



Aninnisin Osukosuken Nonom Chon Angangen Tumwun mi Semwen

Ewe Oregon Health Authority (OHA) mi fokkun kinisou ren aninniseochun chon angangen tumwun mi semwen non ei fansoun maan ter. Non om angang fan iten tumwun me nonomweochon aramas, kose mochen chemeni pwe inisumw mi pwan auchea.

Aninnisin tumwun non mwuun COVID-19

Non ei fansoun an watteno ach osukosuk, mi auchea ach sipwe akkomwa tumwunun ach ekiek. Aucheani inisich, awora fansoun ngeni ach famini me chiechiach, ika pwe ese wor fansoun ngeni kich pwisin, mi aniniseoh ren apochokkunen inis. Ikkei ekkoch aninnis ren apochokkunach, anean pwe epwe tongeni anisuk non ei atun.

Chemeni pwe kopwe mwongo, ka konik, pwan unus om asoso.

Ikkei met mi poputani apochokkunen inis, nge mi chommong fansoun ach monuukano ika sia nom non osukosuk.

Achocho ne awora fansoun om kopwe kapas ngeni aramas iteiten ran.

Kosap chok uti atun om ka nonom non netipechou, pwe fan ekkoch ina epwe mecheresingaw om kopwe mochen kapas ngeni aramas. Aramas non unusen fonufan ra sinei ar repwe ifa ussun ne kapas ngeni chiechiar, aramasar, ika ekkoch aramas mi towaw senir nge rese sisiner.

Mi chommong chon sinei pwe ar mokutukut fetan, mi epochokkuna inisir me ar ekiek.

Tataiso nukun, akkanaemon ika ren chon nonom non imwom, mi tongeni anisuk om kopwe kinamwei me anisi om kopwe ekinamwei netipom. En mi tongeni taiso non imwom, akkanaemon ika fengen me ew kumien taiso won kamputer, ika online.

Met sipwe fer non atun osukosuk

Ika en mi osukosuk ren om mefi netipechou, song, ika noninen, kopwe sinei pwe kese akkanaemon. Ikkei ekkoch aninnis mi aninniseoch ngeni ekkena sokkun memef:

- Asosoeoch, ekiekeoch, ika affata ngonuk met ke mefi.

- Taiso.
- Mak non noum puuk.
- Awora fansoun ne keon ika fer noum nikatiik, makkei echo keon, ika chungu.
- Asoso seni kapasen non simpung, pwan ekukkunatiw fansoun om nonom won fon.

Aninnisin epochokkunen non ekiek me netip

Pwan no ngeni an OHA [Chon Aninis atun Osukosuk me Riafou](#) ika ke pwan mochen sinei met mi kawor ngeni chon angang atun maan tter ika osukosuk; pwan an OHA [COVID-19 Community Resources page](#) ren pwan ekkoch aninnisin osukosuken nonom.

- [Aninnisin Anonoppoku Aramas](#): Ew nenien aninis ngeni aramas me ar famini ika re osukosuk me riafou ren chon oput aramas seni neniar, ika racism.
- [Tumwun + Pochokkun Oregon](#): Porousen awewen COVID-19, Tumwunun netip, pwan aninnisin chon nonom non Oregon.
- An Tumwun + Pochokkun [Aninnisin Osukosuken Nonom nampan fon](#): 1-800-923-HELP(4357). Ese kame ngeni chon koko, ir mi tongeni koko iteiten awa iteiten ran ika re mochen angei ei aninnis.
- [Met epwe fis atun osukosuk me epochokkunen ekiek atun mwuun COVID-19 ei](#): Aninnis seni ewe nenien Centers ren Disease Control me Prevention (CDC) ren chon tumwun mi semwen me chon sein pioing, kunukun me ponis.
- [Ifa Ussun lei](#): An CDC pekin esinesin, aporous me aninnis an epwe anisir ren met kopwe fer me epochokkunen om ekiek non mwuun COVID-19 ei.
- [Crisis Text Line](#): Ika emon a nom non osukosu, iir mi tongeni tex **OREGON** ngeni 741741 ar repwe fos ngeni emon epwe anisir seni ar osukosuk tori ar ra nom non kinamwei. Ekkei nampa mi eoch tori May 31, 2022.
- [TIP NW](#): Ew an chon aninnis prokram ar repwe anisi io e manaw seni ew watten osukosuk, ar repwe anisir non ar riafou me netipechou, me anisir ar repwe pwaak seni ika kinamwei sefan.

Sisineieoch, pochokkun me tumwuneoch

Ekkei website won kamputer mi pwan aninniseoch ren met om mochen sinei ren COVID-19, om kopwe ifa ussun ne tumwuneoch me epochokkunok non ei atun:

- [Oregon COVID 19 website](#).
- [Centers ren Disease Control](#).

- [World Health Organization.](#)

Toureachun taropwe: Ren ekkan aramas mi wor teriir, ika rese sinei fossun merika, OHA mi tongeni awora ei porous non fossun fenuwom, makkemong ren ekkan rese kuna eochuur, ika braille pwe ekkan mi chuun repwe tongeni aneani. Kokori ewe ofisin Health Center, nampan 1-971-673-2411, 711 TTY ika COVID19.LanguageAccess@dhsosha.state.or.us.