

Ñaat ñan Bukōt Kōmadmōd ñan Kakōlle in Nañinmej in Cold



Nañinmej in cold eo ekkā an waḷok emaroñ wōr kakōlle ko an rej āinwot nañinmej in flu, COVID-19, im nañinmej ko jōt rej jelōt waween menono. Ilo an cold maroñ kōmman bwe en jelōt waween menono ilo jikin ko tulōñ (upper respiratory infection, URI), URI emaroñ kōmman nañinmej ko jōt āinwot strep, flu, nañinmej in sinus, bronchitis, ak pneumonia. Aōrok ñan lale bwe kwon lale lōmnak kōn nañinmej kein jōt ñe kwoj lōmnak kwoj nañinmej in cold.

Elañe kwonij loelak taktō kōn nañinmej in cold eo am, kwomaroñ kōtmane in bōk wūno in wā. **Botaab, wūno in wā kein rejjab jipañ kōn baeroj ko remaroñ kōmman bwe en wōr nañinmej in cold.**

Eloñ nañinmej ko rej jelōt waween menono (respiratory tract infection, RTI) remaroñ emanlok ilo an ejelok kaṃōdṃod.

Kūrlok taktō eo am ak loelak juon rijerbal in aujpitōl ñe kwonij jinoe eñjake laajrak in kakōlle kein¹:



- Pen menono ak mokaj menono
- Mōrā enbwin ak wōr jidik ñan ejelok dān in raut
- Piba eo elaplok an pād jen emān raan
- Kakōlle ko rej aitoklok jen 10 raan in aer pād ilo an jab emmanlok
- Kakōlle ko, āinwot piba ak pokpok, eo emaroñ emanlok ak bar jinoe ak nana lok
- Jab emanlok nañinmej ko rellap
- Metak ak aer ūb
- Lap metak in sinus
- Būbūra ilo kōnwa ak atḷal
- Ebboj bōro ilo elaplok jen juon wiik
- Lap emokṃok

Laajrak in ejjab kobaiki aolep kain. Kwoj aikuj kepāake taktō eo am kōn jabdewōt kakōlle ko rellap ak ewōr abiñōñō kake, jokdoon ñe rejjab pād ilo laajrak eo. Elañe elap am māānan, ej wonṃaanlok am pokpok, jako ak wōr oktak ñan am et bwiin ak nām, taktō eo am emaroñ teej eok ñan lale ñe ewōr am nañinmej in COVID-19.

Ñan elaplok meḷeḷe ikkijen nañinmej in cold eo ekkā an waḷok im kakōlle ko an, kelet in kōmadmōd, im jekjek kauwōtata ko, loelak **Jikin Kantūrol Nañinmej im Bobrae (Centers for Disease Control and Prevention, CDC)** ak topar kōj ilo 1-866-282-6280 (TTY: 711).

¹ [CDC.gov](https://www.cdc.gov)