



Pwinin Maram: June 30, 2021

Met Public Health Mei Aucehani Aramas Ese Nifinifin Repwe Fori ren COVID-19

Ika mwo pwe non June 30, 2021 Kepina Kate Brown a awesano napengeni sokkun onnuk mei kawor fan iten COVID-19, mei auchea chechemeni pwe mei chiwen chok wor efeiengawen ewe COVID-19. Sipwe en me achocho ngeni ne tumwunuw pusin kich me emon me emon. Ika pwe sipwe fiti ngeni ekkei omwokut, sipwe tongeni aninis ne tumwunuw manawen chiechiach chon angang, menun unukuch, chiechieach me chon ach kewe famini.

Met sipwe fori pwe epwe tumwunuw kich me pwan ekkoch seni COVID-19:

- Angei opposun eppet.
- Nomwotiw non imw ika pwe en mei semwen. Ekkewe mei watte monun semwen non pwan chiechien ewe virus SARS-CoV2 mei choufetan non Oregon. Ekkei chiechien ewe semwen mei mutir ne chou me pwan tongeni an epwe fori an chommong aramas repwe torir ewe monun COVID-19. Ewe opposun eppet mei pwan ekisano an epwe chouno ekkei chiechien ewe semwen.
- Nengeni sefani ewe [Met Public Health mei Aucehani ren: Aean Pwonupwonun Aaw me Pwot, Pwonupwonun won Maas me Eppetin won Maas me Atowawa Nefinomw me Ekkoch non Nenien Aramas Ese Nifinifin](#)
- Ika pwe kose mwo angei omw opposun eppet ika [mei mecheres ngonuk an epwe toruk efeiengawen ewe semwen COVID-19](#) aea pwonupwonun aaw me pwot me atowawa nefinom me ekkoch nupwen kopwe nomw nein chommong aramas ika non watten emwicheich.
- Ika pwe a wor reom ekkewe esisinen ewe semwen (awewe ren, a uruk mwor, pwichikar ika ngasangasangaw) nupwen kopwe nomw non nenien aramas ese nifinifin, kose mochen niwin sefan ngeni imwom me muttir eimwueno inisum seni meinisin.
- Angei tesin ewe semwen ika pwe a wor reom ekkewe esisinen COVID-19.
- Kokori noumw we dokter ika pwe en mei menei omw kopwe no safei.
- Fori angangen nimeochun paaw ren omw kopwe tonu poum iteititan non 20 seken ika aea ekkewe hand sanitizer mei wor ukukun 60-95% arukor non.
- Pwonu omw mwor/mwesi ngeni nemonun poum ika och tissue. Ika pwe ke aea tissue, muttir chok monenong non kapich iwe pwan tonu poum.
- Ukutiw me attapa won mesom.

Sopwosopwun aninisin nongonong

- [Met Public Health mei Aucheani ren: Aean Pwonupwonun Aaw me Pwot, Pwonupwonun won Maas me Eppetin won Maas me Atowawa Nefinomw me Ekkoch non Nenien Aramas Ese Nifinifin](#)
- [Sinei Pungun Pworous fan iten Coronavirus](#)
- [Tesin COVID-19 non Oregon](#)

Toureochun taropwe: Ren ekkewe aramas mi ter ika aramas rese sinei fosun Merika, OHA mi tongeni aora taropwe non ew sokkun nikinik ar repwe weweiti, aweve ren fosun ekis, epwe mesemóng ekkewe mak, ika nikinikin noun mei chuun. Kokori ewe Center ren Health Information won 1-971-673-2411, 711 TTY ika COVID19.LanguageAccess@dhsosha.state.or.us