

Pworousen Pwonupwonun Maas

Kich meinisn sia sinei pwe aramas re acheuno ekkewe supwutiwen chenun ar ngasangas ren ar mor me mwesi. Nge en mei pwan sinei pwe kich mei pwan acheuno supwutiwen chenun an aramas ngasangas ren ach fos, takir, me pwan keen?

Ekkei supwutiwen chenun an aramas ngasangas ikena met popun **ewe Oregon Health Authority a opochokuna ngeni chon Oregon ar repwe aea ekkewe pwonupwonun maas** me pwan ina pwopwun pwonupwonun maas mei auchea emon epwe aea non ekkewe neni mei chommong aramas ese nifinifin ian.

Sinei Porous

Porous: Sie aea pwonupwonun maas pun epwe anisi ne amangano fetanin COVID-19.

Pwonupwonun maas e anisi an esapw paras fetan suputiwen chenun ach ngasangas me fos, wewen pwe nupwen aramas repwe aea iwe epwe anisi ne eppeti an esapw cheufetan ewe menuun samwaau ngeni ekkoch. (1) (2) Mei sakopat sokkun pwonupwonun maas, scarf, me pwan ekkewe pwonupwonun maas pusin forun non imw ekkewe amwochun rekan pacheta won sening.

Pworous: Pwonupwonun maas rese forata an carbon dioxide epwe watteta.

Pwonupwonun maas rese forata an carbon dioxide repwe watteta ar repwe awora ngeni aramas mei pochokun ar repwe samwaau. (3) Met epwe fat, oponun Pwot me Aaw ekon ngut nap seni pwonupwonun maas, iwe chon angangen non atake, chon pekin enimenim, me chon angangen pioing ir meinisn re aea ekkei fan iten ar repwe tumwun me non ar kewe nenien angang.

Chechemeni, ikamwo, pwe ekkei aramas resapw aea pwonupwonun maas:

- Semirit kukun seni 2 ierir
- lon mei wor an samwaau mei eweiresi an epwe tongeni ngasangas fansoun epwe aea pwonupwonun maas.
- lon mei wor osupwangen tufichingawen inisin mei eppeti an epwe tufichin inisin an epwe tongeni aea pwonupwonun maas.

Pworous: Ekkewe pwonupwonun maas mangaku rese awateno efeiengawen an epwe toruk menun semwen ika pwe en mei foriocheu nikinikin omw aea me non nenien aramas ese nifinifin.

Sie aea pwonupwonun maas mangaku fan iten epwe anisi ne eppeti ekkoch aramas ika pwe mei wor rech ewe virus—nge apw, omw aea pwonupwonun maas mangaku ese awateno efeiengawen ewe menun samwaau ngonuk. (4) (2) Kopwe chemeni pwe omw kopwe tonu poum me mwen ika murin omw attapa om iwe pwonupwonun maas me pwan sopwuni iteiten ran.

Pworous: Pwonupwonun maas ese forata an ewe virus epwe "manaw sefan."

Awewen

Ren ach sipwe fori pwe kich meinisn sipwe taitap ne nomw won ew page, ikei met an ewe Oregon health Authority awewe ngeni nounoun ekkei fos...

- **Pwonupwonun maas mangaku** pwonupwonun mesach sie aea pun epwe anisi an epwe amangano cheunon ewe COVID-19. Ekkoch awewen mei pachenong ekkewe pwonupwonun maas mangaku, me pwan ekkewe scarf.



- **Oponun Pwot me Aaw an** pioing kewe pwonupwonun aaw me pwot, pachenong ekkewe rekan aea otun repwe fori angangen reirei me pwan ekkewe N-95 respirator.



- **Eppetin Maas** wewen och plastic mi fat epwe pwonu chaamw, ettiw fan ngachum, me fittino ngeni nepekin won mesom.



Nupwen a nomw reom ewe monun samwaau, omw aea ewe pwonupwonun maas ese fori an epwe napeno ika ese pwan attamano an epwe nomw reom. Iwe nge, mi chok, anisuk an esapw cheufetan ika an esapw pwan tori emon. (5)

1. [Chu DK, Akl EA, Duda S, et al. Atowawa inisum, pwonupwonun aaw me pwot, me eppetin maas an epwe epeti an epwe fetan ewe menun SARS-CoV-2 me COVID-19 seni emon aramas-nengi-pwan emon aramas: ew sokun anen nenengi sefani me pwan meta-analysis](#)
2. [Joshua Hendrix, Charles Walde, Kendra Findley, Robin Trotman. An Ese Wor of Pwapwanon Fetanin ewe SARS-CoV-2 seni Ruemon Stylist Me Murin Ar Nomw Non Neni Mei wor Ewe Samwaau ian non ew Hair Salon Fiti pwan Unusen Onnukun Pwonupwonun Maas—Springfield, Missouri, May 2020](#)
3. [Derek K Chu, Elie A Akl, Stephanie Duda, Karla Solo, Sally Yaacoub, Holger J Schünemann, fan iten ewe COVID-19 Systematic Urgent Review Group Effort \(SURGE\) kaeo nengi chon makkei* Aatowawa nisum, Pwonupwonun aaw me pwot, me pwan eppetin maas an epwe anisi cheunon ewe SARS-CoV-2 me COVID-19 seni emon aramas- nengi-pwan emon: ew sokun anen nengi sefani me pwan meta-analysis](#)
4. [Jessica J. Bartoszko, Mohammed Abdul Malik Farooqi, Waleed Alhazzani, Mark Loeb. An pioing kewe oponun Pwot me Aaw nengi N95 respirator fan iten eppetin COVID-19 ren chon angangen pekin pioing: Ew sokun anen nengi sefani me pwan meta-analysis ren chok asosot ese pwan nifinifin](#)
5. [Staymates, Matthew E. National Institute of Standards and Technology \(NIST\)](#)

Ka tongeni angei ei taropwe non fosun ekkoch fonu, epwe mesemong, makken noun mei chuun ika met sokkun emon e mochen. Kokori Mavel Morales won nampa 1-844-882-7889, 711 TTY ika mak nengi won OHA.ADAModifications@dhsoha.state.or.us.