



Porous seni Public Health: Ekewe mwokutukut nukun sukun fansoun ei kar a fis

Kopwe cheki ewe local Air Quality Index (AQI) online (<http://www.deq.state.or.us/aqi/>) me pusin katon nukun.* katon fengen ewe AQI and pusin omw nenengeni ika ifa usun ekewe ekewin non neniom we. Iwe, katon ewe emwen a mak fan fini meni ekewe sokun mwokutuku ngeni noum kewe chon sukun.**

Air Quality Index	Visibility Scale	Recess (15 min)	P.E. (1 hr)	Mwicheichen sports me kaeo (2–3 hrs)
Mi eoch	> 5 mwain an ese wor osukosuken asepan fan nang	Eochun ran omw kopwe kukunou nukun!	Eochun ran omw kopwe kukunou nukun!	Eochun ran omw kopwe kukunou nukun!
Ukukoch	5–15 mwain ach kuna fichi topwutopw fan nang.	Ew ran mi eoch an ekewe chon sukun repwe kukunou nukun. <ul style="list-style-type: none"> Katon eoch ekewe chon sukun rese tongeni nomw nukun nge mi ngaw ewe asepan epwe uwei ngenir ar repwe mwiengasangas ika kichimwor. 	<ul style="list-style-type: none"> Katoneoch ekewe chon sukun remi ngaw ngenir nimengawen asepanin. Kopwe katon ekewe remi mwiengasangas ika kichimwor. Kaoneoch ren ekei esisin me okukunano ekewe mokutukut pwe esap fis ekei. 	<ul style="list-style-type: none"> Katoneoch ekewe chon sukun ese eoch ngeni nemengawen asepan. Katoneoch ekei esisin ren mwiengasangas ika kichimwor. Anapano ar fansoun asoso me kut ekewe repwe wir nupwen ra mochen aninis. Katoneoch ekei esisin me okukunano ekei mwokutukut pwe esap fis.
Rese pochokun ngeni ekoch mwich	3–5 mwain	Ese or ngawan an chon sukun repwe kukunou nukun. <ul style="list-style-type: none"> Mwut ngeni ekewe chon sukun rese tongeni nomw nukun fan iten ngawen monumon ar repwe chok nomw non. 	<ul style="list-style-type: none"> Awora ekoch mwokutukut non fan iten ekewe chon sukun rese tongeni nomw nukun. Okukunano ekewe mokutukut nukun nge kopwene wanong non ekewe mokutukut. Awateno fansoun asoso me awora chon repwe wir. Katoneoch ekewe esisin me okukunano ika awesano ekei mokutukut pwe esap fis ekei. 	<ul style="list-style-type: none"> Wanong ekewe mwokutukut non fan iten ekewe chon sukun ra tongeni semwen fan iten ewe ngawen asepan. Okukunano ekoch chon sukun ngeni kukunou mwokutukut ika wanong non ekewe mwokutukut. Awateno ekewe fansoun asoso me awora chon wir. Katoneoch ekei esisin me okukunano ika awesano ekei mwokutukut pwe esap wor ekei esisin.
Rese Pochokun	1–3 mwain	<ul style="list-style-type: none"> Wanong ekewe chon sukun non ika awora ekewe mwokutukut mi chok kukun. Wanong ekewe mwokutukut non fan iten ekewe chon sukun ra tongeni semwen fan iten ewe ngawen asepan. 	<ul style="list-style-type: none"> Wanong ekewe mwokutukut non fan iten ekewe chon sukun ra tongeni semwen fan iten ewe ngawen asepan Ekieki ne wanong ekewe mwokutukut non. Okukunano mwokutukut ngeni meinisin chon sukun. Awateno asoso me chon wir. 	Ekieki meni meneni ekei fan: <ul style="list-style-type: none"> Awesano ekewe mwokutukut. Wanong ekewe mwokutukut non. Amwangano ewe mwokutukut epwe fis. Wano ewe mwokutukut ngeni pwan ew neni “mi eoch” eoch ewe asepan ian.
Ese fokun pochokun/ efeiengaw	1 mwain ika kukun	Onomwu meinisin chon sukun non.	<ul style="list-style-type: none"> Wanong ekewe meinisin mwokutukut non. Okukunano mokutukut ngeni meinisin chon sukun. Awateno asoso me chon wir. 	Fori ew menein ekei: <ul style="list-style-type: none"> Awesano ewe mwokutukut epwe fis. Wanong ekewe mwokutukut non. Amangano ewe mwokutukut epwe fis. Wano ewe mwokutukut ngeni pwan ew neni “mi eoch” eoch ewe asepan ian.

* Ika pwe ka angei osukosuken pungun nupwen ka anonou ewe AQI ngeni pusin omw nenengeni, ika ren pekin tumuneoch. Fiti ewe pungun fin ren ewe ngawen ekewe ruu pekin katon fichi.

**Ekewe Chon Sukun mi mwiemi repwe fori epwe eto seni ekei. Repwe katoneoch ar kewe ngasangas me ar ra nomw ren ewe waten kar. Ika ion a mefi ekei esisin kopwe kokori ewe chon aninis ren pekin opochokun ren ekoch pwan aninis. Repwe kokori 911 non ar repwe mwitir.

Katon ren ekoch esisin

Ewe ngetin ekei mi tongeni awateno ekewe esisin ren mwiemwi epwe wateno. A tongeni aworato ar mwiemwi. Esisinin mwiemwi mi pachonong kichimwor, mwiengasanas, ngasepwich ika pochokun fan mwarir. Ekewe mwo chon sukun rese pwan mwi remi tongeni pwan torir ekei esisin pokiten waten ewe topwutopwunw ewe waten kar.

Ekewe chon sukun mi urir mwiemwi repwe fiti ar ekewe kokotun mwi me met repwe fori. Ei epwe anisir ar epwe fini ika pwe repwe angei ekei pekin tumun nupwen ra fiti ekewe mwokutukut nukun. Ekewe remi fiti mwokutukut nge remi mwi repwe amwonata ar kewe minen mwi ar repwe moneta ne aa. Ar repwe aa epwe seni emwenien nour kewe chon tumun seni health care. Ion a mefi ekei sokun esisin repwe kokori nour we chon tumun seni health care. Kokori 911 epwe chok mwithir.

Air Quality Index

Ifa usun nimochun ika nimengawen asepan me ekewe kinikinin wewengawen opochokun ina a nomw ewe

Air Quality Index (AQI). Ewe AQI a kinikinitiw non koukun ewe asepan a eto seni ewe Department of Environmental Quality (DEQ) katonen asepan. Ren pwan ekoch porousen AQI me ifa usun an ewe AQI a kapach, no ngeni <http://www.deq.state.or.us/aqi/>.

Visibility Scale

Pwan pachonong ngeni ewe AQI, kemi tongeni pusin katon ika ifa usun ewe asepan non neniom. Omw kopwe fori omw pusin katon:

- Tou nukun.
- Kunu seni ewe akar.
- Katoneoch ifa usun omw towawen omw kuna seni omw ka ngeni eoch metoch mi towaw (mwain) Towawen omw kuna ina ewe auchean omw kopwe katon metoch mi towaw a mworono.



PUTAIN PUBLIC HEALTH

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

Fon: 971-673-1315

Fax: 971-673-1309

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

OHA Facebook: www.facebook.com/OregonHealthAuthority

OHA Twitter: 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. Contact Health Security, Preparedness and Response at 971-673-1315 or email health.security@state.or.us. Kich angei meinisin chon koko ika fen kokori 711.

Kesipin Sukun

Kesipin sukun ina pusin mefien pusin ew me ew ekewe mwichen sukun, napengnei seni ar okot fengen me ewe mwichen opochokun. Fos ngeni noum we chon tumunun inis ika pwe mi wor omw kapas esisin nimengawen asepan me pochokun.

Ekoch porous

Ren ekoch porous ren ifa usun ei kar mi tongeni angawano omw pochokun, katon

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

Fos ngeni noum ewe chon aninis ika ekewe mwumwutan opochokun ika pwe a wor omw kapas eis ren asepan mi nimengaw me pekin pochokun.

Semirit me nimengawen asepan

Semirit ese eoch ngenir otuwot pokiten non inisir mi chok mamarino. Pachonongun, ar nenien asepan non inisir mi chok kukun, ra ngaseri waten asepan non kukun chour. Ekewe Semirit mi ngaw ngenir nimengawen asepan a pachonong ekewe remi:

- Mwiemwi
- Mi ngaw paipen ar ngasangas
- ngaw amater ika ngasangaser

Ekewe semen me inen ekei semirit repwe fiti ekewe aninis seni health care aiti ngenir usun ar repwe tumunu esap tori noun kewe ekei esisin. Sam me lin repwe katon ewe otuwotun ewe kar ar repwe fini inet repwe okukunano an nour kewe mwokutukut.