

Ekkoch Nongonong Epwe Anisuk Omw Kopwe Nonomw Nge Tumwun Fansoun Omw Mwokut Seni Imwomw ren Ewe Watten Kar

Ika pwe ke mwokut seni imwomw we ren ewe watten kar, **kosapw niwin sefan ngeni imwomw we tori an epwe wor chon pekin aninis repwe erenuk pwe ka tongeni niwin.**

Otuwotun me fanangen ewe watten kar me pwan chemical seni metekewe mei kareno (wewe ren masowen non imw) mei tongeni epwe angawa mesom, non pwotum, ika inuchom iwe mei tongeni an epwe fori omw kopwe mor, weires omw kopwe ngasangas me pwan ekkoch esisinen samwaa. Ewe fanang me pipin ewe kar mei tongeni epwe wor metoch mei efeiengaw non awewe ren ekkewe asbestos, lead, me ekkewe pipin ekkei mei chon. Semirit akaewin mei efeiengaw ngeni ar health ar repwe nomw non neni mei nomw non kinikinin otuwotun ewe watten kar, pwokiten inisir mei chiwen sopwosopwono me mamarita. Aramas mei urir mwi, COPD, semwenin ngasangas, me fefin mei pwopwo ir mei pwan watte ar repwe efeiengaw ngenir sokkun osukosuken ewe watten kar.

Fori ekkei me pwan no ngeni ewe nongonong me fan omw kopwe tongei tumwunuw pwusin inisum me iokewe atongeom seni ewe COVID-19 me murimurin ewe watten kar.



Chon Omwokutu Ekkewe Nenien Suu –

Cheki ewe saingonon page ren sopwosopwon nongonong fan iten ewe nenien suu.

Nengeni ren ekkewe nikinikin esisinen samwaw.

- Kuta anisiumw seni pioing ika pwe en ika noumw semirit epwe mefi weireisin ngasangas, mefi monunu mochen mour, esapw sani mongo me konik, ika epwe pwan ekkoch osukosuken inisin.
 - Pwan kaeo ngeni ifan usun efeiengawen ewe watten kar ngeni omw health me won an OHA iwe website:
<https://www.oregon.gov/oha/ph/preparedness/prepare/pages/prepareforwildfire.aspx>
- Ika pwe mei wor omw semwenin ngasangas ika ommun, kopwe fiti met an noumw we dokter ourour ngonuk ren omw kopwe eppet me anisi ekkewe esisinen samwaa.
- COVID-19 me ewe semwen feiton ewe watten kar ir mei nono fengen sokkun esisiner. Awewe, mor, weires ngasangas, metek mokur, me metek mokur mei tongeni epwe feiton seni ir me ruw COVID-19 me ewe otuwotun ewe watten kar. Nge, ika pwichikar (a nuseni 100.4°F), feew, me feiseni esapw seni ewe osukosuken ewe watten kar iwe nge mei tongeni epwe semwenin COVID-19. Ika mei wor reomw ekkei esisin, aneani an CDC we pekin pwisin-chekin coronavirus pwe kopwe sinei ika kopwe kokori noum we tokter:
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/coronavirus-self-checker.html>.

- Ika ke nom non ew imwen asoso ikewe mei chomong aramas nge en mei mefi ekkewe esinen COVID-19, mwitir kokori emon chon angangen pioing. Ika kose nom non ew neni mei chomong sakopat aramas ie (awewe ke pwisin nom ren chiechiom me aramasom), iwe kopwe pwisin-eimukono.
 - Kaeo ifa usun pwisin-eimukono: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/I272299.pdf>
 - Kaeo pwan ekkoch esinen COVID-19: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/I272299.pdf>
 - Kaeo pwan ekkoch porousen mwokut fan iten watten kar ren ekkewe aramas ir mei eimureno ika imuno fan iten COVID-19: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/I273257.pdf>
 - Kokori 2-1-1 ika kopwe kuta emon tokter epwe anisuk. 2-1-1 esapw fan iten awenewenen osukosuken watten kar. Ew nampa ren unusen kinikin, ren esinesin ese kamo me pwan neni aramas ir mei tongeni no ngeni ir mei chiechi fengen ngeni nongonong non community non ewe kinikin.
 - » Kokori: 211 ika 1-866-698-6155 (Mei wor chon chiaku ese kamo won fon; Kunokun koko won Fon: 24/7)
 - » TTY: Tiki 711 me kokori 1-866-698-6155
 - » TEXT: omw we zip code ngeni 898211 (TXT211) (text mei wor non fosun Merika me Spanish; Fansoun text: 9 nesosor - 5 nekunion)
 - » MAK NGENI: help@211info.org (mak mei wor non fosun Merika, Spanish, me Mandarin)

Ekkoch anen epeti an esapw chèuno fetanin ewe COVID-19.

- Kaeo usun COVID-19 me ifa usun tumunun aramasom kewe kopwe anea an OHA we COVID-19 webpage: <http://healthoregon.org/coronavirus/>.
- Meinsin repwe fori ekkei angangen eppet:
 - Aea mwangak ika pwonupwonun pwot me aaw aean fan ew nupwen omw tou nukun.
 - Kopwe towaweno non ukkukun onuw fit seni aramas esapw chon non imwom.
 - Oponu omw mwor ika mwesi ngeni nemonun poum ika tissue. Ika ke aea tissue, iwe oturano non kapich iwe mwitir tonu poum.
 - Tènu paaw non ukkukun 20 seken ngeni sop me konik mei pwichipwich. Ika kose tongeni aea sop me konik mei pwichipwich, kopwe aea sanitizer (60-95% arukor non).
 - Kosapw atapa won mesomw.
 - Nimeti me aea nimenimen paikin won ekkewe neni me pisek mei chomong chon attapa.

Tumwunuw pochokunen netipom.

- Mwirin ewe watten kar, kopwe mefi weires, song, tipis, ika unun. Ikei ekkoch memefin netip ekkon fis ren osukosuk. Porous ngeni emon mei sinei aninisin ekiek, social worker, ika emon counselor epwe aninis ren netip weires. Pwan ikei ekkoch nongonong, katon ewe pekin tumunun inis me mokutukut mei nom won an OHA we COVID-19 webpage: <https://govstatus.egov.com/OR-OHA-COVID-19>.
- Kokori 2-1-1 ren pekin aninisin ekiek nupwen epwe osukosuk.
- An Oregon Pekin Aninisin Tumunun Inis me Mokutukut Won Fon mei kawor ese kamo mei monomono an aramas porous fan iten meinisin aramasen Oregon ion mei mochen porous fan iten osukosuken ekiek. Kokori 1-800-923-HELP (4357). En mei tongeni koko ina mo ika kose nom non ewe tetenin mei weires non mokurer ika ekiekir.
- SAMHSA's Disaster Distress Helpline (<https://www.samhsa.gov/find-help/disaster-distress-helpline>) mei awora non 24/7, 365-days-a-year aninis won akaporous me anisi aramas ir mei piin nom non ei sakkun osukosuk ren met mei fis non neni me osukosuken fonu. Kokori nampam SAMHSA ren pekin Disaster Distress Helpline won 1-800-985-5990 ika mak ngeni ewe TalkWithUs ngeni 66746 pwe kopwe porous ngeni emon mei angangeoch non ewe sokkun angang.

Ausening ngeni esinesin won asepan ika mei wor akasiwin.

- Etuwet mei tongeni epwe fetan me towaw seni ikewe e kar ie iwe a chok nom non asepan non fansoun nakatam. Ausening ngeni esinesinen eochun porousen asepan.
 - Cheki ewe OregonAir App ese kamo minen won fon. Ka tongeni watta ewe App won fon seni Google Play ika Apple Store.
 - » Pwan ew, katon ewe Oregon Smoke Blog ika an EPA we AirNow website ren porousen eochun asepan (AQI).
 - An Oregon Blog ren Etuwet: <http://oregonsmoke.blogspot.com/>
 - An U.S. Environmental Protection Agency ren AirNow Website: <https://www.airnow.gov/>

Tumunu asepan non imw epwe nimeoch ika esapw etuwet.

- Kaeo ekkoch anen kosapw toruk etuwet iwe mei mak non ewe OHA FAQ taropwen etuwetun watte kar me public health: <https://shredsystems.dhsoha.state.or.us/DHSForms/Served//1278626.pdf>
- Kaeo ifa usun kopwe-fori a rumw epwe nimeoch asepanin non an epwe anisi esapw watte etuwet: <https://www.epa.gov/indoor-air-quality-iaq/create-clean-room-protect-indoor-air-quality-during-wildfire>
- Ekkoch aninisin ekiek:
 - Tumunu asamacho me asam epwe kesip chinon chok ika a wesen pwichikar nukun.

- Ika mei wor omwe air con iwe mei eoch aea, nge tumunu ewe nenien fetanin asepanin non imw esapw tonong etuwet non me epeti pwe esapw tonong.
- En mi pwan tongenei aea ekkewe high-efficiency particular air (HEPA) ren ununun asepan ika ewe electrostatic precipitator (ESP) mei pwan tongeni anisi asepan non imw esapw etuwet. En mei pwan tongeni pwisin fori saipè epwe pèni asepan fiti-ekkei-teten, pwisin-fori-ei ren saipèni asepan esapw etuwet won ei video fiti met mei mak non ewe teten:
<https://www.oregon.gov/oha/PH/PREPAREDNESS/PREPARE/Documents/Fact-Sheet-DIY-Air-Filter.pdf>
- Ika ese wor omw air con nge a pwan koon pwichikar iwe nom non imw epungano ekkewe asamacho, ka kuta ekkewe neni aramas repwe sunno non fansoun osukosuk.
- Kosapw mut ngeni ewe asepan mei nimengaw epwe tonong non ewe imw.
 - » Nupwen epwe watten etuwet, kosapw aea pisek mei kar, ren kanten ika neni keku akkei, me ekisano omw aea gas, keresin, propein, me ira much, ika mei tufich.
 - » Kosapw aea ewe vacuum pwe mei tongeni sinata mettochun non imwom we.
 - » Kosapw unumi supwa pwe mei pwan anapano ewe nimengaw non ewe asepan.

Tumuneoch fansoun unteng.

- Ekisano etuwet non womw we chitosa seni omwe esipa ekkewe asamacho me ewe nenien kusun asepan me aea ewe air con pwe epwe kus asepan non nge esapw tonong etuwet non womw we seni nukun. Kosapw nikitano semirit non chitosa nge ese wor chiener.
- Nengenifichi kapich me pipi won anen chitosa. Tumunifichuk seni ekkewe traffic light mei turuno me iten ekkewe aan ese chiwen pacheta.

Nimenim non tumuneoch.

- Cheki an Oregon ewe Putain Environment Quality (DEQ) website ren met ekkewe mettoch mei efeingaw me pwan met an ekkewechon tumun pekin eureur ren met kopwe fori ika kopwe tonong non neniomw we ren nge epwe wor ekkei ren fiber, toxic chemical, me senin fifi ika watten pisek:
<https://www.oregon.gov/deq/wildfires/Pages/Wildfire-Debris-Removal.aspx>
- Ika en kopwe pwisin nimeti, kopwe akota ew-nimenim me fori epwe wor tumunun fansoun nimenim me ekkewe pisek mei taa ren ewe watten kar. DEQ mei makei ifa usun an epwe anisuk ren tumunum nupwen kopwe nimeti ekkewe mwocheen akkei me pipi seni ekkewe imw mei kar:
<https://www.oregon.gov/deq/wildfires/Pages/After-the-Fire.aspx>
- Fiti ekkewe eureuren usun niwinsefaniti-imw seni ewe California Putain Forestry me Tumunun Kaar: https://www.readyforwildfire.org/wp-content/uploads/CALFIRE_ReturningHomeAfterAFire_Revised.pdf

- Pwan ekkoch nongonong pachenong an U.S. Centers ren Disease Control me Prevention we website won ifa usun tumunun nimenimen mwirin ew osukosuk watte usun ewe kar (<https://www.cdc.gov/disasters/cleanup/facts.html>) and webpage on worker safety during cleanup (<https://www.cdc.gov/disasters/wildfires/cleanupworkers.html>).
- Ekkoch aninisin ekiek:
 - Nupwen mwangak ika pwonupwonun won maas mei ekisano fetanin COVID-19, ekkena ese tufich an epwe unnu mettoch mei efeiangaw, gas, me pwan ekkoch mettoch mei ngaw seni ewe kaar. N95 pinepinen pwot mei wauu ekkoch pisekin tumun seni ewe asepan mei nimengaw, iwe ir mei pwe aninis ren tumunun ika ekkewe pisek mei eoch atun ar-tesini. Iwe nge, ekkei pisek non ei fansoun kich mei nafangaw won iwe a chok iseis ngeni ekkewe chon angangen pekin safei ren ei COVID-19. Anea noun DEQ we [taropwen tumunu](#) ren pwan tichikin ifa usun omw kopwe aea pwonupwonun won maas fansoun nimenim.
 - Euku osukosuken pwichikar ren omw kopwe asoso me uun konik.
 - Fansoun nimenim, pipisek mwangak, epwe tam-poun uuf, tam pechen rouses, pèupèu, aea pwonupwonun won maas, me nounou sus mei manun me pochokun fan. Ekkei epwe anisuk ne tumunuk seni feiangawen pipi me mettoch mei poison.
 - Semirit resapw enimenim. Akkei mei tongeni forata watten fanang me topotop mei wor poison mei efeiangaw. Kosapw angei pisek mei nimengaw ren fanangen kaar me topotop ka aniwini ngeni ikewe semirit re nom ie (ren non imw ika chitosa). Amokutu sus me peen ewe asam, sopwini pisek mei nimengaw imuseni ekkoch pisek, me siwini pisekum kewe mei nimengaw me mwen kopwe churi noum kewe semirit.
 - Kosapw uun ika aea ewe konik non ewe foset tori chon ewe pekin emergency repwe era pwe a EOCH. Ewe konik mei tongeni epwe nimengaw me nimengaweno ika fen nimengaw. Ika omwe we ito mei taa ren ewe kaar, kokori ewe local licensed me chon fori ito ika chon fori pump repwe katon ifa ukkukun taan omw we ito.
 - Poutano mongo mei seneta fansoun ewe pwichikaren kaar, etuwet, ika fanangen akkei.
 - Kaeo ifa usun kopwe tumunu me nimeti pisekin non imomw we mwirin ewe kaar. Ewe U.S. Federal Emergency Management Agency mei awora taropwe won ekkei pekin aninisin ekiek: https://www.fema.gov/media-library-data/1534447191536-164bbf39b67bbebacc73bb75d63c24ac/Fire_FIMA_Fact_Sheet_2015_rev_CA.pdf

Ika mei wor omwe kapas ais won ekkei taropwe mei kawor fan iten eureur me nongonong, kose mochen mak ngeni OHA won EHAP.INFO@dhs.ohio.gov.

Amokutun imwen asoso: Ka tongeni awora ei taropwe ngeni ekkewe ir mei mokut seni nenier ren ewe kaar pwan ngeni esinesinen porous won COVID-19 me pekin tumunun neni me ekis meinisin. Ewe taropwe mei tongeni epwe suki won computer me wauu non ekkoch fosun fonu.

Nongonong ren Imwen Nonom Fansoun Osukosuk:

- Pwan kaeo ngeni ifan usun tumunun asepanin non ekkewe imwen asoso me neni ren epetin etuwet seni watten kaar:
<https://www.oregon.gov/oha/PH/PREPAREDNESS/PREPARE/Documents/IdentificationOfCleanAirShelters.pdf>
- Fiti an OHA Eureuren COVID-19 non Imwen Asoso:
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2256A.pdf>

FYI Ngeni Chon Anea -- Feito seni PEHSU me CDC me an OHA webpage

https://www.pehsu.net/Library/facts/PEHSU_Protecting_Children_from_Wildfire_Smoke_and_Ash_FACT_SHEET.pdf

<https://www.cdc.gov/disasters/wildfires/afterfire.html>



PUTAIN PUBLIC HEALTH

Toureochun taropwe: Ren ekkewe aramas mi wor osupwangen an inisir tongeni ika aramas rese sinei fosun Merika, OHA mi tongeni awora taropwe non ew sokkun nikinik ar repwe weweiti, awewe ren fosun ekis, epwe mesemong ekkewe mak, ika non nikinikin noun mei chuun. Kokori ewe Center ren Pworousen Health won 1-971-673-2411, 711 TTY ika COVID19.LanguageAccess@dhsoha.state.or.us