

Q: Emon souemwen non namanam ika a pworous ngeni chon an iwe mwichefen mei nomw non tetenin pwe emon aramas mei afanafan ngeni ew mwiichen aramas iwe ren na wewe mei ketiweu seni ewe onnuk?

A: Ewer, emon chon afanafan mei tongeni epwe ketiweu seni ewe onnuk usun ren emon mei afanafan ngeni ew mwiichen aramas. Ewe ketiweu seni echok tongeni men ngenir, iwe nge, ika pwe ewe chon pworous mei afanafan ngeni ew mwiichen aramas.

Q: Ika pwe ai we nenien sopai ika organization ese mochen an epwe mwut ngeni aramas ar repwe aea eppetin won maas non, mei mwumwuta ngeniei ai upwe onnuku ngenir ar repwe chok aea pwonupwonun aaw me pwot ika pwonupwonun won maas?

A: Ewer. Ika pwe omw we nenien sopai ika organization a finata pwe epwe tichik won met onnuk mei wor nap seni ewe onnuk an state, OHA mei menei omw kopwe pacheta sain fiti metena omw onnuk mei tichikitw.

Q: Met e nomw non tetenin pwe "ekkemis ren urumwoten sport"? Urmwoten basketball nefinen chiechi non ew center ren pekin taiso mei nomw non tetenin pwe ekkemis ren urumwoten sport?

A: Ew ekkemis ren urumwoten sport iwe ew urmwot mei fis usun ren ir chon ew kuumi ika league, mei pwan wor fansoun rensu ngeni me urumwotan, napengeni ren an sukun, ew league ren pekin urumwot, ika clup ren pekin sport.

Q: Ika si taiso non ekan nenien taiso ika non ew gym, esap pwan ew sokkun sport ren ach sipwe ketiweu me non ei ennakun aean pwonupwonun aaw me pwot? Awewe, ren keki toro me rensu, pwan ew sokkun emmis nge mi pwan fis non en nenien taiso.

A: Apw. An aramas taiso non en imwen taiso, esap ew sokkun ekkemis ren sport. Ekan nenien taiso ika gym repwe pwan ponuweta ei ennakun aean pwonupwonun aaw me pwot.

Q: Ika si pworuk non en nenien kaeo pworuk, esap pwan ew sokkun sport ren ach sipwe ketiweu me non ei ennakun aean pwonupwonun aaw me pwot?

A: Apw.

Q: Chon tonong non ew neni repwe katon ew akkemis non urumwot, repwe pwan aea pwonupwonun won maas?

A: Ewer.

Q: Ika pwe sopwui we mei wor an tichikin onnuk ren pwonupwonun aaw me pwot nap seni an state, upwe fiti an ewe sopw kewe onnuk?

A: Ewer. Kopwe fiti ewe onnuk mei kon tichik.

Q: Ika am meinisin chon angang non ew neni am mi oppos, mi pwan wor neum pisekin pwarata, am mi togeni ketiweu seni ei ennukun aean pwonupwonun won mas?

A: Apw. Ei ennukun aean pwonupwonun won maas ese etiwau chon angei ewe opposun eppetin samwau.

Q: Ika ai en pisniis ese atononga aramas me nukun nge ra oppos meinisin nei chon angang, aupwe chok pwan aea pwonupwonun aaw me pwot ika won mas ika au nom non?

A: Ewer. Ei ennukun aean pwonupwonun won maas ese etiwau aramas ra oppos ika pisniis/orkeneseison mi kesip seni chon nukun.

Q: Mei tongeni pwe aramas ika nenien sopai repwe angei chappen ar tipis meren ir me ruw state me ewe sopw ren ar atai ewe onnukun pwonupwonun aaw me pwot non me ruw ekkewe kinikinin nemenem?

A: Ewer.

Q: Emon aramas, aweve ren chon kame, fengen me emon chon nemenem non ew neni, repwe meoni en pakking ika re atai ei ennuk?

A: Ewer.

Q: Ika pwe emon aramas ika nenien sopai a atai ewe onnuk an state, ian upwe tongeni repotini ngeni ian?

A: Ika emon e atai ei ennuk, oupwe esinesin ngeni Oregon Occupational Safety me Health Administration (OR-OSHA) me ikei <https://osha.oregon.gov/workers/Pages/index.aspx>.

Q: Mei pwan wor ketiweu seni ei ennuk ren ekkewe chon fer mwongo me chon angangen non nenien mwongo ika re chok angang non en kichen? Aweve ren ei pwichikar non atun summer, ir mei tongeni ketiweu ika a unus ar oppos me awora onuu fiit nefinar?

A: Apw. Esepwan wor ketiweu ren ei nikinikin. OHA mei fokkun pochokun me pesei ngeni ekkewe nenien angang ar repwe mut ngeni nour kewe chon angang pwe repwe asese fan chommong pwe repwe tongeni tou nukun me pwan ngaseta seni aean ar kewe pwonupwonun aaw me pwot. No ngeni an OR-OSHA we [website ren weiresin pwichikar](#) ren ekkewe onnuk mei wor fan iten chon nomw non neni mei pwichikar me semwen, me pwan sopwosopwun pworous won eppetin an esapw wor weires ren pwichikar.

Q: Met upwe tongeni fori ika pwe emon kastomer ika chon chuto a wareto ngeni ese aea pwonupwonun aaw me pwot, pwonupwonun won maas ika eppetin won maas ngeni ew neni non imw ngang uwa wisen mesemes won mwokutun?

A: En mi tongeni wou ngeni an pwonupwonun aaw me pwot, pwonupwonun won maas ika eppetin won maas iwe fori pwe ewe kastomer ika chon chuto epwe fori

metewe ururun epwe fori. Aramas chon wisen nemeni kokkotun ekkewe neni non imw repwe awora pwonupwonun aaw me pwt ika pwonupwonun won maas ngeni ekkewe kastomer ika chon chuto ika pwe ese wor ar.

Q: Met upwe fori ika emon kastomer ika chon chuto a eto nge ese aea pwonupwonun aaw me pwot, pwonupwonun won maas, ika eppetin won maas nge e era pwe tufichingawen inisin we mi eppetin seni an epwe tongeni aea pwonupwonun aaw me pwot, pwonupwonun won maas ika eppetin won maas?

A: Ika pwe emon aramas mei wor tufichingawen an inisi tongeni ese tongeni aea pwonupwonun aaw me pwot, pwonupwonun won maas ika eppetin won maas ren ian mei onnuk pwe emon epwe aea ian, me pwan ew nenien aramas ese nifinifin, ewe nenin sopai epwe angang fengen me ewe aramas ar repwe tongeni ekkewe fengen met sokkun anen aninis epwe tongeni weweoch ngeni an epwe kawor fan itan. Ekkoch sokkun weweochun aninis mei tongeni epwe kawor ngeni ren an esapw kamo an epwe chok angei an pisek me nepekin an, an esapw kamo an epwe touroto an pisek ngeni non nenian, ika pwan fori an appointment chok won fon ika won video.

Q: Mei wor ketiweun seni ewe onnuk ren aean pwonupwonun aaw me pwot, pwonupwonun won maas ika eppetin won maas ngeni ekkewe chon angang ion rese tongeni ar repwe aea?

A: Ika emon chon angang ese tongeni aea pwonupwonun aaw me pwot, pwonupwonun won maas ika eppetin won maas pwokiten tufichingawen inisin, ewe nenien angang epwe affor me ewe chon angang ika epwe kawor ngeni weweochun aninis. Ewe meinapen angang epwe angang fengen me ar we putain human resources ika kapas ngeni nour we sou annuk ren met repwe fori ren ei sokkun ewe. Meinapen ekkewe nenien angang churi ewe [Bureau ren Labor me Industries](#) (BOLI) ren pekin aninis.

Q: An ewe chef iwe pwonupwonun won maas mei plastic, ewe itan “mingle mask,” ewe mei pwonuw kinikinin ngachin me awan mei pwan tongeni ketiw pwe ew pwonupwonun aaw me pwot, pwonupwonun won maas ika eppetin won maas?

A: Apw. Ew eppetin won maas epwe pwonu chaamw, ettiw fan ngachin, me fittino ngeni nepekin won mesan.

Q: Upwe aea pwonupwonun aaw me pwot, pwonupwonun won maas ika eppetin won maas nupwen upwe no ngeni ekkewe aninis seni state ika tonong non ew imw an state?

A: Ewer.

Q: Ewe onnukun aean pwonupwonun aaw me pwot non imw mei pwan men ngeni ekkewe nenien tumwunun semirit?

A: Ewer. Sopwosospwun pworous fan iten ekkewe nenien tumwunun semirit mei nomw won ewe [website an ewe Kinikin ren Nepwoputan Angangen Kaeo](#).

Q: Ewe onnukun aean pwonupwonun aaw me pwot non imw mei pwan men ngeni ekkewe sukun tekia (ekkewe college me university)?

A: Ewer. No ngeni ewe Coordinating Commission ren Sukun Tekia [website ren COVID-19](#) ren sopwosopwun ourour ren ekkewe nenien sukun tekia.

Q: Ewe onnukun aean pwonupwonun aaw me pwot non imw mei pwan men ngeni ekkewe imwen apartment?

A: Ewer. Aramas repwe aea pwonupwonun aaw me pwot, pwonupwonun won maas ika eppetin won maas nupwen repwe nomw non kinikinin non ewe apartment aramas mei soun nomw ian, usun ren ekkewe lobby, hallway, non elevator me non imwen sopw. Ekkei neni iwe ir mei nomw non kinikinin neni non imw. Aramas resapw aea pwonupwonun aaw me pwot, pwonupwonun won maas ika eppetin won maas ika pwe ra nomw non pusin nenier me non ewe apartment.

Q: Met sokkun mettoch epwe weires ngeni ekkewe aramas mei wor tufichingawen inisir nupwen ekoch aramas repwe aea pwonupwonun aaw me pwot, pwonupwonun won maas ika eppetin won maas?

A: Ekkoch mettoch epwe tongeni fis an epwe weires ngeni ekkewe aramas mei wor tufichingawen inisir iwe:

- Ekkoch aramas ir mei menei repwe kuna pwisipwisin aaw ika nikinikin mesemesen emon pwe repwe sinei met ke era.
- Ekkoch aramas mei wor tufichingawen inisir ika ir mei sokono mamarin inisir repwe sokono ar weweiti nikinikin mesemesen aramas. Emon aramas epwe weires and weweiti mettoch ren ngingin an emon porous. Ika ke aea pwonupwonun aaw me pwot, iwe repwe chok tongeni kuna mesom ika fètum, iwe mei pwan tongeni epwe mwan ar weweiti ika rese weweiti me amwani met ewe chon kapas e awewei ika apasa.
- Ekkoch aramas mei puung seninger rekan chok nengeni pwisipwisin aaw. Pwisipwisin aaw me nikinikin mesemesen emon mei tongeni pwarata porous iwe ekkewe pwonupwonun aaw me pwot rese mecheres an emon epwe kuna mei eppetin an ekkei sokkun aramas repwe kuna pwisipwisin awan ewe chon porous.
- Tanipomw mei pwan aea pwisipwisin aaw an epwe atoura kapas me wewechun. Nupwen ewe pwonupwonun won maas epwe eppetin awan ewe aramas, iwe mei weires an ewe chon tanipomw epwe awewe ngeni ewe emon.

Ekkewe nenien angang me ekkewe nenien aramas ese nifinifin repwe angang fengen me ekkewe ir mei wor tufichingawen inisir ren ar repwe tongeni anisi ngenir wewechun aninis epwe tour ngenir an ewe chon angang epwe tufichin anisi ekkei sokkun aramas an epwe tour ngenir met ar osupwang. Ekkewe ese kawor ngenir sokkun wewechun aninis repwe kokori ewe Bureau ren Labor me Industries (BOLI) [Kinikin ren An Aramas Pwuung](#) at 971-673-0764 or crdemail@boli.state.or.us.

Q: Mei wor ion esapw pwan aea pwonupwonun aaw me pwot, pwonupwonun won maas ika eppetin won maas?

A: Ewer. Ekkei aramas resapw pwan aea pwonupwonun aaw me pwot, pwonupwonun won maas ika eppetin won maas:

- Ekkewe semirit ir mei chiwen chok kukun seni ruw (2) ier.
- Emon ion esapw tongeni an epwe tumwun ika pwe epwe aea pwonupwonun aaw me pwot, pwonupwonun won maas ika eppetin won maas pwokiten ren tufichingawen inisin ika mei wor met pusin an samwaau, iwe ren ena epwe wor tingorun sokkun aninis epwe kawor ngenir.
- Emon mei weires an epwe ngasangas, ese mefi, ika esapw tufichin pwusin pacheta an pwonupwonun won maas, etatiw ika watiw nge esapw wor chon anisi.
- Emon mei mour.

Q: Ekkewe pwonupwonun aaw me pwot mei amin mei ketiw pwe pwonun pwonun won maas?

A: Apw. Ekkewe pwonupwonun aaw me pwot mei wor amin echok for fan iten mecheresin ngasangas me eppetin wichin monon esapw wateno. Onongonong won met sokkun pwonupwonun aaw me pwot me mei ukkukun, ekkei pwonupwonun aaw me pwot repwe tumunu an esapw tonong parasen chonun aaw e fetan non asepan. Iwe nge, napengeni ekkei sokkun pwonupwonun aaw me pwot rese romei asepan si ngaserau ika parasen aaw me supwun parasen chonun awen emon non asepan pokiten ewe nenien fetanin asepan ese wor nenien romei kukun mettoch. Ekkei pwonupwonun aaw me pwot rese mwumwuta ren ar repwe eppetin fetanin monun ewe virus.

Q: Mei tumwun an emon epwe aea pwonupwonun aaw me pwot ika pwonupwonun won maas non ew nakatamen fansoun?

A: Ewer. Aea tam pwonupwonun aaw me pwot mei fis fan chomong non sakopaten angang, ren tumwunun chon angang. Ekkoch awewe ren iwe mei pachenong ekkewe chon angangen pekin pioing (awewe, nakatamen fori angangen reirei), angangen kou imw (awewe, eppetin seni das me ekkoch mwokunun pipin non asepan) me angangen pekin environment (awewe, awesano nuumw). Ewe pwonupwonun won maas a napengeni an aramas ese nifinifin aea non ei fansoun COVID-19 iwe rese kon ngut repwe usun ekkewe pwonupwonun aaw me pwot chon angangen pioing, pekin kou imw, me chon angangen pekin environment rekan aea, iwe mei fen tongeni pwe epwe wor nenien kusun asepan non iwe a pwan tongeni an epwe forata sokkun osokosuken samwaau. Ekkewe aramas ir mei weires ar repwe kan ngasangas mei weires ar repwe tongeni aea pwonupwonun won maas. Emon ion ese tongeni an epwe tumwun ne aea pwonupwonun aaw me pwot, pwonupwonun won maas ika eppetin won maas pwokiten tufichingawen inisin ika sokkun pusin an samwaau mei tongeni an epwe awora an tingor ren met aninis epwe kawor ngeni.

Q: Upwe pwan aea pwonupwonun aaw me pwot ika pwonupwonun won maas ika pwe ngang mei nomw non pusin ai we kinikinin nenien agnang nge ese pwan wor chienei non neniei we?

A: Ewer. Emon aramas epwe aea pwonupwonun aaw me pwot, pwonupwonun won maas ika epetin won maas non pusin an iwe kinikinin ngang me nukun chok ika nenian iwe an ewe chok emon aramas nenien ngang. Ew nenien ngang pusin chok an emon mei nomw non imw non nenien aramas ese nifinifin ika nenien ngang esapw an mwuun mei fis pwe nenien an emon aramas ngang non ew fansoun nge mei epetino me nepekin meinisin seni won simen tori tencho iwe mei pwan wor asaman mei kesipeno.

Q: Upwe pwan aea pwonupwonun won maas ika pwe uwa nomw non pusin imwei we?

A: Apw. Aramas ese pwan menei repwe aea pwonupwonun won maas ika pwe ra nomw non pusin imwer.

Q: Mei wor fansoun OHA mei menei pwe upwe aea pwonupwonun won maas nupwen upwe nomw nukun imw?

A: Ewer. OHA mei menei pwe nupwen mei chommong aramas ika wor watten emwicheich, emon me emon ion ese mwo angei ar opposun eppet, mei apwangapwang noun monun fiu ngeni semwen, ion mei mecheres ngeni feiengawen samwaa COVID-19, ika mei nom ren emon mei nom non ekkei sokkun teten repwe sopweno ne aea pwonupwonun aaw me pwot ika pwonupwonun won maas me awora towawen nefiner me ekkoch non ukukun onuw (6) fit. Neni mei chommong aramas me pwan wor watten emwicheich ren aramas nge ese pwan keuk ngeni ewe neni, ewe neni mei fis ewe mettoch ian, urumwoten sports, kimpiokai, apwapwa, karis, sochungio ika opupunuw. Ka tongeni angei metekewe mochenin OHA ren aean pwonupwonun aaw me pwot me pwonupwonun won maas fansoun nomw non neni nukun imw [ikei](#).

Q: Ekkewe mwiichen keen non ew nenien angangen iotek ika non pwan ekkoch sokkun organization ir mei nomw non teteninchon wisen fori mwokutun ewe neni iwe ir repwe pwan ketiweu seni ewe onnukun aea pwonupwonun aaw me pwot non imw?

A: Fan iten efeiengawen ekkei sokkun mwokutukut, OHA mei fokkun opochokuna pwe chon fori mwokutukut repwe aea pwonupwonun aaw me pwot ika pwonupwonun won maas nupwen repwe keen, iwe repwe pwan awora towawen nefiner non ukukun an epwe tufich ngeni me pwan nounou ekkewe pisekin an epwe nouemong ika pwan ekkoch sokkun mettoch epwe anisi nouemongun nouwer pwe epwe ekisano an ekkewe chon keen repwe kon nouwemong ne keen. Keen non mwiichen keen ina met mei pwan awateno cheunon ei COVID-19 pwokiten chon keen ra kon neuemong ne keen a ina met a forata an epwe napeno parasen chenun non chior. An iei a napeno ekkei case ren ewe Delta variant, ekkei parasen supwun awen aramas ina met epwe pwan tongeni anapano cheunon COVID-19 non ekkewe community. Iwe nge, ei mwokutukut mei nomw non tetenin pwe och mettoch ir mei pwomeni iwe me pwan tongeni pwe esapw pwan nomw fan ewe onnukun aean pwonupwonun aaw me pwot.

Q: Met wewen en sipwe achocho ne tumwunu pwe chon kame, chon wasena pwan aramas repwe aea ar pwonupwonun won maas?

A: Non ei fansoun, ewe Oregon OSHA me OHA ir mei mochen epwe wor angangen achocho ne tumwunuw me eppet ei semwen non neni me neni ar repwe pachepacheta sain fan iten ewe onnuk an epwe tichiki ngeni nour chon angang repwe aea pwonupwonun won maas, me *resap* pachepacheta sain nge rese tichikii ena onnuk ren pwonupwonun won maas ika ese pesei ngeni nour kastomer me chon chuto ngenir ar repwe opwungu ngeni ne fori masowen ena onnukr.

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 ewe Center ren Porousen Health won 1-971-673-2411, 711 TTY ika COVID19.LanguageAccess@dhsosha.state.or.us.