



Met wewen pwisin-eimukono?

Pwisin-eimukono wewen imuno seni aramas ir mei wenungaw seni ekkewe rese. Ei kokot fan iten tumunun COVID-19 an esapw chouno.

Aramas mei wor COVID-19 rer repwe pwisin-eimureno non ukkukun 10 raan ika tori an ewe tokter epwe afata pwe ese chiwen tongeni achèu ewe virus ika fen ngeni ekkoch.

Ifa usun Pwisin-eimukono?

Pwisin-eimukono mei tongeni epwe weires pokiten wewen:

- Nomotiw non imw chinon chok ika kopwe feino safei
- Nom ew rumw me aea ew imwen ngaseno esapw chungeni met chon non imwom repwe aea, ika mei tufich
- Keuno ne atapa fetan non imw me won ekkewe kinikin; nimeti me aea nimenimen paikin won ia kewe ke atapa ie, ren fon, kamochun asam me nenien mwotun pincho
- Tonu poum iteitan non ukkukun 20 seken ngeni sopw me konik. Apwasa poum ngeni paper towel, ika fen siwini ewe towun nupwen epwe chèèchèèn.

Ifa tamen ai upwe pwisin-imuno?

Mei tufich epwe chèuti ekkoch ewe COVID-19, ina mo ika kose mefi ekkewe esisin.

Aramas mei wor rer COVID-19 repwe:

- Nomwononog non imwom non ukkukun 10 ran me murin ekkewe esisin a poputa, **me**
- Nomotiw neimw non ukkukun 24 awa mwirin ewe pwichikar a wesino (nge kose pwan aea safean-pwichikar) me ekkewe esisin a kisitiw.

Ika mo ese wor ekkewe esisin me mefi semwen, kopwe chok pwisin-imuno ren ukkukun 10 raan mwirin omw keran safean COVID-19.

Akaporous ngeni ekkoch

Ika ekkewe esisin mei napeno, mwitir kori noum we dokter.

Ekkoch aramas mei mecheres ar repwe pwisin-eimureno, nge mei weires ngeni ekkoch. Akkaewin mei weires ngeni ekkewe ir:

- Rese tongeni angang seni non imw
- Rese tongeni akanamon
- Mei wor terir ika
- Ir mei tumunu ekkoch me non imwer ewe.

Ikei ekkoch nongonong epwe pwan tongeni anisuk:

- Katon 211info.org ika kokori 211.
- Oregon Health Plan ekkewe ir mei nounou ei no ngeni ewe ohp.oregon.gov.
- Omw we [local ika tribal public health authority](http://local.ika.tribal.public.health.authority) mei tongeni anisuk ne kuta ekkewe aninis.
- Central Oregon pekin nongonong ka tongeni kuna won ewe www.centraloregonresources.org.

Toureochn 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 HealthInformation Center won 1-971-673-2411, 711 TTY ika COVID19.LanguageAccess@dhsosha.state.or.us.