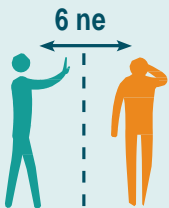


Ekkeitaak Wōt

Ilo aṃ Kōttoḷok kōn Ānbwin



Meleḷein kōttoḷok kōn ānbwin ej loloodjake bwe en wōr jiljino ne ikōtaad im armej ro jet ñe jej moot jān ṃōko imweid. Jej ṇaetan men in “kakkobaba kōttoḷok.” Ad kōttoḷok ej jipaṇ ṇan kadikḷok an COVID-19 ajeeded im ej kōjparoke ājmuur im jukjukin pād ko ad. Bōtaab, emaroṇ bar kōṃṃan bwe jen jeraṃōl.

Elaññe kwō jeraṃōl kiiōkiiō, kwōjjab pād iaamṃ make wōt! Ak kwōj jeḷā ke ke jeraṃōl emaroṇ jelōte aṃ ājmuur?

Jeraṃōl im ājmuur eo aṃ

Jeraṃōl emaroṇ bōk kuṇaan ilo apaṇ ko ikijjien ājmuur āinwōt:

- Tōñal
- Nañinmej in baṃ
- Eoeo, im
- Kūrro

Ebarāinwōt maroṇ kōṃṃane bar apaṇ ko ikijjien ājmuur āinwōt:

- Būromōj
- Inepata
- Ettā system in bōbrae, im
- Kōḷapḷok ebbōj.

Ad ekkeitaak wōt ippān ri-jitōnbōro ro emaroṇ jipaṇ ṇan ad ājmuur wōt. Eḷap aorōkin ad kōṃṃan juon plan ṇan kōjparoke wōt ad ājmuur ñe jej kōttoḷok kōn ānbwin.

Kōṃṃan juon plan im ekkeitaak

Kōṃṃan juon aṃ laajrak

Ro uwaan baamḷe eo, ro ṃōttaṃ im ro iturōṃ remaroṇ jipaṇ eok ṇan kōṃṃane juon aṃ plan ṇan pād wōt im safe, ājmuur im ekkeitaak ippān ro jet.

Kwō maroṇ kōllaajrak armej im iaḷ in ekkeitaak er. Men in enaaḷ jipaṇ eok ṇan ekkeitaak juon ri-jitōnbōro ak ebbōk jipaṇ kōn ṃōñā, wūno im bar men ko ilo ṃweo.

Jepake doon

Eḷap aorōkin jipaṇ doon ilo iien inepata ko.

Eñin jet wāween ekkeitaak ñe kwōj kōttoḷok kōn ānbwin:

Eñin jet wāween ekkeitaak ñe kwōj kōttoḷok kōn ānbwin:

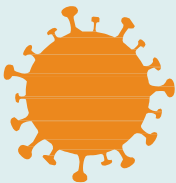
- **Kūrḷok er:** Kōjberbal talboon eo āinwōt juon ṃōttan ekkā ilo kadkad ko.
- **Jej juon lōta:** Jilkinḷok lōta ak email ko ṇan kowaḷok men ko me kwōj eñjake. Kowaḷok ṇan armej ke kwōj ḷōmṃak kōn er.
- **Kajjioṇ kūrḷok ilo video:** Ñe kwō maroṇ, kajjioṇ im kūrḷok kōn video ilo aṃ kōjberbal jipaṇ ko āinwōt Skype, FaceTime ak WhatsApp.
- **Kajjioṇ kōnnaan ilo text:** Eḷḷok ṇan ejejjet jet armej. Kwō maroṇ kōṃṃane juon group chat ṇan kōnono kōn men ko ippān doon.



Kile menin kōjerbal ko ilo jukjukin pād eo aṃ

Juon aṃ laajrak in menin kōjerbal ilo jukjukin pād eo enaaj jipaṃ ṅan aṃ ebbōk mejeḷe ko, jipaṃ ikijien kōjparok-ājmuur, menin jepak im menin kōjerbal ko. Eṅin jet jikin ilo jukjukin pād eo aṃ im kwō maroṅ ellolo menin kōjerbal ie:

- **Ilo peḷaakūṃ** ej bōlen wōr juon website ak social media peij me kwō maroṅ kaddeḷoṅ. Im enaaj jipaṃ aṃ ekkeitaak wōt ippān rūturim, mejeḷe ko im menin kōjerbal ko.
- Elōṅ ri-jerbal ro me eṃōj kōmmālmel an **Menin Kōjerbal eo kōn Rūttoḷok im Utamwe (Aging and Disability Resource Connection) eo ilo Oregon (ADRC)**. Remaroṅ jipaṃ eok ilo aṃ etale men ko me kwōj aikuji im ekkeitaak ippān menin kōjerbal ko aṃ local. Etal ṅan www.adrcforegon.org ak kūri 1-855-ORE-ADRC (673-2372).
- Elōṅ an **2-1-1** mejeḷe ko rekāāl kōn COVID-19 im menin kōjerbal ko local. Kūri 2-1-1 ak etal ṅan www.211info.org.
- **Eo-jeraṃōl ṅan Liḷḷap im Lōḷḷap (Senior Loneliness Line) eo** (800-282-7035) ej juon jipaṃ ṅan aolepan state in ṅan jabdewōt liḷḷap ak lōḷḷap me ej eṅjake jeraṃōl, jepel, būromōj ak inepata. Ri-kūr ro remaroṅ ippān juon ri-koṅjeḷ me eṃōj kōmmālmel. Enaaj ittino aṃ kūrtoḷ. Etal ṅan www.SeniorLonelinessLine.org.



Kōn COVID-19

- **Armej rekar ellolo kij virus eo COVID-19 ilo Tijemba 2019.** Ri-jeḷā ro kōn ājmuur rej inepata kōnke jejaṅin lukkuun jeḷā kōn kij virus in ekāāl. Ak jejeḷā jet men ko im renaaj jipaṃ ilo ad loloodjake im safe wōt.

COVID-19 emaroṅ ajeeded ilo:

- Mejatoto eo ilo aṃ pokpok im ṃaje Ekkeitaak epaak, āinwōt jibwe ak shake hands, ak
- Aṃ uṅṅuri ioon juon men eo me kij virus eo ej pād ioon innām jibwe loṅioṃ, boṭim, ak mejem.

Eṅin jet wāween kwō maroṅ kadikḷok an COVID-19 ajeeded im kōjparoke eok make:

- En ikut aṃ aṃwin peōṃ kōn joob im dān.
- Bōbrae aṃ jibwe mejem, boṭim im loṅioṃ.
- Bōbrae aṃ ekkeitaak armej ro me renaṅinmej. Pad wōt ṃweo imōṃ ṅe kwō
- Pokpok ak ṃaje ilo jimwin peōṃ ak juon peba tissue. ṅe kwōj kōjerbal juon peba tissue, kajju im joḷoke ālikin aṃ pokpok ak ṃaje.
- Karreo im ṃanṃan kij jān ioon men ko

Kwō maroṅ ellolo mejeḷe ko ekāāltata kōn COVID-19 ilo web peij eo an Oregon Maroṅ kōn Ājmuur (Health Authority) kōn COVID-19: <https://govstatus.egov.com/OR-OHA-COVID-19>. Elōṅ bar menin kōjerbal ko ilo <https://www.safestrongoregon.org/>.