



## Ourour Ren Monkeypox (hMPXV) Fansoun Akkanamonuno, Keukun Paikiing, me Eppetin

### I. NEPOPWUTAN:

Ei taropwe mei affata ifa ussun me inet omw kopwe akkanamonuno non imw me met mwokutukutun tumwun kopwe fori ika e toruk monkeypox (hMPXV) ika ren omw mefi pwe a uruk esisinnen semwenin monkeypox fansoun ke uti pwungun omw tess. Auchean ei ourour nge ren an esapw cheufetan monkeypox me ren an epwe wor tumwun ngeni ion ke tongei. Mei pachenong ourour fan iten:

- Ifa ussun ne akkanamonuno non imw
- Mwokutukutun tumwun epwe fis fansoun mei wor met emon epwe fori me nukun imwan
- Met epwe fis me mwen an emon epwe niwiniiti an nenien angang

Ei ourour epwe sopwosopw ne wor siwinin fansoun an a tour porousen ewe 2022 monkeypox mei cheufetan.

### II. IFA USSUN AN CHEUFETAN MONKEYPOX

Monkeypox e cheufetan nefiinen aramas, ika re:

- Attapa tirin emon, kinasen emon, ika chonun inisin emon mei uri monkeypox, pachenong ika re kokkon fengen fansoun repwe nisou ika anisi emon mei mwok.
- Ika emon e attapa mettoch, mangaku (ufen emon, an chenikam, ika an taun), me neeni emon mei uri monkeypox e attapa.
- Ika re attapa chonun ar ngasangas (awewe, ren mwor ika mwesi) ren emon mei uri monkeypox.

Napengeni, ika e wore attap ngeni inisin emon, iwe ina fansoun mwittirin an cheufetan ei semwenin monkeypox. Monkeypox mei tongeni cheufetan fansoun an popwuta esisinnen semwenin tori an mwono ekkewe kinas ren monkeypox fengen me a pwuk sefan unuchomw. Ekkewe e urir monkeypox, e kan popwuta ne wor esisinnen semwenin non 7-14 ran, me tamen semwenin mei tongeni tori 2-4 wiik.

### III. INET FANSOUN AKKANAMONUNO NON IMW

**Ika en mei mefi pwe ke pwichikkar, ffou, ika toruk omw mwiengas** (awewe renmwor, pin pwot, ika ta non chioromw), kopwe akkanamonuno non imw tori an ekkei esisinnen semwen a wesino non ukuukun 48 awa.

- Akkanamonuno non imwomw ika non ew pwisin ruumwomw ika non ew neeni non imwomw mei towaw seni chochon non ena imw.
- Esapw wor noumw wasena ika ese auchea.
- Kosapw suuseni imwomw me nukun chok ika kopwe no safei ika fansoun imerechensi.
- **Ika kese tongeni akkanamonuno**, kopwe aea ew pwonupwonun won maas ika ew ekkewe maas mei kuch ika ke nomw nein aramas (katon fan ei), pwonueno kinasomw ngeni pisekumw, ika panteich, me tumwunu pwe esapw wor fansoun inisumw epwe attapa inisin emon.

**Ika en mei ttir nge kese mefi omw pwichikkar, ffou ika mwiengas:** Ika pwe omw pwichikkar, ffou ika mwiengas a wesino non ukuukun mwaren 48 awa nge ese wor omw ttir, ina fansoun esapw chiwen tichik omw kopwe akkanamonuno non imw me ka tongeni nomw nein aramas nge kopwe chok tumwuneoch, pachenong:

- Esapw attap fengen inisumw me emon, konnien ren nisou ika pwan ekkoch mwokutukut nefiinen ion re tong fengen
- Epwe pwonupwonuno meinisin kinasomw ren ufomw, omw panteich, ika poupou
- Aea pwonupwonun aaw me pwot ika pwonupwonun won maas mei ukuukumw ika kopwe nomw nein aramas
- Kosapw aea fengen pisek, uuf, chenikam, ika pisekin mwongo
- Nimeti me sopwuni meinisin neeni mei wor chon aea fengen, won mettoch, ika ren pisek
- Kosapw no ian mei chommong aramas ie
- Soun nimeti poumw ngeni sopw me konik ika ekkewe sanitizer mei arukor

#### IV. IFA USSUN AN EPWE KOUNO CHEUFETANNIN MONKEYPOX ME WOR TUMWUN NON OMW COMMUNITY

Ika mei chiwen wor omw ttir ika kinas, nge ese pwan wor esisinnen omw semwen, ekkewe kopwe akkanamonuno non imw ren (mei affat asan ei), kopwe pwan chok fori met mwokutukut mei namwot me tumwunu ion en mei kanengeni. Ren awewe, en mei tongeni chuuno ren chiechiomw, nge kosapw kanengenir, kosapw attapar, me kopwe fini ew neeni nukun ika mei tufich. Katon ewe chepen fan ei ren met awewen mwokutukut mei namwot.

Awewe ren Mwokutukut Mei Namwot	Mokutukut Ese Namwot epwe Kouno
<ul style="list-style-type: none"> <li>• No ngeni sitowa</li> <li>• Angang omw safei ika pisek mei auchea</li> <li>• No ngeni angang, ika pwe omw angang ese awora fansoun omw kopwe attapa pwan emon me kese angang non ew neeni epwe mecheres ne cheufetan semwen ie (katon fan ei kinikinin V)</li> <li>• Chuuno ren noumw tokter</li> <li>• Chiechi non tumwun, awewe ren omw chuuno ren chienomw nge epwe towaw nefiinemi</li> </ul>	<ul style="list-style-type: none"> <li>• No ngeni ian mei chommong aramas ie, awewe ren non paar ika paari</li> <li>• No ngeni ew apwapwa nge ese pwonupwonuno inis ren pisek ika ren an epwe wor fansoun an attap fengen inis, awewe ren nenien pworuk, nenien disko, ika imwen tutu</li> <li>• No ngeni ew neeni mei chommong aramas re aea, won mettoch, ika pisekin taiso, awewe ren non ew gym ika nenien apwichipwich</li> <li>• Fansoun nisou ika pwan ekkoch angangen nefiinen pupwunu, pachenong kikkis</li> <li>• Angang, ika epwe wor fansoun omw kopwe pwan attapa aramas (katon fan ei kinikinin V)</li> </ul>

#### Angangen tumwun kopwe fori nein aramas:

##### 1. Kosapw attapa emon, konnien ika epwe attap fengen inisimi

- Esapw wor attap fengen ika inis epwe attap fengen me esapw wor angangen nisou ngeni emon, awewe ren aami oupwe faropach, kis, kuk, kokkon fengen ika rewa.
  - *En mei tongeni sinei met sokkun mwokutukut ren tumwun fansoun nisou mei wor seni [CDC Tumwun Fansoun Nisou, Nonnomw Nein Aramas, me Monkeypox](#)*
  - *Ika mwo ese chiwen wor esisinnen semwen me meinis kinas a mwono non mwaren 48 awa, mei chiwen pesepes pwe mwan repwe aea ar kumi fansoun*

*repwe nisou non ukuukun 8 wiik pwe sipwe sopweno ne kaeo ngeni met sipwe sinei ren ika monkeypox mei tongeni cheufetan non wetan ika mwo ra chikar sefan*

- Esapw wor aea fengen peet me ika mei tufich, imwuno won omw imwen ngaseno. Ika ese tufich ne imwuno won omw imwen ngaseno, nimeteochu non mwirimwirin omw aea (katon fan ei).
- Esapw wor aea fengen chenikam, taun, uuf, pisekin mwongo, sepi, mwongo, ika pwan ekkoch pisek mei worchon aea fengen.
- Esapw wor attap, konnien ren omw kopwe faropachei ika kisi noumw maan ika pwan ekkoch maan non imwomw. Pinei fansoun ar repwe attapa kinasomw ika omw pisek mei nimengaw, ufomw, ika omw chenikam.
- Kosapw fori och mwokutukut epwe awora monun semwen non asepan, awewe ren omw nimeti taas, vacuum, pirumw, ika uchuki/nouti pisek mei pwun.

## **2. Pwonueno meinisin kinas**

- Pwonueno kinasomw ngeni ufomw, poupou, ika panteich. Ika kinasomw ese tongeni pwonupwonuno ren ufomw, pwonueno ngeni kaache me aea ekkewe teep minen kinas. Ena panteich epwe mecheres nge angasangasa kinasomw nge eppetip supwunchonun.
- Ika mei wor kinas won poumw, ekieki omw kopwe aea ekkewe poupou.
- Kosapw attapa kinasomw ngeni aramas me pisek mei worchon aea fengen me won mettoch. Ei, mei pachenong chenikam, pisekin non imw, taun, uuf, sukkun asam, pisekin mwongo, won kaunter, noun mwan me fefin nios, me pwan met.
- Ekkewe panteich mei pwonueno kinas epwe siiwin ren chok ewe aramas mei uri monkeypox. Ekieki omw kopwe aea ekkewe poupou kich mei tongeni mwoneno fansoun ke siwini, kopwe pwan soun tonu poumw ika ka wes fengen me mwoneno noumw poupou.
  - *Ika epwe worchon anisuk ne siwini omw panteich, ewe aramas epwe anisuk epwe aea ekkewe poupou kich mei tongeni mwoneno, ufouf uuf mei ttam, me aea ekkewe pwonupwonun won maas mei ukuukun.*
- Ekkewe pisek, taun, ika pwan pisek e wor aean ren pwonupwonun kinas ika fansoun siwini panteich ika nimenim epwe mommwoneno ika sopw.

## **3. Aea ekkewe pwonupwonun won maas mei ukuukumw ika kopwe nomw nein aramas**

- Ika oupwe nomw fengen non ew roomw, meinisin (ewe mei semwen me ewe ese semwen ren monkeypox) repwe aea ar pwonupwonun won maas mei ukuukur. Ekkewe pwonupwonun won maas mei kuch, mei pachenong:

- *Pwonupwonun won maas, pachenong ekkewe N95. Ren sopwosopwun porous ren ifa ussun aean ekkewe N95 pwonupwonun won maas, katon an CDC ewe [Ifa Ussun Aean Omw N95 Pwonupwonun Won Maas](#) ourour.*
  - *Ekkewe pwonupwonun won maas mei ketiw aean, mei pachenong we KN95 me KF94 (ekkei ese konnien pochokkun eppetin semwen ussun ren ewe N95 pwonupwonun won maas ika pwe ese nuk won maas).*
  - *Ika ese wor ekkei pwonupwonun won maas, aea ew pwonupwonun won maas mei kuch, awewe ren ewe ASTM F3502-21 pwonupwonun won maas ika ekkewe tokter re aea ika emon epwe reirei (me no pioing). Ourour ren ifa ussun an epwe ukuukeoch ekkei maas mei wor ikei [CDC Ourour ren Sokkun Maas me Pwonupwonun Won Maas](#).*
- Meinsin maas me pwonupwonun won maas epwe ukuukeoch, wewen pwe ewe maas epwe pachengeni mesomw, esapw popponuno ekis, nge esapw pwan metek ika emon e aea. Mei auchea omw kopwe fini echo pwonupwonun won maas mei ukuukumw me mecheres ne aea iteitan.
  - Fansoun mwongo ika kka nge mei ettitiw ewe maas, kopwe awora mwaren 6 fiit nefiinomw me aramas me ekieki omw kopwe mwongo non ew neeni nukun ika mei tufich.
  - Ika mei kinas won awomw ika me non, mei fokkun pesepes pwe kopwe aea omw pwonupwonun won maas nein aramas iteitan.

#### **4. Nieno monun paikiing won ekkewe neeni me pisek epwe wor chon attapa fansoun ka wes ne aea**

- Kosapw aea fengen pisek, soun nieno monun paikiing me nimeti won ekkewe neeni epwe wor chon attapa me pisek ika ewe chochon non imw mei uri monkeypox a wes ne aea. Ei, mei pwan pachenong sukkun asam, pisekin mwongo, sepi, won kaunter, won pwonnun pincho, noun mwan me fefin nios, me pwan met
  - *Ren sopwosopwun porousen ifa ussun ne nieno paikiingin non imwomw, katon an [CDC Nieno Paikiingin non Imw me Non Ekkewe Neeni Esapw Nenien Tumwun Mei Semwen](#) ourour.*
- Meinsin chochon non imw repwe soun nimeti pour ngeni sopw me konik ika ekkewe sanitizer mei wor arukor non.
- Ika en mei aea fengen ew imwen ngaseno me emon, ika ren omw kopwe aea ekkewe imwen ngaseno me ekis, tumwuneochu omw kopwe nieno paikiingin won pwonnun pincho, nenien tutu, won kaunter, sink, me kokusun konik ika ka wen ne aea.
- Nimenim me niniin paikiing, epwe aan ewe aramas mei uri monkeypox angang nge epwe aea ekkewe poupou me pwonupwonun won maas. Ika epwe wor chon anisuk, ika

ren an emon chochon non imwomw epwe fori ena angang, ena aramas epwe pwan aea ekkewe poupou, uuf mei ttam poun, me an pwonupwonun won maas.

#### **5. Sopwuni meinisin pisek ewe mei uri semwenin monkeypox e ufouf ika attapa**

- Ousapw aea fengen chenikam, sopwuni meinisin pisek meni mei wor monun paikiing won, pachenong chenikam, chechen pisekin non imw, taun, uuf, me pwan met.
- Ika pisekin non imw ika uuf ese mecheres ne sopw, achocho ngeni an esapw wor monun paikiing won renan esapw wor chon aea, aea otuwotun konik mei pwich ne nimeti, pwonueno ngeni pinanket, pwonupwonun pisekin non imw, ika ekkewe chechen futong ese tongeni chochon.
- Ewe angangen sopwun pisek mei nimengaw epwe aan ewe mei semwen ren monkeypox angang. Ika epwe wor chon anisuk, ika ren an emon chochon non imwomw epwe fori ena angang, ena aramas epwe pwan aea ekkewe poupou, uuf mei ttam poun, me an pwonupwonun won maas.
- Ika ke sopw, kosapw uchuki, nouti, ika osupwu ekkena pisek pwe ete assifetan monun paikiing non asepan.

#### **6. Ekieki omw kopwe awora fetannin asepan ika suukano imwomw ika mei wor chochon non**

- Attap ngeni inisin emon mei kinas ika chonun inisin emon mei uri monkeypox, ina mecheresin cheufetannin monkeypox nein aramas, nge mei pwan wor fansoun en epwe cheufetan ren monun paikiingin non asepan ika chonun inis, aweve ren choun non aaw.
- Ika mei wor aramas reomw, ekieki omw kopwe awora fetannin asepan non imw ren omw kopwe suuki omw asamwacho, aea saipo, ika ekkewe air filter, ren an esapw cheufetan monun monkeypox ren chonun an aramas ngasangas.
  - *Kaero ngeni omw kopwe sinei ifa ussun ne afetana asepannin non imwomw seni an [CDC Awora Enienin Asepan non Imwomw](#) ourour.*

#### **7. Kosapw no ian mei chommong aramas ie**

- Kosapw wawa ekkewe sein transit ika mei tufich. Ika kopwe wawa ekkewe sein transit, aea omw pwonupwonun won maas me achocho omw kosapw attapa aramas ika mei tufich
- Kosapw no ian mei chommong aramas ie, aweve ren non paar, nenien disko, nenien katon chon keon, paari, nenien apwichipwich, ika imwen tutu
- Kosapw no ngeni ekkewe nenien mwiich fengen ika pwan ekkoch neeni epwe mecheres ne chufetan semwen ie, aweve ren:
  - Nenien aramas ese wor imwar

- Imwen chon angang
- Nenien tumwun aramas ra chinnap, Semirit & Aramas Imwen Semwenin Netip, Imwen aramas ese wor imwar, Nenien Safei ren Mei Semwen
- Nenien tumwun mei semwen, pachenong ekkewe nenien niiwingittam
- State me local nenien kanopwuus
- Nenien tumwun me osukunna semirit

## V. NIWINIITI OMW NENIEN ANGANG

Mei pesepes oupwe angang me non imw ika mei tufich, nge en mei tongeni niwin ngeni omw nenien angang ika mei pwonuta meinisin masowen non ei tetten:

- A. Ika omw pwichikkar, ffou ika semwenin ngasangas (awewe, mwor, metek non chior, pin pwot) a wesino non ukuukun 48 awa. Ika en mei chiwen pwichikkar, ffou, ika mefi semwenin ngasangas, mei auchea omw kopwe akkanamonuno non imw me kosapw attapa emon non omw fiti ngeni ekkewe ourour mei affat non kinikinin IV.
- B. Ika mei wor omw minafo kinas non ukuukun 48 awa
- C. Mei tongeni pwonupwonuno meinisin kinasomw ren ufomw, omw panteich, ika poupou. Ika kinasomw ese tongeni pwonuno, epwe mwono akkomw fengen me a pwuk sefan unuchomw
- D. En mei tongeni fiti ngeni meinisin ekkei ourour mei affat non kinikinin IV fansoun ke nomw non omw nenien angang
- E. Omw angang ese awora fansoun omw kopwe attapa emon, awewe ren rewa, angangen fin amomo, ika non nenien tumwun semirit
- F. Omw nenien angang ese nomw non ew neeni epwe mecheres ne cheufetan semwen non, awewe ren:
  - Nenien tumwun mei semwen, pachenong ekkewe nenien niiwingittam
  - Nenien tumwun aramas ra chinnap, Semirit & Aramas Imwen Semwenin Netip, Imwen aramas ese wor imwar, Nenien Safei ren Mei Semwen
  - Nenien aramas ese wor imwar
  - Nenien fot ira me ffon maan (awewe, atake, nenien kou) ika nenien tumwun maan (awewe, no an maan pioing)
  - State me local nenien kanopwuus
  - Nenien tumwun me osukunna semirit nge epwe wor attap ngeni semirit ren ika epwe siiwin ar pamper, anisir ne aea pincho, amwongoniir, me pwan met

G. Ika ese tufich kopwe angang me non imw

**Ika ka niwiniiti omw nenien angang**, achocho ngeni an epwe kaimwu omw nenien angang ika awora 6 fiit nefiinemi me chiechiomw chon angang, soun nieno paikiingin non omw nenien angang me ian en mei pwan nomw ie.

**Non omw nenien angang**, aea omw pwonupwonun won maas mei ukuukumw, tumwunu pwe epwe pwonuno kinasomw, me kosapw attapa inisumw ngeni inisin emon.

## VI. NIWINIITI OMW MWOKUTUKUT SEFAN

Aramas mei pwunguno pwe re semwen seni monkeypox ika aramas re mefi esisinnen semwenin monkeypox fansoun re uti pwungun ar tess repwe fiti ngeni ekkei ourour mei affat asan ei **tori**:

- An a mwono ekkewe kinas fengen me a pwuk sefan unuchomw, **me**
- Meinin esisinnen semwen (awewe, pwichikkar, ffou, semwenin angasangas) a wesino non mwaren 48 awa.

## VII. SOPWOSOPWUN ANINNIS

En mei tongeni aneani sopwosopwun porousen ifa ussun ne kouku cheufetannin monkeypox me tumwunun attongomw kewe ikei:

- [CDC Fansoun Akkanamonuno me Koukun Paikiing Non Imw](#)
- [CDC Fansoun Akkanamonuno me Angangen Eppetin Semwen ren Aramas mei urir Monkeypox](#)
- [CDC Ekiekin Angangen Koukun Cheufetannin Monkeypox non Nenien Nonnomw Fengen](#)

**Toureochun taropwe:** Ren ekkewe aramas mei wor apwangapwangen inisir ika aramas rese sinei fosun Merika, OHA mei tongeni awora ei taropwe non pwan ew sokkun napanap, ren chiaku, 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](mailto:COVID19.LanguageAccess@dhsosha.state.or.us)