



Pwinin Maram: Mei 12, 2022

Met Ururun Epwe Fis Meren Public Health:

Aea Pwonupwonun Aaw me Pwot, Pwonupwonun won Maas me Eppetin won Maas me Awora Towawen Nefinomw Me Ekkoch

Awewen foos. Fan iten ekkei mettoch ururun epwe fis, ekkei awewen foos mei men ngeni:

- “Pwonupwonun won maas” wewen och mangaku, ika polypropylene, taropwe ika pwan ekkoch sokkun pwonupwonun won maas mei pwonueno pwot me aaw me asetan ewe pwot, feitiw fan aaw, feino ngeni nepekin won maas.
 - Ekkei **esapw** pwonupwonun won maas pwokiten mei tongeni an epwe tou supwun parasen aaw: ew sokkun pwonupwonun won maas mei wor nenien kusun asepan won an epwe mecheres nenien ngasangas me non, pwonupwonun aaw me pwot usun ami, pwonupwonun aaw me pwot mei neis ika pwan ekkoch pwonupwonun mei wor ian mei sukuno me ian, mei wor pwangan, mei pwano ian mei pwangeno ian me won ewe mettoch ika ewe mangak, ika nenien asepan.
- "Eppetin won maas" wewen ekkewe pinastic maas epwe oponu seni won chaamw, feitiw fan ewe ngaach me epeti nepekin sapaan me maas.
- “Aramas mei unus ar opposun eppet” wewen emon a fen angei me ruw ekkewe oppos ren ewe opposun COVID-19 mei rufoch ika efoch oppos ren opposun COVID-19 mei chok efoch iwe a pwan ukukun 14 ran me murin an ewe aramas iwe saingonon opposun COVID-19.
- “Nenien angangen tumwunun mei semwen” wewen ew sokkun neni mei fis angangen tumwunun mei semwen; mei pachenong ren tumwunun mei semwenin inis ika semwenin nonomwun ewe aramas iwe mei pwan pachenong, nge ese pwan kouk ren sokkun neni ika agency mei license fan nurun ewe ORS 441 me 443, usun ren pioing, center ren nenien reirei, center ren nenien nounou, nenien tumwunun mei watte ar semwen, ekkewe nenien tumwunun mei apwangapwang, nenien tumwunun ekkewe nenien rehab, nenien hospice, nenien tumwunun mei semwen non imw, toraku ika nenien atoura aninis ngeni mei semwen non mochomochon fansoun (awewe, ekkewe wa sein safeini aramas, wa sein ambulance, sein uwei mei semwen, me pwan ekkoch angangen pekin safei won an), me nenien anisi chon eto safei, center nenien dialysis,

ofes an dokter, center nenien tumwunun mei semwen weweita, ofesin counseling, nenien safei non ekkewe sukun, ofesin awora aninis me pwan ekkoch sokkun anen aninisin safei usun ren angangen acupuncture, pekin homeopathy, pekin naturopathy, pekin chiropractic me pekin safei ren osteopathic, me pwan ekkoch center ren kinikinin semwen.

- "Pwonupwonun aaw me pwot" wewen ekkewe chon angangen pioing rekan aea ne pwonu awer me pwotur.
- "Public transportation" wewen ekkewe waa mei suk ngeni aramas ese nifinifin pachenong ika ese keuk seni ekkewe sokkun waa ran, bus, trolley, chitosa, van, ekkewe bus sein sukun, sepenin, mota, me waa aramas ir mei wawa fengen. Sein public ese pachenong ekkewe waa wan emon me emon aramas chinon chok ika ewe waa mei uwei aramas ese nifinifin ren ekkewe ir mei kan kamo ika repwe uwei emon aramas.
- "Sein wawa fengen" wewen sein uwou aramas ese nifinifin, ian ewe chon unteng mei uwei emon ika fitemon aramas won efoch chitosa nge ir mei watiw niwinir ika ir mei meoni an epwe uweiir. Ekewe sein aninisin uwou aramas mei pachenong, nge ese pwan kouk ngeni sein taxi, Uber, me pwan Lyft.
- "Nenien suun waa" wewen ew kasoro, nenien suun bus, nenien sein neset, nenien siipw ika pwan ekkoch nenien inen waa, nenien subway (pachenong ew neni ian pasise rekan tota ika totiw me ian), nenien inen utiwitin train, nenien tiwenong non pwunun U.S, ika pwan ew neni ian mei kawor wa sein uwou aramas non kinikinin ei United States.

Ekkei ouour mei nomw non ei taropwe a kawor fan iten aramas ese nifinifin.

Chechemeni:

- **Pwonupwonun aaw me pwot mei auchea epwe wor** non nenien tumwunun mei semwen epwe fiti ngeni ekkei onnuk [OAR 333-019-1011](https://www.oregon.gov/oha/ohrt/333-019-1011).
 - [FAQ ren Aean Pwonupwonun Aaw me Pwot non Nenien Tumwunun Mei Semwensopwopwopwun pworous mei kawor non foosun ekkoch fonu mei kawor ikei.](#)
- Non ekkei kinikinin neni **mei tongeni pwe epwe wor onnukun aean pwonupwonun aaw me pwot**. OHA mei fokkun opochokuna ngeni aramas pwe repwe cheki metekewe mei auchea repwe fori me mwen repwe chuno ngeni ekkei neni.
 - [Imwen Enesia mei Osupwangen Imwer](#)
 - [Ekkoch nenien angang mei wor onnukun meren ewe Oregon Occupational Safety me Health Administration \(OR-OSHA\)](#)
 - Imwen Kanopwus

Ewe Oregon Health Authority mei fokkun pesei pwe:

- Meininis aramas, ika re mochen sopweno ne aea ar pwonupwonun won maas, ir mei tongeni.
- Meininis aramas non Oregon, ir mei tipeew ngeni an emon pwung ar repwe finata ika repwe me inet repwe aea echo pwonupwonun won maas.
- Aramas mei sopweno ne aea ar pwonupwonun won maas won sein transit, ar wawa fengen non tarakku, won sepeiniin me non nenen sousou waar, aweve ren non kasoro.
- Aramas repwe nengeni sefani an ewe Centers ren Disease Control me Prevention we (CDC) [Kinikinin ren non Community](#) pwe repwe weweiti ifan ukukun cheunon COVID-19 me non ar kewe community.
- Aramas ion mei nomw non community mei watte cheunon ewe semwen repwe sopweno ne aea pwonupwonun aaw me pwot ika pwonupwonun won maas nupwen repwe nomw non neni non imw, pachenong non sukun me pwan ekkoch neni an community.
- Aramas ion mei nomw ren emon mei apwangapwang noun monun fiu ngeni semwen ika mei watte an epwe efeingaw ngenir ewe semwenin COVID-19, repwe aea pwonupwonun aaw me pwot ika pwonupwonun won maas non imw nupwen repwe nomw rer non imwer.
- Ren neni mei nomw nukun mei chommong aramas ika mei wor watten emwicheich, ekkewe aramas rese mwo angei ar opposun eppet, aramas mei apwangapwang nour monun fiu ngeni semwen, aramas epwe watte ngenir [efeingawen semwenin COVID-19](#), ika aramas re nomw ren emon mei nomw non ew me nein ekkei tetten, repwe sopweno ne aea ar pwonupwonun won maas ika eppetin won maas me pwan atowawa nefiner seni ekkoch non ukukun onu (6) fit. Neni mei chommong aramas me pwan wor watten emwicheich ren aramas nge ese pwan keuk ngeni ewe neni, ewe neni mei fis ewe mettoch ian, urumwoten sports, kimpiokai, apwapwa, karis, sochungio ika opupunuw.
- Aramas ion a unus an opposun eppet me mei apwangapwang nour monun fiu ngeni semwen repwe pworous ngeni nour we dokter ren met sokkun angangen amonata me epeti repwe sopweno ne fori. Met mei fat pwe ewe angangen opposun eppet esapw kon pochokun manamanan won ekkewe aramas ir mei apwangapwang nour monun fiu ngeni semwen. OHA mei afata pwe ekkewe ir mei apwangapwang nour monun fiu ngeni semwen met epwe kon eochungenir ar repwe tumwun ren iwe repwe sopweno ne aea pwonupwonun aaw me pwot me awora towawen nefiner me ekkoch nupwen repwe nomw nein aramas ion rese mwo angei ar opposun eppet.

OHA ese watiw onnukun pwe aramas repwe aea eppetin won maas nge esapw pwonupwonun aaw me pwot ika pwonupwonun won maas. Eppetin won maas mei eoch ngeni an epwe epeti parasen supwun awen emon, nge ese kon eoch ngeni an epwe eukuku met mei paras non

asepwan ewe mei tongeni tonong me nepekin ewe eppetin maas. Aean eppetin won maas nge ese wor pwonupwonun aaw me pwot ika pwonupwonun won maas fan ewe eppetin won maas epwe eukuk ngeni fansoun aean ewe pwonupwonun aaw me pwot ika pwonunpwonun won maas esapw tongeni tufich, usun ren:

- Nupwen emon aramas epwe wor osukosuken inisin ren an samwau minne epwe eppetin an epwe tongeni aea pwonupwonun aaw me pwot ika pwonupwonun won maas.
- Nupwen mei menei an aramas repwe kuna awen me mwokutun chonawen emon nupwen repwe pworous (awewe, fansoun apworous ngeni semirit ika aramas mei weires ar repwe rongorong fos).

Ren semirit 12 ier me kukkun seni OHA mei fokkun apochokuna ne pessej pwe:

- Aramas ion mei kukkun seni ier ruw (2) RESAPW aea pwonupwonun aaw me pwot, pwonupwonun won maas ika eppetin won maas.
- Semirit kukkun seni 5 ier rese mwo tufichin repwe aea opposun eppet, nupwen repwe nomw non neni mei watte an epwe mecheres cheunon ewe semwen, semirit ier 2–4 ier repwe aea pwonupwonun won maas nupwen repwe nomw non imw chiinon chok:
 - Ika pun mi wor ar sokkun semwen ika mei wor tufichingawen inisir ewe epwe eppetin senir ar erpwe tongeni a tumwun ne aea pwonupwonun won maas;
 - Ika pun rese tongeni pusin pwinitatiw ekewe pwonupwonun won maas won pusin winikaper;
 - Ika pwe ir mei mour, mongo, ika unn.
- Nupwen ekkewe ir ier ruw (2) ngeni 12 repwe aea pwonupwonun aaw me pwot, pwonupwonun won maas ika eppetin won maas, repwe fori nge epwe wor emon mei mwuk epwe nomw an epwe wisen tumwunuw ngenir. Ei fan iten ekkewe kukkun semirit mei tongeni epwe weires ngenir ar repwe aea pwonupwonun aaw me pwot, pwonupwonun won maas ika eppetin won maas (awewe, epwe napengeni ar repwe nomw chok nge atapa ewe pwonupwonun won maas, resapw siwini ewe pwonupwonun won maas ika pwe a pwano nimengawan, epwe efeiangaw ngenir ren an epwe pinei ar ngasangas ika mwanino ar ngasangas ren).

Sopwosopwun Aninisin Nongonong

- [Ewe Center ren Tumwunun me Eppetin Semwen: Ourour ngonuk ren Pwonupwonun Aaw me Pwot](#)
- [COVID-19 me Oregon OSHA](#)
- [Ekoch Nongonong ren COVID-19 an ewe Kinikinin Early Learning Division](#)
- [Nongonongun Sukun Watte Coordinating Commission ren COVID-19](#)

- [An Oregon Nongonongun Putain Education](#)
- [An Oregon Youth Authority Nongonong](#)
- [An Oregon Nongonongun Putain Kanipus](#)
- [An OHA webpage Pwonupwonun Aaw me Pwot me won Maas](#)
- [FAQ Ren Ennukun Pwonupwonun Won Maas](#)

Toureochnun taropwe: Ren ekkewe aramas mei wor apwangapwangen inisir ika aramas rese sinei fosun Merika, OHA mei tongeni awora ei taropwe non pwan ew sokkun napanap ren chiaku, mesemmong makkan, ika makken braille. Kokkori ewe COVID-19 Communications Unit won nampa 1-971-673-2411, 711 TTY ika COVID19.LanguageAccess@dhsosha.state.or.us