

Nimu eureuren tumwunun epet ngeni chon no sefaniti ngeni sukun ren ei samaw COVID-19

Ikei ekewe fofor epwe anisi ne tumwunu ekewe chon sukun ar ra niwiniti ar kewe nenien kaeo, an epwene sopwosopwonon ar pekin kaeo ar repwene niwinong sefan non ar kewe nenien kaeo non ei ier.

- 1. Akota non famini an repwene angei ewe oppwos ngeni ekewe ra tufichin angei ewe oppwos.** Ewe oppwos iei chok ewe akon murino an epwe tumwunu seni kich ei samaw COVID-19. Ei oppwos epwe pwan tongeni anisi nouch kei chon sukun non ar repwe sopweno ar pekin kaeo non ar kewe nenien sukun. Io kewe ra fen angei ar oppwos rese pwan chiwen need repwe fori angangen imwuno seni ekewe ekoch pokiten ra fen angei ar oppwos, me nukun chok ika pwe mi wor ekewe esisinen ewe samaw rer. Chochon non imwemi kana ion a 12 ier tori mi mwukeno ra tongeni angei ewe oppwosun COVID-19 ese fokkun kamo, ren omw kopwe for appointment ika omw chok chunong non ekewe neni (clinics) ikewe ra kan wisen awora kewe oppwos mi wor iteitan raan omw kopwe tongeni angei om oppwos me non unusen ei neni ika state. An a poputa sefan sukun ngeni kewe semirit, sipwe anisi ekewe semirit me chiechier chon sukun, pwan tori ekewe remi chok kukun rese mwo tufichin angei ewe oppwos ren ach sipwe fori angang fengen ne angei ewe oppwos meinisin chochon non imwemi kewe pwe repwe tumwun nouch kewe seni ei semwen.
- 2. Aea mask nupwen omw nom nein chomong aramas nukun ika non ekewe neni pwan tori nefon ekewe nenien ochuchu fengen ne sa won taraku.** Omw ka apwonuweta aea mask ika pwonu mesomw nein chomong mwicheichen aramas mi anisuk an esapw wattenno ne cheu ei semwen COVID-19, epwe pwan anisi an emon epwe keimwuno seni ekewe ekoch me non ar kewe nenien kaeo. Non Oregon ra fokkun menei pwe ekewe ier 5 tori mwukeno repwene aea mask nein chomong mwicheichen aramas nukun me non ekewe neni, ikewe apwan weires me ia epwe wor ewe 6 fit anefin nefinen aramas. Ren ei samaw Delta variant mi chok mworokun non ach kei cho, mi eoch sipwe en me pusin aea mask ne tumwunu inisin ika pwe oupwe nom ren ekoch chochon non ew imw. Iwe ika pwe en me noum na chon sukun omi kan ochuchu fengen ne sa won wami taraku me pwan ekewe ekoch famini, oupwe tumwunu pusin inisimi ne aea mask me pwan rifetiwi asamachon kewe taraku pwe epwe eninong enienin asepan.
- 3. Eukuku mwicheich fengen me ekoch chon ew imw - ren ekewe watten upwutiw me pari an semirit.** Ika pwe mi wor an noumwe upwutiw non ei kinikinin fansoun, iwe kopwene chok fori apwappwan ngeni pusin chochon non imwomwe. Kemi fen tongeni amwonnoi mwo na watten kokotun watte upwutiw tori an epwe wesino ei semwen Delta Variant, pwokiten amen mwitir cheunon. Ika pwe kopwe fori ew mwich ngeni ekewe pwan ekoch chomong famini, mi fen murino kopwe fori nukun ian epwe ekis watte ian aramas repwe fein fetan awora 6 fit nefiner me aea mask ren en me pusin tumwunun inisin.
- 4. Fori kewe angangen kukunou fengen epwe fis nukun.** An epwe ekis akukunuenoi an ekewe semirit resapw torir ei samaw COVID-19, kopwe uwarou repwe kukunou nukun ika pwe mi tufichin - nupwen repwe kukunou fengen me chon ekewe ekoch imw. Ekei mi pachenong ar kukunou fengen ren pekin urumot. Chechemeni kopwe aea mask nupwen mi weires an epwe wor 6 fit nefinen aramas ika pwe esapw iir chochon masowen non imwomwe.

5. **Fori ew kokot ika pwe noumwe chon sukun epwe tiweno seni an sukun.** Non ei kinikinin fansoun, a tori atun epwene unus sefan kunokun me ranin kaeo ngeni ekewe chon sukun ren ar pekin kaeo. Ren chon sukun, famini me chon angang repwene en me sokkopat ekiekir me memefir ren ei fansoun. Ach sipwe anisi kich meinis non ei ierin sukun, mi tufich an emon chon sukun epwe tiweseni an sukun ika pwe mi expose ika kan ngeni kewe urir ewe semwen COVID-19. Kopwe esine ngeni chon ewe sukun, ren om kopwe sinei ar kokot nupwen noumwe epwe tiweseni an pekin kaeo/sukun. Ewe Department of Education ra forata ewe aninis ngeni famini non ei fansoun, ika pwe epwe tiweseni an sukun faniten ewe samaw. Om mwoneta ngeni, pwan ina met epwe eochuenoi mecheresin an noumwe pekin kaeo ngeni an ewe sukun.

Kote chok menuki — ekei pekin aninis mi wor ren omw kopwe weweiti met ekewe sukun ra fori ar repwe tumwunu noumwe chon sukun me chochon non imwomwe ren ei samaw COVID-19. Fokkun chemeni kopwe kapaseis ngeni noun noumwe sense ren met ke need.

Toureochun taropwe: Ren ekkewe aramas mi wor osupwangen an inisir tongeni ika aramas rese sinei fosun Merika, OHA mi tongeni awora taropwe non ewe sokkun nikinik ar repwe weweiti, aweve 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.