



MERCER COUNTY

HEALTH DISTRICT

3-23-2020

1. If you feel that you may have COVID-19 (fever, cough, shortness of breath), there are things you can do at home. Mildly ill patients are encouraged to stay home and contact their healthcare provider by phone for guidance. Patients need to be vigilant in monitoring symptoms and reach out to a healthcare provider if symptoms worsen. Individuals who have been exposed to COVID-19 should contact their healthcare provider immediately. If you need care and do **NOT** have a healthcare provider, call 419-586-1655 for assistance before going to urgent care. If you have problems breathing or have an emergency call 911.
Elañe kwoj eñjake ke ewor nañinmij in COVID-19 (Biba, bokbok, kadru tok am emenono), ewor men kwomaroñ kômane jikin jokwe eo am. Armij roe man joñan aer nañinmij, renaj call e jikin taktô eo aer im kajitôk ewor ta remaroñ kômane. Ri-nañinmij ro rej aikwij lukkun lale elañe kôkale in nañinmij in enaj lablok ibbeir. Aolep ro rebôk nañinmij in COVID-19 ibbeir rej aikwij call e jikin taktô koa er ilo ien eo emwokaj tata. Elañe kwoj aikwij jibañ kin am nañinmij ilo an ejelok am taktô, call e 419-586-1655 bwe ren jibañ iûk mokta jen am jibadek lok Urgent Care. Elañe kwoj ikijelok ak lukkun drolul, call e 911.
2. MCHD is not offering any vaccinations through April 6.
Mercer County Health District ejab ebok jabrewôt kain wà ñan April 6.
3. The best way to keep from getting COVID-19 is to stay 6 feet away from people, even those that who do not appear sick and may only have a runny nose or mild cough.
Emantata jab kebaak ro ewor nañinmij in COVID-19 ibbeir, 6 ne jen ijo kwoj jutak ie. Bareinwôt ñan ro me ejab lukkun walok kôkale in bokbok im tor botier.
4. Other ways to help prevent from getting sick:
Jet wawen ñan bobrae am nañinmij:
5. Frequently wash your hands for 20 seconds or more with soapy water. If unavailable, use alcohol-based hand sanitizer.
Kwal beim kon dren meenen iumin 20 second kin soap im dren. Elañe ejelok, hand sanitizer im alcohol.
6. Avoid touching your eyes, nose, or mouth with unwashed hands.
Jab jibwe mejam, botum im loñim elañe kwoj jañin kwal beim.
7. Avoid contact with people who are sick.
Jab kebaak ro renañmij.
8. Stay home while you are sick (except to visit a health care professional) and avoid close contact with others. If you need to see a healthcare provider, call ahead before going
Bed wôt mweo imom elañe kwo nañinmij, (ijelokin am jibarek jikin taktô) im jab kebaak armij. Call e jikin taktô eo am mokta jen am etal.



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9. Cover your mouth/nose with a tissue or sleeve when coughing or sneezing.
Kalibobo loñim/botum kin tissue ak bein jiliñij eo am ilo am bokbok im maje.

10. Get adequate sleep and eat well-balanced meals to ensure a healthy immune system.
Kauñ awa in am kiki im kakije im môñà men ko rej jibañ enbwinid bwe en jibañ bobrae nañinmij in.

11. Clean and disinfect frequently touched objects and surfaces.
Karreo aolep ien, ijoko kwoj bed ie.

12. Over the last week, guidance and orders have been issued by the Governor and various state agency directors which affect several major segments of the community. The guidance is as follows:
lumin week eo lok, emôj kadriwoj naan in rejañ jen Komja im ra ko jet rejelet jukjuk in bed ko. Eñin ej naan in rejañ ko:

13. On Sunday, March 22th, under the direction of Ohio Governor Mike DeWine, Ohio Department of Health Director Amy Acton, M.D., MPH issued a director's order to require all Ohioans to stay in their homes to prevent the further spread of COVID-19 beginning at 11:59 p.m. EDT on Monday, March 23, 2020 until 11:59 p.m. on April 6, 2020. This order prohibits holding gatherings of any size and closes all nonessential businesses. It does NOT prohibit essential activities like going to the grocery store, receiving medical care, or taking your pet for a walk. Residents can return home from out of state and can leave the state.
Ilo Sunday, March 22, eaomin karôk ko an Komja Mike DeWine, Ohio Department of Health Director Amy Acton, M.D., MPH ear kûr im kôjjelà ñan aolep armij in Ohio bwe ren bed wôt iloan mwoko mweir ñan kabwijrak an ajeded nañinmij in COVID-19 jino jen 11:59 pm EDT ilo Monday, March 23, 2020 ñan 11:59 pm ilo April 6, 2020. Kakien in ej kamo jabrewôt koba ibben dron ko jekedron jete oran armij im bareinwôt kiil aolep business ko rejab lukkun aurôk bwe ren bellok im jab menin aikwij ñan juôn jukjuk in bed. Kakien in ejab kabwijrak am etal ñan mwon kaikwijkwij môñà ko, jikin taktô, im kàtàtal menin mour ko nejûm. Ejelok mo ilo am driwoj im dreloñ e juôn State.

14. Higher Education: Governor DeWine has asked all universities and colleges in Ohio to screen students returning to school from international travel or cruises, including, but not limited to, students returning from spring break travel. Governor DeWine also asked that any university-sponsored international travel, non-essential travel, and large gatherings be canceled or postponed. Higher education institutions should also consider offering online/remote learning
Jikin jelàlokijôn ko reutie; Komja DeWine emôj an kajitôk ibben aolep jikin jelàlokijôn ko an Ohio bwe ren etale aolep rijikuul ro otemjej rej rool tok ñan jikin jikuul, elikin an jerak enaan in nañinmij in. Aolep rijikuul ro rej rool tok jen aer ekàke jen lal ko jet ikijen jabrewôt wawen emakitkit ko aer. Komja in ej bareinwôt kajitôk ibben jikin jikuul kein me rej lale an rijikuul ekàke bajôk im kwelok ko an rijikuul relab bwe ren limanlok ñan ien ekar im emelim jen nañinmij in. Jikin jikuul kein rej aikwij bareinwôt kabellek ialan ekatak ñan rijikuul ilo aer make iair im online.



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15. **K – 12 Schools:** Governor DeWine has ordered an “extended spring break” for schools, beginning at the close of the school day on Monday, March 16, and running through Friday, April 3. The children may be out of school longer.

K-12 jikin jikuul: Komja DeWine emôj an kaitoklok Spring Break eo an jikin jikuul kein. Jino jen Monday March 16 ñan Friday April 3. Emaroñ aitoklok ien kakije ñan rijikuul ro, elabtata ajiri jidrik ro.

16. **Mass Gatherings:** An order was

Issued March 16 banning all mass gatherings of 50 or more people in a single room or single space at the same time such as an auditorium, arena, conference room, meeting hall, theater, or any other confined indoor or outdoor space. The ban includes parades, fairs, and festivals. Mass gatherings do not include normal operations of airports, medical facilities or retail stores. The order does not apply to religious gatherings, weddings, or funerals.

Rikkure ro: Komja DeWine emôj an kabwijrak an armij alooji ikkure ko iloan jikin jikuul. Ro remaroñ aloo jej rikkure ro, jinen im jemen rikkure ro, ambai ro im ro rej kôman kôjelà ilo jikin ikkure ko. Ilo tôrein, aolep ikkure ko inabwij remaroñ wonmanlok wôt.

17. **Nursing Homes:** Governor DeWine has issued an order restricting visitors to nursing homes and assisted living facilities. The order calls for all staff, contractors and vendors, to be screened for illness symptoms when they enter. No visitors are allowed.

Mwon Rito ro: Komja DeWine emôj an kabwijrak etal ak lo lok mwon rito ro an jukjuk in bed ko. Jabrewôt rijerbal, kamtô, ak ri-kemweiukuk ro rej aikwij etal ir kin jabrewôt kakôle in nañinmij in mokta jen aer dreloñ mwon rito ro. Ijelokin rein ba kake ir, emo an jabrewôt dreloñ e mwon rito ro in lo lok ir.

18. **Adult and Juvenile Correctional Facilities:** Governor DeWine has ordered that visitations at Ohio’s adult and juvenile corrections facilities be suspended. Contractors who are not critical to the workings of the facility will not be granted entrance. Those who are permitted into these facilities will be screened for symptoms of illness and must submit to a temperature reading.

Jikin kalbuuj ko an rito im jodrikdrik: Komja DeWine emôj mokta kabwijrak lolok rikalbuuj ilo tôrein. Aolep kamôtô ro rej lukkun aikwiji ir, renaj bareinwôt bwijrak iumin jidrik ien. Aolep ro rej aikwij jerbal im bed ilo jikin kalbuuj ko, renaj etale ir mokta jen aer iten jerbal.

19. **Restaurants/bars:** As of March 15, 2020, the Director of Ohio Department of Health, Amy Acton, MD, MPH, signed an order closing down bars and restaurants beginning at 9:00 PM on March 15. Food delivery and carry-out are still encouraged.

Jikin môñà ko im bar ko: Jen March 15, 2020, Ri-Tel eo an Ohio Department of Health, Amy Acton, MD, MPH, emôj an sign I juôn kôjjelà bwe en kilok aolep jikin draak drenin kadrek im môñà ko jino jen 9:00pm ilo March 15. Ebôk môñà ej melim wôt.



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- 20. Gyms, fitness centers, recreation centers, bowling alleys, indoor water parks, movie theaters, and trampoline parks.** On March 16, 2020, The Director of Ohio Department of Health, Amy Acton, MD, MPH, signed an order closing those facilities.
Jikin ekwotak ko, jikin àjmour ko, jikin ikkure ko, jikin bowling ko, indoor water parks, jikin alooj pija ko, im jikin ekàke ko an ajiri, emôj an Amy bareinwôt sign i juôn order ñan kiloki.
21. Voting: As of March 16, 2020, the Director of Ohio Department of Health, Amy Acton, MD, MPH, signed an order shutting down polling locations. Absentee voting is encouraged.
Jikin Vote ko: Emôj an Amy Acton, bareinwôt kajitôk bwe en kilok. Absentee vote ej wonmanlok wôt.
22. In response to the Governor's direction many other businesses have closed to the public, but are open for drive thru and on-line service. The Mercer County Library and the Banks will be open for drive thru service.
Ñan uaaake Komja eo ear kômani mo kein, ebwe an lôñ business ko rekilok ñan lobwileej ak ej bellok wôt Drive-Thru ko aer im jibañ ko aer online. Library im Bank ko an Mercer County renaj bellok wôt Drive-Thru ko aer.
23. Many churches are no longer having services.
Ebool jikin kabuñ emôj aer bwijrak
24. Information on COVID-19 continues to rapidly change, please visit:
<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/> or call 1-833-427-5634 seven days a week 9:00 am to 8:00 pm for questions. MCHD encourages you to be kind to each other during this difficult time. We're all in this together. Information continues to change rapidly. The MCHD is working diligently to keep you informed. You can call us at 419-586-3251
MCHD ej kakabilok kijwoj bwe jen joij im lale dron ilo tôrein ebin ñan kijwoj aolep. Kijañ ej ibben dron ilo menin. Enaj okkatakak kôjjelà aolep raan. MCHD ej tiljek wôt ñan kôjjelàik komwoj. Kwomaroñ call e kim ilo 419-586-3251.