



Met wewen towaweno?

Towaweno wewen pwe kopwe onomwu emon newe a uri ewe COVID-19 an epwe towaw seni ekoch

Nge ika use mefi ekoch metoch?

Kemi tongeni ngeni ekoch ewe COVID-19 ka mwo kese mefi ekewe esisin.

Ifa usun ai upwe towaweno?

Ika mwo kese mefi semwen nge kopwe chok towaweno ika pwe en ka:

- Nomw unukun emon a uri ewe COVID-19.
- Ekewe re sai seni Oregon seni ekoch state ren ekoch wewe ese kan namwot.
- Ra niwin sefan ngeni Oregon seni ar we sai nge ese kan namwot seni ew state ngeni pwan ew.

Met wewen sai ese kan namwot?

- Auchean sai a pachonong: angang me pekin kaeo, ekoch metoch mi atapwanapwan, pekin aninisin moni me aninisin, pochokun, mwitirin aninisin pekin safei, me tumun me pekin tumun.
- Ekewe pekin sai ese kan namwot a pachonong pekin chok kukunou ika mochen chok katon ekoch neni.

Ifa usun ai upwe towaweno?

Ika ka nomw unukun emon a uri ewe semwen ren COVID-19:

- Nomw non imw me kopwe pwan awora nifin seni ekoch, pachonong ekewe aramas ka nomw rer, non 14 ran.

Ika pwe ka nomw non imw pokiten omw sai nge ese ka namwot:

- Nomw non imw non ukukun 14 ran. Ese pwan namwot kopwe awora onu nefin seni ekewe aramas ka nomw rer.

Ewe 14-ran quarantine ina met epwene kon tumwuneochu an esapw chouno ewe COVID-19 ngeni pwan ekkoch. Ika pwe ese mwo wor reom ew me nein ekkewe esisin, iwe ka tongeni ekieki ika kopwene eukatiw omw we quarantine:

- Me murin 10 ran, ika mwo pwe kese mo tes, ika
- Me murin 7 ran, ika pwe a tou pungun om tes nge mei negative ika ewe polymerase chain reaction (PCR) tes non ukukun 48 awa me mwen epwe much om we ranin quarantine.

Ika pwe ka finata pwe kopwene amwochano om we fansoun quarantine, mei tongeni pwe ina ena

Tumuneoch

Kokori noum we doctor ika ke mefi ekkewe esisinen COVID-19:

- Mwor
- Ngasangasangaw ika weiresin ngasangas
- Pwichikar
- Fèèw
- Metek chior
- Ese chiwen neni nenen mongo me tini pwonnen mettoch
- Monunu
- Metekitek non inis
- Metek mokur
- Ngutupwot ika mwongen pwot
- Eningaw ika mwus
- Feiseni



fansoun epwene pwan chou ewe monun semwen ngeni pwan ekkoch me murin-ewe quarantine, ina pwata mei auhea kopwe sopweno no pusin nenengeni nonomwun inisum iteiten ran ren ekkewe esisinin ewe semwen.

Ika pwe a wor nein ekkewe esisin a poputa, kopwe niwin sefaniti ewe angangen quarantine, kokori ewe public health me non neniomw we me pwan kokori noumw dokter ren pworousen omw kopwe tes.

Amwochano omw fansoun quarantine esapw ina ew mettoch ururun epwe fis nupwen epwe wor outbreak non ekkewe nenien tumwun non fansoun-nakatam me pwan ekkewe nenien tumwun chommongun aramas. No ngeni ewe [website ren COVID-19 an ewe Oregon Health Authority](#) ren sopwosopwun pworous.



Kemi tongeni ...

- ✔ Pusin Taiso
- ✔ Urumot me nounou puzzles
- ✔ For ira ika momot nukun imwom we
- ✔ Fos ngeni ekoch remi towaw



Kose mochen kosap ...

- ✘ No ngeni ekewe sitowa
- ✘ No ngeni ekewe kukunun nenien safei
- ✘ Kokori Chiechiom repwe eto kukunou reom
- ✘ Taiso non ew me ew mwicheich



Fiti ekoch nongonong

Ekoch aramas mi mecheres ngenir ar repwe towaweno seni aramas. Nge, epwe saro weires ngeni pwan ekoch. Akkaewin epwe weires ngeni ekkewe rese tongeni angang me non imw, akanamonuno, wor terir ika tumunu ekkoch aramas me non imwere kewe.

Ikei ekkoch nongonong ika en mei mochen epwe wor aninis ngonuk:

- Tota 211info.org ika kokori 211.
- Chon ewe Oregon Health Plan repwe tongeni koko ohp.oregon.gov.
- Omw [we kinikin ika pekin public health](#) epwe anisuk ne kuta ekoch aninis.
- Ekoch pwan porous ren Central Oregon kemi tongeni kuna won www.centraloregonresources.org.

Toropwen mwumwuta: Fan iten ekkewe ir mei wor terir ika ion mei kono kapasen nenian seni fosun Merika, OHA mei tongeni awora awewen ekkei taropwe non kapasen neni ese nifinifin, mesemwongun mesen mak, ika non meni sokkun napanapan ke mochen. Kokori ewe Health Information Center ren 1-971-673-2411, 711 TTY ika COVID19.LanguageAccess@dhsosha.state.or.us.