



April 15, 2020

## Eppetin aean kewe metoch mi efeiengaw inisich

***Ifa usun an kewe sam me iin ika chon tumun repwe anisi me tumunu kewe semirit, serafa, me kewe mi apwangapwang non ei fansoun COVID-19***

Non ei fansoun amen wate ekisiwinin metoch faniten ei COVID-19, nouch kewe semirit me serafo repwe mefi osukosuk, aurek, noninen, netipengaw, tipitipingaw ika mochen akanamonuno. Pekin engino epwene kisikiseno, iwe a tongeni esenipa watenon uun sakau ika aean ekewe sokun metoch mi ngaw ngeni inisich. Sam me iin tori kewe chon tumun mi apwangapwang ika samau, amen auchea wiser kei ar repwe aninis ne pesei kinamwe me kewe anen tumuneoch.

## Esinaeochu kewe esisinen angei kewe metoch mi efeiengaw ngeni inisich

Ekkei esisin a napengeni:

- Pwopwonen won uff
- Soun aeachin kewe minen non mas an epwe fateno
- Ese chiwen wor pwapwaiti metoch
- Mochen chok imwuno ika akanamon
- Ekisiwinikis memef ren song, pwapwa me netipengaw
- Pwano ika sineno ren soun chok monunun
- Pwano ika sineno ren fen nuno pochokunen pwapwa
- Siwinino nonon
- Memefin chok pireir
- Kukununo chemeni metoch
- Siwinino mwon mongo
- Wate tanecheno
- Wateno metekin mokur

Afata met kunaem non pwetete ika wenechar. Mi tongeni pwarauw met nonomwun emon chon sukun.

## Met mi auchea me namot fansoun fos ngeni semirit me serafo faniten aean kewe metoch mi efeiengaw ngeni inis

***Awora ew neni esap wor chon esita.***

Amen auchea poraus non mochen weweiti napseni opwungu pwe epwe tongeni pwauw metoch.

Weweiti me sineifichi pwe ei fansoun mi aweires ngeni meinisin.

***Kuta me sinei met kewe a tongeni efisata osukosuken aurek ngeni emon aramas.***

Kapaseis won met mi iititeoch. Chowean:

- Sokun kapaseis epwe iititeoch: "Ifa usun nonomun neimw non kei fansoun?"
- Sokun kapas eis mi iititingaw: "En mi osukosuk?"

***Apochokuna met epwe awatenoi nipwakeoch me pochokunen emon.***

- [Nimu kien aninisin ekiem non ei fansoun COVID-19 me pekinon](#)
- [Faniten Serafo: Ew kokot faniten tumunun osukosuken ekiem](#) Seni American Academy of Pediatrics

***Ika ke mefi nge mi wor chon uun sakau ika angei ekewe metochun uun mi ngaw, mutir poraus non fatefateoch ren ifa usun ngawan me osukosukan.***

Aea poraus mi wenewen fiti wenechar atun kopwe kapas eis faniten ekkei metochun uun mi ngaw. Chowean:

- Ua ekis kotongaw ai ekiem ai kuna ew peen rume non rumomw we. Uw mochen poraus faniten ifa usumw me nonomwum om nonom non imw ika en mi ukun sakau.
- Ua kuna ekesiwin non mwokututumw non kei fansoun. Kose chiwen chemeni met kewe si fosun nanew. Usun amen wate om tanech. Ngang mi fareni pwo meriken maruo won ufomw kewe. Sipwe poraus wenewen faniten om uun maruo.

***Sinei fichi porausen ngawen unumi sakau ika ke minen uun mi ngaw***

Mi fokkun auchea aporaus ngeni kewe semirit me sarafo pwungun poraus faniten ngawen sakau me ekkewe ekkoch minen uun. A wor ew akeke fengen nefinen aean kewe mettoch mi ngaw me watenon osukosuken non tupwu a efisata fitekin non ekiem. Met a feito seni ewe neninen sinei fichi porausen semwen (CDC), ren ekewe sarafo ra akangei ekkei metochun uun mi ngaw napenon sakau iwe mi efisata ar repwe ekiemkin mano ika fori ekoch fofor esap murino.

Mi wor ew pekin kuta fichi porausen efeiengawen ekewe metochun uun mi ngaw ngeni ewe tupwu fengen me ikefa ekewe esisanan. Sineochu met akonien wate aean nefinin ekewe mi nom won ierin sarafo non Merika (sakau, maruo, ekewe sakopaten supwa) pwe iei met epwe anisi om fos ngeni ekewe chon sukun.

***Ka tongeni kaeo seni ekkei:***

- [Epeti ekewe mi chok ierin kukun seni ar repwe uun Maruo me ekewe sakopaten supwa:](#) E orouren Sam me In nupwen repwe fos ngeni nour semirit
- [National Institute on Drug Abuse \(NIDA\) for Teens:](#) Porausen ourour seni sense, sam me iin ngeni kewe sarafo faniten ekewe metochun uun mi ngaw
- [Echiechi non etipew faniten Drug-Free Semirit:](#) Aninisin sam me iin, kewe chon tumun me ekkewe onuwen me fopwun ren pekin osukun me aea fengen ekewe aninis
- [Non rumwom:](#) Porausen sakau me ekewe ekoch metochun uun, efeiengawer, esisanan an a tori ngawenon, iwe met kopwe tongeni fori.
- [Poraus. Ir mi rongorong:](#) SAMHSA'S a awora ew esinesin an epwe anisi kewe sam me iin tori chon tumun ar repwe poputa poraus ngeni nour kewe faniten efeiengawen uun sakau.
- [Met safean ekkei metoch mi ngaw ika a konien nuno aean:](#) Faniten ekewe chochon non famini ir mi nonom ren ekewe ir mi akangei chok ekewe metochun uun mi ngaw

### **Aninis non Oregon:**

- [Oregon Substance Use and Disorders Services Directory](#): Ei a tongeni emwenuk om kopwe kuta meni sokkun aninins faniten ekewe ra nom won ngawenon ar uunupat kewe metoch mi ngaw.
- [Oregon Recovery High Schools](#): Elkkei sukun mi tumun, fengen me nenien anisi serafo resap chiwen angei ekewe metochun uun mi ngaw.
- [Youth ERA](#): Ei waten nenien aninis mi kawor non fonufan faniten epwe anisi kewe serafo iwe mi wor nenien aporaus won computer, mwiiich nefinen emon-me-emon, chufengen non group pwan tori ekkoch sokun aninis won [Twitch](#).
- [Lines for Life](#): A kawor faniten epwe chok mese ngeni eppetin kewe metochun uun mi ngaw tori ekiekin angei pusin manau.
  - 24/7 ran mi suk ese kamo, eseor epwe pwari ika aporaus met mi touw won nouch kei tengwa atun om kokori: 800-273-8255
  - Faniten anisi ren pekin sakau me ekewe metochun uun mi ngaw: 800-923-4357
- [Serafo line](#) (keangen chok ewe of Lines for Life): Ikei pusin serafo me serafo repwe poraus me aninis fengen.
  - Kokori: 877-968-8491
  - Text: teen2teen ngeni 839863

### **Aninis me National:**

- [SAMHSA's National Helpline](#): Ese kamo, mi chok mwonowon met kopwe era, 24/7 ran, 365-ran-ew-ier, tumunun ika kokotun aninisi (non fosun Merika me Spanish) faniten ekewe aramas me ar famini ir mi nom won osukosuken ekkei metochun uun mi ngaw.
  - Kokori: 1-800-662-HELP (4357)
- [4D Recovery](#): Nenien echikara fengen me aninis ngeni ekewe serafo ier 18 ngeni 35 me ekewe ir mi echichin ren ian re feito seni ian me nonomwun inisir.
- [The Recovery Village](#): Nenien anisi ekewe mi torir ika achok totorir osukosuken aeamong ekewe mettochun uun mi ngaw.

**Amecheresin:** Meinsin aramas mi wate ar pwung ar repwe sinei usun me poraus seni Oregon Health Authority (OHA) tori kewe program me aninis meinsin. OHA mi awora aninis ese kamo. Ikkei ekei aninis ese kamo seni OHA faniten ekewe mi pwung seninger, ekewe rese konien weweiti fosun merika, me awora non mak ren ekewe ekkoch pwan fonu ren BrailleSome examples of the free help OHA can provide are sign language and spoken language interpreters, written materials in other languages, Braille faniten kewe mi chuun, mak mi fouwate, me pwan ekkoch. Ika mi wor met ke need aninis won ika kapas eis, kose mochen kokori Mavel Morales ngeni 1-844-882-7889, 711 TTY, [OHA.ADAModifications@dhsosha.state.or.us](mailto:OHA.ADAModifications@dhsosha.state.or.us).