



# Aninisin Kapas Eis FAQs ren Suuksefan an Unusen State

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Ekkei fan ponuen kapas eis (FAQ) fan iten an Oregon Health Authority (OHA) we [Kapasen Ourour fan iten Ekkewe Sokkun Kinikinin Urumwot, an epwe Kouk Met Sokkun Urumwot epwe Pwoputa Sefan](#). Ei ourour me ekkei kapas eis fan iten unusen ei state. OHA mei awora ekkei ponuwen kapas eis FAQ an epwe anisi an aramas repwe weweiti ekkewe ourour, an epwe ponuweni an stakeholder kapas eis, me pwan afata ifa usun angangan ewe ourour fansoun met epwe fis. Ekkei FAQs ika ponuwen kapas eis repwe pwan mwitir for sefan nupwen epwe wor met epwe ekkesiwin. Ekkei FAQ ika ponuwen kapas eis resapw siwini ewe ourour, nge repwe fen awewei, awora, me anisi met amasowen tichikin kapasen ewe ourour.

## **Q1: Met sokkun urumwot epwe itan pwe “contact sport”?**

**A1:** Ekkewe sokkun urumwot mei wor an ekkewe chon fiti repwe kinefengen inisir ika fen angefengen non ina a tongeni fat pwe ew contact sport. Angangen training me taiso mei mumuta ren contact sport. Angangen training me taiso, ren keki toro, saa non drills me intra-squad srimmage, esapw tongeni pachenong ar repwe kinefengen ese pwan nifinifin sokkun nikinik. Ekkei sokkun urumot mei menei kinefengen fansoun urumot ese mumuta non ei fansoun. Sokkun urumwot rese-kinefengen me mei kukun/eukuk ar repwe tongeni kinefengen ra mumuta ar repwe fis. Tichikin sokkun urumwot rese-kinefengen me mei kukun/eukuk ar kinefengen non mei tetenitiw non ewe [Ourour fan Iten Pekin Urumwot an Unusen State](#) me pwan ewe [Aninis faniten Suuk sefan](#).

## **Q2: Ika pwe ew neni mei wor ruwanu nenien urumwot non, mei mumuta ar repwe aea me ruwanu ekkewe nenien urumwot non chok ew fansoun?**

**A2:** Ewer, epwe tongeni ika pwe ekkewe chon urumwot repwe tongeni fori ewe koukun towawfesenin nefinen aramas me pwan fiti ngeni ewe koukun chochon repwe nomw non ew neni. Ren ekkewe sokkun urumwot ekan fis nukun, koukun chochon repwe tongeni nomw epwe 250 aramas.

## **Q3: Ekkewe nenien urumwot non ekkewe sukun ra tongeni repwe aea ina mo ika ekkewe sukun mei kesip?**

**A3:** Ekkewe sukun me ekkewe chon tumwunuw ekkewe sukun non ekkewe sopw repwe ekieki epwe ifan usun me inet ar kewe neni repwe tongeni mumuta ngeni aramas ese nifinifin ar repwe tongeni aea. Kokori ekkewe chon tumwunuw ekkewe

sukun non ekkewe sopw ren omw kopwe sinei pworousen inet ekkewe nenien urumwot non ekkewe sukun epwe tongeni an aramas repwe aea.

**Q4: A tongeni an ekkewe team ren urumwot repwe sai non pusin Oregon ika ngeni pwan ekkewe ekkoch state ne no fiti urumwot/ekkemis urumwot?**

A4: An OHA we kapasen ourour ese pinei sai, iwe nge sokkun sai ese wor pwopwun epwe eukuk fiti ngeni met mei affat non an [Kepina Otutun 20-27](#).

**Q5: A mumuta an epwe fis ekkemis ren urumwot?**

A5: Ewer. Non ewin Kinikinin, ekkewe chon ota kokotun ekkewe ekkemisin urumwot repwe fiti masowen [OHA Eureuren Chufengen](#) me pwan [Ourour fan Iten Pekin Urumwot an Unusen State](#). Non Oruwen Kinikin, ekkewe hon ota kokotun ekkewe ekkemisin urumwot repwe fiti masowen [OHA Eureuren Chufengen](#) me pwan [Ourour fan iten Pekin Urumwot an Unusen State](#). Ika pwe ewe ekkemisin urumwot mi fis non nenien urumwot non ewe Phase Ruw county, ekkewe chon ota kokotun ewe ekkemisin urumwot repwe fiti ewe koukun chochon aramas ren [Phase Ruw Neni me Chon Omwokutu Ewe Mwokutukut](#). Ekkewe chon okkota ekkei ekkemisin urumwot repwe okkota an epwe kouk chon katon (awewe ren sam me inn) repwe tongeni tonong non ewe neni pwe epwe tongeni pwonueta an meinisin repwe towaw fesen non onuw (6) fit me non ewe neni.

**Q6: Ekkoch urumwot mei tongeni pwe epwe wor fansoun ar repwe ekis kinefengen fan chommong atun a fis ewe urumwot iwe mei weires ar repwe towaw fesen non onuw (6) fit nupwen fansoun ra kinefengen. Mei mumuta ekkei?**

A6: Ewer. Ekkewe sokkun urumwot mei ekis kukun me eukuk ar repwe kinefengen inisir non iwe mei mumuta. Ekkewe chon pekin urumwot, coach, me pwan trainer repwe fori met epwe fokkun kukkun ika ukukeoch an chon fiti/chon urumot kinefengen fansoun ar urumot.

**Q7: Ren ekkewe sokkun urumwot ren chowan iakiu me patta ewe mei fan chommong ar repwe attapa ewe pwor, met mefien OHA an epwe fan fitu ewe pwor epwe nimenim ngeni ekkewe nimenimen monun paikin?**

A7: Ekkewe pisekin urumwot ir mei aea fengen repwe nimenim me aea nimenimen nieno paikin iteitan, ren ekkewe sokkun urumwot mei ururuoch ngeni (awewe, nefinen chon aea ekkewe pisekin urumwot, set, fansoun, ika urumwot). Aea nimenimen nieno paikin mei punguno meren [Environmental Protection Agency \(EPA\)](#) fan iten SARS-CoV-2 virus ewe mei forata COVID-19. Ese mo wor pisekin nimenim mei mak COVID-19, nge mei wor pisekin nimenim mei afat ika porousan epwe nom won ar website ren usun aean me ochun aean nieno ewe coronavirus mei fetan seni aramas. Ekkewe chon urumwot repwe pwan tonu pour ika aea hand sanitizer iteitan.

**Q8: Mei menei an ekkewe chon urumwot repwe aea pwonupwonun aaw me pwot, eppetin maas, ika pwonupwonun maas me pwan glove?**

**A8:** Ewe Pwonupwonun aaw me pwot, eppetin won maas ika pwonupwonun won maas mei menei an ekkewe chon urumwot non nenien urumwot non repwe aea. Ekkewe chon urumwot repwe aea pwonupwonun aaw me pwot, eppetin maas, pwonupwonun maas, nupwen fansoun ar fiti urumwot nukun nge ewe onuw (6) fit towaen nefinen aramas ese tongeni an epwe pwonueta, me nukun chok ika pwe re fiti ew sokkun urumwot mei weires ngenir ar repwe aea pwonupwonun aaw me pwot, eppetin maas, pwonupwonun maas, awewe ren fansoun ar repwe aamun. Pwonupwonun aaw me pwot, eppetin maas, ika pwonupwonun maas mei menei an chon urumwot me chon katon repwe aea nupwen ese tongeni an epwe pwonueta ewe onuw (6) fit towawen nefinen aramas. Ekkewe chon urumwot ese pwan menei ar repwe poupou glove.

**Q9: Met sokkun ourour epwe nounou ngeni ekkewe rensun urumwot an high school?**

**A9:** Ren rensun urumwot an high school, nengeni ewe [Ourour fan iten Urumwot an Sukun K-12](#).

**Q10: A mumuta an epwene fis ekkewe fun run ren 5K me 10K?**

**A10:** Ewer, ekkei sokkun mwokutukut ra mumuta. Ekkewe chon okkota ekkei sokkun mokutukut repwe fiti [OHA we Kapasen Ourour ren Emwicheich](#) non ekkewe sopw ra nomw non Phase Ew [Kapasen Ourour ngeni Ekkewe Chon Omwokutu ekkewe Neni me Apwapwa non Phase Ruw non ekkewe sopw ra nomw non Phase Ruw](#). Chon okkota ekkei mokutukut repwe anomu non kokot an epwe kouk chon katon repwe tongeni tonong non ewe neni pwe epwe tufich an meinisin repwe tongeni fori ewe koukun onu (6) fit towawen nefinen aramas.

**Toureochun 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 non nikinikin noun mei chuun. Kokori Mavel Morales won nampa 1-844-882-7889, 711 TTY ika mak ngeni won [OHA.ADAModifications@dhsosha.state.or.us](mailto:OHA.ADAModifications@dhsosha.state.or.us).