



Mei Pwopwo me Mei Nounou Fansoun COVID-19

Non fansoun mei aweires mei chok sopwosopwono minafon manaw. Ika pwe en emon mi pwopwo ika fetan ngeni omw kopwene nounou, tumwunun omw pochokun me angangen tumwunun inisum mei auchea non ei fansoun.

COVID-19 me mei pwopwo

- COVID-19 ew minafon samwaaus ese mwo watte ach wewefichiti ifan usun an ewe monun samwaaus epwe osukosuka mei pwopwo.
- Kich mei sinei pwe mei pwopwo epwe watte efeiengawen ewe COVID-19 ngenir nupwen epwe kon chou wor ewe samwaaus.

Tumwunuw pochokunen inisum

- Kuta met aninisin pochokunen inisum mei namwot ngonuk.
- Achocho ngeni ne nomwonong neimw me pwan eukuku omw kopwe kanengeni aramas ion esapwchon non imwom.
- Tonu poumw iteitan ngeni sopw me konik ika ngeni hand sanitizer mei wor arukor non ika pwe kose tongeni tonu poumw.
- Fiti ngeni [Towawen nefinen aramas](#) [kapasen ourour](#).
- Aea pwonupwonun maas mangaku nupwen kopwe tou seni non imwom.
- Pworous ngenichon omw we nenien angang ren tumwunun inisumw fansoun angang.
- Ika pwe mei wor safei en mi akangei, tumwunuw an epwe wor ren ukukun 30-ran.
- Oppos kopwe angei epwe unus. Ese mwo wor opposun COVID-19, nge ekkoch pwan oppos, ren opposun matter, mei tongeni anisuk omw kopwe pochokun.

Ika ka semwen

- Kokori noumw dokter. Noumw we dokter epwe anisuk me pworous ngonuk ren met anen omw kopwe tumwunuw ewe monun samwaaus an esapw pwan tori ekocho.

- Ekkoch monukon ra keran upwutiw ra fen positive ren COVID-19 me murin chok ar upwutiw. Ese mwo fatengenikich ika pwe ekkei monukon re angei ewe monun samwaau, me mwen, nupwen ika me murin ar uputiw.

Ren pwan sopwosopwun aninisin pworous fan iten tumwunun inisum me omw pwopwo fansoun COVID-19, ka tongeni katon pwan me ikei:

- [American College of Obstetrics and Gynecologists: Kapas eis me Ponuwan fan iten ekkewe Mei Semwen](#)
- [Centers for Disease Control: Mei Pwopwo me Mei Opwuu Nour](#)

Nepwoputan me sopwosopwonon aninisin tumwun

Angangen chekin mei pwopwo mei namwot ngeni pochokunen ewe mei pwopwo pwe epwe tongeni anisuk me noumw we dokter:

- Tumwunochu osukosuken samwaau me mwen epwe napeno
- Tumwunochu noumw we monukon non upwom epwe pochokun
- Kapas eis me ponuweni kapas eis me pwan kaeo ngeni met mei namwot ngonuk non fansoun omw pwopwo.
- Pwopworous won sokkun anen an epwe anisuk pwe kopwe mefi kinamwe fansoun omw pwopwo

En mei pwopwo me pwan kukuta anen aninisin pochokunen inisum me pwan ekkoch aninis? [Ewe Oregon MothersCare](#) a tongeni epwe anisi ngonuk sokkun pworous me pwan aninis ngeni mei pwopwo, mei pwan pachenong:

- Tes mei free ren mei pwopwo
- [Oregon Health Plan](#) (OHP) taropwen aninis
- Angangen chekin mei pwopwo
- Tumwunun dental
- Pwan ekoch appointment ren aninisin tumwunun samwaau
- [Women Infants and Children \(WIC\)](#) aninisin mongo mei wor manamanan ngeni pochokunen inis
- Pekin Imw
- Sein Sai
- Ekoch pwan sokkun pworous ika aninis fan iten tumwunun pochokunen mei pwopwo

Meininis aninis ren MothersCare non Oregon **rese kamo** ir mei pwan kawor ngeni ion mei pwopwo ese pwan anongonong won ar moni tonong, ar nonomwun nour insurance, me pwan ika ir seni ian. Tiki [ikei](#) omw kopwe kuna ekkewe Site an OMC mei nomw arapakan ngonuk.

Kese nomw non ew neni mei wor ekkewe program an OMC?

Kokori 211 omw kopwe kuta ekkewe sokkun aninis ngeni mei pwopwo non neniomw we.

Angangen chekin mei pwopwo

- **Tumwunuw kopwe no ngeni omw kewe appointment ren chekin mei pwopwo.** Ika pwe en mei ani eurekin omw kopwe no ngeni omw appointment pwokiten ei COVID-19, pworous ngeni noumw we dokter won fon.
- Angangen chekin mei pwopwo mei tongeni pwe epwe sakono nikinikin me non neniach kewe me ekkewe dokter ir mei pwan kaeo ngeni ar repwe asokano nikinikin ar angang non ei fansoun COVID-19.
- Ekkoch mei pwopwo mei tongeni pwe epwe kukun ika watte nefinen ar fansoun repwe chuno ren ar appointment.
- En mei pwan tongeni kopwe pworous ngeni noum we dokter won fon ika kokori won fon ami oupwe fos fengen won video. lei ew eochun anen an epwe tour ngonuk aninis nge epwe anisi ne eppeti chounon ewe monun samwaau.
- Ese mumuta emon me nukum epwe chuto fansoun omw chuto ren omw appointment, ina pwata mei auchea kopwe akkoum cheki meren noumw we dokter me mwen kopwe uwei emon epwe fituk ne chuto.
- Fansoun chuto ren appointment ina epwe wor tingor ngonuk pwe kopwe aea pwonupwonun aaw me pwot.

Fansoun Metek me Nounou

- Kokori noumw dokter ren ifan kokotun omw kopwe nounou.
- Napengeni ekoch, ewe fansoun me nikinikin nounou (nounou ika reirei) ese pwan menei pwe epwe ekkesiwin.
- Ika pwe ke ekiakin kopwe nounou non pioing ika ekkewe nenien nounou, iwe ina repwe fori tetenin met repwe fori. Pworous ngeni noumw we dokter won met epwe tongeni fis nupwen ka metek me ika kopwene nounou.
 - Ina epwe wor ekkesiwin ren fitemon repwe tongeni mumuta ar repwe visit me pwan ifan tamen omw kopwe nomw non pioing.
 - Ina kopwe chek ren esisinen ewe samwaau ika fen tes ren COVID-19

- Mei auchea pwe kopwe aea pwonupwonun aaw me pwot.
- Naman esapw tufich omw kopwe tongeni aea ekkewe nenien tutu sikan tonong non me mwen nounou.
- Chechemeni kopwe esinei ngeni kich ika pwe en mei kokotun pwe epwe wor emon epwe nomw reomw me aninis ngonuk non fansoun kopwe nounou.

Murin an a a uputiw noumw we

- Ika pwe en mei tongeni omw kopwe pachenong non ewe Oregon Health Plan (OHP), iwe kopwe esinesin ngeni chon ewe OHP fan iten noumw we monukon a keran uputiw. Ewe pioing ke nomw non ika ewe [neni mei echiechi ngeni ewe OHP](#) repwe aninis won, ika en mei tongeni [ekkesiwini met omw tichikin pworousom online](#).
- Eukuku omw kopwe kanengeni aramas ion esapw chon non imwom.
- Nupwen ka pwoputani ewe minafon manaw fengen me noumw we monukon, ka tongeni kuta omw aninis seni ekkewe sokkun program mei kawor me non ewe neni aka nonomw ian fan iten ar repwe kan chuto non imwom. Ka tongeni pwan angei sopwosopwun porousen ei angangen chuno non imwom seni ewe [putain public health me non neniomw we](#) ika seni ewe [website an ewe Healthy Families Oregon](#). Mei chomong ekkewe program ren chuno ngeni non imw mei sopwosopwono ar awora aninis non ei fansoun.
- Ewe [Program ren WIC](#) mei tongeni anisi ngonuk ren pekin mongo me ekkewe sakkun aninisin an inisich epwe pochokun. Ekkewe ofesin WIC ir mei suk ren appointment won fon, email, me pwan pworous fengen non video won fon.
- Tumwunuw kopwe no ngeni omw fansoun omw kopwe chuno ren dokter ren chekin semirit non ekkewe ewin 6 wik murin an uputiw.
- Monukon re keran uputiw *resapw tongeni* repwe aea pwonupwonun maas.

Tumwunun aninisin weires ika pekus

Ewe fansoun pwopwo me an a keran uputiw ewe monukon mei pwan aweires. Ika pwe en won inisum mei mefi weires, mei wor ekkei sokkun aninis epwe tongeni anisuk.

- [Oregon Health Plan \(OHP\) Nurse Advice Line fan iten ion mei pachenong non ewe OHP](#): 1-800-562-4620
- [Postpartum Support International Helpline](#): 1-800-944-4773,
Text ngeni: 503-894-9453 (Fosun Merika) ika 971-420-0294 (Fosun Spain)

- [Baby Blues Connection: 1-800-557-8375](tel:1-800-557-8375)
- [Oregon Coalition Against Domestic and Sexual Violence: Find Help](#)
- [National Suicide Prevention Lifeline: 1-800-273-8255](tel:1-800-273-8255)
- [211 community information center:](#)
 - KOKORI 211 ika 1-866-698-6155
 - TTY: Tiki 711 me kokori 1-866-698-6155
 - TEXT omw we zip code ngeni 898211 (TXT211)
 - EMAIL help@211info.org

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 usun noun ekkewe mei chuun. Kokkori Mavel Morales won nampa 1-844-882-7889, 711 TTY ika mak ngeni won OHA.ADAModifications@dhsola.state.or.us.