

# Aninisin Kapasen Poraus fengen: Anisi ekewe chon Oregon ir mi wor ar semwen mi watte osupwangen ngeni inisir ren ar repwe angei ekewe aposun COVID-19

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**Met kewe mi auchea ren omw kopwe sinei poraus:  
Email template, kinamwein Newsletter, Kinamwein Social media**



## **Ew porous seni ewe Oregon Chon nemeni Safei**

Ewe Orgegon Health Authority ra apasa ar kinisou ngonuk ren omw anisi aramas ren ar repwe angei ewe aposun COVID-19. Omw angangen aninis fengen epwe anisi chomong manauen aramas. Kich sia mochen ach sipwe pwan ngonuk porous ren ach sopwosopwono ne uwau ei an Oregon ei program faniten ewe apos.

Ach we kewe anen porous fengen epwe awora ngonuk ekewe porous mi auchea, links me templates mne en kopwe nit ren omw kopwe fori angangen aninis chon nukun ika touau me ponuwani ekewe kapaseis. Kose mochen kopwe pusin fori kinamwe ngeni ekewe aramas en mi tou anisir me touwau. En kan men fokkun auchea ngeni angangen ach ei state ren omw kopwe fokkun anisi ekewe aramasen Oregon ren ar repwe sinei porousen ian repwe tongeni feino ren ar repwe angeni ewe apos me ian. Ika pwe mi wor omw kapaseis faniten ei toolkit, kose mochen kopwe kokori OHA Health Information Center ren [COVID.19@dhsaha.state.or.us](mailto:COVID.19@dhsaha.state.or.us).

Kutta ewe Aninisin Kapasen Poraus fengen  
<https://sharedsystems.dhsaha.state.or.us/DHSForms/Served/I273646.pdf>.

# Porous Auchea/Auonamen Porous



## IO mi tongeni angei ei apos? INET?

Oregon a fori angangen apos non kinikin. Ekewe chon aramas non ekewe group mi mwumwuta ar repwe angei ei apos ir chok re tongeni angei ei apos. Ekewe chon angangen tumunun pekin inis, ekewe aramas ir mi non ekewe nenien tumun, ekewe sense, ekewe chon angangen tumunun semirit, me ekewe aramas ra ierini 65 me watte seni ir repwe tongeni angei apos.

**INET:** Pwopwuta Mas 29, 2021

**IO:** Aramas nap 45–64 ierir fiti ew ika chomong seni ewe Ofes ren Tumunun Semwen me Pinepinen(CDC)-a awewei pwe usun sakkun semwen fiti napengawenon ren napenon semwen seni COVID-19:

- Semwenin Cancer
- Iteiten semwenin kidney
- Iteiten semwenin lung, mi pachenong COPD (Semwenin pinepinen eom we lungs), asthma (ekis ichok tori fakkun ngaw), semwenin non masowen eom lungs, semwenin napenon chonun non eom lungs, me pwan semwenin wan non eom lungs
- Semwenin monukono ika fitikokon non mokur ika pwan ekkoch semwenin makurom
- Semwenin suke (Sakkun 1 ika Sakkun 2)
- Napenapen Down Syndrome
- Napengawen founupwom usun chok tanon founupwom, semwenin anen cha, ika semwenin fitikon founupwom
- Monungawen HIV
- Attun ngawenon an inisum fiu ngeni semwen (kakenon eom we immune system)
- Semwenin aa
- Fakkun napenon pounum me eoucha (pwon non inisin emon aramas (BMI) mi nap seni ika nonongeni 25 kg/m2)
- Popo
- Semwenin Sickle cell
- Ukun supwa, iei ika me mwan
- Siwinin foun non inisum ika chaan stem cell
- Stroke ika semwenin wan non mokur
- Eaea ngawen safei ngaw

**INET:** Pwopwuta April 5, 2021

**IO:** Met en emon aramas nap mi 16–44 ierum CDC mi wor ew eom napenapen semwen mi chok napeno napengawen mi afatetiwi me asan.

 **Fatteochun porousen nafangaw me osukosuk**

# Kapaseis faniten ekewe semwen mi watten osukosuken

## 1. Met ekkewe aramas mi kan wor sakkun semwenir fiti napenon ngawer repwene awora pwaratan sakkun semwenir we fiti echo taropwe seni nour dokter?

Apw kosapw pwan awora pwaratan. Ese pwan namot omw kopwe kokori noum tokter ika fen angei noum chart faniten omw semwen ren omw kopwe pwarata nge en mi wor reom ekei semwen mi anukungaw.

## 2. Met epwe wor ar repwe akomwa aramas ren aukukun ier seni non ier 16-64 ika meinisin repwe tongeni mwumwuta chok fan ew?

Ewer. Met en emon aramas nap mi 45–64 ierum CDC mi wor ew eom napenapen semwen mi chok napeno napengawen repwene naf esapw mang seni Mas 29. Ekewe ir mi ierini 16–44 ir repwe tongeni mwumwuta repwe angei ese mang seni April 5, 2021. Ekewe ir mi pwopwo ar ierini 16 me watte seni ir repwe pwan tongeni mwumwuta ar repwe angei non April 5.

## 3. Ifa ia ei ekkena aramas mi wor ew ika chomong sakkun napenapen semwen fiti napengawenon repwene angai appos?

Aramas watte ierir 16–64 mi wor ar semwen mi aosukosuka inisir mi watte osupwangan repwe angei ewe apos non ekewe nenien apos/ekewe mwichich faniten apos, non ekewe nenien local public health authorities (LPHA), Federally Qualified Health Centers, Pharmacies, me pwan non ekewe neni ir mi pwan amwokut faniten ewe neni- me ekewe nenien mwichen chon nukunuk.

## 4. Ngang mi tongeni angei apos ika ngang mi angei ekoch safei?

Ewer en mi tongeni. Ese wor pisekin pwarata mi wor non ei fansoun ren an epwe pwarata pwe ei apos mi fori an epwe angawano pwan ekewe ekoch fasei. Nengeni ekewe angangen mwutata ren pekin mi atapwanapwan (EUA) porous non taropwe faniten Pfizer (<https://www.fda.gov/media/144413/download>), Moderna (<https://www.fda.gov/media/144637/download>) me Johnson & Johnson (<https://www.fda.gov/media/146304/download>).

## 5. lei apos mi och ngeniei ika pwe mi pusin wor ai semwen ekan fisita ren ekoch mettoch mi ngaw ngeniei ika semwen mi fis ngeniei nupwen ukan angei pwan ekoch apos?

Kopwe fos ngeni noum we tokter ren faniten awenewenen met omw osukosuk. Kopwe urenir met porousan omw kana allergies ika met ekan fis ngonuk nupwen ke kan angei ekewe pwan ekoch apos. CDC a finata pwe KOSAPW angei aposun COVID-19 ika mi wor reom ekkei:

- Watten osukosuken inis (usun anaphylaxis ika watten osukosuken inis en mi tongeni mano ren murin an ewe mettoch tonong non ewe inis) murin omw angei ewe ewin aposun COVID-19.
- Met sokopaten osukosuk mi mutir chok tori ewe inis murin chok omw angei aposun COVID-19 me mwan, ika met kinikinin (pachenong polyethylene glycol).
- Mutirin osukosuken inis ese nifinifin ren polysorbate.

Ika mi mutir chok toruk sokun osukosuken inis murin omw angei ese nifinifin apos me mwan, met e tonong non inisum, mongo, safei ika kukun maan, ika en mi kan totoruk anaphylaxis, kopwe nomotiw non 30 minich murin omw angei ewe aposun COVID-19 ren ar repwe nenengonuk ika en mi okei.

# Pwopwo, Oupwu nour monukon, kapaseis ren tongeni nounoutiw semirit

## 1. Met upwe angei apos nge ngang mi pwopwo?

Angei apos pusin an emon finata. Meinsin ekewe aposun COVID-19 mi wor non U.S ngeni ekewe ir mi pwopwo ika oupwu nour ika pwe re mochen. Ika mi wor omw kapaseis ren angei apos, en mi tongeni fos ngeni nou tokter, ina mwo ika ese pwan auchea.

Ina mwo ika an emon epwe tori watten semwen mi chok kukun, fefin mi pwopwo epwe kon mecheres ngeir ar epwe watte semwenino ren COVID-19 nupwen epwe anono fengeni me ekewe aramas rese pwopwo. Ekewe semwen mi anukungaw epwe nesopwonon repwe no nuing pioin ika fen mano. Iwe pwan, aramas ir mi pwopwo nge mi torir COVID-19 ir mi nomw non anukungawen pwopwo ren an epwe neketif pwungun, atongeni fis pwe repwe mutir nouni nour nge ese mwo tori ar maram, anono ngeni ekewe aramas ir mi pwopwo nge ese torir COVID-19.

## 2. Met mi och ai upwe angei ewe apos nge ngang mi pwopwo? Ewe apos mi tongeni an epwe afeiengawa nei we monukon?

Ese pwan aukuk data mine mi katou ren tumunun ewe aposun COVID-19 faniten ekewe ir mi pwopwo. Anongongong on ifa usun an ekei apos emwekut non ewe inis, aramas mi sinenap non ei pekin ra nuku nge esap afeiengaw ngeni ekewe ir mi pwopwo.

CDC me ewe U.S. Food and Drug Administration (FDA) mei wor ar [pekin nenengni ren tumunun](#) mi moneta ren an epwe angei poraus usun ewe apos atun pwopwo iwe epwe fokkun nengeni fichi en poraus. Napengeni pwopwo mi nom non ei mokutukut mi chok fefeino, iwe esan mo wor rech poraus ren met a fis ren ekei mi pwopwo. Mi auchea sipwe chok sopweno ne nengeni fichi pwopwo non fansoun nangatam ren ach sipwe weweiti met ofien won ekewe mi pwopwo me simirit.

Ekewe apos ren Moderna me Pfizer-BioNTech ir [mRNA apos](#) ese wor ren ewe monun semwen ese efeiengaw e forata COVID-19 iwe ese tongeni ngeni emon COVID-19. Pwan, mRNA apos ese wor ofien on an emon aramas DNA ika siwini akotan chan me inisin non emon aramas pwe ewe mRNA ese tonong non ekewe monun non inisi e efisata ewe inis, ikewe ie ach DNA ra nom ia. Anapano om kaeo usun [an aposun COVID-19 mRNA angang non inis](#).

Ewe aposen COVID-19 seni Johnson & Johnson e for seni monun semwen, wewen pwe e fori pwe ewe monun semwen esap efeiengaw ngeni ewe inis nge epwe emwekutu monun epetin semwen non ewe inis ren met repwe fori. Ei sokun minefon fofor ir mi pwan eaea on ekoch forun apos. Apos mine e eaea pwan chok ei fofor ne siwini ewe monun semwen mi fen katou ngeni aramas ir mi pwopwo a unungat meram me mwen ar repwene nounou, pachenong waten forun apos ren ewe semwenin Ebola. Ese wor mine mi angawa mi pwopwo mi katou mi awenewen mi tou, pachenong met epwe angawa katoun pungun pwe peniengawen ngeni ekewe monukon, kich mi aninis fengen ren ei pungun angangen ekei apos. Kea ngeni chomong [ren ifa usun angangen ekewe apos won viral vector](#).

### 3. Met kewe peniengawen ei apos ngeni ekewe ir mi pwopwo?

Ekewe peniengawen ei apos mi tongeni fis murin omw angei ew me nein ekewe aposun COVID-19, akaewin murin ewe aruofochun apos ren ekewe repwe angei ruofoch aposl. Ekewe ir mi pwopwo rese mwo aporousa ngenikich peniengawen ei apos seni ekewe aramas ir rese pwopwo murin ar angei ewe apos ren ewe apos mRNA(Moderna me Pfizer-BioNTech apos). Peniengawen ei semwen mi pachenong metekin non choir, metekin non fituk, metekin kochun non chuu, menun, metek mokur, fou, pwichikar. Ika pwe en mi kar murin omw apos, iwe kopwe uun acetaminophen (Tylenol), pokiten pwichikar mi link ngeni pungun ewe tesin pwopwo mi neketif.

### 4. Met ekewe apos mi och ngeniei nge ngang mi oupwu nei?

Met pwungun seni ekewe clinic faniten ei aposun COVID-19 mi katou non ekei fansoun non United States ese pwan pachenong ekewe aramas ir mi oupwu nour. Pokiten ekewe apos ese wor kea won ren faniten ekewe aramas ir mi oupwu nour, ese wor data mi kawor won:

- Ewe tumunun aposun COVID-19 non ekewe aramas ir mi oupwu nour
- Peniengawen ewe apos won ekewe monukon ir mi oupw
- Peniengawen won ekewe forun milk ika kotoun kiten mongo

Ekewe aposun COVID-19 mi katou iei esapw apos mine epwe pwan eniwin sefan, wewen pwe ir ra tongeni ar repwe fori pwe non inisich epwe aponua nge ese pwan nounoutiw me non ekewe cell. Pokiten ekewe apos rese eniwin sefan ese awor an epwe aosukosuka ekewe aramas ir mi oupwu ika nour kewe monukon, ekewe aposun COVID-19 ir mi pwan kea ngeni nge rese tongeni ar repwe aosupwunga ekewe monukon ir mi chuen oupw. Iwe ina popun, ekewe aramas ir mi oupwu nour repwe pusin finata ar repwe angei ewe apos.

### 5. Met ei apos epwe angawa ai upwe tongeni nounou?

Ika pwen en mi sotuni ren omw kopwe pwopwo ikenai ika en mi mochen omw kopwe pwopwo non ekan ran mwach, ka tongeni angei ei aposun COVID-19 nupwen a tawe omw kopwe angei.

Ese wor ewe pisekin pwarata nge ekei apos, pachenong ekei aposun COVID-19, epwe angawa omw pekin nounou. Ika pwe en mi sotuni omw kopwe pwopwo, kose pwan ii nit omw kopwe witi murin omw angei ewe aposun COVID-19. Usun chok pwan meinisin ekewe apos, scientist ra kan kekaeo usun apposun COVID-19 kewe ren epwe fis ngonuk iei me pwan repotini met ra kuna nupwen a kawor.

Ren chomong kapaseis ren faniten ei aposun COVID-19, nengeni kewe kapaseis a [chomong chon eis iteiten fansoun meinisin](#).



**Met kewe mi auchea ren omw kopwe sinei poraus:  
Email template, kinamwein Newsletter, Kinamwein Social media**