



## Taropwen Affat (ika Fact Sheet)

# Pwichikar me Omw Pochokun

Waten pwichikar mi tongeni epwe fan ika fan chomong non ewe ran nupwen ewe weather a kan pwichikar. Ikei non ewe Northwest, a wewen nge unungat ran ika fen chomong ran nupwen a 90°F ika fen watenon. Kopwe okokot amwom nupwen ewe waten raren pwichikar epwe toruk pwe kopwe tumun ika pochokun.

Patapat, chonuchon non inisum me kopwe katoneoch pwe kopwe sinei usun omw tumun me pochoun. En me ekewe aramas unukun oupwe checki ika ami mi tumun.

### Mwemwen ewe waten pwichikar

#### Sinei met mi ngawe ngonuk.

Waten pwichikar mi efeiengaw, akaewin ika pwe en:

- Emon chok kukun semirit
- Ika 65 ika fen naponon
- Mi wor omw semwenin ngasangas, feitacha semwenin Parkinson ika pwan ekoch semwenin non mokurom.
- Ika ka kan kitinup
- Angnag nukun
- En emon chon urumwot
- Mi kukun omw moni tonong

#### Fori omw kokot pwe kopwe tumun pwan ekoch.

- Cheki ewe porousen asepan won TV, radio, online ika ekewe newspaperun ikei.
- Ika pwe mi wor omw air con, kopwe katon fichi ika mi eoch.



- Kopwe sinie ian kopwe apatapat nupwe a waten ewe raren pwichikar (e.g., Nenien library, Ekewe neni me ikei, Nenien apatapat me nenien no kamo mi wate).

- Kopwe pwan tumunu unumwon kewe safei non neni mi pitapat nupwe a waten ewe raren pwichikar. Kopwe fos ngeni noum we chon uwow ngonuk safei.



### Nupwen fansoun ei waten pwichikar

#### Nomw ian kopwe patapat ian.

- Nomw non ekewe neni mi patapat.
- Kosap chok niwen sasaipo omw kopwe wesino omw pwich.
- Okukunano omw mwokutukut nukun, akewin neonowas.
- Kosap niwen nomw fan tinen ewe akar.
- Kopwe aa sunscreen 20 minich mwemwen kopwe tou nukun me sopweno ne fori sefani met a mak non ewe toropwen esinesin.
- Ufouf mi wate, mi pwas, ika uf mi sangingi.
- Tutu konik mi patapat.
- Kosap poutano aramas — akaewin ekewe semirit — ika noum maan nefon taraku mi kouno.



- Eisini ekewe aramas mi arap ngonuk me chiechiom me omw famini usun porosen omw kopwe patapat.

- Cheki chienom kewe remi apwapwang, famine ika ekewe aramas ra nomw unukun imwom we fan ruu non ew ran.



### **Kopwe chok fori met esap pwas non inisum.**

- Unumwon konik seni akomwan Kosap aiti omw kopwe wesen kaka iwe kopwap un konik.
- Un konik ru ika ruwanu kapen konik non ew awa nupwen kopwe taiso nukun.
- Kosap un sakaw ika ekewe chonuchon mi wate suke non.
- Katoneoch omw kewe famine, chiechiom me ekewe aramas unukum ar repwe unumwong konik.

### **Sinei porous**

- Cheki porous seni ekei ren ekoch porousen ei waten pwichikar me ifa usun omw kopwe tumun.
- Kopwe sinei usun ewe Air Quality Health Index. Nupwen epwe ate, kopwe for sefani omw kewe mwokutukut nukun ngeni non imw.
- Kaeo usun ekewe esisin ren ekewe sokun semwenin ei pwichikar me met kopwe fori.

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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 chon angang tumun, Preparedness and Response at 971-673-1315 or email [health.security@state.or.us](mailto:health.security@state.or.us). Kich angei meinisin chon koko ika fen kokori 711.