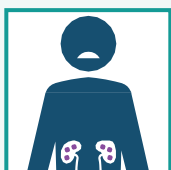
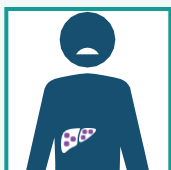
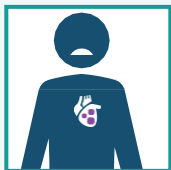


Met Mochenin Public Health ren COVID-19 fan iten Ekkewe Aramas mei Nafangaw Ar Tufichin Mirit me Maarin Inisir, Ekkewe mei Mwukeno me Aramas mei wor Pusin Ar Watten Semwen

July 12, 2021

Meren ewe Center ren Tumwunun me Eppetin Samwaa (CDC), ekkewe aramas mei wor tufichingawen an inisir tongeni, pachenong ekkewe ir mei nafangaw ar tufichin mirit me maarin inisir, ekkewe mei mwukeno me ekkewe aramas mei wor pusin ar watten semwen ir repwe tongeni watte ngenir weiresin semwen seni COVID-19. Sokkun watten semwen ekkewe mei tongeni epwe awatenoi efeiengawen ewe semwen COVID-19 won aramas ren ese nifinifin ier:



- Semwenin ammat ika semwenin mwii mi ukukeoch ngeni watteno
- Sokkun semwenin ngasangas
- Ekkewe sokkun mokutukut epwe tongeni awora ngeni an emon epwe mutir apwangapwang ngeni samwaa watte mei pachenong, ekkewe sokkun angangen aninisin echikara semwenin kanser, uun supwa, ekkesiwinin mason non inisich kewe ren menuun masowen non chuuch me pwan met masowen non inisich epwe ekkesiwin, fetaningawen aninisin HIV me AIDS, me pwan ekkewe sokkun safei mei awora ngeni aramas ar repwe muttir apwangapwang ren inisir ne fiu ngeni menuun semwen
- Nununo kitinupw (ukukun choun inisin emon aramas anongonong won pounan me taman [BMI] epwe 40 ika watte seni)
- Semwenin suke
- Semwenin nukamwot
- Semwenin kidney me ekkewe ir mei kan nomw won dialysis
- Semwenin emmun

Ewe Oregon Health Authority (OHA) mei anonga met mochenin ren met aramas repwe fori won met a fen fateno ren fetanin me chounon ewe COVID-19. Ekkei mochenin ren aramas ar repwe fori epwe tongeni anisi ngeni ekkewe aramas mei wor tufichingawen inisir, pachenong usun nikinikin inisir, tufichingawen ar mirit me maarin inisir, aramas mei menei ekkoch sokkun aninisin ngenir, me ekkewe chon tutumwunur minne chon finata kokkotur me tumwunuw ngenir pochokunen inisir.

Aramas mei wor Tufichingawen Inisir me Aramas mei wor Tufichingawen ar Mirit me Maarin Inisir (ID/DD)

Aramas mei wor tufichingawen inisir, pachenong nikinikin inisir, ar mirit me maarin inisir, ir mei watte ngenir efeiengawen ewe semwen COVID-19 me epwe wor efeiengawan ngeni pochokunen inisir pwokiten:

- **Mei watei efeiengawan ngenir ren pwan ekkoch sokkun nonomwun pusin inisir.** Ekkewe mei mwuk ir mei wor tufichingawen inisir, pachenong nikinikin inisir, ar mirit me maarin inisir, ekon watte ngenir an epwe wor rer semwenin ngasangas, semwenin stroke, semwenin suke ika cancer nap seni ekkewe me mwuk ese wor tufichingawen inisir. Aramas mei wor tufichingawen ar mirit me maarin inisir (ID/DD) mei tongeni epwe watte ngenir sokkun osukosuken nonomwun non inisir minne epwe fori an epwe fetanengaw nour monun fiu ngeni semwen, repwe pnueumonia pwokiten weiresin sokkun ar mongo, watten choun inisir me pwan ekkoch sokkun epwe tongeni efeiengawa ngasangas me ammat. Ekkei sokkun nonomwun an emon semwen mei tongeni awatenoi efeiengawen watten semwen feito seni COVID-19.
- **Kisikisino anen touren aninisin pekin safei me aninis.** Aramas mei wor osupwangen inisir, ar mirit, me maarin inisir mei watte weiresin ar repwe tongeni mecheres ne wor aninis ngenir non fougoun inis me non pioing me ekkewe clinic nenien eto safei. Aninisin safei ne churi dokter won fon a tongeni ekisano weiresin ren wa epwe uweir nge mei tongeni forata pwan ekkoch sokkun mettoch epwe eweiresi mecheresin ar repwe safei ren an ese fetaneoch ar internet, weiresin ar repwe tongeni pworous (awewe, ekkewe mei Seningepung ika chuun) ika aninisin mei ID/DD, me wa sein aninis ne tour ngeni pwan ekkoch sokkun anen aninis ngenir.
- **Watte ngeni ukukun aramas mei wor tufichingawen inisir re nomw non ekkaw neeni ir mei nomwofengen me ekkoch non,** mei pachenong, ekkaw nenien aramas mei chommong me ekkaw rekan nomw ren pusin ar famini. Chommong ir ekkewe mei wor tufichingawen an inisir tongei ika ID/DD rechok anongonong won aninis meren chon tutumwunur, ewe mei tongeni epwe efeiengaw ngeni ekkewe anen eppet i ewe samwaaui usun ren an epwe weires ewe angangen atowawa nefinen aramas.
- An OHA we ourour ren angangen tes mei afata ekkewe aramas mei wor tufichingawen an inisir tongeni pwe ir ew mwiih ewe repwe angei ewe tesin COVID-19 ika mwo pwe ese wor rer esisinen ewe semwen me rese nomw ian mei wor ewe samwaaui ian.

https://sharingsystems.dhsoha.state.or.us/DHSForms/Served/le2267_R.pdf

Ian re angei me ian ekkei pworous:

1. People with Disabilities, Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-disabilities.html>. Accessed on October 21, 2020.
2. People with Certain Medical Conditions, Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>. Accessed on October 21, 2020.
3. Constantino JN, Mustafa S, Piven J, Rodgers R, Tschida J. The Impact of COVID-19 on Individuals With Intellectual and Developmental Disabilities: Clinical and Scientific Priorities. *American Journal of Psychiatry: Letters to the editor*. 28 Aug 2020
4. Matson, Johnny & Matson, Michael. (2015). Comorbid Conditions in Individuals with Intellectual Disabilities. 10.1007/978-3-319-15437-4.
5. Castilho L, Lages F, Ferreira R, Oliveira A, Vilaca D, Diniz I. Breathing problems and COVID-19 in patients with developmental disabilities. *Special care in dentistry: Letters to the editor*. 3 Aug 2020.
6. Alexander R, Ravi A, Barclay H, Sawhney I, Chester V, Malcolm V, Brolly K, Mukherji K, Zia A, Tharian R, Howell A, Lane T, Cooper V, Langdon P. Guidance for the Treatment and Management of COVID-19 Among People with Intellectual Disabilities. *Journal of Policy and Practice in Intellectual Disabilities*. doi:

10.1111/jppi.12352

- 7. Annaswamy T, Verduzco-Gutierrez M, Frieden L. Telemedicine barriers and challenges for persons with disabilities: Covid-19 and beyond. Disability and Health Journal: Commentary. Article in Press.

Tumunochu pochokunen Inis me ekkiek

Tumunun me pochokunen ekkewe mei mukeno me pwan ekkewe ir mei wor rer sakkun watten samwaaui epwe anongonong won ami achocho ngeni ne fori ekkiei mettoch pwe epwe tumwunuw pusin inisimi.

Me nukun ami oupwe fori angangen iteiten ran ne tumwuneochu, ousapw:



Nomw non watten emwicheichen aramas



Nomw unukun aramas mei semwen



Fiti ekkewe siipw sein kukunou fetan non neni me neni



Sai ren chok omw mochen sai ngeni ese wor auchean pwopwun

Epwe nap omw kopwe mefi ekkoch sokkun memef non fansoun en mei nomun eureki metoch. Omw towaw seni aramas mei pwan tongeni forata omw kopwe osukosuk non mokurom ren an a kisino omw chiwen nomw pwapwa nein aramas. Omw kopwe chok sopwsopwono ne tour ngeni pwan ekkoch mei auchea. Ika pwe epwe tufich, en mei tongeni nounou ekkiei anen touren pworous ren fon me video chat pwe kopwe chok tongeni mecheres ne tour ngeni iokewe en mei mochen kopwe tour ngenir.

Ika en mi menei aninis me nukun sokkun aninis mi atapwanapwan:

- Nounou ewe **Disaster Distress Hotline:**

1-800-985-5990

Makkei TalkWithUs ngeni ena nampa 66746

TTY 1-800-846-8517

TTY tiki 711

Non fosun Spain

1-800-985-5990, iwe tiki "2"

Makkei Hablanos ngeni 66746

- Kokori 211 ren pworousen COVID-19, pwan pachenong sokkun aninisin nongonong ren pekin osukosuken non ekkiek. 211info mei pwan wor ren porousen sokkun prokram mei anisi sokkun an aramas osupwang usun ren, mongo, imw, pekin health care me pwan ekkoch, mei wor non meinisin ekkewe kukun sopw.
 - » En mei pwan tongeni makkei omw ZIP code ngeni 898211.
 - » *Mei wor chon aninis ne chiaku won fon.*
 - » *Text me email mei wor non fosun Merika me Spain.*
 - » *TTY tiki 711.*
 - » No ngeni <https://www.211info.org/contact>.
- Koko ren aninisin pekin mental health. Ekkiei mei tetenitiw sokkun aninisin pekin mental health mei wor non ew me ew ekkewe sopw non Oregon: www.oregon.gov/oha/HSD/AMH/Pages/CMH-Programs.aspx.



Ren sokkun osukosuk atapwanapwan kopwe kokori 911.

Met kopwe fori ika ka mefi wenungawen samwaaui

Ekkewe sokkun
esisinen ei samwaaui
COVID-19:



Watte
pwichikar



Moor ika
faafa



Ngasangasangaw

Kokori noum we dokter ika [omw we putain health me non neniom we](#) ika pwe ke nukuw pwe ka semwen. Ir mei tongeni repwe anisuk:

- Ekiek won ika en mi menei omw kopwe awora fansoun chuno non nenien safei, me
- Kokkot won omw kopwe tonong non ewe nenien safei nge esapw chou ngeni pwan ekkoch ewe monun semwen.

Ika pwe ese wor noum dokter:



- Kokori 211 ren iteiten nenien safei mei kanengeni iawe en ke nonomw ian, ika
- Kokori omw we pukutan nenien safei ian kekan sasafei ian ren omw kopwe fori omw fansoun churi dokter.

211info



Noumw we dokter epwe wisen ekieki ika pwe en mei menei kopwe tes.

Ika pwe en emon ka ierin mei mwukeno nge mei pwan wor omw osukosuk fan iten pochokunen inisum, ka tongeni kopwe kokori noum we dokter.

Met kopwe fori ika pwe ke ekieki pwe a toruk ewe COVID-19

Ika pwe ke ekieki pwe a toruk COVID-19, me a pwan wor reom ekkewe esisinan, kosapw nomw unukun pwan ekkoch aramas pwe rete pwan semwen. **Kokori noumw we dokter ika ew nenien safei ren ourour repwe ngonuk.**

Met kopwe fori nupwen fansoun watten osukosuk atapwanapwan

Ika pwe ka mefi osukosuk me a wor reom ekkewe esisinen pwe a tori emon ei samwaw nge a kon weireseino (awewe ren weiresin fetanin omw ngasangas), kokori 911.

Ika pwe mei tufich kopwe atoura ngeni 911 me ewe pioing porousen ion ke sinei pwe a pwan tori menuun ei samwaaui COVID-19.

Ren sopwosopwun tichikin pworous won tesin COVID-19, no ngeni
<https://govstatus.egov.com/or-oha-covid-19-testing>.

Met mokutukut repwe tongeni fori iteiten ran

Meinisin repwe achocho ne fiti ew me ew ekkewe angangen eppetin chounon ei samwaaui:

- Tonu paw iteitan ngeni sopw me konik non ukukun 20 seken. Ika pwe ese wor konik, aea ekkewe hand sanitizer mei wor 60–95% arukor non.
- Pwonu moor me mwesi ngeni nemonun poum ika tissue. Ika pwe ke aea tissue, poutano non kapich iwe muttir chok tonu poum murin.
- Kosapw atapa won mesom.
- Nomw towaw seni aramas ion esapw chon non imwom non ukukun onuw fit.
- Awa pwonupwonun maas mangaku, taropwe ika ekkewe aean chon fan ew nupwen kopwe no ekis.
- Nimeti ika enimenima pisek me neni mei napengeni pwe aramas rekan soun attapeta won.
- Nimetifichi ekkewe sokkun pisekin pioing ren pekin aninisin mei semwen aramas mei aea iteiten fansoun meinisin.



Kapasen enukunuk ngeni pusin en ika pwan ewe chon tumwunun mei apwangapwang

En me noum we chon tumwunuk oupwe tongeni fori ekkei metoch iei pwe esapw napeno chounon ewe samwaaui. Ei mei pachenong COVID-19. Awora fansoun omw kopwe nengeni sefani me ekkesiwini masowen omw we kokkot non fansoun atapwanapwan. Ei epwe tongeni pwan pachenong ekkei:

- Sinei ewe safei en mei akangei me pwan awora epwe naf ren ukukun ruw wik. En mei tongeni kopwe fori ren omw kopwe pworous ngeni noum we dokter ika omw we insurance. Ekkoch insurance, usun ren Medicaid, ese kon pwan wor onnukun an epwe amasow sefan unumom safei. Sopweno ne aneani won <https://dfr.oregon.gov/insure/health/understand/Pages/coronavirus.aspx>.
- Epwe unus omw pisekin pekin minen safei me pwan onomw mongo esapw ngaweno pwe epwe ekisano omw kopwe eniwini sitowa. Ika pwe kamo online fen pwan ina ew a murino pwe epwe ekisano ika eukano omw kopwe no ngeni sitowa.
- Eukuku chufengen me chon om famini ion ese nonomw reom non imwom we pwe epwe pusin ina tumwunun inisum. Ei mei pachenon omw kopwe nomw non neni mei chommong aramas usun ren sai ese wor auchean pwopun me watten emwicheich an famini.
- Amonata ion epwe aninis me tumwunuk me nukun noumw we pukutan chon tumwun, fengen me pwan wom epwe tongeni atoura fetaneok.
- Chemeni noum kewe nampa mei auchea.
 - » Sokkun nampa mei 24/7 ren chon pekin pioing me pwan kokkotun pekin health
 - » Dokter ren sokkun samwaaui
 - » Nampan sokkun aninis mei wor:

▪ Ekkewe community-based organization	▪ Ekkewe care coordinator
▪ Chon awora sein uwou aramas	▪ Hotline noun kangof
▪ Pekin health plan	▪ Aninisin pekin telehealth
 - » Pekin delivery ren mongo, safei me sokkun pisek.

- Awora plan epwe wor ekkewe sokkun aninis mei kawor ngeni aramas ir mei tongeni chuto non imw pwe esapw nap tou ngeni neni mei wor ewe samwaaui ian, awewe ren:

- » Emon epwe akanisuk ren sokkun met omw osukosuk
- » Aninis ren angangen chon kampo
- » Aninisin tumwunun mei semwen ika apwangapwang non imw
- » Pekin hospice
- » Counselor ngeni ekkaw ir mei chok pusin nomw won ar ese pwan wor chon tumwunur.



- Weweti an ewe neni kekan soun no ngeni napengeni iteiten ran ika fansoun meinisin kokkot fansoun atapwanapwan, usun ren:

- » Nenien dialysis
- » Nenien anisi semwenin non cha
- » Nenien chemo
- » Pwan ekkoch nenien safei ren met mei opposunong non inis.



Koko me mwen omw kopwe no ngeni ewe neni ren pworousen ifan usun omw kopwe tumwunuw pusin inisum.

Nenien tumwunun mei apwangapwang me imwen tumwunun mei apwangapwang mei wor chon tumwunur me non

An state ourour me onnuk ren ekkewe imwen tumwunun mei apwangapwang mei wor chon tumwunur me non me ekkewe nenien tumwunun (ekkewe watten neni ika ekkewe imwen group home) mei sopweno ne awora me fori ekkesiwinin non ei fansoun ei pandemic mei ekkesiwin fetanin. Ika pwe mei wor atongeiom mei nomw non ekkewe nenien tumwun, kopwe fori ekkei:

- Kapas eis ika ifa usun nonomwun ekkewe chon nomw non ewe neni.
- Fiti ngeni ekkewe onnukun chon chuto non ewe neni.
- Sinei metewe an ewe neni protocol ika pwe epwe wor semwen epwe fis non ewe neni.

Ourour

Orour an ewe Putain Human Services non Oregon me ewe Oregon Health Authority mei wor won ekkei link:

Ofesin Aninsin Ekkewe Mei Wor Tufichingawen An Inisir Tongeni

<https://www.oregon.gov/dhs/SENIORS-DISABILITIES/DD/Pages/COVID19-Info-for-DD-Residential-Settings.aspx>

Aninisin nongonongun pworous ren COVID-19

- Ewe website ren COVID-19 an ewe Center ren Tumwunun me Eppetin Samwaaui:
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Website an Oregon Health Authority won COVID-19: <http://healthoregon.org/coronavirus>
- Ewe Directory an Local Public Health Authority : www.healthoregon.org/lhddirectory
- An web page ren COVID-19: <https://www.oregon.gov/DHS/COVID-19/Pages/Home.aspx>
- Wep page an DHS ODDS ren COVID-19: <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/DD/Pages/ODDS-COVID-19-Information.aspx>

Masowen won an ODDS web page mei pachenong:

- » Pworousen case manager
- » Pworousen chon awora aninis
- » Esinesin ngeni ese nifinifin, mei pachenong och video mei awewei COVID-19 <https://www.youtube.com/watch?v=MJ8eeC-tVD4&feature=youtu.be>
- » Makkei itom ren an epwe wor minafon pworous epwe kan no ngeni om email.
- Administration ren Community Living (ACL) <https://acl.gov/COVID-19>
- Web page an Ofesin Kepina ren COVID-19 <https://www.oregon.gov/gov/pages/index.aspx>

Fan iten menuun ewe SEIU 503

- Kaeo ngeni met SEIU mei fori fan iten ion chochon non:
https://seiu503.org/member_news/coronavirus-resources-for-seiu-members/

Fan iten aramas mei Pung seninger me weires are repwe rongorong

- Aninisin nongonongun pworousen COVID-19: <https://www.amphl.org/blog/2020/3/15/covid-19-resource-list>

Pwuken foos

- Pwuken Coronavirus non Foos Mei Mecheres, a foruta meren ewe Self Advocacy me Technical Assistance Center (SARTAC):
 - » <https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>
 - » Foosun Spain: <https://selfadvocacyinfo.org/resource/plain-language-information-on-covid-19-spanish-version/>

Fan iten faminien ekkewe semirit ika serafo mei wor ar tufichingaw ren sokkun osupwangen inisir

- Ourour ngeni sam me inn me chon tumwunuw ekkewe semirit an epwe anisi ekkewe famini non fansoun COVID-19: <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-ewe-semwen-coronavirus-2019>
- Ewe NW Aninisin mei Wor Tufichingawen Inisir NWDSA/ABI mei awora [aninisin pworous ren COVID-19](#) fan iten ekkewe aramas ir mei nomw ren ekkewe mei wor tufichingawen inisir, awora aninis ngeni ekkewe mei wor tufichingawen inisir, sokkun pisek me met epwe mecheres me toureoch ngenir, pekin training, unusen pworous, video, me link ngeni an state me federal aninisin nongonong. Ir mei awora aninis non foosun ruw fonu, ena mei pachenong ekkewe aninisin nongonong, training, me pwan pworous non foosun Spain.

Nampa kopwe kori non Foosun Merika 503-238-0522

Fan iten ekkewe mei mwukeno ir mei wenungaw ren watten samwaaui mei wor rer

- Kapas eis me ponuwan ren COVID-19 fan iten ekkewe mei mwukeno me pwan ekkewe ir mei kan wor ar wenungawen watten samwaaui: <https://acl.gov/sites/default/files/common/AOA%20-%20Alliance%20for%20Aging%20Rsch%20-%20Nat%20Fdn%20for%20ID%20-%20203-12-20.pdf>

Fan iten ekkewe aramas mei urir semwenin HIV

- Ekkoch kapas eis fan iten: Coronavirus (COVID-19) me HIV:
 - » <https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/HIVSTDVIRALHEPATITIS/HIVCARETREATMENT/CAREASSIST/Documents/FAQ-covid-19-and-hiv.pdf>
 - » Foosun Spain: <https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/HIVSTDVIRALHEPATITIS/HIVCARETREATMENT/CAREASSIST/Documents/FAQ-covid-19-and-hiv%20SP.pdf>

Americans with Disabilities Act (ADA)

- Q&A fan iten ewe ADA, ewe Rehabilitation Act, me COVID-19: <https://content.govdelivery.com/accounts/USEEOC/bulletins/281dd9d>
- Fan iten kapas eis me wewengaw ren ekkoch kapasen ADA mei pwan wenei COVID-19:
 - » Northwest ADA Center
 - ADA Hotline: 1-800-949-4232
 - nwadactr@uw.edu

Aninisin aramas ren mungo

- Ekkewe nenien Food Bank non Oregon:
<https://www.oregonfoodbank.org/find-help/find-food/>
- Ian kopwe kunokun me ian mungon sukun me non Oregon non ei fansoun COVID-19:
<https://www.oregon.gov/ode/students-and-family/healthsafety/Pages/COVID-19-Food-Resources.aspx>
- Ewe monien aninisin mungo ngeni ekkewe famini mei kan kukkun ar moni tonong rer (SNAP)
 - » Kokori ika email ngen ekkewe ofesin DHS om kopwe kut noum taropwe application. Kuta ewe ofesin me non neniom we won <https://www.oregon.gov/DHS/Offices/Pages/Self-Sufficiency.aspx>
 - » Ka pwan tongeni amaso ngeni me online won <https://apps.state.or.us/onlineApplication/>.
- Aging me Disability Resource Connection (ADRC) non Oregon: <https://www.adrcoforegon.org/consite/index.php>

Kapas eis memef me porous ka mochen fateoch ren porousan

Ka pwan tongeni wanong om kapas eis, memef me met ke mochen kopwe fateoch ren pworousan fan iten ei ourour ika fan iten COVID-19 me ekkewe aramas mei wor tufichingawen an inisir tongeni ngeni ewe oregon.masscare@dhsosha.state.or.us.

Ka tongeni wanong om memef me met ke mochen kopwe fateoch ren pworousan won ekkewe onnukun state ren fan iten COVID-19 ekkewe mei katou meren Kepina Kate Brown ngeni ewe Constituent Services non ewe Ofesin Kepina won nampa 503-378-4582. Ka pwan tongeni nounou ekkewe taropwe mei wor online om kopwe atouranong. No ngeni: <https://www.oregon.gov/gov/pages/request-assistance.aspx>.

Kapasen Kinisou ngeni

Fiti ach kinisou ngeni ofesin Kepina non California ewe pekin Emergency ren ar aninis won ekkewe kapasen eureur me pesepes ngeni aramas fan iten ei samwaaui.

Met auchean pworous mei nomw non ei ourour a kawor meren ewe Disability Emergency Management Advisory Council (DEMAC) non Oregon. Kinisou!