



Kōmadmōd COVID-19 ilo Jikin Jerbal eo Am

Wāween kōjermal beba eo ej laajrak mennin aikuj ko:

Ilo ien eo emōj kōjella waj ke juon rijermal emōj an teej eo an kwalok ewōr COVID-19 ibben, jikin jermal ko rej aikuj kōjellaik obij eo an public health ilo jukjukinbed eo aer (LPHA) kin keij eo ilo ien eo emokajtata im emōj katmane aer aikuj loor melele in kajinet eo aer. Am kōjermal beba in ej kōlaajrak mennin aikuj ko ej jibañ an jikin jermal ko jermal ibben LPHA eo aer ilo aer lelok melele ko aikuj ñan anōke woñ ro rar kebaak nañinmij eo ilo jikin jermal eo aer. Ilo an jejjetin kakien ko an federal, state im jukjukinbed naj oktak, kakien ko ekkā ikijen kōjenolok im jab ito tak elab aer naj jab oktak. **Bōtab, jejjetin joñan kein rej mennin aikuj jen Oregon Occupation Safety and Health Administration (Obij eo an Oregon ej lale kejbarok im ejmour ilo jikin jermal, OR OSHA) im bareinwōt Oregon Health Authority (OHA).** Beba in ej laajrak mennin aikuj ejab kwalok aoleben mennin aikuj ko an OR OSHA ak OHA. Aoleb ien lale website ko an [OR OSHA](#) im [OHA](#) ñan am bōk jejjetin mennin aikuj ko ilo kakien ñan jikin jermal eo am. Kwōn jelā ke Jibañ in Bōk Melele ibben OR OSHA ejellok wonnen, ejab kabin, im ebañ ajeeded melele ñan jibañ ko ikijen ejmour im kejbarok ilo jikin jermal ñan jikin jermal ko ilo Oregon. Bōk melele in kajinet ijīn ñan am bōk melele ko relablok im kajitōk jibañ in bōk melele: [Jibañ in Bōk Melele ibben OR OSHA](#) (<https://osha.oregon.gov/consult/Pages/index.aspx>)

Jet mennin aikuj ko laajrak remaron aikuj melele ko relablok. Etale mennin aikuj ko ilo lalin beba in ñan melele in kajinet im kōmelele ko relablok ñan am melele kin mennin aikuj kein. Emōj kakoba link in website ko im aoleben URL eo emōj lelok ñan kajojo armij ro rej lale online ñe ejab ewōr ilo beba.

Emōj rōjañ ke jikin jermal ko ren lale [Melele in Kajinet eo an Oregon Health Authority ikijen Kōjenolok im Jab Ito Taks](#) and [Kakien ko an Oregon OSHA ikijen COVID-19](#) ñan tibdikin melele ko ikijen joñan ko rej mennin aikuj ñan bōbrae im kōmadmōd keij in COVID-19 ilo jikin jermal eo.

- Melele in Kajinet ko an OHA ikijen Jab Ito Tak im Kōjenolok: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/I332351t.pdf>
- Kakien ko kin COVID-19 an OR OSHA: <https://osha.oregon.gov/covid19/Pages/default.aspx>

*Kommol ñan Deschutes County, Oregon Health Authority
Jikin Kōmadmōd im Kemourour jen COVID (CRRU) im rijerbal ro jen Jibañ in Bōk Melele
eo an OR OSHA
im rar letōk kwōnaer in kōmmāne beba in.*

Beba in mennin aikuj ko ñan kōmadmōd ilo jikin jermal:

Kōmadmōd ko	Jekjek
<p>1. Kōjenolok: Kōmelele rijerbal eo/ro emōj kwalok ewōr aer nañinmij (einwōt “keij ko”) ñan aer rool/bed wōt mweo mweir im kōjenolok er make. (Lale Peij 3)</p>	<input type="checkbox"/> Emōj an dedelok <input type="checkbox"/> Woñmaanlok <input type="checkbox"/> Ejañin jinoe <input type="checkbox"/> Jab ekkar
<p>2. Etale: Kejbarok an jab ajeeded melele ko an rijerbal ilo am jab lelok melele ko aer make ijellokun ñe renaj lewaj kōmelim. Jino am aen melele ko ekoba:</p> <ul style="list-style-type: none"> • Ñaat eo ear jino kakōlkōl ko • Ñaat eo rar bōk teej eo ej kwalok ewōr nañinmij • Ñaat eo aliktata rijerbal eo ear jermal • Jikin eo rijerbal eo ear jermal aliktata • Woñ ro remaron kar kebaak ak jorrāan (Lale Peij 4) 	<input type="checkbox"/> Emōj an dedelok <input type="checkbox"/> Woñmaanlok <input type="checkbox"/> Ejañin jinoe <input type="checkbox"/> Ejab ekkar
<p>3. Kebaak: Kall ae LPHA eo am (einwōt, ra in ejmour eo ilo bukōn eo) ñan jibañ lale jekjek eo im kalikar buñten ko kwōnaj kōmmani. (Lale Peij 6)</p>	<input type="checkbox"/> Emōj an dedelok <input type="checkbox"/> Woñmaanlok <input type="checkbox"/> Ejañin jinoe <input type="checkbox"/> Ejab ekkar
<p>4. Kōjella: OR OSHA ej aikuj an jikin jermal ko kōjella kin rijerbal ro rar kebaak naninmij im ro emoj aer jorraan iloan 24 awa jen ien aer jela kin juon keij. (Lale Peij 6)</p>	<input type="checkbox"/> Emōj an dedelok <input type="checkbox"/> Woñmaanlok <input type="checkbox"/> Ejañin jinoe <input type="checkbox"/> Ejab ekkar
<p>5. Karreo im manman kij: Emōj an diklok jen 3 raan (72 awa) jen ien eo rijerbal eo ear bed ilo jikin eo, kiil jikin eo iomwin jidik ien ilo jikin eo rijerbal eo ear jermal ie mae ien ededelok karreo im manman kij. (Lale Peij 7)</p>	<input type="checkbox"/> Emōj an dedelok <input type="checkbox"/> Woñmaanlok <input type="checkbox"/> Ejañin jinoe <input type="checkbox"/> Ejab ekkar
<p>6. Kōjella: Jikin jermal ko rej aikuj ba ñan rijerbal ro <u>rejañin wā</u> im rar kebaak nañinmij eo ren jab ito tak iomwin 14 raan. Kōjella aoleb rijerbal ro rar kebaak naninmij eo bwe ren bōke juon teej emmonlok 5-7 raan (lok ñan 14 raan) alikin aer kar kebaak nañinmij eo. Rijerbla ro rar kebaak ak jorraan rej aikuj lale ñe ewōr aer kakolkol iomwin 14 raan alikin aer kar kebaak nañinmij, jekdon rar wā ak jab. (Lale Peij 8) Elañe ewōr kakolkol, rijerbal ro rej aikuj kabōk teej.</p>	<input type="checkbox"/> Emōj an dedelok <input type="checkbox"/> Woñmaanlok <input type="checkbox"/> Ejañin jinoe <input type="checkbox"/> Jab ekkar
<p>7. Kamool: Jikin jermal ko rej aikuj lolorjak keij ko im armij ro rejañin wā ak rijerbal ro rar kebaak nañinmij eo im ewōr aer kakolkol rejab rool ñan jermal mokta jen an jemlok aoleben ien kōjenolok/jab ito tak eo aer. (Lale Peij 11)</p>	<input type="checkbox"/> Emōj an dedelok <input type="checkbox"/> Woñmaanlok <input type="checkbox"/> Ejañin jinoe <input type="checkbox"/> Ejab ekkar
<p>8. Kejbarok im bōbrae: Rōjañ an rijerbal ro bōk wā eo im lelok mennin jibañ ko ñan aer kōmmāne mennin. Lale webpeij ko an OR OSHA im OHA ñan melele ko relablok kin wāween bōbare im kejbarok jen nañinmij in COVID-19 ñan bijnej ko. (Lale Peij 12)</p>	<input type="checkbox"/> Emōj an dedelok <input type="checkbox"/> Woñmaanlok <input type="checkbox"/> Ejañin jinoe <input type="checkbox"/> Ejab ekkar

Menin Kōjērbal:

1. **Kōjēnolok kwe make:** Rijerbal ro emōj an teej kalikar ewōr COVID-19 (einwōt, “**keij ko**”) rej aikuj kaju rool ñan mweo mweir im/ak bed mweo mweir im **kōjēnolok er make**.

Juon **keij** in COVID-19 emōj kamool ej melelein juon armij eo emōj an teej ej kwalok ewōr COVID-19 kin juon teej in nucleic acid amplification ak juon teej in antigen, ak bar juon wāween teej emōj kile jemaroñ lōke jen ibben maroñ kin ejmourin lobelej an state ak bukōn. Ilo beba in ej laajrake mennin aikuj ko, “**keij**” im “**rijerbal eo emōj kwalok ewōr nañinmij eo ibben**” rej jērbal ñan juon wōt melele.

“**ien kōjēnolok**” ak “**ñan kōjēnolok**” ej melelein an juon armij eo ej kōjēnolok ae make ilo imōn jokwe eo an make im an armij eo enañinmij ak emōj tōmak ewōr an nañinmij in COVID-19 make lok ian jen armij ro jet rejab kōjēnolok er make ñan kejbarok ak kadiklok an nañinmij eo ajeeded ñan armij ro rejab kōjēnolok er make. Armij ro elukkun dedelok aer wā im emōj an teej kwalok ewōr COVID-19 ibbeir (einwōt keij ko “rejeja”) rej aikuj wōt kōjēnolok er make.

Juon “**Keij in COVID-19 rej lōmnak kake**” ej melelein juon armij ewōr kakōlle ko ibben im rej einwōt COVID-19 im emōj an kebaak juon keij in COVID-19 emōj kamool 2 ñan 14 raan ko mokta jen kar jinoin kakōlle ko walok.

Keij ko emōj **kamool** im **lomnak ewōr nañinmij** rej aikuj **kōjēnolok kwe make** jab diklok jān 10 raan ālikin jinoin nañinmej eo im mae 24 awa ālikin an piba eo jako, im rekar jab kōjērbal wūnoin kadiklok piba, im kakōlkōlin COVID-19 (biba, bokbok, kajjinōk, im bidodo loje) rej emmanlok. Keij ko rej aikuj:

- Kōjēnolok kwe make ejab diklok jen 10 raan ālikin raan in aen dān in enbwinmōm im teej ear kwalok ewōr nañinmij elañe ejellok am kakōlkōl ak kin kakōlkōl ko jet ijellokun ñe ewōr am biba, bokbok, kajjinōk, im bidodo loje.
- Kōjēnolok kwe make ejab diklok jen 20 raan elañe kwōj eñtaan kin nañinmij eo elab an kauwōtata ikijen COVID-19, elañe emōj am deloñ aujbitōl kin COVID-19, ak elañe elab an enbwinmim maron jab bōbrae jen nañinmij.
- Kwōn bed wōt ilo am leto-letak melele ibben ritel ro an ejmourin lobelej an bukōn ak state im loor rōjañ ko jen public health.

OR OSHA ej bar aikuj an rijerbal ro melim aer jērbal jen moko mweir ilo ien aer jab ito tak ak kōjēnolok er make elañe jērbal eo ekkar ewōr im remaron kōmmāne kin nañinmij eo aer. Rijerbal ro rej aikuj melim aer rool ñan jērbal ko aer mokta ilo jemlokin ien jab ito tak ak kōjēnolok eo aer. Jabdewōt ien juon rijerbal ej bōk kwōnaan ilo an jab ito tak ak kōjēnolok ae make, emaron kin mennin aikuj ko ilo

kakien eo an OR OSHA ak kinke jikin jermal eo ear kelet in bōke kultien kejbarok ko relablok, rijermal eo/ro emōj an walok wāween in ñan er rej aikuj loe kōjella eo ke ewōr aer maron in rool ñan jermal ko aer moktak elañe rej maron wōt ilo an ejellok jadewōt jorrān jen aer kar bōk kwōnaer ilo ien jab ito tak ak kōjenolok eo kin COVID-19. Rijermal eo aikuj bōk **rōjañ eo ilo jeje** kin maron eo an ñan an rool einwōt emōj kōmelele im aikuj lelok jabdewōt melele eo ekkar kin kolla eo an rijermal eo ilo ien an jako, kakkije in nañinmij ak jabdewōt jibañ ko ewōr ekkar ñan kakien eo an jukjukinbed, state, ak federal.

Lale [Melele in Kajinet eo an Oregon Health Authority ikijen Ien Jab Ito Tak im Kōjenolok](#) ijin:

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/l332351t.pdf>

Rijermal ro rej jermal kin mōñā (einwōt, ro rej ajej mōñā, rikōmat, ro rej kōmadmōd im kōmman mōñā, im bar jet) im teej eo ear enaj kwalok ewōr COVID-19 ak rej jokwe ibben juon baamle ak juon armij uwaan mweo mweir emōj an teej kwalok ewōr COVID-19 rej aikuj iomwin kakien eo an Oregon ([OAR 333-019-1000](#) im [OAR 333-150-0000](#)) ñan ripoot kin melele in ñan manija ak supervisor eo aer. Ñe juon rijermal *rejab* jermal ilo jikin mōñā, rejab aikuj ba ñan jikin jermal eo aer. Ej an rijermal ro ilo jikin mōñā bebe ñe rekōnaan kwalok jemlokin teej ko aer ibben jikin jermal ak rijermal ro mōttaer. Bōtab, jikin jermal ko rej aikuj *lukkun rōjañ an rijermal ro* kwalok juon jemlokin teej eo ej kwalok ewōr COVID-19 ilo ien eo emokajtata. Lolorjak ke rijermal ro rej mōnōnō im ejellok aer abnono in kwalok jemlokin teej ko aer ej kwalok ewōr nañinmij ibbeir ilo aer lukkun kalikar melele kin kakien ko ikijen kakkije in nañinmij im lolorjak ke rijermal ro maron ko an rijermal rebañ jelōt kin an wōr aer COVID-19.

Mennin aikuj in bwe jikin jermal ko ren lelok kolla in kakkije in nañinmij im kakkije an baamle im taktō iomwin Kakien eo ej Kōmadmōd Coronavirus ñan Baamle Mokta (FFCRA) enaj jemlok kütien ilo Tijemba 31, 2020. Jouj im lale peij eo kin Kajitōk im Uwaak ko an Jikin FFCRA kin Joñan Wonnen im Awa ñan bōk melele ko relablok kin maron im eddo ko an rijermal im jikin jermal ko alikin raan in:

<https://www.dol.gov/agencies/whd/pandemic/ffcra-questions#104>

Injuran ko rej lelok jibañ ko an rijermal remaron lelok kolla ñan rijermal ro rejab jermal kin aer kar bōk COVID-19 ilo jikin jermal eo aer. Jikin jermal ko rej aikuj kebaak injuran in jibañ ko an rijermal kin jibañ ko ñan rijermal ro emōj kamool ewōr aer COVID-19.

- 2. Etale:** Ilo ien jikin jermal ko renaj jela kin juon rijermal eo emoj kamool ewor an naninmij, rej aikuj bōk melele ekoba ñaat eo ear jino kakōlkōl ko, ñaat eo ear bōk teej eo ej kalikar ewōr naninmij, naat eo rijermal eo ear jermal aliktata, jikin ko ear jermal ie, im woñ ro remaron kar kebaak ak jorraan (lale kōmelele ko ijin lal).

Kajojo armij ro emōj watōke "**rar kebaak nañinmij eo**" im emōj loe rej armij ro "**rar lukkun kebaak**" keij eo rej ro rar bed diklok jen 6 ne jen juon rijerbal eo emōj kwalok ewōr nañinmij eo ibben im ekkar lablok jen 15 minit (ibben doon, iloan juon ien 24 awa) ilo **ien eo ekabobo nañinmij eo. Ien kabobo an nañinmij eo** ej 48 awa mokta jen an jino kakōlkōl ko AK 48 awa mokta jen an an kōmman teej eo ej kwalok ewōr nañinmij elañe ejellok kakōlkōl ibben armij eo. Juon ien kabobo ej woñmaanlok jab diklok jen 10 raan alikin an jino kakōlkōl ko ak ien eo rar kōmmane teej eo ej kwalok ewōr nañinmij.

Kajojo armij ro emōj watōke rar "**jorrāān**" elañe rar jab lukkun kebaak juon armij eo ekabobo bōtab remaron kar kōjerbal jikin ko ibben doon ekoba jikin etetal ko, imōn kabojak ko, ruum in kakkije ko im bar jet iloan eo armij eo emōj kwalok ewōr nañinmij eo ibben ilo kar ien eo ekabobo.

Aurok an bōjrak kōmadmōd ko ilo ien eo emaron kar lab an loñ armij ro rar kebaak juon keij ilo **ien eo ekabobo nañinmij eo**. Kabojrak komadmod ko emaron jibañ lale elañe ebar wōr keij ko ilo jikin jerbal eo im bar jolok ien ñan an lablok armij ro rej kebaak nañinmij eo.

Jikin jerbal ko rej aikuj lale rijerbal ta ro rar **lukkun kebaak nañinmij** ibben keij eo iloan 48 awa mokta jen an keij eo walok kakōlkōl ko ibben ak bōke juon teej ej kalikar ewōr nañinmij eo. Rej aikuj koba aer bōk melele kin laajrakin ien jerbal ko an rijerbal ñan lale woñ ro rar bed ilo jikin eo ilo ien eo ekabobo keij in nañinmij eo im kenono kin jerbal ko an aoleb raan im ro rar make leto letak ibben keij in nañinmij eo. Ej lukkun an bijnej ko eddo ñan anōke woñ ro rar kebaak nañinmij; bōtab, kejbarok rekoot ko rejimwe kin laajrakin ien jerbal ko an rijerbal im armij ro jet rar bed ilo jikin eo enaj jibañ rijerbal ro an public health kin jerbal ko aer.

Jikin jerbal ko rej **aikuj** etale jikin jerbal eo aer ñan uwōta in kar kebaak COVID-19. Beba ko rej kobalok kin joñjoñin ej mennin aikuj emaron jiban kalikar rijerbal ro jet remaron kar jorraan ak kebaak nañinmij eo. Etale [Kakien in Lale Idin Jorraan in Public Health ikijen COVID-19 ilo Aoleb Jikin Jerbal ko ilo Oregon](#) an OR OSHA ñan melele ko relablok kin kōmman joñjoñ kin kebaak nañinmij im ej etale jerbal im im maron kebaak nañinmij eo ibben rijerbal ro.

[Kein jerbal in Joñjoñ Uwōta](#) an OR OSHA im jaambol in Joñjoñin Uwōta ko ewōr ñan jibañ jikin jerbal ko ilo aer kadedelok jerbal in.

- [Kakien in Lale Idin Kōmadmōdin in Public Health kin COVID-19 Public Health ilo Aoleb Jikin Jerbal ko ilo Oregon](#), An OR OSHA ekoba melele in kajinet kin Joñjoñin Uwōta in Kebaak Nañinmij:
<https://osha.oregon.gov/OSHARules/div1/437-001-0744.pdf>

- Kein jermal in lale Joñjoñ Uwōta an OR OSHA:
<https://osha.oregon.gov/OSHAPubs/pubform/exposure-risk-assessment-form.docx>
- Laajrakin etan LPHA ko ibben OHA:
<https://www.oregon.gov/oha/ph/ProviderPartnerResources/LocalHealthDepartmentResources/Pages/lhd.aspx>

Aurok in kememej bwe ilo ien ko bukon ko rej ioone an lab joñan ajeeded in nañinmij, kōmadmōd ko an etale keij im anōke woñ ro rar kebaak nañinmij emōj jañiji ñan kaurōk jikin ko elablok an walok nañinmij ilo jikin ko elab uwōta. Melelein mennin ej jermal eo in kwalok armij ro rar lukkun kebaak nañinmij enaj eddo eo an jikin jermal eo.

3. Kebaak: Jikin jermal ko rej aikuj kwalok melele in ejmour ko emōj kejarok ibben ra eo an ejmour ekkar ñan [OAR 333-019-0000](#). Mennin ej jermal ñan keij in COVID-19 ko emōj kamool im kajojo armij ro emōj kalikar rar lukkun kebaak nañinmij eo. Jikin jermal ko rej aikuj kebaak kumi in kōmadmōd COVID-19 jen obij in public health eo ilo jukjukinbed eo aer (LPHA) im jermal ibbeir ñan kalikar im lelok melele in kebaak ñan jabdewōt armij ear kebaak nañinmij eo ilo jikin jermal. Elañe maron eo an LPHA enaj kōmelim, rijermal ro renaj kebaak armij ro rar lukkun kebaak nañinmij eo ñan lelok katak im melele.

Jikin jermal ko rej aikuj kebaak obij in public health eo aer ilo jukjukinbed ñan etale jekjek eo im bebe kin buñten ko rej kōmmani. Lale [laajrakin etan LPHA ko](#) an Oregon Health Authority ñan bukōt melele in kebaak kin bukon. [Lain in ripoot ko kin nañinmij kabobo ilo bukon](#) emaron bar jermal alikin awa ko.

- Laajrakin eo an Oregon Health Authority kin etan LPHA ko:
<https://www.oregon.gov/oha/PH/PROVIDERPARTNERRESOURCES/LOCALHEALTHDEPARTMENTRESOURCES/Pages/lhd.aspx>
- Lain in ripoot kin nañinmij kabobo ilo Bukon:
<https://www.oregon.gov/oha/PH/DiseasesConditions/CommunicableDisease/ReportingCommunicableDisease/Documents/reportdisease.pdf>

Aurok in kememej bwe ilo ien eo bukon ko rej ioone an lab an ajeeded naninmij, kōmadmod in etale keij im anōke woñ ro rar kebaak nañinmij enaj oktak ñan kaurok jikin ko elablok uwōta im lab joñan an walok nañinmij. Mennin emaron jermal eo ñan kōjellaik rijermal ro emōj aer kebaak nañinmij ak jorraan im ba ren kōjenolok er make, jab ito tak, bōke juon teej im lale ñe ewōr kakōlkōl ibbeir im enaj eddo eo an jikin jermal eo.

4. Kōjella: OR OSHA ej aikuj an jikin jermal ko kōmman im kōjejjet kūtien juon madmōd ñan kōjellaik rijermal ro rar kebaak nañinmij (ro rar bed diklok jen jiljino ne jen juon keij in COVID-19 eo emōj kamool kin aoleben joñan eo kin 15 miniti ak lablok, jekdoñ ñe juon armij ak erro jimor ear ekonak kein kejarok, einwōt kein

kalbubu iturin māj) rar kebaak doon ikijen jermal ibben armij eo emōj an teej kwalok ewōr nañinmij in COVID-19 ibben, im bareinwōt kōjellaik rijermal ro rar bed iturin jorrān (ro rar jermal ilo eja jikin eo ak ilo eja jidikin jikin eo emoj komelele an jikin eo einwōt jejetin juon bulor) im armij eo ear bed ilo jikin eo im emoj kamool ewor COVID-19 ibben.

Madmōdin kojella eo aikuj koba jekjek ko laajrak:

- a. Juon wāween kōjella rijermal ro rar kebaak im jorraan iloan 24 awa jen ien an rijermal eo jela ke juon armij ewōr COVID-19 ibben ar bed ilo jikin jermal eo io ien an kar kabobo ak emaron kar kebaak ikijen jermal ibben rijermal ro/ro ilo ien ekabobo; im
- b. Madmōdin kōjella in aikuj komman im kojejjet kutien ekkar ñan aoleb kakien ko an federal im Oregon ekkar.
- c. Jikin jermal ko remaron kadedelok mennin aikuj in ilo aer kōjermal madmōdin kein lale eo emōj kaajeeded jen ibben Oregon OSHA im kwōnaj loe ilo:
 - » Ilo MS Word: <https://osha.oregon.gov/Documents/Model-COVID-19-Notification-Policy.docx>
 - » Ilo PDF: <https://osha.oregon.gov/Documents/Model-COVID-19-Notification-Policy.pdf>
 - » Ilo Kajin Spanish MS Word: <https://osha.oregon.gov/Documents/Model-COVID-19-Notification-Policy-spanish.docx>
 - » Ilo Kajin Spanish PDF: <https://osha.oregon.gov/Documents/Model-COVID-19-Notification-Policy-spanish.pdf>

Ilo ien kōmadmōde an lab an walok nañinmij, jikin jermal ko rej aikuj kejbarok an jab ajeeded melele ko an rijermal ilo aer jab kwalok melele ko aer make ijellokun ñe emōj lelok kōmelim bwe ren maron. Ilo bijnej ko eiit aer rijermal, emaron bin kejbarok an jab ajeeded melele ko an rijermal. Kememej bwe ejab mennin aikuj ñan kōjella rijermal ro rar kebaak. Jikin jermal ko remaron kejbarok an alikar armij ro an keij ilo aer kōjellaik rijermal ro jet ilo ien rar kebaak naninmij eo ilo jikin jermal im rejab aikuj lelok melele ko jet ikijen jekjekin aer kar kebaak naninmij eo.

- 5. Karreo im manman kij:** Einwōt emōj kakien jen ibben OR OSHA, jikin jermal ko rej **aikuj** karreo im manman kij jen jabdewōt jikin ko aoleb rej kojerbal, jikin ko elab jibwi, im jabdewot kein jermal rej kojerbal ibben doon im an kejbarok eo an jikin jermal eo im emōj jela armij eo ewor COVID-19 ear kojerbal ak ear bed iturin kein jermal eo. Ñe juon jikin jermal enaj jela kin an armij kebaak naninmij ilo jikin jermal iloan 24 awa

jen keij eo bed ilo jikin jermal, jikin jermal eo aer im jabdewot kein jermal rar kojermal aikuj karreo im manman kij. Ñe juon jikin jermal enaj jela kin an juon kar kebaak naninmij eo ikotaan 24 im 72 awa ilo ien eo aliktata armij eo ear bed ilo jikin eo, karreo wõt enaj mennin aikuj, ejab manman kij. Ñe jikin jermal eo enaj jela kin kebaak naninmij eo lablok jen 72 awa jen ien eo aliktata rijermal eo ear bed ilo jikin eo, ejellok kōmelim (elablok jen niknikin ien) karreo ak manman kij enaj mennin aikuj.

Jikin jermal ko rej aikuj loloorjak ke kein karreo/manman kij ko aer emoj jela ke rej mane kij eo ej komman COVID-19. Lale [“Laajrakin N” eo an Environmental Protection Agency](#) ñan laajrakin etan mweiuk ko emōj kōmelim:

<https://www.epa.gov/coronavirus/about-list-n-disinfectants-coronavirus-covid-19-0>

Ñan melele ko relablok kin karreo im manman kij - ñan karreo eo an aoleb raan im ilo ien an armij nañinmij jimor - lale webpeij eo an Obij eo ej bōk eddon Kejbarok im Bōbrae jen Nañinmij kin [“Karreo im Manman Kij ilo jikin jermal eo am”](#):

https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Freopen-guidance.html

6. Kōjella:

- a. Rijermal ro emoj an teej kwalok ewōr COVID-19 ibbeir (einwõt, **keij ko**) ak ewalok kakōlkōl ko an COVID-19 (einwõt, keij ko rej lomnak) rej aikuj **kōjenolok er make**.
- b. Rijermal ro emōj aer **kebaak nañinmij** rej aikuj **jab ito tak** iomwin 14 raan im lale ñe ewōr kakōlkōl, ijellokun ñe elukkun dedelok aer wā. Aoleb rijermal ro emōj aer kebaak nañinmij rej aikuj kabōk teej emmonlok 5-7 raan alikin aer kar kebaak nañinmij, lok ñan 14 raan alikin aer kar kebaak naninmij, jekon ñe emōj aer wā ak jab.
- c. Rijermal ro emoj aer **jorraan** rej aikuj lale er make ñe ewōr kakōlkōl im kabok teej elañe enaj walok kakolkol ibbeir.

Lale [Melele in kajinet eo an Oregon Health Authority](#) ñan melele ko relablok kin wāween lale elañe rijermal ro am rej aikuj kōjenolok er make ak jab ito tak:

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/l332351t.pdf>

“**Jab ito tak**” ej melelein an armij kojenolok ilo jikin jokwe eo an make im kojenolok jen juon armij eo ejanin wā im ear kebaak COVID-19 im ejab walok kakolkol ak kakolle in nañinmij eo, jen kajojo armij ro rejañin kebaak nañinmij, ñan kabojrak ak kadik an ajeeded naninmij eo nan ro jet.

Armij ro rar Kebaak/Lukkun kebaak: Rijerbal ro rejanin wā im rej bed 6 ne jen juon rijerbal eo emoj kwalok ewor naninmij eo ibben elablok jen 15 miniti ilo juon raan in jerbale enaj aikuj jab ito tak iomwin 14 raan jino jen ien eo wōt. Joñan ien jab ito tak eo emaron oktak kin bukon. Jikin jerbale ko rej aikuj kebaak LPHA eo aer nan bōk melele kin joñan ien rej aikuj jab ito tak. Alikin an mootlok jab diklok jen lalem raan jen ien eo kwar kebaak naninmij eo aliktata, rej aikuj bōk juon teej.

Emōj kebaak nañinmij, botab kajojo armij ro **elukkun dedelok wā** rejab aikuj jab ito tak. **Lukkun dedelok wā** ej melelein kajojo armij eo emōj an bōke ruo wā ko an Moderna ak Pfizer ak juon wā an Johnson & Johnson IM emōj an mootlok ruo wiik jen ien eo rar lelok wā eo aliktata.

Ro rejañin wā ñan jidik, rejañin bōke wā in Moderna ak Pfizer eo kein karuo, ak ejañin ruo wiik jen wā eo aer aliktata rej aikuj jab ito tak. Armij ro rar lukkun kebaak naninmij eo im *elukkun dedelok* aer wā rej aikuj lale ñe ewōr kakolkol ko.

OHA im [CDC rej rōjañ](#) bwe armij ro elukkun dedelok aer wā im rar kebaak juon armij eo ewōr COVID-19 ibben rej aikuj teej 5-7 raan alikin aer kar kebaak nañinmij eo, jekdon ñe ejellok kakolkol ibbeir. Rej aikuj loor mennin aikuj ko ikijen kein kalbubu iturin māj an OHA. Kajojo armij ro emoj aer wā rej aikuj kōjenolok er make iomwin 10 raan elañe jemlokin teej eo ej kwalok ewōr naninmij.

- Rōjañ ko jen CDC ñan kajojo armij ro elukkun dedelok aer wā:
https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html?s_cid=11569:fully%20vaccinated:sem.ga:p:RG:GM:gen:PT N.Grants:FY21
- Kememej bwe ien jab ito tak eo emoj kakadu ejab juon mennin ekeelel ñan armij ro rej jokwe ak rinaninmij ro ilo jet jikin ko, ekoba jikin kejbarok eo iomwin ien aitok, imon jokwe in foster an rūtto, jikin jokwe ko rej lelok jibañ in ejmour (einwōt, jikin jokwe ko rej lelok kōmadmōd ejmour in komelij, imon jokwe an kumi in armij ro ewōr aer utamwe in katak ak eddek), jikin ejmour ko rinaninmij rej deloñ (einwōt, aujbitol ko, hospice rinaninmij rej delon), im imōn kalbuj ko.

Rijerbal ro emoj aer jorraan: Jikin jerbale ko rej aikuj ba nan rijerbal ro emoj aer jorraan bwe ren wonmaanlok in lale er make aoleb raan ne ewor kakolkol ko ibbeir iomwin aoleben 14 raan jen ien eo aliktata rar kebaak armij eo ewōr COVID-19 ibben.

Aoleb ro rar lukkun kebaak nañinmij (ro rejañin im lukkun dedelok aer wā) im **rijerbal ro emōj aer jorraan** rej aikuj lale ñe ewōr kakōlkōl. Mennin ekoba pipa ($\geq 100.4^{\circ}\text{F}$), pokpok, kajjinōk, maloñloñ, mōmmoj, bidodo loje, biō, mōk, metak buro, boñ boti ak toor boti, metak majel ak enbwin, metak bar, im/ak ekāal an ejellok

nemān ak bwin jabdewōt. Ñe kakōlkōl kein renaj walok, rijerbal ro rej aikuj kenono ibben taktō eo aer im kabōk teej ilo ien eo emokajtata. Rijerbal ro rej aikuj:

- Lale ñe ewōr pipa ($\geq 100.4^{\circ}\text{F}$), pokpok, kajjinok, ak [kakōlkōl ko jet](https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html) an COVID-19. (<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>)
- Je raan eo ear jino jabdewōt kakōlkōl kaal
- Kabōk etale eo elablok jen taktō ilo taktō ilo kein jerbal kapeel ak ilo ien am etal elañe enaj nanalok kakōlkōl ko. Emōj rōjañ am kall ae lok taktō ro mokta jen am bukōt jibañ in kejbarok ñan am bōk melele elañe rej rōjañ am jede lok.
- Kaju bukōtlok taktō ilo idin ien elañe enaj walok kakōlkōl kauwōtata ko an COVID-19 ekoba: elukkun lab an abañ emenono, kalor būlu tiem ak mejam, jab bōjrak an metak ak aer ubom, lab am addeboulul ak adimijmij, poktak, ebin am ruj, kwōj iperi naan ko am ilo am kenono, im/ak dibbub ko rekaal ak rejab, im rejab bōjrak.

Teej: Rijerbal ro ewōr aer kakōlkōlin COVID-19 ak ro rej kebaak juon eo ewōr an COVID-19 rej aikuj teej jekdoñ ñe emōj aer wā ak jab im jekdoñ ñe rar kebaak nañinmij eo ilo ien aer ekōnak kein kalbubu iturin māj ak kein jibañ emenono.

Armij ro rar lukkun kebaak nañinmij im ejellok aer kakōlkōl rej aikuj kattar lalem ñan jilimjuon raan alikin aer kar kebaak nañinmij eo mokta jen aer bōk teej eo an COVID-19. Juon teej ediklok an alikar jemlok eo ñe enaj lab an mokaj aer lelok.

Armij ro rar kebaak nañinmij eo im rejañin wā rej aikuj bed mweo mweir im jab bed iturin ro jet ilo ien aer kattar teej eo aer. Kajojo armij ro rejañin wā rej aikuj bed wōt ilo ien aer jab ito tak ñan joñan ien eo emōj an LPHA kalikar – jekdoñ jemlokin juon teej ej kwalok ejellok nañinmij.

Ilo jet jekjek ko, emmontata an jikin jerbal ko teeje rijerbal ro aer – ak jet rijerbal ro – ilo ien aer jelā ewōr juon keij ilo jikin jerbal eo aer. Jikin jerbal ko rej aikuj jerbal ibben LPHA eo aer ñan lale elañe teej ilo ien eo wōt emmon tata ñan jekjek eo aer. Jikin jerbal ko rej aikuj karejar in kōmman bwe en wōr jikin eo ekkar ñan rijerbal ro aer ilo an ejellok wonnen ñan rijerbal ro jabdewōt ien juon obij an public health ilo jukjukinbed ak Oregon Health Authority enaj kalikar ke teej in kakōlkōl COVID-19 ej mennin aikuj ilo jikin jerbal eo. Ñe teej eo ej kōmman kin an jikin jerbal eo kwalok, an jikin jerbal eo eddo in kolla wonnen teej eo ekoba bōtab ejab jemlok wōt ñan teej eo an COVID-19 wōt, ien eo an rijerbal, im wonnen ito tak eo an rijerbal eo. Bōtab, ñe jikin jerbal eo ejab aikuji teej eo, jikin jerbal eo ejab aikuji kollaiki wonnen teej eo ak jabdewōt wonnen ito tak ko an rijerbal ro.

Kabōk teej ilo am kebaak LPHA eo am ak lale [webpeij in teej eo an OHA](https://govstatus.egov.com/or-oha-covid-19-testing?qclid=EA1aIQobChMI5rO36lrw8gIV0wN9Ch346AZ1EAAYAiAAEgL2IfD_BwE) ijin:
https://govstatus.egov.com/or-oha-covid-19-testing?qclid=EA1aIQobChMI5rO36lrw8gIV0wN9Ch346AZ1EAAYAiAAEgL2IfD_BwE

Bija in bōnōbōn eo ijin lal emaron jibañ an jikin jermal ko karōke rijerbal ro ñan kumi ko ekkar ñan jekjekin aer kar kebaak nañinmij ak wā im lelok rōjañ ñan rijerbal ro einwōt an ekkar. Ñe juon rijerbal teej eo an enaj kwalok ewōr nañinmij eo ibben ak ewōr kakōlkōl ibben, rej aikuj kōjenolok er make/jab ito tak jekdoñ ñe emōj ak dedelok aer wā.

Rijerbal ro rej:	Rej aikuj:	Bōk teej eo?
Juon keij emōj kamool ewōr nañinmij	Kōjenolok kwe make	Jab – emōj an teej
Ear kebaak nañinmij, ewōr kakōlkōl, & EJAÑIN wā	Kōjenolok kwe make	Aet – ien eo wōt
Ear kebaak nañinmij eo, ewōr kakōlkōl, & <u>lukkun dedelok an</u> wā	Kōjenolok kwe make	Aet – ien eo wōt
Ear kebaak nañinmij eo, <u>ejellok kakōlkōl</u> , & EJAÑIN wā,	Jab ito tak iomiwn 14 raan*	Aet – 5-7 raan alikin kebaak nañinmij eo
Ear kebaak nañinmij, <u>ejellokkakōlkōl</u> , & lukkun dedelok an wā,	Lale kakōlkōl ko iomwin 14 raan*	Aet – 5-7 raan alikin an kebaak nañinmij
Emōj an jorrāān, ewōr kakōlkōl, & EJAÑIN wā	Kōjenolok kwe make	Aet – ilo ien eo wōt
Emōj an jorrāān, ewōr kakōlkōl, & <u>elukkun dedelok an</u> wā	Kōjenolok kwe make	Aet – ien eo wōt
Emōj an jorrāān, <u>ejellok kakōlkōl</u> , & EJAÑIN wā	Lale kakōlkōl ko iomwin 14 raan	Jab
Emōj an jorrāān, <u>ejellok kakōlkōl</u> , & lukkun dedelok wā	Lale kakōlkōl ko iomwin 14 raan	Jab

*Jet obij in public health ko ilo jukjukinbed remaron kōmelim an kadulok ien jab ito tak. Jouj im kebaak LPHA eo am ñan melele in kajinet ko relablok. Eñin ej juon [laajrakin etan aoleb Ra in Ejmour ko an Bukon ilo Oregon](https://www.oregon.gov/oha/ph/ProviderPartnerResources/LocalHealthDepartmentResources/Pages/hd.aspx) .

(<https://www.oregon.gov/oha/ph/ProviderPartnerResources/LocalHealthDepartmentResources/Pages/hd.aspx>)

7. Kamool: Loloorjak an rijerbal ro jab rool ñan jikin jermal mokta jen ien eo emōj laajrak. Kejbarok tibdikin melele ko ñan kamool rijerbal ro rej kattar joñan ien eo ekkar mokta jen aer rool ñan jikin jermal eo. Jet LPHA renaj kalikar ien kōjenolok ilo kein lelok melele ko (einwōt, juon “Leta in Keij”) rej lelok ñan keij ko an COVID-19. Jikin jermal ko remaron kajitōk in lale Leta in Keij ko ñan kamool ien eo enaj jemlok ien kōjenolok ko an rijerbal. Rijerbal ro remaron rool ñan jermal ilo ien:

- Emōj an mootlok jab diklok jen 10 raan jen an kar jino kakōlkōl ko (ak jen ien teej eo kein kajuon ñan kakōlkōl ear kalikar ewōr nañinmij elañe ejellok an armij eo kakōlkōl **IM**)
- Emōj an mootlok jab diklok jen 24 awa jen pipa eo aliktata ilo an jab kōjermal wūno in kadiklok pipa **IM**
- Emōj an emmanlok kakōlkōlin nañinmij ko jet. Keij ko rej aikuj jermal ibben LPHA ñan lale ñaat eo emōj an emmonlok kakōlkōl ko ñan aer maron rool ñan jikin jermal.

8. Kejbarok im bōbrae: Rōjañ an rijerbal ro wā im lelok melele im mennin jibañ ko ñan aer bōke. Wā eo ej woñmaanlok an kein bōbrae eo elabtata an emmon ñan bōbrae jen nañinmij eo an COVID-19 im emōj kiō kakien ñan an aoleb rijerbal ro an federal im rijerbal ro ilo bijnej ko eloñlok jen 100 aer rijerbal. Eloñ an Oregon Health Authority mennin jibañ ko ñan jibañ an jikin jermal ko jibañe an rijerbal ro aer bōke wā eo an COVID-19:

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/I333650.pdf>

Jejjetin mennin aikuj ko relablok an OR OSHA ekoba laajrak ko, ekkar ñan kain jikin jermal eo:

- Burokraam in kejbarok & bōbrae nañinmij (aoleb jikin jermal ko)
- Deloñ diwōj mejatoto (aoleb jikin jermal ko)
- Etale & kōmadmōd (jikin ejmour ko)
- Kōmman joñan an armij ettolok jen doon (jikin uwe wa, rijerbal ro an jikin ejmour)
- Kein kōjenolok, kōmman kōtta, im ruum in kōjenolok kin mōttan ko rejkabobo mejatoto (jikin ejmour ko)

Ñan melele ko relablok kin wāween kejbarok ko rej mennin aikuj, lale Kakien ko ikijen COVID-19 an OR OSHA: <https://osha.oregon.gov/covid19/Pages/default.aspx>

Jibañ in Bōk Melele ibben OR OSHA ejellok wonnen, ejab kabin, im ebañ ajeeded melele ñan jibañ ko ikijen ejmour im kejbarok ilo jikin jermal ñan jikin jermal ko ilo Oregon. Bōk melele in kajinet ijin ñan kajitōk jermal in jibañ ko ikijen bōk melele:

[Jibañ in Bök Melele ko an Oregon OSHA](https://osha.oregon.gov/consult/Pages/index.aspx)
(<https://osha.oregon.gov/consult/Pages/index.aspx>).

Lale [Jukjukinbed im Melele kin Mennin Jibañ ko ikijen COVID-19 jen OHA](https://govstatus.egov.com/or-oha-covid-resources) ñan
melele ko relablok kin kultien kejbarok ko im kōmadmōd ko remmontata:
<https://govstatus.egov.com/or-oha-covid-resources>

Oregon Health Authority ebojak in jibañ kwe kōjejjēt kutien beba in ej laajrak mennin
aikuj ko. Kebaak Oregon Health Authority ilo am jilkinlok enaan ñan
COVID.19@dhsosha.state.or.us, ilo am kōjejjēt ñan Population Support Team's
Workplace and Environmental Health Specialist (Jikin Jerbal eo an Kumi eo ej Jibañ
Aoleb im Rijerbal eo ej Bök Eddon Ejmour eo ilo Mejatoto).

Maroñ loe beba in: Ñan armij ro im elōñ aer utamwe ak armij ro im rejelā juon bar kajin
im ejab Kajin Belle, OHA emaroñ lelok melele ko ilo wāween ko jet einwōt ukok ko, jeje
kileb, ak jeje ko an ribilo. Kebaak COVID-19 Communications Unit (Jikin Bök Melele kin
COVID-19) ilo 1-971-673-2411, 711 TTY ak
COVID19.LanguageAccess@dhsosha.state.or.us.