



EbB Mulnawom Eyoctoj Xool Mulnail- Tzet sowalil chi skBe yotajne el ebB yibBantoj jun jow yaBbBil chi yij COVID-19

## Colwaan Ocoj Yet Chi Oc Tucan Jun JaBjolom Tol Chi Oc Camich Yu

Un wan nabBale tiB yu ja colwa oc yet chi oc tucan jun yaBjolom chi yij COVID-19.

Ta cha wun masanil wan tiB cBam bBey oj jaach yaBbBoj eyoj.



### Naat cBal cha wute ja xol

Sowalil wajebB pie cha wute ja xol yetoj wanojxa anima. (1metro 83 ctm)

- Bbey xol mulnai
- Cha jitzBcBal el ja bBa yinlaj bBey chi oc mulnai
- Yetoj bBey sna ebB ja wet mulnawomal
- Yet chach lowi yetoj pax yet chach xew junoj txolan.



### Teyne cBal ja bBa yetoj cBal tet junojxa yaBjolom

- JaB yet chach ejBjombBi cBal yet chach jatiöli majche ey ja tiB yetoj junoj jenan juun jaxca tzBambBale ma yetoj ja txBumkBubB Txbael ja kBabB yin eymanil.
- KBanbBalne smajil ja tiB yet eyach octoj yul na, ma yet chach eltoj xol anima jaxca yet cBam chi skeB ja wel xol wanojxa yin wajebBoj pie. Ey smey tol eyxa oc jun yaBjolom tuB ja win caxcBal cBam bBey chi ecB salalaj ja win cha wabBe, yuxan caw sowalil cha waoc smajin ja tiB. Chi ilcha oc wanojxa nabBale ta chach octoj yin wan tiBla: [healthoregon.org/masks](http://healthoregon.org/masks).
- Ta ey smajil ja tiB cha waoc yet cha mitxBon ambBal yanil noB, chi skeB cBal pax jaB cha kBanaB. Cbam sowalil tol caabB cha kBanaB.
- Cha txbael ja pichil cha waBon taj yet chi xew ja mulna junun cBuJaB. Jun virus tuB chi can yin cu pichil cBal yin junoxa pichile.



### TzaBwej el je kBabB

- KBanwej jaB tol saj eey yul junoj neet yetoj xawon.
- Yin 20 segundo cha jajej yul ja kBabB catuB cha bBachoBtaneB ja kBabB.
- Job taj ja kBabB catuB cha kBojonel an juun yet jobBal kBabBe.
- Caw watxB chi yun ja txbaon el ja kBabB:
  - Yet cBamto chach lowi
  - Yet chi lawi ja txuli bBey txulBbal, cBal
  - Yet chi lawi ja wejjombBi ma yet chach jatiöli.
- Yetoj pax oj chi skeB cha kBan ambBal chi kBuxon el tzBil yin ja kBabB tol eytoj alchol xol yin 95%.
- Chi skeB cBal ja txbaon el ja kBabB bBey ey junoj txBabBalkBabBe, man ojabB asanneoj yet chach xewi.

[www.safestrongoregon.org](http://www.safestrongoregon.org)

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**Safe + Strong**

Oregon Health Authority

JaB yu ebB anima man stzBajanoj smimanil ma ebB txBoj tiBeal chi yalaB tol man inglesoj chi yalaB, jaB (OHA yin jayeB letra yin ingles, jaB ebB chi aon oc xolilal mulnail yu steynen skBinal anima bBey Oregon, chi skeB swanen yuunal yin ecBal tujanil, yin wanojxa tiBeal, yin mimej letra, chi tzBibBele yu maquina ma yetoj kBabBe. Chi skeB ja kBanlen tet Mavel Morales al 1-844-882-7889, 7111 TTY o a [OHA.ADAModifications@dhsosha.state.or.us](mailto:OHA.ADAModifications@dhsosha.state.or.us)

OHA 2349B (08/10/2020)



## **Chi aßle mitxßkßabße cßal yuunal tet ebß mulnawom**

**Ey tumin tßinan yei tol chi akle tet ebß mulnawom yeocoj ta tol chi oc tucan ebß yin smulnail ta chi yaßbbiey ebß yun yaßjolom COVID -19 ma chi majchele oc tucan jayebßoj cßual**

Chi skeß cha seyecß colwal yin internet yin junoj chßen mitxßkßabße yin wan letra tiß:

<https://workkerrelief.org/find-a-navigator/>

**Yuunal yibßantoj jun yaßjolom coronavirus (chi oc xolilal tzet chi yun yil-letoj yet watxß cßam chi pujtoj jun yabßil tiß cu xol)**

- Yin castilla cßal yin Inglés: <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

**Chi waßxi yuunal yibßantoj cu teynen cu bßa (Ebß syaawil yeoc yin styenele skßinal anima bßey Oregon)**

- Yin castilla: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ls2681.pdf>
- Yin inglés: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2681.pdf>

**Chi waßxi yuunal jantaj wal chi kute cu xol ma bßey junoj yambßabßail (Ebß syaawil yeoc yin styenele skßinal anima bßey Oregon)**

- Yin castilla: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ls2268.pdf>
- Yin Inglés: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2268.pdf>

**Wanojxa smitxßkßabßeal**

- Yin castilla: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ls2349E.pdf>
- Yin Inglés: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2349E.pdf>