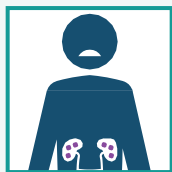
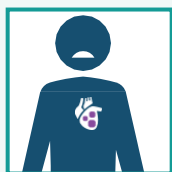


Melele in Kajinet kin COVID-19 ñan Armij ro Elōñ Aer Utamwe kin Ekatak im Eddeklok, Rūtto ro im Armij ro elōñ Kadede Aer Abañ kin Ejmour

Julae 12, 2021

Ekkar ñan Obij eo ej Bōk Eddoin Kadiklok im Bōbrae Nañinmij (Centers for Disease Control and Prevention - CDC), armij ro ewōr aer utamwe, ekoba armij ro ewōr aer utamwe in ekatak im eddeklok, rūtto ro, im armij ro elōñ kadede aer nañinmij in ejmour emaroñ lablok uwōta ñan aer lukkun nañinmij jen COVID-19. Abañ kin ejmour ko ewōr kadede im remaroñ kōlablok uwōta ñan bōke nañinmij ekauwōtata jen COVID-19 ñan armij jekdon joñan yiō rej:



- Nañinmij in ār ejab bōjrak ak wōrlok ebwe ñan kauwōtata joñan
- Abañ in menono ekauwōtata
- Abañ ko remaroñ kōmman an juon armij mōjno ñan an enbwinnin make maroñ bōbrae jen nañinmij, ekoba uno im kōmadmōd ñan cancer, kōbaatat, mwijmwij in kolaak kobban dri ak enbwin kāāl, likjab ilo wewein an enbwin bōbrae jen nañinmij, emōjno an kadiklok HIV ak AIDS, im aitok ien kōjerbali corticosteroids im wūno ko jet rej kōmōjnolok an enbwin maroñ bōbrae make jen nañinmij
- Kanuij in tebu (joñan kileb in enbwin (body mass index -BMI) ej 40 ak lablok)
- Tōñal
- Nañinmij in sickle cell
- Nañinmij in kitini ejab bōjrak im ro rej liklik
- Nañinmij in aj

Oregon Maroñ kin Ejmour (OHA) ej kōmmane melele in kajinet kin ta ko rejelā ilo tōrre in kin an ajeeded nañinmij eo im joñan kauwōtata in COVID-19. Rōjañ kein rej jibañ katakin armij ro ewōr aer utamwe, ekoba utamwe ko ikijen enbwin, ekatak im eddeklok, armij ro rej aikuj jibañ in ebōk kein emakūtkūt, im ro rej lelok kejbarok rej kōmman bebe im kejbaroke ejmour ko aer.

Armij ro ewōr aer Utamwe im Armij ro ewōr Aer Utamwe in Katak im Eddek (ID/DD)

Armij ro ewōr aer utamwe, ekoba kin enbwin, ekatak, im eddeklok, elablok uwōta ñan aer bōk COVID-19 im jorren in nañinmij ko jet kin:

- **Elablok uwōta ñan abañ kin ejmour ko jet.** Rütto ro ewōr aer utamwe, ekoba utamwe ko ikijen enbwin, ekatak im eddeklok, jilu alen lablok in an maroñ wōr aer nañinmij in menono, stroke, tōñal, ak cancer jen rütto ro ejellok aer utamwe. Armij ro ewōr aer utamwe in katak im eddek (ID/DD) emaroñ lablok uwōta ñan nañinmij in bōrañ ko rej kōmman an likjab an enbwinier maroñ bōbrae jen nañinmij, pneumonia kin jorren in wewein aer maroñ mōñā, kileb im nañinmij ko jet rej jelōte menono eo im ār ko. Abañ kin ejmour kein rej kōlablok uwōta in nañinmij kauwōtata jen COVID-19.
- **Ediklok aer maroñ bōk jibañ in taktō im jermal in jibañ.** Armij ro ewōr aer utamwe ikijen enbwin, katak im eddeklok rej ioon abañ ikijen aer maroñ etal in ebōk jibañ in taktō ilo aujbitōl im jikin taktō ko. Jibañ ko rej kōmman ilo talebon im kein jermal kabel ko remaroñ kadiklok abañ ko ikijen ial, bōtab remaroñ kōmman abañ ko jet einwōt ebōk internet eo emōkaj, jermal in jibañ ko ñan ro ewōr aer abañ in leto letak melele (einwōt Jaroñroñ ak Bilo) ak aikuj ko ikijen ID/DD, im ial ñan jermal in jibañ ko jet.
- **Joñan ko relablok ñan armij ro ewōr aer utamwe ilo mōko rej jokwe ibben ro jet,** ekoba jikin jokwe ko ewōr ej lelok jibañ, jikin ko rej kakoba armij ro rej aikuj jibañ in kejbarok im ro rej jokwe ibben armij ro nukier. Elab joñan armij ro ewōr aer utamwe in enbwin ak ID/DD rej bedbed ioon an wōr armij ej lelok jibañ in kejbarok, im emaroñ kōmman abañ ñan wewein kadiklok uwōta ko einwōt aer kōttolok jen ro jet.
- Melele in kajinet an OHA ikijen teej ej kalikar armij ro ewōr aer utamwe einwōt juon doulul in armij remaroñ lelok teej in COVID-19 jekdon ñe ewōr aer kakōlle ko ak rar kebaak nañinmij eo.

https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2267_R.pdf

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Kejbarok ejmour in enbwin im kõmelij

Rütto ro im armij ro elõñ kadede aer abañ kin ejmour remaroñ kejbarok im ejmour wõt ñe kwõnaj bõk kiltõn kein ñan kejbarok kwe make.

Ijellokun am
kõmmane
wewein
kejbarok ko
aaleb raan,

etal jen:



**Kakobaba
ibben ro jet
ilobelej**



**Armij ro
renañinmij**



**Tima ko
relab armij
rej etal in
kakkije ioon**



**Ito-tak ko rejab
mennin aikuj**

Kwõmaroñ naj eñjake an lablok am inebata ilo ien jejab jelã jemlok ko. Am kõttolok kwe jen ro jet emaroñ kõmman ak kõlablok jorren ko ikijen ejmour in kõmelij kin an diklok ad leto-letak ibben ro jet. Eaurõk ad lolorjake ad kobalok ibben ro jet. Ñe kwõmaroñ, kõjerbal kein jermal kabel einwõt talebon ak bwebwenato ilo bideo ñan am maroñ kobalok ibbeir.

Ñe kwõj aikuj jibañ ak ejab mennin idiñ:

- Kõjerbal **Lain in Kūr ikijen Inebata kin Jorren Idiñ (Disaster Distress Hotline):**

1-800-985-5990

Text TalkWithUs ñan 66746

TTY 1-800-846-8517

TTY kūrlok 711

Kajin Spanish

1-800-985-5990, innem jibede "2"

Text Hablanos ñan 66746

- Kūrlok 211 ñan melele ko kin COVID-19, ekoba kein jibañ ko ikijen ejmour in kõmelij ilo bukõn eo. Ebar lõñ melele ko ibben 211info kin būrokraam ko ñan ebõk aikuj ko rekkã einwõt mõñã, jikin kiki, taktõ im lõñlok, ewõr ilo aaleb county ko.

- » Kwō bar maroñ text ae lok ZIP code eo am ñan 898211.
- » *Elõñ ri-ukok kōn kajin ilo talboon.*
Elõñ text im email ilo Kajin Belle im Kajin Spanish.
- » TTY kūrī 711.
- » Etal ñan <https://www.211info.org/contact>.



- Kūrlok ñan ebōk jibañ ikijen ejmour in kōmelij ilo bukōn eo.
Eñin ej juon laajrakin jibañ ko ikijen ejmour in kōmelij ekkar ñan county ko ilo Oregon:
<http://www.oregon.gov/oha/HSD/AMH/Pages/CMH-Programs.aspx>.

Ilo ien idiñ kwōn kūrlok 911 aoleb ien.

Ta eo kwōn kōmmāne ñe kwōj eñjaak am nañinmij

**Kakōlle ko rekkā kin
COVID-19 rej:**



Biba



Bokbok



Kajjinōk

Kūrī ri-kōjparok ājmuur eo aṃ ak [local health department](#) if you believe you are sick.
Remaroñ jibañ eok:

- Kōmman am bebe ñe kwōj aikuji karōk juon ien am etal in taktō, im
- Karōk ñan am deloñe jikin taktō eo ilo am jab kajeded kij in nañinmij eo.

Ñe ejjelok juon am taktō:



- Kūrlok 211 ñan bōk juon laajrak in jikin taktō ko rebaake kwe, ak
- Kūrlok jikin taktō ilo ien idiñ ilo bukōn eo am ñan karōke ien am etal.



Taktō eo am enaj jibañ ñan kile elañe kwōj aikuj teej.

Elañe kwe juon rütto im elõñ am inebata kin jabdewōt inebata kin ejmour, kūrlok taktō eo am.

Men ko kwõn kõmman nē kwõj lõmṅak ke emõj aṅ keepaak nān COVID-19

Ñe kwõj lõmṅak emõj am kebaak COVID-19, im elõñ am kakõllein nañinmij eo, kwõn jab kebaak armij ro jet bwe kwõn jab lelok nañinmij eo ñan er. **Kürlok taktõ ak jikin taktõ bwe ren kõmelelewaj.**

Men ko kwõn kõmmane ilo ien idiñ

Ñe mennin idiñ ak elab an kauwõtata kakõlle ko am (einwõt abañ in emenono), kürlok 911.

Ñe kwõmaroñ, kowalok ñan 911 im aujpitõl eo ñe ewõr jabdewõt am jelā kin am kar kebaak juon armij ewõr COVID-19 ibben.

Ñan ebõk elõñlok melele ko kin teej in COVID-19, etal ñan <https://govstatus.egov.com/or-oha-covid-19-testing>

Makũtkũt ko ñan loor aoleb raan

Aoleb armij rej aikuj loor kiltõn kein kajojo raan ñan bõbrae an aoleben nañinmej in menono ko ajeded:

- En ikut am kwal beim ejab diklok jen 20 jekõn kin joob im dān määnān. Ñe ejellok, kõjberbal kein manman kij in bā ewõr 60-95% arkool kobban.
- Kalbubuuk am bokbok im maje kin jimwin beim ak beba tissue. Ñe kwõnaj kõjberbale juon beba tissue, jolok beba tissue eo ien eo wõt innem kaju kwal beim.
- Jab jibwe iturin mejem.
- Kõttolok ejab diklok jen jiljino ne jen armij ro im kwõjab jokwe ibbeir.
- Kõnake juon kein kalbubu iturin māj nuknuk, beba, ak kain eo kwõj jolok ālikin am kõjberbale ilo ien am diwõj jen mweo imõm.
- Karreo im manman kij jen men ko im jikin ko ikut am jibwe.
- En ikut am karreoik mennin kõjberbal im equipment eo ikijen wūno ekkar ñan enaan eo ion mweiuk eo.



Wewein am im armij ro rej lelok kejbarok naj kōbojak

Kwe im armij ro rej lewaj kejbarok remaroñ kōmmāne kiltōn kein kiō ñan kadiklok an nañinmej in emenono ko ajeded. Men in ekoba COVID-19. Kōmman ien ñan am etale im kōkāl plan in idiñ jorren eo am make. Men in emaroñ koba men kein laajrak:

- Kwōn jelā wūno ko kwōj idaak im kōmman bwe en wōr ejab diklok jen ruo wiik joñan wūno ibbōm. Kwōnaj bōlen maroñ in kōmman eindein ilo am kenono ibben taktō eo am ak injūrān kombani eo am. Elõñ an jet injūrān kombani ko, einwōt Medicaid wōnnen-ñan-jibañ, emōj aer kabidodo kakien ko ñan am bar kanne limōm wūno. Riiti elõñlok melele ko ilo <https://dfr.oregon.gov/insure/health/understand/Pages/coronavirus.aspx>.
- Wia im kalõñlok mennin kōmadmōd im wūno in taktō ko jet im mōñā ko ejab mōkaj aer jorren ñan kadiklok am etal ñan imōn wia eo. Kaikwijkwij online ej bar juon wewein wia ej kadiklok ak jolok am aikuñ in etal ñan imōn wia ko.
- Kadiklok am kakobaba ibben ro nukkum im rejab jokwe ibbōm ñan am kejbarok kwe make. Men in ekoba jikin ko elab an lōñ armij einwōt ekkāke rejab mennin aikuñ im kakobaba ko an baamle relab ilo bukōn eo.
- Kebooj kadede armij ro remaroñ lewaj kejbarok ak ial in wa.
- Kwōn jelā nōmba ko am reaurōk.
 - » Jabdewōt iaan 24/7 eo ko an ri-kōjparok-ājmuur im plan ko kōn ājmuur
 - » Ri-leļok-kōjparok-ājmuur ilo men ko rejenolok
 - » Nōmba ko ñan ebbōk jipan:
 - Doulul ko an jukjukin bed ko
 - Rilelok ial ro
 - Plan in joortoklik in ejmour ko
 - Rikōlaajrak kejbarok
 - Eo-bwil (hotline) ko ñan nōj
 - Jibañ in taktō ilo talebon im kein jerbal kabel
 - » Bōkļok mōñā, wūno im menin kōjerbal.

- Karōk plan ko ibben taktō ro rej etal ñan mōko imōn armij ñan kadiklok am kebaak nañinmij eo, waan joñak:

- » Ri-jipan eo am make
- » Jipan in kattar ñan eok
- » Ājmuur ilo mweo imōm
- » Hospice
- » Ri-kōñjel kōn mour me rej jerbal iaier make wot.



- Kwōn melele kin plan ko ñan ien idiñ ijoko kwōj lolok aoleb raan ak ekut am etal ñani, einwōt:

- » Jikin karreo bōtōktōk (dialysis)
- » Jikin wūnook bōtōktōk
- » Chemotherapy
- » Bar jikin bōk therapy infusion



Melele in Kajinet kin COVID-19 ñan Armij ro elõñ aer Utamwe, Rütto ro im Armij ro elõñ Kadede Aer Abañ kin Ejmour therapy.

Kürlok mokta jen am etal bwe kwõn kenono kin wewein am maroñ kejbarok kwe make.

Ro rej kejbarok ilo imõn jokwe im ilo mweo imõm

Melele in kajinet im kakien ko an state ñan jikin kejbarok ilo imõn jokwe (jikin ak mõko ewõr kumi rej jokwe) rej wõnmaanlok im oktak ilo an wõnmaanlok pandemic eo. Elañe juon uwaan baamle eo am ej bed ilo juon imõn kejbarok, kõmmame men ko laajrak:

- Ikut in kajitõk kin ejmour eo an armij ro rej jokwe ie.
- Loor mo ko ikijen rilolok.
- Kwõn jelā ta laajrak eo an jikin eo im elañe emõj an lab an walok nañinmij eo.

Melele in Kajinet

Ewõr melele in kajinet ko jen Ra eo ej Bõk Eddoin Jibañ ko an Armij an Oregon im Maroñ kin Ejmour eo an Oregon (Oregon Department of Human Services im Oregon Health Authority) ilo link kein laajrak:

Obij in Jibañ kin Utamwe in Eddeklok (Office of Developmental Disabilities Services - ODDS)

<https://www.oregon.gov/dhs/SENIORS-DISABILITIES/DD/Pages/COVID19-Info-for-DD-Residential-Settings.aspx>

Kein jibañ ko kin COVID-19

- Website kin COVID-19 jen Obij eo ej bōk Eddoin Kadiklok im Bōbrae Nañinmij (Center for Disease Control and Prevention): <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Website kin COVID-19 jen Maroñ kin Ejmour eo an Oregon (Oregon Health Authority): <http://healthoregon.org/coronavirus>
- Laajrak in Local Maroñ kōn Ājmuur Loḅwilej (Public Health Authority) eo: www.healthoregon.org/lhddirectory
- Web beij eo an DHS COVID-19: <https://www.oregon.gov/DHS/COVID-19/Pages/Home.aspx>
- Web beij eo an DHS ODDS COVID-19: <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/DD/Pages/ODDS-COVID-19-Information.aspx>

Kein jibañ ko ilo web beij eo an ODDS ekoba:

- » Mejeje ko ñan keej mānija ro
- » Mejeje ko ri-leḷok ro
- » Kōjjelā ko ñan lobeje ekkā, ekoba juon video ebidodo me ej kōmelele kin COVID-19 <https://www.youtube.com/watch?v=MJ8eeC-tVD4&feature=youtu.be>
- » Kaddeḷoñ ñan ebbōk email ko kōn mejeje ko rekāāl
- Ri-Tōl ñan Mour ilo Jukjukin Pād (Administration for Community Living (ACL)) <https://acl.gov/COVID-19>
- Web beij eo an Obij eo an Governor kin COVID-19 <https://www.oregon.gov/gov/pages/index.aspx>

Ñan ro uwaan SEIU 503

- Ekatak kin ta eo SEIU ej kōmman ñan ro uwaan ijin: https://seiu503.org/member_news/coronavirus-resources-for-seiu-members/

Ñan armij ro Rejaroñroñ ak ebin aer maroñ roñjak

- Kein jibañ ko kin COVID-19: <https://www.amphl.org/blog/2020/3/15/covid-19-resource-list>

Bok jidikdik ilo kajin eo ebidodo

- Bok jidikdik ilo kajin eo ebidodo kin Coronavirus, ear kōmman jen ibben Jikin Errā ñan Kij Make im Jibañ Ikijen Jerbal Kabel (Self Advocacy Resource and Technical Assistance Center - SARTAC):
 - » <https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>
 - » Kajin Spanish: <https://selfadvocacyinfo.org/resource/plain-language-information-on-covid-19-spanish-version/>

Ñan baamle ko ewōr ajiri im jodikdik im elõñ aer aikuj rejenolok ikijen ejmour

- Kajinet ñan jinen, jemen im rikejbarok ro ñan jibañ baamle ko bwe ren mour wõt ibben COVID-19: <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>
- Jibañ in Utamwe NW NWDSA/ABI ej lewaj [jibañ ko ikijen COVID-19](#) ñan armij ro rej jokwe kin utamwe, jibañ kin utamwe, ebök jibañ im kein jermal, katak in kaminene ko, melele ko ekkā, bideo ko, im link ko ñan kein jibañ ko an state im federal. Rej lelok jibañ kin ruo kajin ko, ekoba kein jibañ ko, katak in kaminene, im melele ko ilo kajin Spanish.

Lain elab an Kajin Belle 503-238-0522

Ñan rütto im armij ro elõñ aer abañ in ejmour ko rejab böjrak

- Kajitök im uwaak ko rekkā kin COVID-19 ñan rütto im armij ro elõñ aer abañ in ejmour ko rejab böjrak: <https://acl.gov/sites/default/files/common/AOA%20-%20Alliance%20for%20Aging%20Rsch%20-%20Natl%20Fdn%20for%20ID%20-%203-12-20.pdf>

Ñan armij ro rej mour kin HIV

- Kajitök ko Rekut: Coronavirus (COVID-19) im HIV:
 - » <https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/HIVSTDVIRALHEPATITIS/HIVCARETREATMENT/CAREASSIST/Documents/FAQ-covid-19-and-hiv.pdf>
 - » Kajin Spanish: <https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/HIVSTDVIRALHEPATITIS/HIVCARETREATMENT/CAREASSIST/Documents/FAQ-covid-19-and-hiv%20SP.pdf>

Kakien eo kin RiAmedka ro elõñ Aer Utamwe (Americans with Disabilities Act - ADA)

- Kajitök im Uwaak ko kōn ADA eo, Kakien kōn Kōmour (Rehabilitation Act) eo, im COVID-19: <https://content.govdelivery.com/accounts/USEEOC/bulletins/281dd9d>
- Kin kajitök im inebata ko ikijen ADA im ebök enaan ko ikijen maroñ loi ikijen COVID-19:
 - » Jikin ADA Northwest
 - ADA Eo Bwil: 1-800-949-4232
 - nwadactr@uw.edu

Jibañ kin mōñā

- Jikin Ebök Mōñā (Food Bank) ko ilo Oregon rej bed ilo: <https://www.oregonfoodbank.org/find-help/find-food/>
- Jikin būkot mōñā in jikuul ilo Oregon ilo ien an kilōk jikuul kin COVID-19: <https://www.oregon.gov/ode/students-and-family/healthsafety/Pages/COVID-19-Food-Resources.aspx>
- Būrokraam in Jibañ kin Ōn (Supplemental Nutrition Assistance Program - SNAP)
 - » Kūřłok ak email ñan juon DHS wōpij ñan ebbök juon peba in apply. Būkot obij eo ilo bukōn eo am ilo <https://www.oregon.gov/DHS/Offices/Pages/Self-Sufficiency.aspx..>
 - » Kwō bareinwōt maroñ kateruru online ilo [https://apps.state.or.us/onlineApplication/.](https://apps.state.or.us/onlineApplication/)
- Kakoba Kein Kōjerbal ikijen Rūttolok im Utamwe (Aging and Disability Resource Connection (ADRC)) an Oregon: <https://www.adrcforegon.org/consite/index.php>

Kajitōk, enaan im inebata ko

Kwōmaroñ jilkinlok kajitōk, enaan im inebata ko kin melele in kajinet in ak kin COVID-19 im armij ro elõñ aer utamwe ñan oregon.masscare@dhsosha.state.or.us.

Kwōmaroñ jilkinlok enaan ak inebata ko kin kakien ko an state ikijen COVID-19 im emōj an Governor Kate Brown lelok ñan Jibañ ñan Armij ro Rej Tōlakier (Constituent Services) ilo obij eo an Governor eo ilo 503-378-4582. Kwō bar maroñ kōjerbal juon beba online ñan am lelok er. Etal ñan: <https://www.oregon.gov/gov/pages/request-assistance.aspx>.

Kememej wōt

Kimij kamoolol Obij eo an Governor eo an California kin Idiñ Jibañ ko (California Governor's Office of Emergency Services) kin aer letok kajinet ko aer.

Rōjañ ko relab ñan melele in kajinet in ear etal jen Koonjel in Rōjañ in Lale Idiñ Utamwe (Disability Emergency Management Advisory Council - DEMAC) ilo Oregon. Kommol!