



Kapasen Ourour ren Suksefan

An Kepina Kate Brown iwe anapanap ren an Oregon epwene suk sefan epwe tongeni anisi chon Oregon ar repwe poputani sefan ar angangen mwokutukut fetan me met repwe fori nge repwe sopweno ne tumunuw pochokunen aramasen ekkewe neni non Oregon. Ewe anapanap mei affatatiw sokkkun mwokutukut chon Oregon repwe fori non angangen tumunoch me mwokutuno mwach.

Nupwen ei sopw epwe suk sefan, mei auchea sipwe chechemeni met epwe tongeni fis. Sipwe achocho ngeni ukukun ach tongeni ne tumunuw pusin kich me pwan emon me emon. Ika sipwe fori ekkei mwokutukut, iwe kich mei tongeni tumunuw manawen chiechiach chon angang, chon nonomw unukun neniach kewe, chiechiach, me chon ach famini.

Ekkei mwokutukut mei pachenong:

- Nomwonong non imw ika pwe en mei semwen.
- An esapw mecheres ne tori emon ei COVID-19, iokewe aramas mei mecheres ngenir ar repwe mefi osupwang ren ei samwaau (ekkewe ra nap seni 60 ierir me ekkewe mei pusin pwan wor ar watten samwaau) repwe chok nomwonong non imw inamwo ika ir mei mefi pochokun.
- Ika ka mefi pwe a nomw reom ekkewe esisinin ei samwaau (mor, pwichikar me weiresin ngasangas) nupwen omw nomw nein aramas, kose mochen kopwe mutir niwin sefaniti imwom iwe pwan eimueno ian kopwe nomw ian esapw pwan wor chienomw. Kokori iowe noum dokter ika pwe ke me mefi pwe mei auchea epwe anisuk.
- Fori angangen nimenimoch ren tonu poum fansoun meinisin non ukukun 20 seken ika nimeti poum ngeni ekkewe totonun paaw mei wor arukor non (epwe ukukun 60-95% arukor non)
- Pwonuw awom nupwen kopwe mor/mwesi ngeni nemonun poum ika ekkewe totonun pwot. Ika pwe ke aea ekkewe taropwe totonun pwot, mutir moneno non kapich iwe pwan tonu poum.
- Ukutiw mei attapa won mesom.
- Fori angangen atowawa inisum seni emon epwe ukukun onuw (6) fit towawen nefinom me emon esapw ami chon non ew imw.
- Aea ekkewe pwonupwonun aaw me pwot nupwen kopwe nomw non neni mei chomong aramas ian. Fansoun epwe suk sefan Oregon me ekkewe onnuk fan iten nenien angang me pwan nenien chommong aramas repwene wesino, epwene weires omw kopwe tongeni atowawa nefinom me emon non ukukun onuw (6) fit fansoun meinisin. Kose mochen nengeni sefani me fori metewe [Kapasen Ourour fan iten Pwonupwonun Aaw me Pwot me Pwonupwonun Maas non unusen ei State.](#)

- Nomw arapakan ngeni imwom. Ukutiw seni omw kopwe no mouruno ekis me pwan eukuku sokkun sai ese namwot, mei pachenong omw kopwe no kunouw non neni me nukun ianewe neni ke nonomw ian. Eukuku omw kopwe no towaw seni imwom ren omw fan iten metoch mei auchea, ren chon nonomw won sopw repwe tongeni no towaw seni imwer fan iten met mei auchea repwe fori, nge chon nonomw nein teninimw, mei tongeni repwe chok no ekis towaw seni imw.

Sopwosopwun pworous:

- [Kapasen Ourour fan iten Pwonupwonun Aaw me Pwot me Pwonupwonun Maas non unusen ei State](#)
- [Kapasen Ourour seni OHA Fan iten Ekkewe Nenien Angang](#)

Ka tongeni angei: Ren ekkewe aramas ir mei osupwang ren terin inisir me pwan ekkewe rese tongeni kapas non fosun merika, OHA a tongeni awora ngeni masowen ei taropwe non sokkun met nikinkin repwe tongeni aneani. Kokori Mavel Morales at 1-844-882-7889, 711 TTY ika OHA.ADAModifications@dhsosha.state.or.us.