehlail ih paliweromwen. Ma kilel pwukat mihihme mwurin wihk 1 de ma kilel me doar pwarada, koahl da amw toakte.

### 9. MIE KASUEDPEN DOK EN SILASIL OANG COVID-19?

Pwehki wini de dok et ah kapw, e pan anahne ansou oh aramas en ale dok et pwe kosou en kak wiawi oahng soumwahu kan ma mie me pan kak pwarada. Sang in kosou kan me wiawier nan clinic kan kamanalahr wini et oh soumwahu sto kin pwarada mwurin wihk 8 mwurin aramas ah ale dok.

### 10. IA MWOMWEN AI PAN SEE ME DOK EN SILASIL SANG COVID-19 ET SOHTE KEPER?

Dok en silasil pwukat koaros kousou ehr ni clinic kan me kasauh aramas lel la nen pwehn kadehde me sohte keper en dok pwoatet ohng aramas koaros sohte lipilpil sompar de koh mehn ia. Kosou kan me wiawihlr kasalehda me sohte keperpe. CDC oh FDA pan tetehtke dok en mwurin ah kamanamanlahr oh wie doadoahk.

### 11. DAH I PAN WIA MA I SOUMWAHU SANG DOK ET?

Ma komw alehdi soumwahu sang (allergies) de mie soahngen dipwsou de tuhke me komw kin kehieng soumwahu, ah komw koahl Pohnpei call 911 or 320-2213/3109, Chuuk call 911 or 330-2444/2216/5442, Yap call 350-2110/2115/4161, Kosrae 370-3012, de kohla ni nimwen wini me karanih iuk. Komw song koahl da wasahn kihda dok de noumw toahkte ma mie maw soumwahu tikitik me sohte sohrala.

### 12. IAHD WEI POKON KAK ALEHDI DOK EN SILASIL OAHNG COVID-19?

Pwehki wini et ah apwal, CDC, pan wehwhekieng FSM Department of Health & Social Affairs oh FSM Immunization Program en koasoanehdi alahdi en dok et ni irehkan me pid sompar, kohwa soumwahu oh ire teikan me pan elehda aramas en kehieng soumwahu. Ma dok en silasil wet tohtohla ah DHSA oh FSM Immunization Program pan sawas pene oh insenohki nehne en dok et en kak kohieng weipokon.

## ohng ire tei kan, ah komw eker nempe

Pohnpei 320-3144/2217; Chuuk 330-3945  
Yap 350-2114; Kosrae 370-2125

## de koahl

Pohnpei 320-3109; Chuuk 330-2114  
Yap 350-4161; Kosrae 370-3012

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# KAPASEISIN OPPWOSUN COVID-19

FREQUENTLY ASKED QUESTIONS CHUUKESE

## 1. UPWE ANGEI EWE OPPOSUN COVID-19?

Mei auchchea oomw kopwe angei ei oppwos. Ei oppwos epwe eppet sonuk menun ewe semmwen Covid-19. Ika pwun ee uruk ei matter mwirin oomw angei ei oppwos, ewe oppwos epwe anisuk aan esapw watte ngonuk efeingngawan ewe semmwen. Oomw angei ei oppwosun eppetin Covid-19 mei anisuk pwan anisi menun unukkumw.

## 2. EWE OPPWOS MEI TOONGENI AWORANGENI EI EWE SEMMVEN COVID-19?

Aapw. Meinisn ekkewe oppwosun eppetin ei semmwen mei feer non merika ese oor menun ewe semmwen Covid-19 non. Oomw ka angei ewe oppwos, mei fitu raan aan menun non inisumw repwe toongeni eppet ewe semmwen seni inisumw. Mei tuufich aan epwe uruk ewe semmwen nupwen aan ewe oppwos ese mwo epechekkuna menun non inisumw.

## 3. IKA AA FEN PIIN URUEI COVID-19, UPWE PWAN ANGEI EI OPPWOSUN EPPETIN COVID-19?

YEwer. CDC aa menei oomw kopwe angei ei oppwos ika pwun aa fen uruk Covid-19 akkoom. Ei semmwen mei toongeni epwe uruk sefaan.

## 4. NEIWE SEMIRIT EPWE TONGENI ANGEI EWE OPPWOS?

Aapw. Semiriit resapw mwo angei ei oppwosun eppetin Covid-19. Ekkewe sousafei iir meii chek kae ngeni ei oppwos ika epwe efeiengngaw ngeni semiriit 18 iear feittiw.

## 5. EPWE EFEINGNGAW NGENI EI EWE OPPWOSUN COVID-19 IKA PWUN MEI OOR EKKOCH AI SEMMVEN?

Aapw. Ei oppwos mei auchchea ngeni ekkewe mei oor ekkoch aar semmwen (reen semmwenin ngasangas, semmwenin emmun, me suke) aar repwe angei. Nupwen aa toori emen Covid-19 nge mei oor ekkoch aar semmwen, epwe watte efeingngawan ewe semmwen ngeniir.

## 6. EPWE ECH AI UPWE PWISIN CHIKAR SENI EWE SEMWEN COVID-19 AAN MENUN NON INISI EPWE PECHHEKUN NE EPPETI EI AI UPWE SEMMVEN SEFAANI NAP SENI AI UPWE ANGEI EWE OPPWOS?

Apw. Ika kaa pwusin chikar seni eii Covid-19, monun non inisumw meii eppet eii semmwen aan epwe uruk sefaan nge non jok fansoun mochomoch. Nge ika ke angei ewe oppwos, mei toongeni anisi inisumw non fansoun nakattam.

### keri ach were immunization program om kopwe fat eoch

Pohnpei 320-3144/2217; Chuuk 330-3945  
Yap 350-2114; Kosrae 370-2125

### ren tichikin COVID-19, keri

Pohnpei 320-3109; Chuuk 330-2114  
Yap 350-4161; Kosrae 370-3012

## 7. PWATA UPWE ANGEI 2 SOKKUN OPPWOS?

Ren iei, 2 sokkun oppwos aa or faniten ei semmwen ika matter COVID-19. Eewin oppwos, oppwosun aan inisumw epwe esinna menun ei matter. Ena oruuwen oppwos, oppwosun an inisumw epwe pechekkun ne fiu are eppet sonuk ei semmwen.

## 8. EWE OPPWOS MEI TOONGENI AN EPWE EMETEKIEI IKA FEN ESEMMWENIIEI?

Ussun safei meinisn, mei oor ekkoch ngawan ei oppwos. Nupwe emen aa angei ewe oppwos, mei toongeni epwe metek ika nupwuchon ian ewe ee oppwos ia, metek mekuran ika mwaanien, pichikkar, me metek neechuun. Ekkei esissin esapw esissinan pwun aa uruk Covid-19 nge pwun menun non inisumw raa pwopwuta ne siiwin aar epwe ne poputa feeri aar angaang ne eppet ewe semmwen seni inisumw.

## 9. MEI OR TERIN EN OPPWOS?

Ekkewe oppwosun eppetin Covid-19 mei chek minafe ngeni kich. Ina minne ei auchchea aan epwe chommwong aramas repwe angei ewe oppwos aan sousafei repwe sinefichi ika epwe oor terin ei oppwos. Aafen napeseni 8 wiik aan sousafei kae ei oppwos ika epwe oor sokkun terin. Mwurin 8 wiik, ra sinei pwun epwe ne weires aan epwe oor sokkun terin ngenin ewe opwos epwe fis ngeni emen.

## 10. IFA USUN AI UPWE SINEI NGE EI OPPWOS ESE EFEIENGNGAW?

Aafen nuuseni fiteipwuku-ngeruun aramas ra angei ekkewe oppwos aan sousafei repwe kae me sinei ifa ussun echchun me efeingngawan ekkei oppwos ngeni aramas ese nifinifin. CDC me FDA ra epwungaano pwun ikkei ekkewe oppwos aramas ra toongeni angei nge repwe nengenfichi ika epwe oor sokkun osukosukan ekkei oppwos.

## 11. MEET UPWE FEERI IKA EE TOORI EI OSUKOSUKAN EWE OPPWUS MWIRIN UWA ANGEI?

Ika ke meefi oomw semmwen mwirin oomw angei ewe oppwos, mwittir kekkeeri Pohnpei call 911 or 320-2213/3109, Chuuk call 911 or 330-2444/2216/5442, Yap call 350-2110/2115/4161, Kosrae 370-3012 ika ia ke angei ie oomw we oppwos. Ika ese kiisono oomw we semmwen mwirin fitu raan, kekkeeri ika mwittir chuunong non ekkewe pioing.

## 12. INET ARAMAS MEINISN REPWE TOONGENI ANGEI EI OPPWOSUN COVID-19?

Seni aan ese mwo chommwong ekkei oppwos mei toori fenuach, CDC me FSM Department of Health & Social Affairs pwan FSM Immunization Program ra mwochen akkoomwa ekkewe epwe mecheres ngeniir aan epwe uriir ewe semmwen Covid-19 me ekkewe epwe efeiengngaw ngeniir ei semmwen nupwan aan aa toori (reen ekkewe iir mei mwuukono aar repwe angei ei oppwos). Ika aa chommwongono ekkei oppwos, DHSA me FSM Immunization Program repwe feeri aan epwe toori meinisn aramas ei oppwos.

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# BOCH E MARANGAAGEN FRE CHUSA KO COVID-19

## FREQUENTLY ASKED QUESTIONS YAPESE

### 1. BA T'UF NI NGUG FEK E CHUSA KO COVID-19?

Yibe yog nib ga' fan ni ngam fek e chusa ko COVID-19. Ra yororiyem ko COVID-19. Faanra ke af e COVID-19 ngom u tomuren ni kam fek e chusa, ma ra ayuwegnem nge dabi gel e m'ar ngom. Gara fek e re chusa ney ma kagbe yororiy e girdi' nib chigur ngom ko COVID-19.

### 2. RA AFUGWEG E RE CHUSA NEY E COVID-19 NGOG?

Danga'. Tin baaray e chusa ni yibe fal'eg ma yibe fana' u Miriken e dariy reb ni ma fana' fre virus ni bay ko COVID-19. Machane, yira pi' e re chusa ney ngom ma fin in e week nga tomuren e ra yib angin. Ere ku rayog ni ra af e COVID-19 ngom u m'on fa u tomuren ni kam fek e chusa.

### 3. FAANRA KE AF E COVID-19 NGOG MA KUG GOL, KAB T'UF NI NGUG FEK E CHUSA?

Yae. Be yog e ofis ko CDC nib t'uf ni ngam fek e chusa ye ku rayog ni ra af e COVID-19 ngom biyay. Nap'an ni gara gol ko COVID-19 ma ba' buchi ngiyal' ni dabiyog ni nga ki af e m'ar ngom biyay, machane dariy be' ni manang num'ngin nap'an, ere arfan ni yibe yog ni ngam fek e chusa.

### 4. RAYOG NI NGE FEK E BITIR ROG E CHUSA KO COVID-19?

Danga'. Kabay boch e sikeng nib t'uf ko re chusa ney u m'on ni ngari mich ni rayog ni nge fek e bitir, tin nib bitir ko ragag nge meruk (18) e duw.

### 5. RAYOG NI GURA FEK E CHUSA KO COVID-19 NI FAANRA KUBAY REB E M'AR ROG?

Ae. Re chusa ney e rib t'uf ko girdi' ni bay e m'ar rok' ni bod e m'ar ko gumircha' nge m'ar ko suga nge m'ar ko worrum nge girdi' nib gel e sugug rorad.

### 6. BA MANIGIL NI NGUG GAY ROGON I GEL NAGFITHIK' I DOWAG KO COVID-19 KO BIN NI NGUGFEK E CHUSA KO COVID-19?

Danga'. Riyul' ni ra kafin mu gol ko COVID-19 ma bay buchi ngiyal' ni dabki af e COVID-19 ngom biyay, machane dariy be' ni manang num'ngin nap'an ni dabi af e m'ar ngom. Re chusa ney e bin thiibi manigil rogon ni ngam yororiyem ko COVID-19. Girdi' ni ma af e re m'ar ney ngorad e rayog ni ngar ubchiya' gad nib gel mab n'uw nap'an.

### 7. MUNG'FAN NIB T'UF L'OGRUW E CHUSA NGOG?

Yo'oran e pi chusa ney ni yibe fana' nge tin yibe fal'eg e ba t'uf ni l'ogruw yay ni ngan kuruf ngom. Bin som'on e ma fal'eg rogon fithik i dowam ni nge poy ara nge nang e ngiyal' ni ke af e COVID-19 ngom. Bin l'ogruw e ma gel nag fithik i dowam ko re m'ar ney. Ba t'uf e gali chusa ney ni l'ogruw nge yay ni yib angin ngom.

### 8. RA AMITH E RE CHUSA NEY FA RA K'ARING E M'AR NGOG?

Bay boch e ban'en ni rayog ni nge buch ngom u tomuren e chusa, machane ri in e rran ma ke m'ay. Pin'ney e bod e alngong, amith u fithik' i dowam, guwal u dakanam nge amith ko gin ni kan kuruf. Ra buch e pin'ney rom ma gaathi arame ke yib e COVID-19 ngom. Pin'ney e boch e pow ni be murwel e flay ko chusa u fithik i dowam ni nge yororiyem ko re m'ar ney. Faanra ke yan reb e week ma dawori m'ay fa ke gel boch e amith ngom, ma ngam dengwa nag e togta rom.

### 9. BAY THIBNGIN E RE CHUSA NEY NI RA PAR ROG NIB N'UW NAP'AN?

Re chusa ney e kab b'ech ere kab t'uf ni nge yo'or boch e girdi' ni nge fek nge yag ni nga kun nang boch fan ere flay ney man nang boch thibngin ni gomang e dawori magagiyal e chiney. Machane pi chusa ney ni yibe fana' e gowo nap'an meruk (8) e week ni kan sikeng nag ma yibe yog ni yo'oran e chusa e dar ma m'ug boch thibngin ni rib thil fa ba almarin u tomuren meruk (8) e week.

### 10. UW ROGON MUG NANG NI DABGU M'AR KO RE CHUSA NEY?

Urngin e chusa ko COVID-19 ni kan sikeng nag u m'on mab pag ragag e biyu' e girdi' nib ilal ni kar feked ye nge yag ni nge mich fane rib manigil mab fel' ni urngin e girdi' ma nge fek ere chusa ney. Gal ofis ni baaray ko CDC nge FDA e ba mil fan ngorow ni arame ngar teyan' row nga rogon thibngin nge fal'ngin e pi chusa ney u nap'an ni yibe fek.

### 11. MANG E NGUG RIN' NI FAANRA KUG UBCHIYA' KO CHUSA?

Faanra ke yib e m'ar ngom nib gel fa kam ubchiya' u tomuren ni kam fek e chusa ko COVID-19, ma ngam dengwa nag e, Pohnpei call 911 or 320-2213/3109, Chuuk call 911 or 330-2444/2216/5442, Yap call 350-2110/2115/4161, Kosrae 370-3012, fa ngam man nga aspihal. Faanra ke pag nap'an ma dawori chuw e amith rom, ma ngam dengwa nag e gin ni mu fek e chusa riy fa re aspihal ni gama taflay riy.

### 12. WI'IN E RA YAG E RE CHUSA NEY NGAK' URNGIN E GIRDI'?

Chiney e kab mutrug urngin e chusa ni rayog ni ngan pi' nga biyang nge biyang, ere ke dugliy e ofis ko CDC nge FSM Department of Health & Social Affairs nge FSM Immunization Program ni kemus ni tin baaray e girdi' nib mom ni ra af e COVID-19 ngorad e rayog ni ngar feked e chusa (pi'in pilibthir/ girdi' nib ubchiya' e m'ar rorad/ girdi' ni ma murwel u aspihal nge yuyang ni bay e m'ar riy). Nap'an ni ra yo'or boch ere flay ney ma bayi yarmiy e DHSA nge FSM Immunization Program nge girdi' en e murwel u aspihal yan nge yag ni gubin e girdi' me fek boch ere chusa ney.

**contact your local immunization program to learn more**

**Pohnpei 320-3144/2217; Chuuk 330-3945  
Yap 350-2114; Kosrae 370-2125**

**for more COVID-19 information**

**Pohnpei 320-3109; Chuuk 330-2114  
Yap 350-4161; Kosrae 370-3012**

**HELP PREVENT THE SPREAD**

**GET VACCINATED  
WASH YOUR HANDS BE INFORMED**

