



Poputa Pochokunan: November 18, 2020

Unusen State Ourour ren Kounon – fan iten Nenien Aninis ngeni Akaemon Aramas

Pochokunen Nemenem: Otutun Nampa. 20-65, ORS 433.441, ORS 433.443, ORS 431A.010

Angangan: Chon Awora Aninis ngeni Akaemon Aramas non unusen state.

Angangen Apochokuna: Ren tufichin ei eureur mei menei an epwe nomw fan nurun pwan ekkoch sokkun annuk, mei apochokun usun mei affat non ewe Pungun Atutun Nampa 20-65, teten 11.

Awewen foos: Fan iten ei ourour, ekkei awewen foos repwe tongeni wewefich ngeni:

- Fan iten popun ei taropwen kapasen ourour, “Chon Awora Aninis Ngeni Aramas” a wewe ngeni ekkewe ekkewe nenien fichin me forun mokur, nenien nimenimen inis, nenien rowa, nenien nimetti ukkun paw me peche, nenien ekkynamwei inisum an epwe pwichikar fan ekkewe mwesinen tan ussun nge ke nomw fan akkar, me nenien tatto/pwangapwangen sening me sokkun kinikinin won inis.

Angangen cheki aramas chon eto ngeni ekkewe neni:

Ekkewe minne ar ekkewe neni **repwe** fori:

- Kokori ionewe epwe chuto ngeni ewe neni me mwen ewe fansoun epwe chuto iwe repwe eisini ekkei kapas eis:
 - Mei mwo uruk mor ika mei uruk mor mei aweires?
 - Mei mwo uruk pwichikar?
 - Mei wor toruk weiresin fetanin om ngasangas?
 - Mei mwo wor omw kose chiwen tini/neni pwonon me nenen mettoch?
 - Mei mwo wor omw kopwe nomw arapakan ngeni emon mei wor ren ekkei esisinen ewe samwaau ika emon mei nomw ren ewe COVID-19 non ekkewe 14 ran sia fen tou seni?
- Ekkesiwini fansoun an ewe aramas epwe chuto non ewe neni ika pwe mei wor me nein ekkewe kapas eis ewe aramas me ponueni ngeni pwe "ewer" ren ekkewe esisinen ewe samwaau (mor, pwichikar, weires fetanin ngasangas) tori an epwe wor ekkesiwini, me ika pwe ewe pwichikar mei kisino non ukukun 72 awa nge ese mwo wor safei mei angei, me ika pwe ese wor an epwe arapakan ngeni emon mei uri ewe semwinin COVID-19 non ukukun 14 ran.

- Nengenisefani [pworous won ifan usun an COVID-19 cheu fetan](#) seni emon aramas ngeni pwan emon: napengeni nupwen fansoun epwe wor kanefengenin (non ukukun onuw fit) nefinen aramas, nupwen ar mor, mwesi, fos, ngasangas, attapa, ika ren ar attapeta won och mettoch emon mei wor ren ewe monun samwaaui mei piin attapa.
- Makketiw met mei auchea epwe mak fiten ewe chon chuto, ewe ranin me kunokun an chuto, me pwan ionewe e wisen fori angangen aninis ngeni. Ika pwe epwe wor emon a nomw ren ewe COVID-19 nge mei pin tori ewe neni, ewe pekin tumwunun samwaaui repwe tongeni angei ekkewe porous mei nomw ren ewe neni fan iten an epwe anisir ar repwe kutta fetanin ewe samwaaui. Me nukun chok ika mei namwot epwe nonomw, sokkun met porous ewe neni mei makketiw me anomwu ren chon chuto epwe tongeni koturuno me murin 60 ran seni ewe fansoun ewe aramas e chuto ngeni ewe neni.

Ika pwe epwe tufich, ekkewe neni repwe, nge mei tongeni pwe resapw pwan fori:

- Ekkieki ar repwe aea ekkewe tempuchu chekin pwichikar rese pwan attapa inisin emon ngeni chon chuto non ewe neni iteiten me mwen an emon epwe tonong.

Awewe ngeni iowe aramas kopwe anisi nge mei watte pwichikaran ukukun 100.4 degrees Fahrenheit ika fen watte seni pwe esapw tongeni kawor aninis ngeni, iwe an iwe fansoun chuto reomw epwene ekkesiwin ranin epwe ukukun murin 24 awa me murin an wes seni ewe pwichikar me pwan ekkoch esisinen ewe samwaaui ra wes seni nge ese wor safei mei angei. Ika pwe epwe utiwit ngeni wan an epwe niwin ngeni imwan, awora ew neni ian epwe tongeni nomw ian imwuno seni chon angang me pwan ekkoch chon chuto ngeni omw we neni nge epwe aea pwonupwonun won maas ika pwonupwonun aaw me pwot.

Angangan:

Ekkewe minne ar ekkewe neni **repwe** fori:

- Emon chon angang mei wor ren ekkewe esisinen COVID-19 usun ren (mor, pwichikar, ngasangasangaw, ese neni/tini mettoch, pwan ekkoch) epwe mwuttir chok niwin ngeni imwan iwe esapw pwan mumuta ngeni an epwe niwiniti angang me murin 24 awa an a wes seni an iwe pwichikar me pwan ekkewe ekkoch esisinen ewe samwaaui nge ese wor safei mei angei.
- Fiti ngeni metekei kapasen ourour me affat non ei taropwe, me pwan fiti sakkun onnuik mei katou seni ewe chon nemeni ewe nenien angang.
- Nenengeni, fengen me chon nemeni kokotun ewe nenien angang ika mei namwot, an epwe kouk ukukun aramas repwe chuto non ewe neni ren an epwe pwonueta ewe koukun onuw (6) fit towawen nefinen aramas, me eukukun chon repwe tonong ngeni ifan ururun. Aea ewe keuk ren 35 square fiit emon aramas an epwe fat fite chochon aramas ren keukun me asan.
- Eukuku ukukun chon angang me chon chuto non ewe neni (pachenong non ewe nenien awitiwit) iteiten fansoun meinisin, me fori angangen atowawa nefinen aramas epwe ukukun onuw (6) fit nefinen iokkewe aramas mei nomw non ewe neni me nukun chon ekkewe sokkun aninis ren rowa, me fich mokur me pwan ekkoch.
- Fori pwe chon chuto repwe chok utiwit non war kewe chitosa ika nukun ewe neni tori an ewe chon awora aninis ngeni epwe monneta iwe epwapw kokoranong non.

- Eukuku chon chuto ngeni chok iokkewe ir mei affat pwe repwe chuto non ewe ran. Awora ngangen atoura aninis ngeni aramas ika pwe mei wor met ewe aramas mei moni me nukun ewe fansoun mei affat pwe epwe chuto ngeni ewe neni.
- Epwe chok emon chon awora aninis ngeni emon chon chuto non unusen ewe fansoun epwe chuto ngeni ewe neni.
- Fori pwe epwe ukukun onuw (6) fit towawen nefinen ewe chok awora aninis/chon chuto. Ika pwe epwe tufich, eukuku chok ekkewe nenien awora aninis epwe suk ika fori pwe fansoun angang esapw chok taitapeno fansoun ren an epwe tongeni pwonueta ewe angangen atowawa nefinen aramas. Fori pwe epwe onuw (6) fit towawen nefinen ewe chon awora aninis me ewe chon chuto me nukun chok ika pwe ewe aninis mei menei an ewe chon awora aninis esapw tongeni towaw seni ewe chon chuto non ukukun onuw (6) fit.
- Pacheta sain affata ekkewe esisinein COVID-19, epwe tingor ngeni chon angang me chon chuto ar repwe nomw non imw ika pwe mei wor rer ekkei esinen ewe samwaau, me ion repwe tongeni kokori ren an epwe anisir.
- Wau seni ewe neni sokkun met ese namwot epwe nonomw non ren ekkewe pwuken katon, simpung, taropwen sokkun aninis mei wor ikewe, me pwan ekkoch sokkun met we ese namwot epwe pwan wor non ewe neni, minen snack, me minen uun. Ekkewe neni ren anisi akaemon aramas ir mei tongeni awora nenien un konik an aramas repwe-pwisin anisir.
- Awora angangen aninisin osukun, sokkun taropwen aninisin osukun (mei nomw won healthoregon.org/coronavirus), me opochokuna angangen nimenimoch, totonun paw, met mei auchea nupwen emon epwe mor me mwesi, me pwan aean ekkewe pisek epwe eppeti an ewe samwaau epwe tori emon ngeni unusen chon angang meinisin.
- Fori pwe ekkewe rumwen asese an chon angang ir mei nimenimoch me opochokuna ngeni chon angang ar resapw mwicheich fengen non ewe rum.
- Nimetifichi ekkewe imwen ngaseno fan ew non ew ran me pwan awora pisekin non (sopw, churukami me ekkewe totonun paw) non unusen ewe ran.
- Nengenisefani me Fori Angangen [Ekkewe Kapasen Ourour Ngeni Ekkewe Nenien Angang](#).

Ika pwe epwe tufich, ekkewe neni repwe, nge mei tongeni pwe resapw pwan fori:

- Anomwu non kokot pwe ekkewe nenien mot epwe ekkewe mei plastic tukutukun esapw mangaku pwe epwe mecheres angangen enimenima.
- Anomwu non kokot pwe esapw wor nounou taropwe ren pwuken fori taropwen ika card pwe epwe ekkesiwin ngeni an epwe ne chok nomw won computer.
- Eukuku angangen atappa moni, me pwan tonu poum iteiten murin an ewe chon angang epwe angang ngeni moni. Ekkewe sokkun angangen kamotiw ren nounou credit/debit/ ika sokkun met mei fiti an epwe fis won computer repwe chok attapa/siki esapw pwan wor ar repwe repwe sainei iter.

Ekkewe Pisekin Eppeti Inisum Seni Ewe Monun Samwaau:

Ekkewe minne ar ekkewe neni **repwe** fori:

- Fiti ngeni me fori met masowen ewe [An Unusen State Ourour fan iten Pwonupwonun Aaw me Pwot, Eppetin won Maas, me Pwonupwonun won Maas.](#)
- Pwonueno ewe chon chuto ngeni pwonupwonun mangaku mei nimenimoch, ika pwe mei tufich nupwen fansoun omw awora angangen aninis ngeni. Ekkewe neni repwe ekieki pwe repwe aea ekkewe sokkun pwonupwonun aramas epwe chok fan ew ar repwe aea.
- Aea pwonupwonun inis mei nimenimoch ngeni emon me emon chon chuto. Ekkewe neni repwe ekieki ar erpwe aea ekkewe sokkun uf/pwonupwonun inis epwe chok aean fan ew.
- Tonu poum ngeni sopw, konik mei ekis pwichikar, non ukukun 20 seken iteiten nefinen omw kopwe awora aninis ngen chon chuto.
- Tingorei chon chuto pwe repwe tonu pour ngeni sopw me konik mei ekis pwichikar, non ukukun 20 seken me mwen an emon epwe anisir.
- Tonu poum me murin nounou fon, computer, mwesinen moni me mwesinen credit card, me pwan nimeti ekkei piesek iteiten murin an emon nounou.
- Awora sopw me taropwen totonun paw ren meinisin nenien totonun paw non ewe neni.
- Pacheta sainen angangen totonun paw non ekkewe imwen ngaseno.

Ika pwe epwe tufich, ekkewe neni repwe, nge mei tongeni pwe resapw pwan fori:

- Awora ekiekin aea ekkewe chekin tempichu esapw tongeni epwe atapa inisin ewe mei semwen nupwen chekin tempichun emon me emon chon angang me mwen repwe pwoputani ar angang non ewe ran. Emon chon angang mei uri pwichikar ukukun 100.4 Farenheit ika fen watte seni epwe muttir niwin sefan ngeni imwan iwe esapw tongeni an epwe niwiniti angang tori an epwe ukukun 24 awa me murin an a wesino an iwe pwichikar me pwan ekkoch esisinin ewe samwaaun nge ese unumi mwo och sokkun safei.
- Aea ekkewe pwonupwonun aaw me pwot mei kawor seni ekkewe pioing nupwen fansoun kopwe fori angangen aninis ngeni emon chon chuto (non ewe ukukun 6 fit), ren fichin mokur, rowa, me pwan nimenimen ukkun poun me pechen.
- Aea pwonupwonun maas fiti ewe pwonupwonun aaw me pwot ika pwe kopwe fori angangen aninis ngeni ewe chuto nge oupwe sapefengen mesemi, ren richin enisan, me pwan nimeti fotun.
- Awora ekkew pwonupwonun aaw me pwot me pwonupwonun maas ika pwe ewe nenien angang mei menei pwe epwe wor aean ekkewe pisek nupwen fansoun ewe chon angang epwe anisi emon chon chuto.
- Mwutata ngeni iokewe epwe kawor aninis ngenir ar repwe etatiw ar kewe pwonupwonun aaw me pwot, pwonupwonun won maas ika eppetin won maas ren ekkoch sokkun aninis epwe kawor ngenir awewe ren an epwe fich ika nimenim eniser, mei menei pwe ewe pwonupwonun aaw me pwot, pwonupwonun won maas ika eppetin won maas repwe mwo etatiw non ekis chok fansoun.
- Poupou ekkewe paw aean chok fan ew nupwen kopwe awora aninis ngeni chon chuto, iwe ekkesiwini iteiten omw kopwe angang ngeni chon chuto.

- Tingorei chon chuto pwe repwe pusin nimeti mokurer me mwen repwe chuto ngeni ewe nenien forun ika fich mokur.
- Fori pwe esapw wor sapefengenin chon angang me chon chuto non ukukun onuw (6) fit.
- Siwini ufom iteiten nefinen omw fori angangen aninis ngeni chon chuto ika pwe ke fori angangen rowa ika tattoo.
- Siwini ufom ngeni mei nimenimoch iteiten me mwen omw kopwene tou seni ewe nenien angang non ewe ran.
- Fiti ngeni ewe [An Unusen State Ourour fan iten, Pwonupwonun Aaw me Pwot, Pwonupwonun won Maas, Eppetin won Maas.](#)

Angangen Enimenim me Nimenim:

Ekkewe minne ar ekkewe neni **repwe** fori:

- Enimenima unusen non ewe neni me mwen repwe suki sefani ewe neni me murin ewe nakatamen fansoun mei kesipeno. Nimeti unusen kinikinin non ewe neni, pisekin non tori mangaku, ika mwo pwe ir mei enimenima me mwen ewe fansoun epwe kesipeno.
- Aea nimenimen nieno paikin mei pachenong non noun [Environmental Protection Agency \(EPA\) taropwen mei punguno](#) fan iten SARS-CoV-2 virus ewe mei forata COVID-19.
- Onofiti me ekkesiwini sokkun pisekin enimenim won ekkewe pisekin non ewe neni me pwan ekkesiwini ika pwe ka kuna pwe a kon nimengaw non unusen ewe ranin angang. Angangen enimenima monun samwaa echok tongeni epwe fis won neni mei nimenimoch, ina pwata mei och nimeti ekkewe neni me pisekin angang non ngeni konik mei pwichikar me sopw, me pwan ekkoch sokkun pisekin enimenim (ika pwe ke aea ekkewe totonun pisek ika metoch, chechemeni pwe kopwe pwonu ekkewe metoch) me mwen kopwe enimenima ngeni ekkewe pisekin enimenim epwe nieno monun nimengaw ika semwen.
- Nengeni fichi ukukun tamen fansoun an epwe nomw won ewe pisek pun epwe namot manamanen ewe pisekin enimenimen nieno monun samwaa. Ewe fansoun an epwe nomw won ewe pisek a wewe ngeni ewe kookun fansoun nupwen a nomw nge a fetan manamanan an epwe ne nieno monun nimengaw. Ukukun tamen fansoun an epwe fori angangen nieno monun samwaa ren ekkewe spray ina epwe ukukun engon (10) minich, ren ekkewe totonun nimengaw ina epwe ukukun ruw (2) ngeni ruanu (4) minich.
- Nimeti me enimenima ekkewe meinisin nenien fori angangen aninis ngeni chon chuto, ekkewe rumw, pachenong ekkewe kounter, kapet, sukkun assam, sea, nenien eunano mokurach me nenien anongata pouch. Nimeti me enimenima meinisin pisek epwe pwan aea sefan iwe isoni non neni epwe weires an epwe tonong asepan non. Nimeti me enimenima meinisin pisekin non ewe neni (pachenong senin fifi), pisekin fich meinisin, pisekin forun mokur, me pwan ekkoch sokkun pisek mei aea ngeni chon chuto.
- Cheki pwe meinisin metochun non ekkewe nenien fori angangen aninis awewe ren lotion, kurim, towasi, me pwan ekkoch mettoch mei nomw non nenien iosois mei opwonuno. Ika pwe rese, iwe mutir kapichireno iwe ekkesiwini. Omwokutu me kapichieno sokkun mettoch ra nimengaw me ekkesiwini ngeni met minafo.

- Nimeti me enimenima ekkewe kinas, mecha, plastik, pwan pachenong ekkewe nenien fori angangen non ewe neni, pwan ekkewe neni mei tepetep aramas mei tonong non, me pwan neni ian mei napengeni an aramas repwe attapeta won ren nenien ese nefinifin me pwan nenien chon angang me non ewe neni.
- Aea ekkewe metoch ren (pworun isoisen taropwe, nenien nofitin metoch, pwangapwangen metoch, me pwan ekkoch) fan ew chok iwe kapichieno pwe ese tongeni an epwe enimenim.
- Sopwuni meinisin mangangu, pinangket, toun, katen, me ekkewe pwonupwonun inisin aramas non sopw me konik mei pwichikar me pwan apwasa non ukukun koukun pwichikar epwe tongeni appwas non. Isoni non kapet mei kesipeno me murin an emon aea. Isoni meinisin mangangu a pin aea/nimengaw non neni mei kesipeno esapw tongeni an asepan epwe tonong non.
- Nimeti me enimenima meinisin nenien mangaku me pwan aea chok ekkewe nenien mangaku mei tonegni epwe opwonuno nge kopwe wanong non ekkewe kan chota epwe tongeni omw kopwe pwan wau ka kapichieno.
- Nimeti me enimenima meinisin nenien ameme me non ewe neni iteiten ran, pachenong metekewe pisekin ameme. Achocho ngeni ne fori pwe chon kamo resapw attapa ekkewe metoch ika pwe rese ekiekin moni.
- Awora ekkewe totonun paaw me totonun pwot ngeni chon angang me chon chuto, ika epwe tufich.
- Nimeti me enimenima MEINISIN kinikinin non ewe imwen ngaseno, simen, singk, me toilet pwon. Isoni ekkewe churukami non kapet mei kesipeno me pwan awora sopwun paw. Anomwu ekkewe nenien kapich orun ekkewe asam. Wau met esapw pwan ururun epwe nomw non ewe imwen ngaseno.
- Nimeti meinisin pwon, osun konik, spray, sean sampwuni mokur, nenien paw iteiten me nefinen omw aea ngeni chon chuto. Nimetatiw won meinisin metoch mei nomw won sanif. Kapichi me ekkesiwini metekewe rese isois non nenien isois me mwen ewe fansoun suk sefanin ewe neni me murin an kesipeno non nakatamen fansoun.
- Aponu meinisin nenien wax me enimenima me mwen epwe pwan amasow sefan me mwen epwe suk ewe neni me murin ewe fansoun mei kesipeno non nakatamen fansoun. Moni ekkewe metoch epwe tongeni omw kopwe chok aea fan ew me non ewe neni iwe pwan kapicheno non nenien kapich mei apwonuno. Ekkewe nenien kapich epwe wor apwonun iwe epwe pwan wor plastik in kapich epwe nomw non an epwe tongeni koturuno.

Ika pwe epwe tufich, ekkewe neni repwe, nge mei tongeni pwe resapw pwan fori:

- Awora totonun paw non unusen kinikinin ewe neni fan iten chon angang me chon chuto.

Pwan Sopwosopwun Pworous Mei Auchea:

- [Sain Epwe Tongeni Pacheta](#)
- [An Unusen State Ourour fan iten Pwonupwonun Aaw me Pwot, Pwonupwonun won Maas, Eppetin won Maas](#)
- [An OHA Kapasen Ourour ngeni Ekkewe Nenien Angang](#)

Toureochnun taropwe: Ren ekkewe aramas mi wor osupwangen an inisir tongeni ika aramas rese sinei fosun Merika, OHA mi tongeni awora taropwe non ew sikkun nikinik ar repwe weweiti, aweve ren fosun ekis, epwe mesemong ekkewe mak, ika non nikinikin noun mei chuun. Kokori ewe Center ren Pworousen Health won 1-971-673-2411, 711 TTY ika COVID19.LanguageAccess@dhsosha.state.or.us.