

# Met mi menei om kopwe sinei ren Chek ren COVID-19

## Sinei esissinnen (ika symptoms)



Ekkewe ionapen esissinnen COVID-19 ir mi:

- Moor
- Pwichikar
- Weires ne ngasangas

## Sinei atun kutta aninnisin pekin safei



**Esap meinisin mi semmwun repwe chek.**

Omw iwe [putain pekin semmwun non neniom](#) ika noum tokter mi tongeni anisuk:

- Ekieki ika kopwe feeri om apoimen, me
- Plannini om kopwe tonong non ewe klinik nge kesap pwan feeri an ekkoch repwe semmwun, ika ke etinong.

**Ika ke niit aninnisin safei mi atapwanapwan, keeri 911.**

## Sinei met sakkun kapas eis noum iwe tokter epwe eisinuk



? Met ekan esissinnen om semmwun?

? En mi sai ngeni neni mi wor COVID-19 ia?

? En mi pin kanengeni emon mi pin sai ngeni neni mi wor COVID-19 ia?

? En mi pin kanengeni emon mi fat pwe mi ure ewe semmwun COVID-19?

## Aninnisin pekin safei (ika Health care coverage) ren chekin COVID-19

Om iwe aninnisin pekin safei (ika health care coverage) mi tongeni pwan atawei meen:

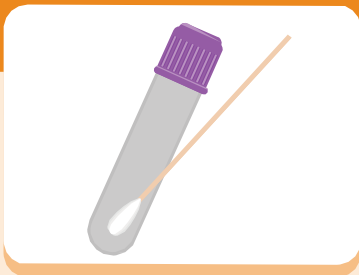
- Chekin COVID-19 ren tokter mi nom non kinikin omw iwe aninnisin safei (ika in-network), nenien safei non kinikinin om iwe pekin aninnisin safei ika rummwun emerchensi
- Ewe oposun eppetin COVID-19 ika a wor.

**Me nukun chekin COVID-19, met pwan meen safei, aweve ren co-payments, pekin kameetiwo ika memeen ren co-insurance me deductibles epwe pwan wor. Mi auchea om kopwe poraus ngeni chon awora noum iwe insurans om kopwe sinei ukuukun meen ewe angangen safei.**

# Sinei met epwe fis ika pwe ke niit om kopwe chek ren COVID-19

Noum iwe tokter epwe angang fengen me ewe [pekin semmwun non neniom iwe \(ika local health department\)](#) an epwe sinei ika ke niit om kopwe chek ren ewe COVID-19.

## Noum iwe tokter epwe angei ewe pungun tes ika chek



Noum iwe tokter epwe:

- Ekis areeti non pweetum
- Ekis areeti non chiorom
- Angei chenun ottifom mi mongomong, ika om moor mi chechchen.

## Sinei met pungun tes ika chek ekan



Noum iwe tokter epwe:

- Angei pungun tes ika chek iwe poraus ngonuk ren met epwe fis murin
- Tinaano pungun ewe tes ngeni ewe lab an ewe pekin Public Health an Oregon (ika Oregon State Public Health Laboratory (OSPHL) ika menni lab mi mumuuta an epwe feeri angangen chek.

Ewe lab epwe:

- Chekin COVID-19
- Ngeni noum iwe tokter me ewe pekin semmwun non neniom iwe pungun ewe chek.

Ika pungun om iwe chek e pwaari pwe a tori ewe COVID-19:

- Noum iwe tokter epwe nengeni ika pwe mi watte om semmwun om kopwe niwiing
- Ewe pekin public health non neniom iwe epwe esinesin ngonuk
- Epwe wor chon erenuk pwe kopwe nomonong neim non ekis fansoun.

Om kopwe sineochu, no ngeni [healthoregon.org/coronavirus](https://healthoregon.org/coronavirus) ika keeri 211.

KINIKININ PUBLIC HEALTH

Oregon  
**Health**  
Authority

En mi pwan tongeni angei ei poraus non fosun fenu me fenu, non mmak mi mesewatte, non braille ika pwan non menni nikinik ke mochen. Keeri ewe Kinikinin Public Health won nampam fon 971-673-0977 or 971-673-0372. Kich mi etiwa meinisin kekke mi affeu ika en mi pwan tongeni keeri 711.

OHA 2681C, CHUUKESSE (03/07/2020)