

# Kapas Mei Eniwin ika Chomwong ir Mei Eis fan iten Waten Pwichikar me Tumwunun Manawen Aramas

## Waten otuetun kaar

**Q: *Pwata otuetun waten kaar mei ngaw ngeni manawei?***

**A:** Waten otuetun kaar mei nofit gas me pipin ika nimengaw e eto seni ekewe ira mei kaar ika ekkoch kinikinin non iira Ekewe gas me piipin ekei non asepan mei tongeni epwe afeiengaw nupwen omw ngasaranong. Non waten kaar, carbon monoxide ina met ekon afeiengaw ngeni aramas (usun chon angangen kunukun eekei) ekewe ir mei nomw non neni mei otuet. Otuetin eekei mei tongeni epwe ameteki non mesomw me kinikinin ren omw nenien ngasangas, me awatenoi semwenin feunupwo me ammat. Ukuukun me taaman nomw non otuet, pwan ierin emon aramas me ukukun an apwangapwang me mecheresin an tori samwau, ina wisan an pwarata ika emon epwe tori ika mefi ekewe samwau a eto seni otuet. Ika mei fisi ngonuk waten samwau ika osukosuk ren ese pwan nifinifin pwopwun, mutir kuta aninis seni pioing.



**Q: *Pwata meinisin ra fossun mwoochen ika piipin ekei non asepan?***

**A:** Ekewe mwoochen ika piipin ekei non asepan (pwan e witan “PM” non otuet mei wor waaten afeiengaw ngeni manawen aramas. Afeiengaw ngeni nonomwun ika an emon samwau echok anongonong won met sokkun iira mei kaar, nonomwun ika fetanin non asepan me, ekeuchean, noonon ekewe pipii ika nimengaw. Ekewe piipin ekei mei wate seni 10 micrometers napengeni mei ameteki chok maas, pwoot, me chior. Piipin eekei 2.5 micrometers ika kuukun (PM2.5) mei tongeni sanong tori me ne muuchun en ammat, iwe mei tongeni awoar waaten osukosuken samwau.

## Osukosuken samwau ren waten otuetun eekei

**Q: *lo epwe mecheres me tori osukosuken samwau ren waten otuetun eekei nupwen an nomw non neni mei otuet?***

**A:** Otuet mei tongeni awatenoi samwau ren ekewe aramas mei pusin wor samwau me pwan

ekewe ie mei apwangapwang ngeni nimengawen non asepan. Ekewe mweicheichen aramas ir mei apwangapwang mei pachenong:

- Aramas mei urir Asthma ika semwenin mwii ika ekkoch waten semwenin non nenien ngasangas ika fetanin asepan.
- Aramas mei wor ar semwenin founupwo ika ngasangas
- Ekewe aramas ierir a 65 ika waate seni
- Monukon me semirit
- Fefin mei popwo
- Chon uun supwa, akaewin ekewe ir mei uun supwa non fitu ier

**Q: Ifa usun ai upwe sinei ika otuetin eekei mei osukosuka ei me ai famine?**

**A:** Otuetun eekei mei tongeni epwe awora ekei mei afateti:

- Neenou ika pwas non maas
- Mwoor mei nomwotam ren emon, mwoong, mwiiemwi, keet non chior, ika metekitek non pwoot.
- Metekin mokur
- Weiresin fetanin ngasangas, semwenin mwii ika samwaun ika metekin non ammat.
- Mwanino pichipichin ngasangas, metekin faniimwar ika apwangapwangen non inis
- Heart attack(semwenin non founupwo nupwen epwe pineno en uwa mei saa chaa non ngeni feunupwo) ese tongneni nieno emon ika mei tongeni nieno emon.

Ekewe aramas mei wor ar semwenin founupwo ika aamat ren semwenin mwi ika ekewe semwenin non aamat mei piinei en paipen asepan mei asenipaatai weiresin fetanin ngasangas (COPD) napengeni epwe wate ngenir osukosuken samwau seni otuetun eekei.

**Q: Met upwe fori ika a wor osukosuken samwau seni ewe otuot?**

**A:** Ika a wor omw osukosuken samwau mei weiweita seni otuot, kopwe kokori 911 ika mwutir etino non an ewe pioing emergency room. Kokori noumw tokter ren kapasen eureur ren ifa usun omw kopwe apeti me tumwunu samwau seni omw nomw non neni mei otuot.

## Aakot ren met kopwe fori an epwe akukunatiw an toruk otuetun eekei

**Q: Ifa usun ai upwe tumwunu ei me ai famine seni afeiengawan osukosuken otuot?**

**A:** Euku omw nomw non otuot:

- Nomw non imw fansoun meinisin epwe kesip asam me asamwocho.
- Akukunatiw met mei awora nimwengawan asepan non imw ren uun supwa, siitof si eae oomwuch non me kanten mei keek.
- Eae high-efficiency (HEPA) filter minen niimetin asepan, ika mei wor.
- Auku me aea vacuum, pwe mei tongeni epwe chupetatai taas.
- Nupwen sa won taraku, esipano asamwacho fengen me mina omw aircon epwe chok sa asepanin non esapw tonong minen nukun.
- Unuwatte konik an epwe aninis mei akukunatiw semwenin ngerin non chiior me mwoor.

Tou seni ewe neni mei watte otuot mei murine ngeni ekewe mei wor ar samwau mei anomwur non afeiengawen samwau ren watten otuotun waten kaar ren petewen me ira.

**Q: *Met upwe tongeni fori ika pwe mi metek non mesei seni otuotun waten kaar?***

**A:** Otuotun waten kaar mei tongeni asenipa arotong, parenon me chenuchen non maas. An epwe akukunatiw samwau, en mei tongeni aea ekewe safei si onuchanong non maas me unuwate konik. Aea ew humidifier ika ewe mwoosin ee aninis me nimetin asepan an esapw kon pwaas an epwe pwan aninis. Churi ika pworous ngeni tokter ika mei tam fansoun omw samwau mei nape seni fitu ran. Ika en mei nomw non ew neni mei mwaten pipin ika mwochen ekei, kopwe eae ekewe epetin maas.

**Q: *Upwe mesemes ekewe epetin maas seni taas ika N95 respirator ika tukutukun won mas kich mei ngasangas non?***

**A:** N95 respirators akewe tukutukun won maas pwe pwonueno pwotumw me awomw. Ika mei keukeoch me omw, ewe N95 respirator mei tongeni nimetauw 95% ren nimengawan otuot. Nge ika, N95 respirators ese tongeni nimetauw gas mei nimengaw me otuotun non asepan. Napengeni aramas epwe weires ngenir an epwe pwung ar aea ewe N95 respirators. Mei euehea an epwe ukukeoch ewe respirator ika tukutukun won maas iwe asepan esapw kusuu me nepekin. Ika ese ukukeoch me pacheta, ewe tukutukun won maas epwe chok kukun met epwe tumwunu me apeti, iwe mei tongeni epwe awora ew memefin nge mi tumwun ese pwung. Tesin keuk an epwe ukukeoch mei euehea ngeni euechan pisek me pekin train ika kae. N95 respirators ika ekewe tukutukun won maas mei tongeni epwe aweiresi fetanin ngasangas iwe epwe asenipa an epwe mwutir fetanin ngasangas me pichipichin ngasangas. Ekewe mei wor ar semwenin pekin ngasangas repwe nomw fan tumwun nour tokter nupwen repwe aea ekewe tukutukun won maas.

Ren mwo ekan ra waate ese wor ar samwau mei pwan aweires ngenir ei anukun epwe napeno aea tukutukun won mass non tamen fansoun. Pungun finata ren aean tukutukun won maas ren tumwunun emon me emon epwe eto seni met mei fis ren ew-me-we case ika ew-me-ew ran.

**Q: *Met sokofesenin ew N95 respirator me ew apetin won maas seni taas?{/g2]***

**A:** N95 respirators mei tes me punguno seni ewe National Institute for Occupational Safety and Health (NIOSH). ren aean non ekkoch nenien angang. N95 respirators mei tes an epwe pwunguno afat pwe mei nimeti ukukun 95% nimengawen non asepan. Ika ew angang mei anuku an chon angang repwe mesemes ew respirator ika tukutukun won maas, ewe chon angang repwe akomw kae usun aean me euku an epwe ukukeoch ar mesemes ew tukutukun won mas mei ketiw seni NIOSH. Ren an pusin chon angang mochen ar repwe eae tukutukun won maas esapw awesanoi wisen ekewe nenien angang meinisin mei nomw non anukun Oregon OSHA..

Tukutukun won maas ren apetin taas me tukutukun won maas minen non pioing ren pekin reirei ese pwunguno seni NIOSH pwe ir mei tesini ren ifa usun pochokunan an epwe apeti nimengawen asepan iwe rese tongeni ar repwe awora tumwun seni pipiin ika nimengawen non asepan. Wewen nge mei kuukun an aninis me tumwun.

**Q: *Ew towun me skaarf mei choochon epwe pwan tongeni anins?***

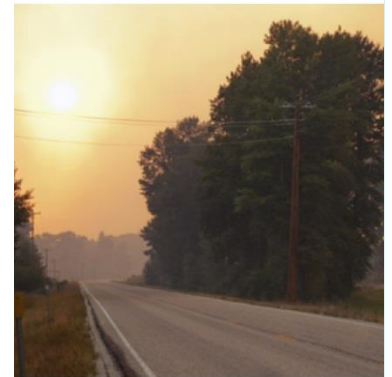
**A:** Esapw tongeni. Ew towun ika skaarf mei choochon mei akeunoi waten pipii, nge esapw ekewe mei kukukun epwe tongeni sanong non en ammat. Epwe chok kukun sokkun aninis me tumwun repwe awora.

**Q: *Met upwe foor ai upwe esipanoi imwei nupwen mei wate pwichikaren non?***

**A:** Tumwun omw kosapw kon pwiich ika ese wor omw aircon nge mei pwan kesip asamwomw ika asamwachomw. Ekieki omw kopwe etino ren aramasomw, omw neipor ika imweimwen mwun mei wor aircon ika minen nimetin kusun asepan. Tou seni ewe neni mei manun otuot ie mei murine ngeni ekewe mei wor ar samwau mei anomwur non afeiengawan samwau.

**Q: *Ina upwe pwan niit ai upwe tou nukun fan ekkoch. Epwe wor fansoun non ew ran an esapw kon pwan watte osukosuken en otuet?***

**A:** Ei mei konofesen echok anongonong won ewe kaar me ifa ukukun Katon ewe Department of Environmental Quality (DEA) Air Quality Index- nenien esinesesin ren tumwunun fetanin asepan nupwen mei eoch me inet mei afeiengaw. Ika mei wor nenien nengenochu fetan asepan unukumw, ena wepsait mei tongeni ngonuk pworous mei euehea fen iten inet fansoun aa kukunutiw otuot. The DEQ Air Quality Index mei nomw won an Oregon Smoke Blog: [www.oregonSmoke.blogspot.com](http://www.oregonSmoke.blogspot.com).



**Q: *Met upwe foor ika upwe sa ngeni ai nenien angang?***

**A:** En mei tongeni akukunu omw nomw non otuot ren omw esipanoi asamwacho me aea aircon epwe chok sa asepanin non esapw pwan tonong minen nuukun. Ei mei tongeni akukunu an epwe toruk pipiin non asepan, nge ese pwan apeti en gas mei afeiengaw ee eto seni otuetun waten karen petewen me ira.

**Q: *Ekewe mwosin mei nimeti asepan mei aninis me me nimetauw pipiin ika nimengawen non otuot seni non ekewe imw?***

**A:** Portable air cleaners ika nimetin fetanin asepan mei fiti filters ika apetin nimengaw seni HEPA me/ika electrostatic precipitators (ESP) ew mwosin mei nimetauw pipii ika nimengawen otuout ika gas mei tongeni akukunanoi nimengawen ika pipin non asepan, nge napengeni rese aninis me nimeti gas me pwongaw . Pisekin nimetin asepan mei aea ozone esapw minauu pipii ika nimengaw me nukun uchok ika ir mei aea ekewe filter ika tukutukun apetin nimengaw an HEPA me ika ESP technology. pwan, humidifier ika dehumidifiers esapw minen enimenima asepan me ese waate met epwe fori an epwe akukunatiw ukukun pipii me nimengaw nupwen mei wor otuot.

**Q: *Ika ke amwokutu em tumwunu ekan waten imwen angang mei tonong asepanin nukun Upwe esipanoi fetanin asepan mei tonong me nukun ika mei fis ew waten karen petewen ika ira?***

**A:** Meinsin waten imwen nenien angang mei pwusin imwuno ar minen apatapat ika fetanin asepan, nge ika epwe wor akasiwin, ika mwo ekewe epwe choke eae non mwochomwochen

fansoun, mei tongeni epwe osukosuka chon nomw non ekewe imw me pwan fetanin asepan. Ika omw kewe imw nge offes uchok, iwe epwe murine omw kopwe akukunanoi me akeunoi asepan mei tonong me nukun nupwen fansoun mei wor waten karen petewen me ira. Ika ewe imw mei wor ar lab ika ventilation ren nenien sanongen asepan, iwe esapw eoch omw kopwe akukunatiw fetanin asepan mei sanong me sau seni ewe ventilation ren an epwe apeti an esapw wateta chemical ika nimengawen non asepan non ewe imw. Si mochen pesei om kopwe churi emon mei sinenap ren pekin heater me aircon ika emon mei sinei eochu porousen en ventilation ren tumwunun nimeochun asepan omw kopwe sinei met mei tichikitiw ren atawen ei osukosuk.

## Ren ekkoch tichikin pworous

**Q. *Where can I find information about ongoing wildfires in Oregon?***

**A.** An Oregon ewe Blog ika Nenien Porousen Otuet mei anomwu pworous mei euehea fan iten waten karen petewen me ira: [www.oregonsmoke.blogspot.com](http://www.oregonsmoke.blogspot.com).

**Q: *Ian upwe tongeni kuna me ia pworousan fetanin ika tumwunun asepan non neinei we?***

**A.** Cheki pworousen asepan (AQI) won an Oregon DEQ website: [www.deq.state.or.us/aqi/index.aspx](http://www.deq.state.or.us/aqi/index.aspx).

**Q: *Sopwum ei ika neniem ei mei wor am mweicheich epwe fis iei nekunion. Met aipwe kanselini***

**A.** Epwe chok anongonong won ukukun otuotun asepan mei wor. Cheki ren ami health department non neniemi we

**Q: *Ifa usun otuetun ekei mei afeiengaw ngeni maan me maan ir mei nomw non nenien tumwunun maan?***

**A.** Afeiengawen otuet mei chok nono ngeni aramas me maan. Waten ukukun otuet mei ameteki non mesan maan ika ekewe kinikin fetanin ngasangas. Kokotun me napanapen an epwe akukunanoi an maan nomw non neni mei wor otuot mei chon pwan nono ngeni aramas: akukunanoi omw fansoun nomw non neni mei otuot, awatei unumen maan konik, euku mwokutukut en mei ngasewate ren me ekukunanoi omw nomw unukun taas me ekkoch nimengawen non asepan. Ika noumw maan mei mwoor ika weires fetanin an ngasangas, kokori noumw ewe tokterin maan.

**Q. *Ifa usun en waten kaar angawa eochun konikin uun?***

**A.** Waten kaaren petewen me ira mei nienoi iira mei aeochunoi pwun. Nupwen epwe keek pwonupwonun won pwuun, ekei mei pwan minau chemicals ika nimengaw usun en nitrates me phosphate mei angawanoi nimeochun konik. Seenun pwun me touwun ekei chemicals ngeni asetan konik mei tongeni akukunatiw nimeochun en konik minen uun. Nitrates me phosphate mei tongeni pwan awora ika amaari ekewe nimengawen non konik mei onuen fet mei afeiengaw. Ekewe flame retardants ika mettoch ekewe chon kunukun ekei re aea ar repwe akukunatiw fetanin ekei ika kaar, mei tongeni an epwe meninong non minen uun ika konik.

Ekewe neni ra wisan awora konik ir repwe pwan tongeni me tumwunu me nengenchu ekewe neni aa foor me ia konik ar repwe tongeni sinei ika ese wor chemicals ika met mei nimengaw non ewe pwupwu ika nenien konik. An mwuun kewe nenien konik repwe pwan fori ekewe angangen tumwunu nimeochun konikin uun ren ar repwe fori ekewe napapanapen amwononta nupwen epwe wor kaar.

# Oregon Health Authority

PUTAIN PUBLIC HEALTH

Angangen Tumun, Monneta me Atawei Pekin Health (ika Health Security, Preparedness and Response [HSPR])

OHA website: <http://public.health.oregon.gov/Preparedness/Prepare/Pages/PrepareForWildfire.aspx>

OHA Facebook: [www.facebook.com/OregonHealthAuthority](http://www.facebook.com/OregonHealthAuthority)

OHA Twitter: [www.twitter.com/OHAOregon](http://www.twitter.com/OHAOregon)

En mi tongeni nounou ei taropwe non kapasen ekis, mak epwe mese watte, mesen mak noun mei chun, ika sokkun nikinikin mak pusin finiomw. Kokori Health Security, Preparedness and Response won 971-673-1315 ika email [health.security@state.or.us](mailto:health.security@state.or.us). Kich mei etiwa meinisin chon koko ika fen kokori 711.