

hMPXV: Kapas Eis Mei Soun Piita

Porousen ewe semwen

Q: Met ei hMPXV?

HMPXV, ika monkeypox, nge amwochun iten ewe semwenin monkeypox an aramas. Monkeypox (hMPXV) nge ew semwenin non DNA ussun chok ewe aska. Mei tongeni tori maan non neniar nge ra eoreni (wewen pwe mei cheufetan nge non chok ew neeni) nein petewenun Central me West Afrika. Ese ffat met sokkun maan e wiisen popwutani ei monkeypox (hMPXV), nge ussun monun e nomw ren ekkann nakkich. Ena semwen mei tongeni tori nakkich, squirrel, prairie dog, me ekkoch saru, me pwan ekkoch sokkun maan.

Ewe akkomwen keis ren emon aramas e tori nge non ewe 1970. Mei wor ruu minafo monun hMPXV: MPXV-1 mei ekis pochokkun monun, nge ekkewe keis re maano ren, mei tori 10%. MPXV-2 ese konnien watte semwenin. Ekkewe keis non fonu mei eoreni ei semwen e cheufetan non, ar mei ma ren, mei tori 1%. An cheufetan ewe semwen non 2022 ren ekkewe neeni rese eoreni an cheufetan ei semwen non nge ewe semwen MPXV-2.

Q: Mei taitap ngeni ewe aska?

Mei taitap ngeni monun ei semwen, nge esapw aska. Monkeypox (hMPXV) e mecheresingaw an epwe cheufetan fengen me ese konnien watte semwenin. Mei wor ruu sokkun monun ei semwen, nge ewe e konnien tter, ewe mei ekis ppan semwenin. Napengeni aramas re semweninong non imw ren, ir mei chikar seni ika mwo rese angei safeian.

Q: Mei wor ekkei keis non Oregon?

Ewer. Ren porousen fitu ekkei keis mei nomw non Oregon, no ngeni www.oregon.gov/oha/ph/monkeypox

Q: Ion mei tongeni uri monkeypox (hMPXV)?

Meinisin aramas, mei tongeni urir monkeypox (hMPXV). Non Oregon, ach pisekin pwarata mei affata pwe ei semwen monkeypox (hMPXV) e konnien fis ngeni ekkann aramas ir mei winin. Ika mwo napengenir winin feffin ika mwan me ra esinesin pwe ir mei nomwonen emon e upwutiw nge emon aat,

ekkoch ekkei keis rese winin me/ika esinesin pwe ir mei nomwongeni emon e upwutiw nge emon nengin.

Fan iten ekkei pisekin pwarata, OHA e mochen akkomwa me apochokkuna ekkewe aramas mei winin non ach community ren ar repwe sinei porousan, tessin, eppetin, me angangen safeian pwe repwe pochokkun. Ekkoch fefin me semirit, mei pwan torir ei monkeypox (hMPXV) non ei fansoun mei cheufetan.

Q: Pota re eita ngeni monkeypox?

Itan ei e feito seni ar ewe keran tumwunu ei semwen nge e akkomw pwano won ekkewe saru non an chon Danish ewe laboratory non ewe 1958. Nge, ena iit “monkeypox” non an ei cheufetan non ekkei fansoun, ese ennet pwe met e uwei fetan ei semwen, ekkun maan ussun nakkich nge esapw ren ekkun saru.

Ussun chok ren met ewe World Health Organization me UNAIDS re ara, fengen me pwan an epwe eukatiw ekiekin ew sokkun maan ren iten ei semwen, OHA epwe aea me ruu hMPXV me monkeypox ren ar eita ei semwen me paikiingin e fis seni.

Q: E ifa ussun ne cheufetan?

Monkeypox (hMPXV) e cheufetan nefiinen aramas, ika re attapa tirin emon, kinasen emon, ika chonun inisin emon mei uri monkeypox (hMPXV).

Fan ekkoch, monkeypox (hMPXV) mei pwan tongeni cheufetan ika pwe emon e attapa mettoch, pisek, me neeni emon mei uri monkeypox (hMPXV) e aea ika attapa, me ika re attapa chonun ar ngasangas, aweve ren chonun non awen emon mei uri monkeypox (hMPXV).

Q: Monkeypox (hMPXV) mei tongeni cheufetan non asepan?

Napengeni ekkewe e urir, e torir pwe re nomwottam me attapa inisin emon mei semwen ren. Ese mwo naaf porousen monkeypox ika pwe mei cheufetan ren chonun an aramas nasangas. Ika emon e semwen nge re mwor ika mwesi won emon, iwe mei tongeni urir ar ena semwen, nge esapwiei met mei mwo ffat pwe ina ussun an cheufetan ei sokkun semwen.

Napengeni ekkei e urir ren an cheufetan, e torir pwe ir mei attap ngeni inisin emon mei ttir ika chonun non inisin emon mei uri monkeypox (hMPXV).

Q: Ifan esisinnen semwenin?

Esisinnan e popwuta won pwichikkar, fou, memmef ren semwen, me pwo me ruepek fan ngachir. Non ena atun, ika mwirin nimwu ran, och ttir ina

epwe popwuta. Ren ekkoch aramas, ina epwe akkomw ngenir ena ttir. Ena ttir ina epwe popwuta won fan mesar, ren ar nenien kiten konik, non me/ika nukun ar kiten mwongo, ika me non awar. Mei pwan tongeni teono won unuchen mesar, pour, pecher, me fan mwarir.

Akkomw, ena ttir ina epwe nikinikin rawaraw, fiti an parapar unuchen fan. Mwirin, ekkena rawaraw ina epwe wattenno, pwangonong, iwe a nono non ren konik ika not. Mwirin chok, iwe a kinaseno. Ina epwe tori ruu ika ruwanu wiik an epwe mwono ena kinas.

Q: Ifa ukuukun tamen an emon tori me an esisinnen semwenin popwuta?

Ina epwe non fisu ngeni 14 ran, nge fan ekkoch ina epwe nimwu ngeni 21 ran.

Q: Ika emon e uri monkeypox (hMPXV), inet epwe tongeni pwan esemweni emon ren?

Ekkan aramas mei urir monkeypox (hMPXV), ir mei tongeni esemweni emon ika ra popwuta ne mefi ar semwen tori an a mwono ar ttir. E cheufetan ei semwen ika pwe mei attap fengen inisin emon me emon. Ekkan epwe mecheres ne torir, mei pachenong ekkan re puppwunu ngeni emon mei tori monkeypox (hMPXV), ika chochon non famini me chon tumwunu emon mei semwen ren monkeypox (hMPXV).

Q: Mei tongeni cheufetan ei semwen me mwen an emon epwe sinei pwe mei urir?

Ese mwo wor ach repot pwe monkeypox (hMPXV) mei cheufetan me mwen an epwe popwuta esisinnen semwenin. Nge, ekkoch aramas mei urir monkeypox (hMPXV), ina resapw konnien mefi ar semwen. Ina repwe ekieki pwe pwan ew sokkun ar semwen (ussun COVID-19) ika meni rese tumwunu pwe ir mei ttir.

Q: Ei monkeypox (hMPXV) nge ew semwen e cheufetan ren nisou?

Monkeypox (hMPXV) esapw ew semwen e cheufetan ren nisou. Ena semwen e cheufetan ren an attap fengen inis nge mei wor kinas, ettik, ika chonun inis won en ttir ren emon mei uri monkeypox (hMPXV). Ekkena sokkun attap e fis ren ika aramas re kiss, kamwoch, kokkon fengen, me rewa pwan fansoun an aramas nisou.

Q: Met epwe fis me mwen ar repwe ara pwe a tori emon monun monkeypox (hMPXV)?

Emon aramas, sipwe ara pwe a tori monun ika pwe, non ena fansoun emon e uri monkeypox (hMPXV) mei semwen fengen me e ttir, nge ekkei mei fis:

- Mei attapa ewe ttir ika chonun inisin ewe aramas mei uri monkeypox (hMPXV)
- Mei mour ngeni, nge mei attapa awan, an kiten mwongo ika fan mesen ewe aramas e uri monkeypox (hMPXV)
- Mei attapa pisek mei nimengaw, chenikam, kaache, ika pwan met sokkun pisek ika pisekin fan uuf, pachenong noun mwan me fefin nios ewe e uri monkeypox (hMPXV) mei aea
- Mwokutukut e fis nge pisek mei attapa ika pisekin mei nimengaw e attapa won mettoch, kinasen ewe aramas mei semwen ika chonun inisin, ar chenikam ika kaache mei nimengaw (awewe, ren an kkun, tutu, ika aninnis ren an epwe mwokutukut) mei poupou nge ese ufouf ufen eppetin semwen
- Ese wor ewe 6 fiit non ukuukun 3 awa nge ewe aramas mei uri monkeypox (hMPXV) ese aea an pwonupwonun won maas, nge rese pwan aea ar pwonupwonun won maas minen non pioing

Ren sopwosopwun porousen ifa ussun an tori emon monun monkeypox (hMPXV) me met repwe sinei pwe repwe katon ren esisinnan ika pwe e torir, katon an [CDCewe ourour ren met esisinnan me ika epwe tongeni torir](#).

Q: Nge ika pwe u ekieki pwe a uri ei monkeypox (hMPXV)?

Kokkori noumw tokter iwe ka esinesin ngeni me mwen omw kopwe chuuno ren. Ika pwe ese wor noumw tokter, kokkori 2-1-1 iwe emon ina epwe anisuk ne kutta ngonuk ew clinic ika emon noumw tokter. En mei pwan tongeni no ngeni omw [local public health authority](#), minne-ka ina repwe tongeni anisuk non ew ar kewe clinic.

Ika pwe ke ekieki omw kopwe no non rumwen imerechensi ika pioing, esinesin ngeni ewe chon etiwonong chon semwen pwe en mei ekieki pwe mei uruk monun monkeypox (hMPXV). Ina repwe tingoreok omw kopwe aea omw pwonupwonun won maas fengen me pwonueno omw ttir ese tongeni pwonupwonuno ren ufomw non omw uti ar repwe etto reomw.

Opposun eppet me pwan ekkoch mwokutukut ren eppetin

Q: Mei wor opposun eppetin monkeypox (hMPXV) non Oregon?

Ewer, mei wor an Oregon opposun eppetin monkeypox (hMPXV). Itan Jynneos.

Q: Oregon e ifa ussun ne aea ar opposun eppetin monkeypox (hMPXV)?

Mei mwittir ne kawor ngeni ekkar aramas mei torir monun, me mwen an epwe wor ar ttir, ena opposun eppet mei eppetin an epwe fisino ena paikiingin monkeypox (hMPXV), eukatiw tamen semwenin, ika eukatiw chouchoun semwenin.

Oregon mei aea ruu sokkun angangen opposun eppetin monkeypox (hMPXV), pachenong:

1. Awora opposun eppet ngeni aramas re nomwongeni emon mei uri monkeypox (hMPXV) non Oregon ika pwan ew neeni, me mwen an epwe tori 14 ran
2. Awora opposun eppet ngeni aramas re ekieki pwe ir mei nomwongeni emon mei uri monkeypox (hMPXV) me mwen an epwe tori 14 ran.

Pwan ew, Oregon mei fori angangen ar repwe akkomw awora ekkei ewiin oppos ngeni meinis aramas re tufichin ngeni pwe ese konnien chommong ekkei opposun eppet.

Q: Repwe ifa ussun ne ngenir ekkei opposun eppet?

Ewe opposun eppetin monkeypox (hMPXV) Jynneos a keran chok ketiw an epwe kawor ne opposunong fan unuchen ekkewe ra ierin mei mwuk. Iwe nge, ewe angangen opposunong fan unuchach echok ketiw ika mwumuta ngeni ekkewe ra ier 18 ika fen napseni. Ren ekkewe semirit ika ekkewe mei mwuk ir mei piin urir semwenin keloid (ew sokkun marrinon scar tissue), ir mei pwan tongeni repwe angei ewe opposun eppetin ewe monkeypox (hMPXV).

Q: Met epwe tongeni fis ngeniei ren met pekingawen ewe oppos?

Chommong aramas ir mei mefi metekitek, mei ngutuno, pwerik, me/ika founo ikewe ie ee opposunong me ian. Fan ekkoch ekkei mettoch rese chok fis me murin ar oppos, nge ina epwe 3-5 ran me murin ar oppos. Ekkei mettoch ika epwe fis iwe ina epwe tori ukukun fituw ran. Ekkoch aramas ir mei pwan

mefi, metekin futuken inisir, metek mokur, menunu, eningaw, me fou fituw ran me murin ar oppos (nge ese kon weireis epwe ussun weiresin murin ekkewe opposun eppetin COVID-19!). Ika pwe ke eureki ekkewe mettoch kopwe mefi me murin omw oppos, kokori noumw we tokter ika ewe putain pekin health non ewe sopw ke nonnomw ian.

Q: Inet ewe opposun eppet epwe poputa ne eppetiei seni ewe monkeypox (hMPXV)?

Ewe ewin oppos a popwuta ne epeti ewe monkeypox (hMPXV). Napengeni aramas ir mei wor ar antibodies ren ewe monkeypox (hMPXV) non ukukun 2-4 wiik me murin ar iwe ewin oppos, nge unuseochunon an epwe tumwunuw emon iwe a pwoputa 2 wiik me murin ar iwe oruwen oppos. Kich mei mochen pwe meinisin repwe angei ar oruwen oppos.

Q: Inet upwe tongeni angei ai oruwen oppos?

Ren iei kich mei fokkun achochongeni pwe epwe chommong aramas repwe tongeni angei ar ewin oppos. Napengeni aramas repwe angei ar oruwen oppos 3 maram me murin ar iwe ewin. Ekkoch aramas ion inisir esapw tongeni an epwe eoch ngeni ewe opposun eppet ika epwe kon chou ngenir weiresin ewe monkeypox (hMPXV) iwe repwe angei ar oruwen oppos non 4 wiik. Omw we kuumien opposun eppet repwe esinesin ngonuk ika inet fansoun a tufich ngonuk omw kopwe angei omw oruwen oppos.

Q: Upwe angei ai opposun eppet ika mwo pwe a fen piin uri ei monkeypox (hMPXV)?

Ekkewe aramas ir ra fen wor rer monun ewe monkeypox (hMPXV) mei tongeni pwe epwe chok mwochomwoch fansoun an epwe tongeni eppetir seni pwan ew monun monkeypox (hMPXV). Sise sinei ika epwe ifan tamen an epwe tongeni eppetir seni ewe semwen. Ren iei, sise awora ewe opposun eppet ngeni ekkewe aramas ir ra fen urir ewe monkeypox (hMPXV) nge eni sipwe pwan fori non ekkon ran mwach.

Q: Nge ika pwe uwafen piin angei ewe opposun eppetin smallpox?

Kich mei chok uwau opposun eppet inamwo ika mei wor opposun eppetin smallpox mei tou me mwan pwokiten ewe opposun eppetin smallpox ina epwene kissino non ekkei fansoun.

Q: Upwe pwan moni ai upwe angei ewe opposun eppet?

Ewe opposun eppet ese kamo iwe an epwe katou ngeni aramas ewe insurance epwe wisen moni. Iwe pwan sopwosopwun, esapw wor ach sipwe

eisinuk sokkun pworousom kopwe ngeni kich ren noumw taropwen omw tonong ngeni ei fonu.

Ika pwe kese mwo tufichin omw kopwe angei ewe opposun eppet ren iei ika en mei utiwitin omw oruwen oppos, ikkei ekkei mettoch kopwe tongeni fori ren omw kopwe eppet i inisuk me neniomw we seni ewe hMPXV:

Mirit ina met mei auchea

Epwe wor omw kopwe fateiti unuseochen pworousen ewe monkeypox (hMPXV) seni ion ururun pwe repwe wisen sinei pworousan. Pworous mei tongeni epwe mwutir ne ekkesiwin. Pworous ngeni iokewe aramas en mei nukunuk rer non manawom, chiechiom kewe, me pwan chiechiom ika punuwom.

Fiu ngeni ekielin makkus

Meinisin aramas, mei tongeni urir monkeypox (hMPXV). Ese wor assawen ika pwe epwe worchon sinei pwe a toruk ewe monkeypox (hMPXV). Chommong ngeni kich sia weweiti pwe mei wor rech pwe sia fori ekkoch angangen met epwe tongeni anisi an epwe tumwunuw nonnomwun pochokunach me tumwunuw neniach kewe.

Ewe ekielin makkus epwe tongeni uwei ngeni kich ach sisapw no ngeni nenien safei, pworous ngeni chiechiach ika punuwach, iwe mei pwan tongeni aweireisi ach ekielin. Sipwe ne fokkun tumwuneochu fengeni kich.

Sinei ika ifan usun an ewe semwen monkeypox (hMPXV) cheufetan

monkeypox (hMPXV) esapw ew sokkun semwen epwe cheufetan menuun fansoun an emon epwe mour ngeni ika fori angangen tong ngeni chiechian. monkeypox (hMPXV) a tongeni epwe cheufetan nupwen epwe wor omw kopwe nomw arapakan ngeni, nonnomw, ika unuchom mei pacheri pwan unuchen inisin emon ion mei wor ren ewe sokkun kiningawen monkeypox (hMPXV). Nupwen epwe wor ekkei sokkun nikinikin nonnomw fengen me emon ren ami oupwe fori angangen kiis, faropach, turufengen, rowa, pworuk mei pachefengen inisimi, me fori angangen tong.

Sinei ekkewe esisinin

Nengeni fichi inisum. Ekkewe essisin mei pachenong an epwe wor minafon tiritir, metekitek, pwoi, me tikichonochon. Ekkoch aramas ir mei kan pwan mefi pwichikar, metek mokur, pwo me metek non uwer, metekitek futuken inisir, ika fen pekkus apwangapwang.

Ika pwe ke mefi pwe ese pwung memefin inisum, ika mei wor tir ika ekkoch sokkun esisin mei wor reom kosapw kanengeni, nomw unukun emon an epw e pachefengen inisimi, me pwan muttir chok pworous ngeni chon angangen pioing. Achema ngenir pwe ewe monkeypox (hMPXV) a nomw ikei non Oregon. Ekkoch aramas ra nonnomw non imw utiwitin repwe chikar sefan, safei mei wor an epwe anisi pwan ekkoch aramas ion mei ika ri mei watte ngenir efeiengawen ewe semwen. Noumw we tokter mei tongeni epwe anisuk omw kopwe finata ika pwe ewe sokkun safei mei eochungonuk.

Ewe putain health [non sopwum we](#) mei pwan tongeni epwe anisuk ren sokkun pworous, angangen tess, safei, me opposun eppet epwe en me/ika chiechiomw we oupwe tongeni angei.

Awessi kokkot me mwan

Ika ke ekiekin omw kopwe fiti ew apwapwa, katon chon keon, ika pwan ew emwicheich, ekieki ika epwe wor fansoun inis an epwe attap me kanefengen

sokkun angangen kinefengenin inis epwe tongeni fis. Awewe chok, urumwoten sport ika keon ian aramas ir mei ufouf me esapw kon wor ar repwe pachefengen unucher ikkena mei tongeni epwe tumwun an emon epwe fiti nap seni ar repwe no non ekkewe club me nenien paari ian aramas ir mei ufouf sokkun uuf esapw tongeni epwe pwonueno unusen inisir me epwe tongeni wor ar repwe kinefengen aramas non ika ekkewe neni ren chon sauna, nenien tuttu, ekkewe sex club ian mei tongeni pwe esapw wor ar repwe ufouf me fen pwan wor angangen mourufengen mwan me fefin non.

Ika pwe epwe wor ekiekin fori angangen nefinen mwan me fefin, mei wor cheki iokewe chiechiom. Erenir ifan usun memefum, ika pwe en mei fen piin semwen ika wor tiritirin inisum, akkaewin non ekkewe kinikinin inisin aramas me faan, iwe pwan erenir pwe repwe pwan aiti ngonuk. Nounou kinassen oori ika noumw fon omw kopwe katon unuchen orun inisum me fan. Ika pwe en ika chiechiomw we ouwa fen piin semwen, ami mei semwen iei, ika mei wor minafon tiritir, ousapw

nomw fengen, esapw pachefengen inisimi iwe oupwe pworous ngeni emon chon angangen pioing.

Mecheresin pwopworous nefinen chiechi me esapw wor angangen mour fengen nupwen ami mei semwen ikkena met mei auchea epwe fis.

Ika ke ka finata pwe kopwe fori angangen nefinen ruemon, fori ekkewe sokkun nikinik esapw wor an epwe kinefengen inisimi non ika kiis, pwonueno iawe mei tiritir ian, tonu paaw, toun, pisekin mour, pisekin fori angangen kinamwe, me pwan ekkoch pisek, iwe ekieki omw kopwe ekisano ion kopwe echiechi ngeni. Ekieki omw kopwe forata ew pod. Finata emon aramas ika ew kukkun mwiich iwe fori angangen etipeew an esapw wor fori angangen ekinamwei nefinen ruemon ika pwe kose mefi pochokun ika ka tepereni pwe mei wor tiritir reom.

Ika pwe en mei mochen echiechi ngeni ion kese sisinei, ekieki omw kopwe angei nampan fon (ika ekkoch sokkun anen kopwe tongeni pworous ngeni) ren chiechiomw kewe ika pwe epwe wor omw kopwe pworous ngenir me murin. Me ikenaie ka tongeni kopwe tour ngenir omw kopwe sinei ika ifan usun ar repwe tess ren monkeypox (hMPXV) ika no angei opposun eppet ika pwe repwe tufichin.

Ika pwe a wor omw ekieki pwe a toruk ewe monkeypox (hMPXV), kokori omw we nenien pioing omw kopwe pworous fan iten ika pwe a toruk me omw kopwe nenengeni met kopwe fori pwe epwe eochungonuk.

Koko me mwan

Ika ke ekieki pwe epwene wor reom ekkewe esisinen semwen mei wewe ngeni monkeypox (hMPXV), apworousa ngeni noumw we tokter me mwen kopwe no safei. Ika pwe ke ekiekin kopwe no non nenien emergency, apworousa ngeni ewe chon angangen e wisen anisuk pwe omw nukuw a toruk ewe monkeypox (hMPXV). Ina repwe tingor ngonuk pwe kopwe aea pwonupwonun aaw me pwot an me anisi ngonuk an pwe pwonuno ewe tiritir ian mei pwano me ian wo ninisum nupwen kopwe utiwitin omw kopwe tonong safei.

Nonnomw nge arongorongok ren pworous

Sopwosopwun pworous fan iten ewe monkeypox (hMPXV) ka tongeni kopwe kuna me won ekkei website.

- [an CDC](#)
- [an OHA](#)
- [an Multnomah County Health Department](#)
- [Cascade AIDS Project me PRISM](#)
- [Lane County Public Health](#)
- [Washington County Health Department](#)
- [Clackamas County Health Department](#)

Angangen aninis fan iten chounon ei semwen

Q: Ifan ussun an OHA fori angangen aninis ngeni chounon ei semwen?

OHA mei angang fengen mei ekkewe public health authority non ekkewe sopw, ekkewe einang, me chiechier non community ar repwe ineti ekkewe opposun eppetin monkeypox (hMPXV) me pwan uwau sokkun pworousen monkeypox (hMPXV), muttirin chounon, me sokkun eppetin an esapw tori emon menun ren ekkewe aramas ir epwe watte ngenir efeiengawan nupwen epwe torir.

OHA mei pwan wor awora aninisin pworous ngeni ekkewe clinic fan iten chounon ewe semwen, ifan ussun ar repwe essina me tessini emon ren monkeypox (hMPXV), me ifan ussun ar repwe eppetin pwe esapw cheufetan.

Sopwosopwun mwokutukutun:

- OHA mei awora pworous ngeni unusen aramas fan iten ekkewe esisinen ewe semwen me met sokkun efeiengawan ewe monkeypox (hMPXV), iwe repwe pwan kutta anen aninis ika pwe epwe fis ekkei.
- Ewe Oregon State Public Health Lab mei fori angangen tess me fori an epwe wor angangen tess ren monkeypox (hMPXV) meren ewe CDC.
- OHA mei awora opposun eppet ngeni ekkewe kukkun sopw me ekkewe system ren pekin health pwe repwe tongeni anisi ekkewe ir epwe watte ngenir efeiengawan monun ewe semwen an epwe eppetir seni.

Toureachun ei taropwe: Ren aramas mei wor apwangawagen inisir ika aramas rese sinei fosun Merika, OHA mei tongeni awora porous non pwan ew sokkun napanap an epwe chiaku, an epwe mesemmong makkan, ika makken braille. Kokkori ewe COVID-19 Communications Unit won nampa 1-971-673-2411, 711 TTY ika COVID19.LanguageAccess@dhsosha.state.or.us.