



# Awewen ekoch kapas fan iten COVID-19

Emon ese wor ren esinen ewe samwaa

Ese wor esinen ewe samwaa ren emon.

Ewe Neni A Kan Wisen Anisi Tumwunuun Me Eppetin Samwaa (CDC)

CDC an unusen ei mwuun merika putain tumwunuun samwaa. Ina ew ekkewe watten kinikinin non ewe [Putain Tumwunuun Samwaa me Nonomwun Aramas non unusen Merika](#). CDC mi aninis non angangen forutan ekkewe kapasen ourour me pwan anisi ach mwuunap ren angangen ochufengeni met sokkun pworous mei auchea fan iten COVID-19.

Nomw arapakan ngeni emon

Nupwen kopwe nomw non ukukun 6 fit ika kanengeni emon non ukukun 15 minich nge mei wor ren ewe COVID-19.

Kochufengen

Ruw ika fen nap seni chon mei wor rer ewe COVID-19 nge ir mei nomw non ew chok neni non ew fansoun.

Ekkewe ra nomw rer ewe samwaa

Ekkewe ir ra fat me murin ar chek pwe a nomw rer ewe COVID-19.

Neni mei chommong aramas

Ew neni mei chommong aramas re nomw ian nge ese wor wewefengenin nefiner. Ir mei aea fengen nenien mongo me nenien tuttu. Ew awewe ren ei mei pachenong imwen kanopwus, ekkan nenien tumwunuw mei apwangapwang, nenien sukun ir mei kan mouruno non, ekkan dom an chon sukun.

Aramas mei nomw unukun

Aramas mei nomw unukun emon mei wor ren ewe semwen COVID-19.

*Katon: Anen ach sipwe kuna iokewe aramas mei nomw unukun*

Anen ach sipwe tongeni kuna iokewe mei nomw unukun ewe chon samwaa

Anen ach sipwe tongeni kuna iokewe mei nomw unukun ewe chon samwaa a fis nupwen chon angangen ewe putaiin samwaa ra achocho ngeni ar repwe tour ngeni iokkewe ir mei nomw non ew neni a wor ewe a tori COVID-19 me ian. Ekkewe chon angang ra kan iteni chon wisen kuta anen ach sipwe kuna iokkewe mei nomw unukun ewe chon samwaa. An epw anisi fetanin ei monun samwaa an esapw muttir ne chouno, ir ra pwan awora kapasen ourour em aninis ngeni iokewe aramas ra fen nomw non neni mei wor ewe monun samwaa ian. En mei tongeni sopweno ne kaoo ngeni pworousen angangen kuta ach sipwe sinei iokewe mei nomw unukun ewe chon samwaa ren COVID-19 [me ikei](#).

Coronaviruses	<p>Coronaviruses a feito seni ew faminien monunun samwaa. Ir ra forata arapakan ukukun 15 pessen ren mor. Iwe nge, ekkoch chon ei faminien monun samwaa ra tongeni forata watten samwaa, ren:</p> <ul style="list-style-type: none"> <li>• MERS — Ew sakkun samwaa ra eitangeni Middle East respiratory syndrome, e fis seni ewe monun samwaa MERS-CoV</li> <li>• SARS — pwan ew sakkun samwaa ra eita ngeni severe acute respiratory syndrome, e fis seni ewe monun samwaa SARS-CoV</li> <li>• COVID-19 — a fis seni pwan ewe monun samwaa ra eita ngeni SARS-CoV-2.</li> </ul> <p>Ekkoch monun ewe coronavirus mei fat pwe mei nomw ren ekkewe maan ese mwo pwa ren aramas iei.</p>
COVID-19	<p>COVID-19 ew samwaa e fis seni ewe monun samwaa SARS-CoV-2. A fen chou fetan non arapakan unusen fonu meinsin. COVID-19 mei tongeni pwe epwe chok atitin ika watte fan ekkoch mei fen pwan tongeni epwe nieno emon.</p>
Supwutiwen an emon mwesi ika mor	<p>Ina met e forata chounon samwaa seni supwun surun awen emon ika mongen pwotun. Supwutiwen an emon mwor ika mwesi e fis nupwen emon epwe mwesi, mor, keen, ika apworous nge kanengeni emon.</p>
Pwanon ekkoch sokkun samwaa mei mwutir an epwe pwan tori emon	<p>Ew samwaa mei:</p> <ul style="list-style-type: none"> <li>• Fis ika pwano nein ew mwichen aramas, ika</li> <li>• A fen pwa nge a chomongono chon torir ika chomongono neni a pwa me non.</li> </ul>
Touren ewe mwonun samwaa ngeni emon	<p>Anen touren ewe monun samwaa nupwen emon aramas a nomw kanengeni emon mei samwaa, anan mongo, pisekin me pwan ekkoch mettoch epwe tongeni fori an epwe muttir tori monun ewe samwaa.</p>
Samwaa mei efeiengaw monun	<p>Ew samwaa mei fis ren seni ekkewe kukkun monun samwaa, ren virus, nge mei tonong non inisin emon aramas, iwe a watten ika chomongono a forata a epwene pwano esisinen ewe samwaa ren emon. Napengeni samwaa mei efeiengaw monun mei tongeni epwe chou seni emon aramas ngeni pwan emon.</p>
Fansoun an ewe monun samwaa osokun	<p>Ewe fansoun emon aramas a tori ewe monun samwaa, ren virus, tori ewe fansoun a pwoputa ne pwaano esisinen ewe samwaa won.</p>
Eimwueno me eimueno inisum	<p>Omw kopwe eimueno inisum wewen eimueno iokewe aramas mi semwen seni ekkewe rese mwo semwen. Iokew earamas ra nomw rer ei COVID-19 repwe imuno ika (eimuereno) non ukukun 10 ran tori ewe fansoun iowe chon anisir a wau pworousan pwe rese chiwen samwaa. Eimwueno emon mei samwaa mei anisi an esapw muttir ne chou ewe samwaa. Ka tongeni sopweno ne kaeo ngeni pworousen angangen eimwueno emon <a href="#">ikei</a>.</p>

N95 respirator	Ew sakkun pwonupwonun aaw me pwot sikan kapichieno murin ach aea. Epwe asossot pwe epwe wor amemefin ika asepan ese tongeni epwe tonong non. Ika pwe mei wosen fitioch won emon, iwe wewen pwe esapw tongeni an epwe tonong mwo ekis monun non asepan non. Non taropwen aean ewe N95 mei affata pwe epwe emon epwe tumwunochu me asossot won, pun mei tongeni epwe eppet 95 pessen sakkun monun nimengaw an epwe tongeni tonong.
Chounon samwaa	Nupwen a wattenon chon urir ew samwaa, iwe a chommongono chon torir ewe samwaa me non ew mwichen aramas non ew chok fansoun. (Pwan nonochok ngeni chounon samwaa non ew neni non ew chok fansoun.)
Chounon ew samwaa non unusen fonufan	Ew sakkun anen chounon samwaa non unusen ew watten kinikin, ew watten fonu, unusen ekkewe watten fonu ika non unusen fonufan.
PCR (ew sakkun minen chekin monun samwaa)	Ew sakkun mettoch rekan aea non ekkew lab ar repwe cheki ekkewe monun non inisin aramas ren samwaa.
Kefengenin emon ngeni emon	Nupwen kopwe nomw arapakan ngeni emon mei uri semwen.
Atowawa nefinom me emon	Angangen atowawa nefinom me emon mei pwan ussun chok omw kopwe atowawa inisum seni pwan ekkoch. Ei wewen pwe kopwe nomw ukukun 6 fit seni emon ion esapw chon non imwom. lei ew ekkewe anen an epwe eppet chounon COVID-19.
Emon a nikinikin pwe a wor ren ewe monun samwaa	Emon a pwano me ren pwe a nomw ren ekkewe esisinen ei samwau COVID-19 nge mei pwan nomw arapakan ngeni emon mei wor ren samwaa.
Eppet	Angangen eppet an epwe tongeni tori emon ewe samwaa.

Public health emergency	<p>Anongonong won an Oregon kewe onnuk mei wor ekkesiwin sefan ngeni <a href="#">(ORS) 433.442(4)</a> ew “public health emergency” wewen pun och mettoch ika samwaaui mei fis mei efeiengawa nonomwun emon mei pachenong:</p> <p>(a) Mei fis seni ekkei:</p> <p>(A) Angangen teroris ren sokkun monun samwaaui ika met repwe forata;</p> <p>(B) Ew sokkun monun samwaaui mei efeiengaw ika mei pwoison ngeni aramas mei tongei efeiengawa aramas;</p> <p>(C) chounon ew sakkun samwaaui non ew neni mei tongeni no seni emon ngeni pwan emon; ika</p> <p>(D) Ew sokkun mettoch epwe fis mei efeiengaw, akseten ren minen chemical ika nuclear; me pwan</p> <p>(b) Ika pwe mei nikinikin pwe epwe watte efeiengawen ekkei:</p> <p>(A) Chommong mei mano non ewe neni;</p> <p>(B) Chommongono mei wor terin inisir non ewe neni ; ika</p> <p>(C) Watte efeiengawen ekkwe sokkun mettoch mei efeiengaw ngeni aramas ar repwe ngasangaseri ika attapa nge mei tongeni watteno efeiengawan ngeni aramasen ewe neni.</p>
Nomwono chok non ew neni	<p>Anongonog won masowen ewe <a href="#">ORS 433.441</a>, nupwen epwe fis ew watten mwokut atapwanapwan an seni ewe putain tumwunuun samwaa, ewe Kepina mei tongeni wau an otutun ren an unusen ewe state repwene nomw non mwokut atapwanapwan fan iten tumwunuun aramas nge mei angei mumutan seni ewe <a href="#">ORS 433.441 ngeni 433.452</a> fan iten tumwunuun manawen aramas.</p>
Reproductive rate (R0) ika “R naught”	<p>Nomwonong non imw me murin an emon nomw non neni mei wor chon nomw rer ewe COVID-19 — even ika mwo pwe rese mefi semwen. An emon epwe nomwono chok non ew neni mei anisi an esapw muttir chouno ei samwaaui. Ka tongeni sopweno ne kaeo ngeni pworousen an emon epwe nomwono chok non ew neni <a href="#">ikei</a>.</p>
Angangen cheki	<p>Ew angangen cheki emon ika pwe a tori ewe samwaaui.</p>
Shedding	<p>Nupwen och sokkun monun semwen epwe pwa non chonun awen emon, mongomong, kiten unuman konik me kiten anan, nge mei tongeni epwe pwan chou ngeni pwan emon.</p>
Atowawa Inisum Seni Emon	<p>Atowawa inisum seni emon pwan ussun chok atowawa nefinomw seni emon. Katon met ewe e aweve ngeni atowawa nefinomw seni emon.</p>

**Omwokut Atapwanapwan Fan iten Watten Osukosuk Mei Fis** Ewe Kepina mei tongeni pwe epwe wau an otutun fan iten ew osukosuk atapwanapwan mi fis. Kepina Kate Brown [A otutuna pwe ei state a nomw non watten osukosuk atapwanapwan](#) ren chounon ei COVID-19. Kepina Brown a otutuna ewe omwokut atapwanapwan nge mei pwan pachenong pwe:

- Ei state mei fokkun monneta ngeni COVID-19, me pwan
- Ach kewe kinikin non state me ekkewe kukunun neni mei wor rer met sokkun pisek epwe anisir ar repwe angang ngeni ei COVID-19.

Tettenitiw fan iwe masowen ekkewe Onnukun Oregon mei Ekewin sefan (ORS) nge mei pwan awewochu masowen ewe omwokut atapwanapwan fan iten watten osukosuk mei fis:

- Awewen ORS Sopun 401 – [ORS 401.025](#)
- Otutun fan iten omwokut atapwanapwan; ifan usun angangan [ORS 401.165](#)
- Met sokkun mwokutukut mei mumuta epwe fis non ewe fansoun a wor ewe omwokut atapwanapwan [ORS 401.168](#) pwan tori [ORS 401.192](#)

**Ewe a nomw ren ewe monun samwaa** Ewe aramas a nomw ren ewe monun samwaa nge a pwan achou ngeni pwan ekkoch aramas.

**Emon a nikinikin pwe a nomw ren ewe COVID-19** Nupwen ewe chon angangen pekin pioing a kuna pwe ekkewe esisinen ewe samwaa COVID-19 a nomw ren emon chon semwen.

**Emon mei wor ren esisinen ewe samwaa** Emon a pwano esisinen ewe samwaa ren.

**Esisinen ewe samwaa** Sokkun nikinikin esisinen ewe samwaa. Ekkewe esisinen ewe samwaa COVID-19 mei pachenong:

- Pwichikar
- Fou
- Mor
- Weiresin ngasangas ika weires an emon epwe ngasangas
- Menu apwangapwang non inis
- Metekitek non inis
- Metek mokur
- Esapw neni ika tini pwonen metoch ika mongo
- Metek non chior
- Ngutupwot ika mwongen pwot
- Eningaw ika mwus
- Feinsen

**Fetanin** Fetanin an ewe samwaa chou seni emon ngeni pwan emon.

## Tumwunun

Angangen tumwunun emon chon samwaa. Awewe chok:

- Ekkis metoch epwe aninis ngeni ren chonun non inisin me oxygen
- Ounu safei, ika
- Anisi non ekkewe rumwen tumwunuuw mei watte ar semwen.

**ika ke mochen pwan sinei ekkoch sopwosopwun, ka tongeni no ngeni [healthoregon.org/coronavirus](https://healthoregon.org/coronavirus) ika kokori 211.**