

# Contact Tracing: Met Kopwe Fori Ika En Mi Piin Nom Unukun Emon Mi Or Ren COVID-19

Ika pwe en mei piin kanengeni emon mei wor ren COVID-19, emon contact tracer ekan angang ngeni ewe local ika tribal public health authority epwe kokoruk. Emon contact tracer ekan kapas ngeni aramas ir mi exposed ngeni COVID-19 an epwe ngenir eureur me aninis. Ponueni ewe kokko mi anisi ne amanganó fetanin ewe monun semwen.

## Repwe uronuk pwe kopwe quarantine.



- Quarantine wewen kopwe nomwetiw neimw non ukukun 14 ran mwirin om nom unukun emon mi or ren COVID-19, ika mo kese mefi semwen. Chechemeni, en mi tongeni achou ewe monun semwen ika mo ese or reom ekkewe asisinin semwen.
- Contact tracers repwe kokkoruk ika text ngonuk iteiten ran fansoun om quarantine ar repwe cheki ifa usum.
- Ika ka poputa ne mefi semwen, ina repwe erenuk pwe kopwe angei ewe teesin COVID-19. Ina repwe pwan aisinuk io ke churi me mwen om poputa om we quarantine.
- Ewe 14-ran quarantine ina met epwene kon tumwuneochu an esapw chouno ewe COVID-19 ngeni pwan ekkoch. Ika ese or ekewe asisin, en mi tongeni asopwano ewe quarantine mwirin 10 ran, kosapw pwan angei tees, ika mwirin fisu ran, ika mi negative pungun om teesin antigen ika PCR ke angei kukkun seni 48 awa me mwen om asopwano ewe quarantine.
- Ika pwe ka finata pwe kopwene amwochano om we fansoun quarantine mei tongeni wor ekis omw kopwe achèu fetanei semwen ngeni ekkoch me murin-ewe quarantine ina ren mei auchea kopwe sopweno pusin nenengeni nonomwun inisum iteiten ran.
- Ika ke mefi ekkoch esisin, kopwe sopweno kosapw nomw arapakan ngeni ekkoch me pwan kokori noum dokter ren porousen omw repwe tes.

## Esisinen ewe COVID-19:



Mwor



Metek chior



Pwichikar



Monunu



Metek mokur



Feinsen



Metekitek non inis



Ngasangasangaw ika weires ne ngasangas



Eningaw ika mwus



Ngutupwot ika mwongen pwot



Ese chiwen neni nennen mongo me tini pwonnen mettoch

## Contact tracers repwe ngonuk porousen om kopwe:



Eppeti chounon ewe monun samwaau



Pusin tumunu inisum me om we famini



Aea ekewe aninis me kanengonuk



Oregon, sipwe ponueni ewe kokko.

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**Tourechun taropwe:** Ren ekkewe aramas mi wor osupwangen an inisir tongeni ika aramas rese sinei fosun Merika, OHA mi tongeni awora taropwe non ew sokkun nikinik ar repwe weweiti, awewe ren fosun ekis, epwe mesemong ekkewe mak, ika usun noun ekkewe mei chuun. Kokori ewe Center ren Pworousen Health won 1-971-673-2411, 711 TTY ika [COVID19.LanguageAccess@dhsoha.state.or.us](mailto:COVID19.LanguageAccess@dhsoha.state.or.us).



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