



Met kopwe for fansoun an a wor COVID-19 non omw nenien angang

Ifa ussun aean ei checklist:

Ika a wor esinesin ngeni en nenien angang pwe emon nour chon angang a positiif pwungun an tess ren COVID-19, repwe mwittir ne esinesin ngeni en public health authority (LPHA) fengen me ponuweta met re ereni chon non en nenien angang repwe fori. Ei checklist epwe aninnis ren an en nenien angang epwe angang fengen me en LPHA ren ar repwe chiakuni ion non ena nenien angang mei tori ena semwen. Ika mwo ennukun federal, state me local mei tongeni an epwe siiwin, en fansoun akkanaemonuno me kuwaranin esapw siiwin. **Nge, mei wor ekkei ennuk mei tichik an chon Oregon Occupational Safety me Health Administration (OR OSHA) fengen me an chon Oregon Health Authority (OHA).** Ei checklist ese unus ren tettenin ekkan ennuk an chon OR OSHA ika OHA. Kopwe soun cheki an [OR OSHA](#) me [OHA](#) ekkan website ren om kopwe sinei menni ennuk epwe ketiw non omw nenien angang. Kopwe sinei pwe an OR OSHA Aninnis ren Poraus ese kame, ese tichik, fengen me epwe mwonomwonono angangen aninnisin tumwun non nenien angang ngeni chon angang non Oregon. No ngeni ikei ren om kopwe sineieoch porousan me tingor ei sokkun aninnis: [OR OSHA Consultation Services](https://osha.oregon.gov/consult/Pages/index.aspx) (<https://osha.oregon.gov/consult/Pages/index.aspx>)

Ekkoch ekkei masowen won ei checklist mei pwan wor sopwosopwun porousan. Anneani ekkei porousen awewe fan ei taropwe ren affaten met kopwe fori ika awewen met masowen ei checklist. Ar ekkei website mei hyperlink fengen me mei pwan kawor en URL ngeni aramas re mochen kuna won line ika kapiin won taropwe.

Mei auchea an ekkan meinap non angang repwe anneani en [Oregon Health Authority's Ennukun Akkanaemonuno me Kuwarantim](#) me an [Oregon OSHA Ennuk ren COVID-19](#) ren fatafaten porousen met epwe fis ren eppetin me met epwe fis ika a wor semwenin COVID-19 non ar nenien angang.

- An OHA Porausen Kuwarantim me Akkanaemonuno:
<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2351t.pdf>
- An OR OSHA Ennuk ren COVID-19:
<https://osha.oregon.gov/covid19/Pages/default.aspx>

*Kinisou chapur ngeni an Deschutes County, Oregon Health Authority
COVID Response me Recovery Unit (CRRU) me OR OSHA
chon angangen Aninnisin Porous ren ar awora porousen non ei taropwe.*

Checklist ren met epwe fis non nenien angang:

Mwokutukut	Nonnomwun
<p>1. Akkanaemonuno: Ereni ena chon angang mei positiif (awewe, ekkon "keis") ar repwe no/nomw non imwar me akkanaemonuno. (Katon peich 3)</p>	<input type="checkbox"/> Unuseoch <input type="checkbox"/> Sopwosopwono <input type="checkbox"/> Ese mwo poputa <input type="checkbox"/> Ese menei
<p>2. Chosani: Tumwuneochu an chon angang nonnomwun kinamwei, kosapw aporoua ngeni emon porousan ika kese angei omw mwuumwuuta meren. Poputa ne ioi porous, pachenong:</p> <ul style="list-style-type: none"> • Inet e poputa ne mefi an semwen • Inet e angei ena tess mei positiif • Menni ran saingonon an ewe angang • Tefen non ena nenien angang saingonon an angang ie • Ion mei meni tori ika a tori (katon peich 4) 	<input type="checkbox"/> Unuseoch <input type="checkbox"/> Sopwosopwono <input type="checkbox"/> Ese mwo poputa <input type="checkbox"/> Ese menei
<p>3. Kokko: Kokkori ewe LPHA (awewe, county health department) ar repwe anisuk ren sopwosopwun met omw mwokutukut. (Katon peich 6)</p>	<input type="checkbox"/> Unuseoch <input type="checkbox"/> Sopwosopwono <input type="checkbox"/> Ese mwo poputa <input type="checkbox"/> Ese menei
<p>4. Esinesin: OR OSHA mei awora ar ennuke ren an ekkon meinap non angang repwe esinesin ngeni nour chon angang mei torir ena semwen non chok 24 awa seni fansoun ar sinei. (Katon peich 6)</p>	<input type="checkbox"/> Unuseoch <input type="checkbox"/> Sopwosopwono <input type="checkbox"/> Ese mwo poputa <input type="checkbox"/> Ese menei
<p>5. Nimenim me sanitize: Ika a 3 ran (72 awa) seni saingonon an ewe chon angang nomw non ena nenien angang, esipa an ena nenien angang tori an a wor chon nimeti me nieno paikiingin non. (Katon peich 7)</p>	<input type="checkbox"/> Unuseoch <input type="checkbox"/> Sopwosopwono <input type="checkbox"/> Ese mwo poputa <input type="checkbox"/> Ese menei
<p>6. Eokkunou: Ekkon meinap non angang repwe ekkunou nour chon angang <u>rese</u> <u>oppos</u> ar repwe kuwarantinnon ukuukun 14 ran. Eokkunou ngeni meinisin chon angang ar repwe angei ewe tess 5-7 ran (tori 14 ran) seni fansoun an ewe torir ena semwen. Ekkon chon angang mei meni torir ika mei torir repwe tumwuneochu ika re mefi ar semwen tori 14 ran seni an ewe wor chon semwen, ika mwo ir mei angei ika rese angei ar opposun eppet. (Katon peich 8) Ika ir mei mefi ar semwen, iwe repwe angei ewe tess.</p>	<input type="checkbox"/> Unuseoch <input type="checkbox"/> Sopwosopwono <input type="checkbox"/> Ese mwo poputa <input type="checkbox"/> Ese menei
<p>7. Affat: Ekkon meinap non angang repwe tumwuneochu pwe ekkon keis, chon angang rese oppos ika ekkon ir mei mefi ar semwen resapw niwiniiti ar nenien angang tori an a wesino fansoun ar akkanaemonuno/kuwarantinnon. (Katon peich 11)</p>	<input type="checkbox"/> Unuseoch <input type="checkbox"/> Sopwosopwono

Checklist ren met epwe fis non nenien angang:

Mwokutukut	Nonnomwun
	<input type="checkbox"/> Ese mwo poputa <input type="checkbox"/> Ese menei
8. Tumwunoch me eppeti: Achocho ne ereni chon angang pwe repwe angei ewe opposun eppet me awora ngenir porousen tufichin. No ngeni an OR OSHA me an chon OHA webpage ren sopwosopwun porousen eppetin me koukun COVID-19 non nenien angang. (Katon peich 12)	<input type="checkbox"/> Unuseoch <input type="checkbox"/> Sopwosopwono <input type="checkbox"/> Ese mwo poputa <input type="checkbox"/> Ese menei

Kaworen porous:

- 1. Akkanaemonuno:** Ekkan chon angang mei positiif pwungun ar tessin COVID-19 (awewe, ekkan **“keis”**) repwe mwittir no ngeni imwar me/ika nomweti non imwar me **akkanaemonuno**.

An affat pwe a wor ew **keis** ren COVID-19 wewen pwe emon mei positiif ar pwungun tessin COVID-19 ar angei ewe tessin nucleic acid amplification (awewe, tessin “RT-PCR”) ika ew antigen tess, ika pwan ew sokkun tess ekkan state me local public health authority mei aea. Non ei checklist, ekkan kapas ren **“keis”** me **“chon angang mei positiif”** mei taitap fengen.

“Akkanaemonuno” ika **“ar repwe akkanaemonuno”** wewen pwe an emon epwe imwuuno non ew neniar/imwar, esapw tou ena aramas mei semwen ika mei wor ekiekin an semwen ren COVID-19, repwe imwuuno seni aramas rese semwen ren ar repwe eppet ika ekukkunatiw cheunon ei semwen ngeni aramas. Ekkan aramas mei unus ar opposun eppet nge mei positiif ar tessin COVID-19 (awewe, ekkan “breakthrough” keis) repwe pwan akkanaemonuno.

Ew **“Keis ren ekiekin meni pwe COVID-19”** wewen pwe emon ese angei ewe opposun eppet nge mei mefi esissinen semwenin COVID-19 fengen me mei nomwongeni emon mei ffat pwe a uri COVID-19 2 ngeni 14 ran me mwen an mefi an semwen.

Aramas a **affat** me ekkan mei wor **ekiekin meni pwe ew keis** repwe **akkanaemonuno** non kukkunun 10 ran, ika ra mefi ar semwen tori 24 awa seni an wesino ar pwichikkar nge rese wuun safei (awewe, safeien ekukkunutiwen ar pwichikkar) fengen me semwenin COVID-19 (awewe, mwor, mwiengas, me feiseni) a atittinino. Ekkan keis repwe:

- Akkanaemonuno non ukuukun 10 ran feffeino ika ra wes ne awora porousen menni pwinin maram re angei ewe tess mei positiif ika rese mefi ar semwen, ika ir mei mefi semwen nge esapw ren fou-pwichikkar, mwor, mwiengas me feiseni.
- Akkanaemonuno non ukuukun 20 ran ika mei wor/ika a fetan ngeni an epwe watteno ar semwen ren COVID-19, ika re niwing ren COVID-19, ika ren an mei wor ar watten semwenin inis.
- Tumwuneochu pwe ekkan local me state public health authority repwe fatafateoch ren porous, ponuweta meinisin an ekkan public health tingor.

OR OSHA mei pwan menei an ekkan chon angang repwe tongeni sopweno ar angang me non imwwar fansoun ar ra kuwarantini ika akkanaemonuno ika mei wor ar angang repwe tongeni fori me ir mei pochokkunen fori. Epwe mwuumwuuta an ekkan chon angang repwe niwiniiti ar angang ika ra awesi fansoun ar kuwarantini me akkanaemonuno. Ika emon chon angang a nomw non kuwarantini ika akkanaemonuno, ren an chon OR OSHA ennuke ika ren an our meinap mochen ren pekin tumwuneoch, epwe wor esinesin ngeni ena chon angang pwe mei wor pwungun ar repwe niwiniiti ar ewe angang ika mei chiwen wor nge esapw wor eppetin ren ar fori mwokutukutun ennuke COVID-19 ren kuwarantini me akkanaemonuno. Epwe wor esinesin ngeni ena chon angang **non taropwe** ren met ar pwung mei affat fengen me kawor ngenir porousen an ar nenien angang awora meon fansoun ar asoso, asoso ren semwen, ika pwan met sokkun aninnis mei kawor ren ennuke local, state ika federal.

Katong en [Oregon Health Authority Porousen Kuwarantini me Akkanaemonuno](https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2351t.pdf) ikei: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2351t.pdf>

Chon angang non nenien mwongo (awewe, chon uwou mwongo, chon kuuk, ekkan ir mei angengeni mwongo, me pwan met) mei positiif pwungun ar tessin COVID-19 ika ekkan ir mei nom non imwen emon mei positiif ar tessin COVID-19, mei wor ennuke Oregon ([OAR 333-019-1000](#) me [OAR 333-150-0000](#)) ar repwe esinesin porousen ngeni nour manecher ika nour meinap. Ika emon chon angang ese angang non ew nenien mwongo iwe ese pwan auchea ar repwe ereni nour meinap. Ekkan chon angang non ew neni esapw ew nenien mwongo, nemeniar ika repwe aporoussa porousen pwungun ar tess ngeni nour meinap ika chiechiar ne angang. Nge, ekkan meinap repwe *epochokkuna ar tingor ngeni nour chon angang* ar repwe esinesin ngenir ika mei positiif ar tessin COVID-19. Foreochu pwe ekkan chon angang repwe mochen, me rese nuwokkus ar repwe esinesin an positiif ar tess, ren affaten an sopwosopwono ne kawor niwinir fansoun ar ra semwen me esinesin ngenir pwe resapw tou me non ar angang ren an urir COVID-19.

Ewe ennukun kaworen niwinin chon angang ren ar semwen me ren an wor mei semwen non ar famini fan nurun ewe Families First Coronavirus Response Act (FFCRA) a kotourou me fan ewe Tiisamper 31, 2020. Kose mochen no ngeni ewe FFCRA Kinikinin Niwinin me Awa peich ren Kapas Eis me Epponuwan omw kopwe sinei pwungun me wiisen chon angang me nour meinap mwirin ei pwinin maram: <https://www.dol.gov/agencies/whd/pandemic/ffcra-questions#104>

Chon awora Niwinin Chon Angang ir mei tongeni awora niwinin chon angang ren ar asoso seni ar angang ika e urir COVID-19 me non ar nenien angang. Ekkan nenien angang repwe kokkori nour pekin insurance ren kaworen niwinin chon angang ren porousen aninnisin nour chon angang mei urir COVID-19.

- 2. Chosani:** Ika ekkan meinap ra sinei pwe emon nour chon angang mei positiif, repwe ioi porousan, pachenong inet e poputa ne mefi an semwen, inet e angei ewe tess mei positiif, inet saingonon an angang, tefen non ena nenien angang saingonon an angang ie, fengen me ion mei meni torir ika a torir ena samwau (Katon awewen kapas fan ei).

Ekkan aramas mei "**torir**" pwe ren ar "**nomwongeni**" ena mei semwen, nge ir ekkan mei kanengeni, ese wor 6 fiit nefiinar me ewe chon angang mei positiif, non ew fansoun mei ttam seni 15 minich (non unusen ew ran ika 24 awa) fansoun an **tongeni cheuno** ar semwen. Fansoun an **tongeni cheuno** an ew keis samwau nge 48 awa me mwen an poputa ne mefi an samwau IKA 48 me mwen an angei ewe tess mei positiif ika ese mefi an samwau. Fansoun an tongeni cheuno mei tori 10 ran me mwirin an wor esissinen semwenin ika non ewe fansoun re angei ewe tess mei positiif.

Ekkan aramas si ara pwe "**mei torir**" ika rese nomwongeni emon mei semwen nge ir mei nomw non ekkan neni ewe mei semwen mei nomw ie, pachenong ar nenien angang, nenien ngaseno, nenien asoso me pwan met, fansoun an tongeni cheuno ar semwen.

Mei tongeni kesip ew nenien angang ika a kon chommong chon angang mei torir fansoun an emon keis mei **tongeni cheuno**. Kesipen ew nenien angang mei tongeni aninnis ren affaten an pwan wor ekkan keis non ew nenien angang, fengen me koukun an epwe cheuno feffetanin.

Ekkan meinap repwe ekieki menni nein nour chon angang ir mei **nomwongeni** ena keis 48 awa me mwen an ena keis poputa ne mefi ar semwen ika an a positiif ar tess. Repwe nengeni an nour chon angang kunokun angang ren ar repwe ffat ion mei nomw fansoun an ewe keis tongeni acheuno ewe semwen me an emon fansoun angang fengen em nomw ren ewe keis. Ekkan nenien angang ese tiichik ar repwe wiisen kutta feffetanin; nge, ika ir mei forechu kokkotun porousen kunokun nour

chon angang me fansoun an nomw chon angang, mei aninniseoch ngeni an ekkan chon public health angang.

Ekkan meinap **mei menei** ar repwe nennengeni ar nenien angang ren ion mei torir ewe semwenin COVID-19. Kokkoteochun nour taropwe ren ar nennengeni mwokutukutun non ar nenien angang mei auchea ren ar repwe sinei menni nour chon angang meni mei torir ika mei torir. Anneani an OR OSHA ei [Ennuk Ren ewe COVID-19 Public Health Imerechensi non Meinisin Nenien Angang non Oregon](#) ren sopwosopwun porous ren angangen ar nengeni ion mei torir ren ar pekin angang me ion mei meni torir.

OR OSHA mei forata nour [taropwen Angangen Nennengeni](#) me ew awewen Angangen Nennengeni ren aninnisin an ekkan meinap repwe atawei ar angang.

- An OR OSHA ei [Ennuk Ren ewe COVID-19 Public Health Imerechensi non Meinisin Nenien Angang non Oregon](#), pachenong taropwen porousen Angangen Nennengeni Cheunon:
<https://osha.oregon.gov/OSHARules/div1/437-001-0744.pdf>
- An OR OSHA taropwen Angangen Nennengeni:
<https://osha.oregon.gov/OSHAPubs/pubform/exposure-risk-assessment-form.docx>
- An OHA taropwen tettein ekkan LPHA:
<https://www.oregon.gov/oha/ph/ProviderPartnerResources/LocalHealthDepartmentResources/Pages/lhd.aspx>

Mei auchea ne chemeni pwe ekkan county mei watte cheunon ei semwen, chon chosani ekkena keis me chon fori angangen kutta feffetanin repwe akkomwa ekkan neni mei chommong chon semwen ie ren cheunon. Wewen pwe ei angangen esinesin ren ion mei nomwongeni ewe chon semwen epwe no ngeni ewe meinap.

3. Kokko: Ngeni ekkan meinap, mei wor ei ennuk ren ar repwe esinesin porousen nonnomwun emon non mwonomon meren en health department [OAR 333-019-0000](#). Mei pachenong ekkan keis ren COVID-19 me aramas mei nomwongenir. Ekkan meinap repwe kokkori ar local public health authority (LPHA) chon angangen COVID-19 ren ar repwe angang fengen ar repwe sinei me awora porousen esinesin ngeni ion mei torir ei semwen me non ar nenien angang. Ika LPHA mei tongeni, nour chon angang repwe esinesin ngeni ekkan minne-ka ir mei nomwongeni ewe chon semwen ren porous me ar repwe aitir met repwe fori.

Ekkan meinap repwe kokkori ar local public health authority ren ar repwe nengeni met e fis me esinesin met angangan. No ngeni an Oregon Health Authority ei [taropwen tettenin ekkan LPHA](#) ren ar repwe ifa ussun ne esinesin ngenir fengen me

ika mei wor non ar county. Ekkan [nampan tengwa ren esinesin an wor samwau non ew county](#) mei pwan wor fansoun ese nifinifin.

- An Oregon Health Authority taropwen tettenin ekkan LPHAs: <https://www.oregon.gov/oha/PH/PROVIDERPARTNERRESOURCES/LOCALHEALTHDEPARTMENTRESOURCES/Pages/lhd.aspx>
- Nampan tengwa ren esinesin an wor samwau non ew county: <https://www.oregon.gov/oha/PH/DiseasesConditions/CommunicableDisease/ReportingCommunicableDisease/Documents/reportdisease.pdf>

Mei auchea ne chemeni pwe ekkan county mei watte cheunon ei semwen, chon chosani ekkena keis me chon fori angangen kutta feffetanin repwe akkomwa ekkan neni mei chommong chon semwen ie ren cheunon. Wewen pwe ei angangen esinesin ren ion mei nomwogeni ewe chon semwen me esinesin ren ar repwe akkanaemonuno, kuwarantini, angei ar tess me tumwunu ika re semwen epwe no ngeni ewe meinap.

4. Esinesin: OR OSHA mei menei an kkan meinap repwe fori me anganga ew mwokutukut ren a repwe esinesin ngeni nour chon angang (ika ese wor onu fiit nefiinan me emon mei uri COVID-19 non ukuukun 15 minich ika napenon, ika mwo ir mei aea pisekin eppet, awewe ren pwonupwonun won mas) pwe ir mei nomwogeni emonchon angang mei positiif ar tessin COVID-19, fengen me esinesin ngeni nour chon angang (ekkan ir mei angang fengen non ar nenien angang ika chon angang non kinikinin ar nenien angang) pwe emon chiechiar ne angang on ar kinikinin angang mei uri semwenin COVID-19.

Ei sokkun angangen mwokutukutun esinesin epwe pwan apachanong ekkei angang:

- a. Angangen esinesin ngeni chon angang mei torir ika meni mei torir non chok 24 awa seni ar sinei pwe mei wor emon chon angang mei uri COVID-19 non fansoun an tongei cheuno an semwen ika ir mei nomwofetan non ar nenien angang non fansoun an epwe tongeni cheuno ar semwen; me
- b. Ei angangen esinesin epwe fis me ketiw non an ponuweta meinisin ennukun federal me an Oregon ennuk me auchean angang.
- c. Ekkan meinap ir mei tongeni ponuweta ei auchean angang ren ar nounou an chon Oregon OSHA taropwen ifa ussun angangan mei kawor non ekkei tetten:
 - » MS Word format: <https://osha.oregon.gov/Documents/Model-COVID-19-Notification-Policy.docx>

- » PDF format: <https://osha.oregon.gov/Documents/Model-COVID-19-Notification-Policy.pdf>
- » Fosun Spain MS Word: <https://osha.oregon.gov/Documents/Model-COVID-19-Notification-Policy-spanish.docx>
- » Fosun Spain PDF: <https://osha.oregon.gov/Documents/Model-COVID-19-Notification-Policy-spanish.pdf>

Rek kokkotun an wor chon semwen, ekkan meinap repwe tumwuneochu an nour chon angang nonnomwun kinamwe ar resapw aporousa porousar ika pwe ese wor ar mwuumwuuta merer. Non ekkan nenien angang mei kukkun, ina epwe weires ne tumwunu an chon angang nonomwun kinamwe. Chemeni pwe ese auchea ne esinei ngeni chon angang *ion* mei semwen re nomwongeni. Ekkan meinap repwe tumwuneochu pwe esaw wor chon sinei ion ena keis ren ar esinesin pwe ir mei nomwongeni emon mei semwen non ar nenien angang me ese pwan auchea ar repwe sinei sopwosopwun porousan me nukun chok ar nomwongeni.

- 5. Nimenim me sanitize:** Mei wor an chon OR OSHA, ennuq pwe ekkan meinap **repwe** nimeti me nieno paikiing non ekkan nenien angang, won ekkan neni mei chommong chon attapa, me ekkan pisekin angang ewe mei uri COVID-19 mei aea me met ir mei sinei pwe mei attapa. Ika ekkan meinap re sinei pwe mei wor chon semwen non ar nenien angang non chok 24 awa, iwe repwe nimeti me sanitize-ini ar nenien angang me ar pisekin angang. Ika pwe ekkan meinap re sinei pwe mei wor chon semwen non ar nenien angang nefiinen 24 me 72 awa seni ar ewe nomw non ar nenen angang, iwe repwe chok nimeti, nge ese pwan auchea ar repwe sanitize-ini. Ika pwe ekkan meinap re sinei pwe mei wor chon semwen non ar nenien angang non 72 awa seni ar ewe nomw non ar nenen angang, ese pwan wor namwoten ar repwe nimenim ika sanitize (me nukun chok fansoun ar enimenim).

Ekkan meinap repwe tumwuneochu pwe ar ekkan pisekin enimenim/sanitize mei tongeni an epwe nieno menun COVID-19. No ngeni en [Environmental Protection Agency's "N List"](#) ren ekkan tettenin pisekin enimenim mei ketiw:

<https://www.epa.gov/coronavirus/about-list-n-disinfectants-coronavirus-covid-19-0>

Ren sopwosopwun porousen enimenim me niniin paiking ren agangen enimenim iteiten ran ika ren an emon semwen - no ngeni an ewe Center ren Disease Control me Prevention "[Enimenim me Niniin Paiking non Om Nenien Angang](#)" webpage: https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Freopen-guidance.html

6. Eokkunou:

- a. Chon angang mei positiif ar tessin COVID-19 (awewe, ekkan **keis**) ika ekkan ir mei mefi semwenin COVID-19 (awewe, ekiekin pwe meni ew keis) repwe **akkanaemonuno**.
- b. Ekkan chon angang mei **torir** repwe **kuwarantín** non ukuukun 14 ran me tumwuneochu ika re mefi semwenin me nukun chok ika a unus ar opposun eppet. Meininis chon angang re nomwongeni ewe mei semwen repwe angei ewe tess 5-7 ran, tori 14 ran seni fansoun ar ewe nomwongeni ewe mei semwen ika mwo ir mei angei ika rese angei ewe opposun eppet.
- c. Ekkan chon angang **meni mei torir** repwe tumwuneochu ika re mefi ar semwen me angei ar tess ika a wor esissinen semwenin.

No ngeni an ewe [Oregon Health Authority taropwen angangan](https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2351t.pdf) ren sopwosopwun porousen ika noum chon angang repwe akkanaemonuno ika kuwarantín: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2351t.pdf>

“**Kuwarantín**” wewen pwe emon epwe imwuuno non ew neni ar/imwar, esapw tou ena aramas ese angei ewe opposun eppet nge mei tori emon mei semwen ren COVID-19 nge rese mefi semwenin, repwe imwuuno seni aramas ese torir ena semwen, ren ar repwe eppet ika ekukkunatiw cheunon ei semwen ngeni aramas.

Mei torir/Chon nomwongeni: Ekkan aramas rese angei ewe opposun eppet nge ir mei kanengeni, ese wor 6 fiit nefiinar me ewe chon angang mei positiif, non ew fansoun mei ttam seni 15 minich non ew ranin angang, repwe kuwarantín non ukuukun 14 ran poputa non chok ena fansoun. Ukuukun tamen ar fansoun kuwarantín mei sokkoffesen me non ew me ew county. Ekkan meinap non angang repwe kokkori ar LPHA ren ar repwe sine ifa ukuukun tamen an emon epwe kuwarantín. Ika a mwaren nimwu ran seni ewe fansoun an torir, iwe ra togeni angei ewe tess.

Ekkan aramas mei torir nge a **unus ar oppos** ese pwan menei ar repwe kuwarantín. **An unus an emon oppos** wewen pwe emon a angei oruofochun ewe Moderna ika Pfizer opposun eppet ika efoch ewe Johnson & Johnson opposun eppet ME a nuuseni ruu wiik seni saingonon ar ewe angei ewe opposun.

Ekkan aramas rese angei ewe opposun eppet, rese mwo angei ewe oruofochun oppos ren Moderna ika Pfizer, ika ese mwo tori ruu wiik seni ar ewe angei oruofochun, repwe kuwarantín. Ekkan ir mei nomwongeni nge mei *unus* ar opposun eppet repwe tumwuneochu ika re mefi ar semwenin.

Chon OHA me [ewe CDC re mochen](#) an ekkan aramas mei unus ar opposun eppet nge ir mei nomwongeni emon mei uri COVID-19 repwe angei ewe tessin 5-7 ran me mwirin an torir, ika mwo rese mefi semwenin. Repwe pwan ponuweta an OHA

tichikin aean pwonupwonun won mas. Ekkan aramas mei unus ar opposun eppet repwe kuwarantin non ukuukun 10 ran ika mei positiif pwungun ar tess.

- An CDC mochen ren ekkan aramas mei unus ar opposun eppet: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html?s_cid=11569:fully%20vaccinated:sem.ga:p:RG:GM:gen:PT N.Grants:FY21
- Chemeni pwe ekkan fansoun kuwarantin mei mwoch esap renchon niwing non ekkan neni, pachenong nenien niwingittam, nenien tumwun chinnap, nenien tumwun (awewe, nenien tumwunu chon semwenin netip, nenien tumwun aramas mei wor ar semwenin ekiiek ika apwangapwangen inis), nenien tumwun mei samwau (awewe, pioing, nenien utiwitin maano), nenien chon tipis (awewe, nenien pureik me kanopwuus).

Chon angang mei meni torir: Ekkan meinap repwe ereni nour chon angang pwe repwe tumwuneochu ika re mefi ar semwen non ukuukun 14 ran seni ewe atun re angang nge mei wor chon uri COVID-19.

Meinisin chon nomwongeni (ekkan rese oppos me ekkan mei unus ar oppos) me **chon angang mei meni torir** repwe tumwuneochu ika re mefi semwenin. Mei pachenong ika re pwichikkar ($\geq 100.4^{\circ}\text{F}$), mwor, mwiengas, eningaw, mwuus, feiseni, fou, menun, ta non chiorar, pin ika mwongopwot, metekitek inisir, metek mokur, me/ika rese tongeni neni met re mwongo ika fareni pwonnen mettoch. Ika ra mefi ar semwen, chon angang repwe mwittir ne kapas ngeni nour tokter me angei ar tessin. Chon angang repwe:

- Tumwuneochu ika re pwichikkar ($\geq 100.4^{\circ}\text{F}$), mwor, mwiengas, ika [pwan ew sokkun esissinen semwenin](https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html) COVID-19. (<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>)
- Makkei ren achechemenien inet e poputa ar semwen
- Kapas ngeni nour tokter non ar kokkofengen ika non aramas ika ar semwen mei chouchouno. Mei auchea om kopwe kokkori noum tokter nomw me mwen omw kopwe no ngenir ika en mei tongeni chuuno rer.
- Mwittir no ngeni pioing ika a torir esissinen efeiengawen COVID-19, pachenong: weiresin ngasangas, kior tunneawar ika won mesar, metek ika chouchou an mwarir, watte ar mwanien ika tokunukun non mokurar, osukosuk, mecheresingaw ne fongufong, wenengaw ar kapas, me/ika re maan kawakaw ika ar kawakaw ese kouno.

Tessin: Chon angang re mefi esissinen semwenin COVID-19 ika ir mei nomwongeni emon mei uri COVID-19 repwe angei ewe tessin ika mwo ir mei, ika rese angei,

opposun eppetin me ika mwo mei chok mwochomwoch fansoun ar nomwongeni emon nge ir mei aea pwonupwonun aaw me pwot, ika pwonupwonun won mas.

Chon nomwongeni nge rese mefi semwenin pwe uti ngeni ewe enumuwen ran seni an torir me mwen ar repwe angei ewe tessin COVID-19. Ewe tess ina esapw kon ennet pwungun ika pwe ke atapwan ne angei.

Chon nomwongeni rese oppos repwe nomweti non imwar fengen me imwuuno seni aramas non ar uti pwungun ar tess. Ekkan aramas rese oppos repwe pwan kuwarantint non ukuukun fansoun chon LPHA re ara – ika mwo mei negatiif pwungun ar tess.

Nge fan ekkoch, mei pwan namwot an ekkan meinap non nenien angang repwe tessini meinisin chon angang – ika ekkoch chon angang – ika ra sinei pwe mei wor ion e semwen non ar nenien angang. Ekkan meinap repwe angang fengen me ar LPHA ika pwe mei auchea an epwe kawor tess non ar nenien angang. Ekkan meinap repwe foreochu angangan ren ar repwe awora ngeni nour chon angang me nenien ar repwe tess nge esapw kame ika pwe en local public health agency ika en Oregon Health Authority re ara pwe mei auchea an epwe wor tessin COVID-19 non ar neneien angang. Ika pwe ekkan meinap non nenien angang re mochen an epwe wor ei sokkun tess, iwe ir rewe wiisen meoni niwinin mettoch meinisin, pachenong niwinin ena tessin COVID-19, niwinin nour chon angang, me niwinin an nour chon angang repwe no ngeni ew nenien tess. Nge ika pwe ekkan meinap rese ara pwe epwe wor chon tess, iwe resapw meoni niwinin ekkan tess ika niwinin an chon angang no ngeni ew nenien tess.

Kutta ekkan tess ren omw no ngeni chon LPHA ika om no ngeni an chon [OHA testing webpage](https://govstatus.egov.com/or-oha-covid-19-testing?gclid=EAIaIQobChMI5rO36lrw8gIV0wN9Ch346AZ1EAAYAiAAEgL2IfD_BwE) ikei: https://govstatus.egov.com/or-oha-covid-19-testing?gclid=EAIaIQobChMI5rO36lrw8gIV0wN9Ch346AZ1EAAYAiAAEgL2IfD_BwE

Ei pisekin aninnis fan mei tongeni anisi ekkan meinap non angang ar repwe tongeni fori kokkotun nour chon angang fan iten ion mei torir ewe chon semwen, porousen ar oppos me angangen esinesin. Ika emon chon angang mei positiif pwungun an tess ika mei mefi an semwen, repwe akkanaemonuno/kuwarantint ika mwo ir mei, ika rese, angei ewe opposun eppet.

Ekkkan chon angang ir mei:	Mei auchea ar repwe:	Angei ewe tess?
Pwungun an wor ew keis mei positiif	Akkanaemonuno	Apw – ra fen tess
Torir, mefi semwenin , & ESE oppos	Akkanaemonuno	Ewer - iei chok
Torir, mefi semwenin , & <u>unus</u> ar oppos	Akkanaemonuno	Ewer - iei chok
Torir, rese mefi semwenin , & ESE oppos,	Kuwarantin non ukuukun 14 ran*	Ewer – 5-7 ran seni fansoun an ewe torir
Torir, ese mefi semwenin , & unus an oppos,	Tumwuneochu ika mei mefi semwenin non ukuukun 14 ran*	Ewer – 5-7 ran seni fansoun an ewe torir
Mei meni torir, mefi semwenin , & ESE oppos	Akkanaemonuno	Ewer – iei chok
Mei meni torir, mefi semwenin , & <u>unus</u> an oppos	Akkanaemonuno	Ewer – iei chok
Mei meni torir, ese mefi semwenin , & ESE oppos	Tumwuneochu ika mei mefi semwenin non ukuukun 14 ran	Apw
Mei meni torir, ese mefi semwenin , & unus an oppos	Tumwuneochu ika mei mefi semwenin non ukuukun 14 ran	Apw

*Ekkoch ekkkan local public health authority ir mei mwuutata an epwe ekis mwoch fansoun kuwarantin. Kose mochen kokkori om LPHA ren sopwosopwun porousan. lei mei wor ei [tettenin ekkkan Oregon County Health Departments](https://www.oregon.gov/oha/PH/PROVIDERPARTNERRESOURCES/LOCALHEALTHDEPARTMENTRESOURCES/Pages/lhd.aspx).

(<https://www.oregon.gov/oha/PH/PROVIDERPARTNERRESOURCES/LOCALHEALTHDEPARTMENTRESOURCES/Pages/lhd.aspx>)

- 7. Apochokkun:** Tumwuneochu pwe ekkkan chon angang resapw niwiniiti ar nenien angang ika ese mwo tori atun ar repwe niwin. Otaeochu noum taropwe ren an epwe mecheres ne cheki ika noum chon angang a wesino fansoun ar repwe utiwit me mwen ar repwe niwin sefan. Ekkoch ekkkan LPHA ina repwe makketiw ifa ukuukun tamen an emon epwe akkanaemonuno won ekkkan taropwen esinesin (awewe, echo "Taropwen Keis") ir mei awora ngeni ekkkan keis ren COVID-19. Ekkkan meinap non angang ina repwe mochen kuna ekkana Taropwen Keis ren ar repwe sinei ifa ukuukun tamen an nour chon ngang repwe akkanaemonuno. Chon angang ra tongeni niwin ngeni ar nenien anang ika:

- A tori 10 ran seni akkomwen ar mefi ar semwen (ika seni atun an positiif ar tess nge rese mefi semwenin **ME**)
- A tori 24 seni saingonon ar mefi ar pwichikkar nge rese wuun safeien pwichikkar **ME**
- Ar semwen a atittinino. Ekkan keis repwe angang fengen ngeni ekkan LPHA ren fansoun an atittinino ar semwen me inet ra tongeni niwiniiti ar angang.

8. Tumwuneoch me eppet: Achocho ne ereni chon angang pwe repwe angei ewe opposun eppet me awora ngenir porousen tufichin. Opposun eppet mei chiwen tongeni an epwe eppet emwenin COVID-19 fengen me a wor ennukun an chong angang ngeni federal me an chon angang non ekkan nenien angang mei nuuseni 100 chon angang non repwe angnei. Ewe Oregon Health Authority mei chommong ar aninnis ngeni ekkan nenien angang ar repwe anisi ngeni nour chon angang ewe opposun eppet COVID-19:

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le3650.pdf>

Sopwosopwun pwan an chon OR OSHA mochen mei pachenong ekkei tetten fan, anongonong won met sokkun ena nenien angang:

- Angangen koukun pakiing & prokrammin eppetin (meinisin nenien angang)
- Enieneochun asepan (meinisin nenien angang)
- Cheki & kokkotun (non nenien tumwun mei semwen)
- Atowawen nefiinen armas (sein saa, chon angagen tumwun mei semwen)
- Eppet, kinikinin, me rumwen menun semwen mei fetan non asepan (nenien tumwun mei semwen)

Ren sopwosopwun porousen angangen eppetin, no ngeni an chon OR OSHA Ennuken ren COVID-19: <https://osha.oregon.gov/covid19/Pages/default.aspx>

An OR OSHA Aninnis ren Porous ese kame, ese tichik, fengen me emei mwonomwonono angangen aninnisin tumwun ngeni chon angang non Oregon. No ngeni ikei ren om kopwe tingor ei sokkun aninnis: [Oregon OSHA Consultation Services \(https://osha.oregon.gov/consult/Pages/index.aspx\)](https://osha.oregon.gov/consult/Pages/index.aspx).

No ngeni an [OHA COVID-19 Community and Communication Resources](https://govstatus.egov.com/or-oha-covid-resources) ren sopwosopwun porousen angangeochun eppetin me tumwunun: <https://govstatus.egov.com/or-oha-covid-resources>

Ewe Oregon Health Authority mei nomw ren ar repwe anisuk ren aean ei checklist. Esinesin ngeni ewe Oregon Health Authority mefiom om atoura ngenir ikei COVID.19@dhsoha.state.or.us, ren pwan aninnis seni ewe Population Support Team's Workplace me Environmental Health Specialist.

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 noun ekkewe mei chuun. Kokkori ewe COVID-19 Communications Unit won nampa 1-971-673-2411, 711 TTY ika COVID19.LanguageAccess@dhsoha.state.or.us.