

# Jerbal in Jibañ ko Reaurök ñan Jibañ Kejbarok Kwe ilo len Emakūt jen Kijeeek in Mar ko Relab

Elañe rimweo imōm rar emakūt jen kijeeek in mar eo elab, **jab rool ñan mweo imōm mae ien eo ritel ro renaj ba ejellok jorren ilo aṃ rool.**

Baat im melkwaarar jen kijeeek in mar ko relab im baijin ko jen men ko emōj aer bwil (einwōt tebōl, jea, im men ko jet kobban mweo) remaroñ kabōnōnōiki mejaṃ, botiṃ, ak kilōm im kōmman bokbok, abañ in emenono im kakōlle ko jet. Melkwaarar im menoknok ko remaroñ wōr elōñ mennin jorren einwōt asbestos, lead, im soot. Ajiri ro elabtata ewōr aer uwōta in jorren in ejmour kin aer kebaak baat jen kijeeek in mar ko relab, kinke enbwinnier rej eddek wot. Armij ro ewōr aer wōrlok, COPD, nañinmij in menono, im kōrā ro rebōroro rebar lab aer maroñ bōk jorren in ejmour ikijen kijeeek in mar ko relab.

Bōk laajrakin kiltōn ko im lale jerbal in jibañ ko ilal ñan kejbarok kwe make im armij ro kwōj iakwe jen COVID-19 im men ko rej loor kijeeek in mar ko relab.



## Rikōmadmōd ro an Jikin Kiki ko –

Lale beij eo eliktata ilo jerbal in jibañ ikijen jikin kiki ko jet.

## Lale kakōllein ejmour ko.

- Kabok jibañ in taktō ien eo wot elañe kwe ak ajiri ro nejuṃ rej ioon an abañ ilo aer emenono, elab aer mejki, remakoko in mōñā im idaak, ak ewōr aer bar abōnōnō in ejmour ko jet.
  - Bōk elōñlok katak ko kin wewein an kijeeek in mar ko relab jelōte ejmour eo aṃ ilo website eo an OHA:  
<https://www.oregon.gov/oha/ph/preparedness/prepare/pages/prepareforwildfire.aspx>
- Ñe ewōr aṃ nañinmij in menono ak ār, loor rōjañ eo an taktō eo aṃ kin wewein aṃ naj bōbrae im kōmadmōd kakōlle kein.
- Jet kakōlle ko rej einwōt juon jen kebaak COVID-19 im baat jen kijeeek in mar ko relab. Waan joñak, bokbok, abañ in emenono, im metak bar remaroñ walok jen COVID-19 im baat jen kijeeek in mar ko relab jimor. Bōtab, biba (lablok jen 100.4F), wūdiddid, im bidodo loje ejab ekkā aer walok jen kebaak baat jen kijeeek in mar ko relab im emaroñ kwalok kin nañinmij in COVID-19. Elañe ewōr kakōlle kein ibbōm, kebaak kein make jibañ lale coronavirus an CDC ñan lale elañe kwōj aikuj kebaak taktō eo aṃ: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/coronavirus-self-checker.html>.
- Elañe kwōj bed ilo juon jikin kiki an ro emōj aer emakūt ibben elōñ armij ro iturim im ewōr kakōlle ko an COVID-19, kebaak taktō eo aṃ ilo ien eo wōt. Elañe kwōj

bed ilo juon jikin ilobelej ibben elōñ armij iturim̄ (waan joñak, kiki ibben ro mōttam̄ ak nukum̄), kwōj aikuj isolate kwe make.

- Katak wewein am̄ isolate kwe make:  
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/I332388A.pdf>
- Katak elōñlok men ko ikijen kakōlle ko an COVID-19:  
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/I332681.pdf>
- Bōk elōñlok katak ko kin wewein emakūt jen kijeek in mar ko relab ñan armij ro rej quarantine ak rej isolate er make kin COVID-19:  
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/I333257.pdf>
- Kūrlok 2-1-1 bōk ñan jibañ ilo am̄ bükot juon taktō. 2-1-1 ejab jejet wōt ñan jekjek ien kijeek in mar ko relab. Ej an aoleben bukōn eo, melele ko ejellok wōnneir, im jikin lemaanlok ko ej kakoba armij ro rej jokwe ñan jeral in jibañ ko ilo jikin ko rej bed ie.
  - » KALL: 211 ak 1-866-698-6155 (Elōñ riukok kajin ro ilo talebon ilo ejellok wōnnen; Awa in talebon: 24/7)
  - » TTY: jibed 711 im kūrlok 1-866-698-6155
  - » TEXT: zip code eo am̄ ñan 898211 (TXT211) (elōñ text ilo Kajin Belle im Kajin Spanish; Awa in text: 9 jibboñ-5 jota)
  - » EMAIL: [help@211info.org](mailto:help@211info.org) (ewōr email ilo Kajin Belle, Kajin Spanish, im Kajin Chinese (Mandarin))

## **Bōk kiltōn wewein ko ñan bōbrae an ajeded COVID-19.**

- Katak kin COVID-19 im wewein kejbarok armij ro kwōj iakwe ilo am̄ lolok webbeij eo an OHA kin COVID-19: <http://healthoregon.org/coronavirus/>.
- Aoleb armij reaikuj bōk kiltōn wewein bōbrae kein:
  - Kōnake juon kein kalbubuuk māj nuknuk, beba, ak kein kalbubu ko kwōj jolok elikin am̄ kōjerbale ilo ien am̄ diwōj jen mweo imōm̄.
  - Bed ilo am̄ ettolok ejab diklok jen jiljino ne jen armej ro im kwōjab jokwe ippeir.
  - Kalbubuuk am̄ bokbok im maje kin jimwin beim̄ ak beba tissue. Ñe kwōnaj kōjerbale juon beba tissue, jolok beba tissue eo ien eo wōt innem kaju kwal beim̄.
  - En ekkutkut am̄ kwal beim̄ ejjab diklok jān 20 jekōn kin jooB im dān māānān. Ñe kwōban kōjermal jooB im dān māānān, kōjermal kein manman kij in bā (60-95% kobban arkool).
  - Jab jibwe iturin mejem̄.
  - Karreo im jolok jorren ioon men ko im ijoko im ekkutkut am̄ jibwe.

## **Kejbarok ainemmōn in ejmour eo am̄.**

- Elikin juon kijeek in mar elab, kwōmaroñ eñjaak am̄ būromōj, illu, lōmnak am̄ bōd, ak ejellok men eo kwōj eñjake. Men kein rej lōmnak ko rekkā aer walok jen inebata. Kenono ibben juon rijerbal in psychologist, social work, ak koonjelor ñan

an jibañ kwe. Ñan link ñan jermal in jibañ ko relōñ, lale batin in jermal in jibañ ko ikijen ejmour in mwil ilo webbeij eo an OHA kin COVID-19:

<https://govstatus.egov.com/OR-OHA-COVID-19>.

- Kūrlōk 2-1-1 ñan elōñlōk jermal in jibañ ko kin ejmour in kōmelij.
- Lain in Jibañ ikijen Ejmour in Mwil an Oregon ejellok wōnnen im eban ajeded melele kin jermal in jibañ ko ñan armij ro ilo Oregon im rej kabok jibañ ikijen lōmnak ko aer. Kūrlōk 1-800-923-HELP (4357). Kwōjab aikuj bed ilo juon jorren in ejmour in kōmelij ñan aṃ kūr lain in.
- Lain in Jibañ ikijen Inebata kin Jorren an SAMHSA (<https://www.samhsa.gov/find-help/disaster-distress-helpline>) ej lelok 24/7, 365-raan-ilo-juon-yiō ri-counselor im jibañ ñan armij ro emōj eñtaan ilo lōmnak ko aer ikijen jorren ko jen lal in ak jen an armij kōmmāne. Kūrlōk Lain in Jibañ ikijen Inebata kin Jorren an SAMHSA ilo 1-800-985-5990 ñe ejab text ae TalkWithUs ñan 66746 ñan aṃ kenono ibben juon koonjelor emōj an bōk katak kin kōmadmōd ko ikijen jorren.

## Lale ripoot in joñan erreō in mejatoto.

- Baat emaroñ ito tak ñan jikin ko retolok jen jikin eo ear jino kijeek eo im emaroñ bed ilo mejatoto iomwin juon ien aitok. Lale ripoot ko kin joñan erreō in mejatoto ilo bukōn eo.
  - Lale App eo ejellok wōnnen OregonAir. Download ae App jen Google Play ak Apple Store.
    - » Kwōmaroñ bar lale Blog in Baat eo an Oregon ak website in AirNow an EPA ñan melele kin joñan erreō in mejatoto (AQI).
  - Blog kin Baat eo ilo Oregon: <http://oregonsmoke.blogspot.com/>
  - Website in AirNow an U.S. Environmental Protection Agency: <https://www.airnow.gov>

## Kejbarok an erreō mejatoto eo iloan mweo imōṃ ñan joñan aṃ maroñ.

- Katak kin wewein ko ñan kadiklok aṃ kebaak baat ilo beba eo an kajitōk ko rekut an OHA kin baat jen kijeek im mar ko relab im ejmour eo an armij: <https://sharingsystems.dhsoha.state.or.us/DHSForms/Served/I338626.pdf>
- Katak wewein karōke juon ruum ilo mweo imōṃ ñan jibañ kadiklok aṃ kebaak baat: <https://www.epa.gov/indoor-air-quality-iaq/create-clean-room-protect-indoor-air-quality-during-wildfire>
- Melele in jibañ ko reaurōk:
  - Kejbarok an ikkil wot wūntō im kejem ko ijellokun ñe elukkun bwil inabōj.
  - Kajoe juon air conditioner eo ñe ewōr aṃ, bōtab kiili an deloñ mejatoto eo jen inabōj im karreo kein liklik eo ñan bōbrae an baat eo inabōj deloñ.
  - Kajoe juon kein liklik elab an jermal ñan mōttan jidik ko ilo mejatoto (HEPA) ak juon kein jolok ettoonon (ESP) emaroñ bar jibañ an erreō mejatoto eo iloan mweo. Kwōmaroñ bar kōmmāne juon aṃ deel erreō mejatoto eo an

ilo bideo in kōmelele eo ebidodo aṃ loor im kwōmaroñ make kōmmāne ilo aṃ loor kōmelele jeje kein:

<https://www.oregon.gov/oha/PH/PREPAREDNESS/PREPARE/Documents/Fact-Sheet-DIY-Air-Filter.pdf>

- Elañe ejellok aṃ air condition im elab an māānān ñan aṃ bed iloan mweo ilo an kilōk wūntō ko, kabok jikin aṃ etal im kiki.
- Jab lewaj mejatoto ettoonon ñan iloan mweo.
  - » Ilo ien elab joñan baat ko, jab kōjberbal jabdewōt men eo ej bwil, einwōt candle ak jikin kijeek ko, im kadiklok aṃ kōjberbal kiaj, karjin, propane, im jitoob kanne, elañe kwōmaroñ.
  - » Jab vacuum bwe men in ekōmman an bar walok mōttan jidik ko emōj kadede aer bed iloan mweo imōm.
  - » Jab kōbaatat bwe men in enaj bar lewaj baijin ko relablok ñan mejatoto.

## Kejbarok aṃ kattōr.

- Kadiklok baat ilo wa eo waamṃ ilo aṃ kili aoleb wūntō im kein kadelon mejatoto im kōjberbale air condition eo ilo an kilōk an deloñ mejatoto in nabōj bwe en jab deloñe wa eo waamṃ. Jab likūt ajiri iloan wa ak tūrak imake iaier.
- Lale jokbej im menoknok ko iloan ial eo. Lale kin traffic light ko rejrren im kakōlle in ial ko rejako.

## Kejbarok ilo aṃ karreo.

- Lale website eo an Department of Environmental Quality (DEQ) an Oregon ñan an wōr rijerbal kabel ñan kōmadmōd mōttan ko rejrren ñan aer lale ijo jikūṃ ñan mennin jorren ko einwōt asbestos, fibers, baijin ko, im jorren in jarom ak men ko jet rej jutak: <https://www.oregon.gov/deq/wildfires/Pages/Wildfire-Debris-Removal.aspx>
- Elañe kwōnaj make karreo, kōmmāne juon bebe in karreo im kejbarok kein jberbal ko ñan aṃ kejbarok ilo aṃ karreo em ko rar jorren jen kijeek in mar ko relab. Ewōr an DEQ juon beba kin melele ko remool im enaj jibañ an lablok aṃ kejbarok aṃ lale melkwaarar im menoknok ko jen em ko rar bwil: <https://www.oregon.gov/deq/wildfires/Pages/After-the-Fire.aspx>
- Loor beba in laajrak aṃ rool ñan mweo imōṃ jen Department of Forestry and Fire Protection an California: [https://www.readyforwildfire.org/wp-content/uploads/CALFIRE\\_ReturningHomeAfterAFire\\_Revised.pdf](https://www.readyforwildfire.org/wp-content/uploads/CALFIRE_ReturningHomeAfterAFire_Revised.pdf)
- Jberbal in jibañ ko jet ekoba webbeij eo an U.S. Center for Disease Control and Prevention kin wewein kejbarok in karreo elikin juon jorren (<https://www.cdc.gov/disasters/cleanup/facts.html>) im webbeij eo an kejbarok ñan rijerbal ilo ien aer karreo (<https://www.cdc.gov/disasters/wildfires/cleanupworkers.html>).

- Melele in jibañ ko reaurōk:
  - Meñe kein kalbubu māj nuknuk im men ko jej kōnaki ilo juon alen rej kadiklok ajededin COVID-19, rejab jermal ñan jolok mōttan jidik ko elab aer kauwōtata einwōt kiaj ko, im men ko jet rej walok jen kijeek in mar ko relab. Kein jibañ emenono N95 ko rej lelok jidik kejbarok jen mōttan jidik ko mejatoto, bōtab elabtata aer lewaj kejbarok ñe emōj teeje aer kwōn ñan mejem. Bōtab, men ko ejabwe wōran ilo tōre in im emōj kakwōni ñan rijermal ro ilo jikin ejmour kin COVID-19. Lale DEQ [beba kin melele ko remool](#) ñan elōñlok tipdik ko kin wewein kelet kein kalbubu māj eo emmantata ñan karreo.
  - Jab kōmman inebata kin bwil ilo aṃ ikut in bōk kakkije im idaaq aebōj.
  - Ilo ien karreo, ekōnak nuknuk in kejbarok, ekoba jiiñlij ko reaitok beir, jedoujjij ko reaitok, tebukro in jermal, kein kalbubu māj ko rekkar, im juuj ko remijel im bin. Men in enaj jibañ kwe jen menoknok im baijin ko rejjoren.
  - Ajiri ro rejab aikuj kōmman jabdewōt karreo jen kijeek ko. Kijeek ko remaroñ jolok joñan melkwaarar im būñal ko relab kin baijin ko rej kōmman jorren. Jab bōklok melkwaarar im būñal ko rettoon ñan jikin ko ajiri ro rej bed ie (einwōt mweo imōṃ ak wa eo waamṃ). Jolok juuj ko jen imaan kejem ko, kōjenolok aṃ kwal nuknuk ko emōj aer jorren, im jolok nuknuk ko emōj aer jorren mokta jen aṃ kebaak ajiri ro nejuṃ.
  - Jab idaaq ak kōjermal dān jen bojet eo mae ien ritel ro an idiñ jorren renaj ba emman. Jikin jermal ko rej lelok dān remaroñ jorren im wōr baijin. Elañe aebōj lal eo aṃ emōj an jorren jen kijeek, kebaak juon jikin ilo bukōn eo ej kōmman ak kōlaak ewōr an laijen ñan lale joñan jorren eo.
  - Jolok jabdewōt mōñā ear kebaak bwil, baat, ak melkwaarar.
  - Katak wewein aṃ maroñ kejbarok im karreoiki men ko kobban mweo imōṃ renaj bed wōt elikin kijeek eo. Ewōr ibben Obij eo ej Lale Idiñ Jorren an U.S Federal (FEMA) juon beba in jibañ kin melele ko remool: [https://www.fema.gov/media-library-data/1534447191536-164bbf39b67bbebacc73bb75d63c24ac/Fire\\_FIMA\\_Fact\\_Sheet\\_2015\\_rev\\_CA.pdf](https://www.fema.gov/media-library-data/1534447191536-164bbf39b67bbebacc73bb75d63c24ac/Fire_FIMA_Fact_Sheet_2015_rev_CA.pdf)

Ñe ewōr aṃ kajitōk kin kobban melele in kajinet eo an jibañ in, jouj im email ae OHA ilo [EHAP.INFO@dhsosha.state.or.us](mailto:EHAP.INFO@dhsosha.state.or.us).

Rikōmadmōd ro an Jikin Kiki: Kwōmaroñ lelok beba in ñan ro emōj aer emakūt jen kijeek in mar ko relab ñan lelok elōñlok melele ko kin COVID-19 im lōmnak ko ikijen ejmour in mejatoto. Bebe in emaroñ download im print ilo elōñ kajin ko.

Jerbal in Jibañ ko Reaurōk ñan Jikin Kiki ko ñan Ro Emōj Kōmakūt:

- Katak wewein kalikar jikin kiki ko erre mejatoto ko iloan im jikin ko reban jorren jen baat in kijeek in mar ko relab:  
<https://www.oregon.gov/oha/PH/PREPAREDNESS/PREPARE/Documents/IdentificationOfCleanAirShelters.pdf>
- Loor Melele in Kajinet ko an OHA ikijen Jikin Kiki Ikōtaan len ikijen COVID-19:  
<https://sharesystems.dhsosha.state.or.us/DHSForms/Served/le2256A.pdf>

Melele ñan ro rej kōmmāne etale – Bōk jen webbeij ko an PEHSU im CDC im OHA

[https://www.pehsu.net/Library/facts/PEHSU\\_Protecting\\_Children\\_from\\_Wildfire\\_Smoke\\_and\\_Ash\\_FACT\\_SHEET.pdf](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>



RA IN EJMOURIN LOBELEJ

**Maroñ loe beba in:** Ñan armij ro im elōñ aer utamwe ak kajojo armij ro im ewōr aer bar juon kajin oktak jen Kajin Belle, OHA emaroñ lelok melele ko ilo wewein ko jet einwōt ukok ko, jeje kileb, ak jeje ko an ribilo. Kebaak Jikin Melele in Ejmour eo ilo 1-971-673-2411, 711 TTY ak [COVID19.LanguageAccess@dhsosha.state.or.us](mailto:COVID19.LanguageAccess@dhsosha.state.or.us)