

# Cov Lus Qhia rau Cov Neeg Tsis Taus, Cov Neeg Laus thiab Cov Neeg uas Muaj Ib Yam Mob txog Tus Kab Mob COVID-19

## Lub Plaub Hlis Ntuj 6, 2020

Tsis ntev dhau los no tau pom muaj cov neeg uas tau tus kab mob coronavirus COVID-19 tshwm sim rau cov neeg uas tsis muaj pheej hmoo raug tus kab mob rau hauv Oregon xws li cov neeg uas tsis tau mus ncig rau ntawm cov chaw muaj tus kab mob tshwm sim los sis sib tham sib ntsib nrog cov neeg uas paub tias raug tus kab mob. Qhov no txhais tau tias tus kab mob COVID-19 tau sib kis rau hauv Oregon lawm. Cov cai tiv thaiv rau hauv lub zos xws li kev nyob kom sib nrug deb, kev ntxuav tes kom huv si thiab nyob twj ywm rau hauv tsev thaum muaj mob thiaj yog qhov tseem ceeb los pab txo kev sib kis tus kab mob mus ntxiv rau hauv lub zos kom tsawg.

Raws li Lub Tsev Hauj Lwm Tiv Thaiv thiab Tswj Kav Kab Mob (Centers for Disease Control and Prevention, CDC) cov lus tshaj tawm tias cov neeg laus thiab cov neeg uas muaj qee yam mob yog cov muaj pheej hmoo muaj mob hnyav tau. \*Qee yam mob uas muaj pheej hmoo muaj mob hnyav ntawm kev raug tus kab mob COVID-19 yog cov neeg muaj hnuv nyoog:



- Tus kab mob ntsws tsis paub zoo tu qab los sis tus kab mob hawb pob them nruab nrab mus rau them mob loj



- Mob plawv heev

- Yam mob uas tuaj yeem ua rau feem tiv thaiv kab mob hauv ib tug neeg lub cev tsis ua hauj lwm zoo, suav txog kev kho tus kab mob khees xaws, kev haus luam yeeb, pob txha nkig los sis kev cog ib yam dab tsi rau hauv nruab nrog cev, feem tiv thaiv kab mob hauv lub cev ua hauj lwm tsis zoo, tswj tus kab mob HIV los sis AIDS tsis zoo, thiab siv yam tshuaj corticosteroids mus ntev thiab lwm yam tshuaj ua rau feem tiv thaiv kab mob hauv lub cev tsis muaj zog.



- Rog heev (tus qauv hnyab ntawm lub cev [BMI] siab txog 40 los sis siab dua)

- Kab mob ntshav qab zib



- Kab mob raum tsis paub zoo tu qab thiab cov neeg uas tseem lim ntshav tas li

- Kab mob siab.

OHA saib raws li cov lus qhia uas tam sim no muaj kev paub txog kev sib kis thiab

Cov Lus Qhia rau Cov Neeg Tsis Taus, Cov Neeg Laus thiab Cov Neeg uas Muaj Ib Yam Mob txog Tus Kab Mob COVID-19 mob hnyav los ntawm tus kab mob COVID-19. OHA cov lus qhia no pab qhia rau cov neeg tsis taus thiab cov neeg muab kev saib xyuas. Muaj cov ntaub ntawv hais txog ntau yam kev pab uas xav tau thiab cov ntaub ntawv uas cov neeg feem ntaus nrhiav tau los siv. Koj thiab koj cov neeg muab kev saib xyuas yuav tsum txiav txim siab raws li koj qhov xwm txheej thiab cov ntaub ntawv raug zoo.



## Kej pib nqis tes ua hauv Oregon

Thaum Lub Peb Hlis Ntuj 23, 2020, Tus Tswv Xeev yawg Brown tau tshaj tawm ib tsab ntawv hais kom cov neeg nyob hauv Oregon nyob twj ywm rau hauv tsev. Qhov no suav txog kev kaw cov khwv lag luam tsis tseem ceeb txhawm rau pab txo kev sib kis ntawm tus kab mob COVID-19 kom mus tau qeeb. Thaum cov neeg tuaj nyob rau ntawm thaj chaw uas muaj neeg pej xeeb sawv daws tuaj coob, Oregon xav kom sawv daws caiv nyob kom sib nrug deb – nyob kom sib nrug deb 6 ko taw ntawm lwm cov neeg. Nyeem kom tag cov ntawv tshaj tawm kom ua raws rau ntawm [www.oregon.gov/gov/Documents/executive\\_orders/eo\\_20-12.pdf](http://www.oregon.gov/gov/Documents/executive_orders/eo_20-12.pdf).

Qee cov neeg tos lwm cov neeg muab kev pab los sis kaw kev pab txhawb. Cov neeg uas tseem muab cov kev pab txhawb no pab rau txoj sia yuav tsum ua mus ntxiv. Txawm li cas los xij, cov neeg muab kev saib xyuas yuav tsum tau ceev faj thiab ua raws li cov lus qhia nyob ntawm <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2288q.pdf>.

Kej nyob kom sib nrug deb, thiab kev kaw cov tsev kawm ntawv thiab kev txwv tsis pub cov neeg tuaj sib ntsib ua ke coob txog 10 leej, yuav pab tau cov neeg hauv Oregon “tiv thaiv tus kab mob tau zoo.” Qhov no yuav pab ua rau cov neeg muaj mob tsawg thiab tshwm sim tau qeeb rau thaum ib lub sij hawm txhawm rau peb feem saib xyuas mob nkeeg tseem ua hauj lwm tau zoo mus txuas ntxiv.

Koj tuaj yeem tshawb nrhiav cov ntaub ntawv hais txog kev caiv nyob kom sib nrug deb rau ntawm <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2268.pdf>.

## Kev saib xyuas lub cev thiab kev xav

Cov neeg laus thiab cov neeg uas muaj qee yam mob tuaj yeem nyob tau nyab xeeb thiab noj qab haus huv zoo yog koj nqis tes ua cov khauj ruam no tiv thaiv koj tus kheej.

Muaj kev ceev faj  
txhua hnnub,

**zam:**



**Kev mus sib  
ntsib nrog  
pej xeeb  
sawv daws**



**Cov neeg muaj  
mob**



**Mus caij  
nkoj**



**Tawm mus ncig  
ua tej yam tsis  
tseem ceeb rau  
sab nrauv**

Tej zaum koj yuav nyuaj siab ntau dua rau thaum cov sij hawm muaj xwm txheej zoo li no. Kev caiv nyob kom sib nrog deb ntawm lwm tus neeg tuaj yeem tsim los sis ua rau muaj teeb meem loj rau kev xav vim sawv daws los sib ntsib sib tham tsawg dua qub. Nws tseem ceeb rau thaum lub sij hawm no uas cov neeg yuav tau sib tham raws hauv xov tooj los yog siv lwm yam khoom siv tev naus laus zis. Qhov no muaj xws li xov tooj thiab sib tham pom duab hauv vis dis aus.

Yog koj xav tau kev pab rau kis tsis yog xwm txheej kub ntxhov ceev:

- **Siv Tus Xov Tooj Pab Sai Rau Kev Nyuaj Siab Vim Los Ntawm Kev Puas Tsuj Loj (Disaster Distress Hotline):**

1-800-985-5990

Ntaus ntawv TalkWithUs xa rau 66746

TTY 1-800-846-8517

TTY ntaus 711

**Lus Spanish**

1-800-985-5990, dhau ntawd ces

nia "2" Ntaus ntawv Hablanos xa

mus rau 66746



Cov Lus Qhia rau Cov Neeg Tsis Taus, Cov Neeg Laus thiab Cov Neeg uas Muaj Ib Yam Mob txog Tus Kab Mob COVID-19

- Hu rau 211 yog xav paub cov ntaub ntawv hais txog tus kab mob COVID-19, suav txog cov chaw pab kev xav puas hlwb nyob hauv ib cheeb tsam. 211info thiab muaj cov ntaub ntawv hais txog cov kev pab txhawb ntau yam xws li khoom noj, chaw nyob, kev saib xyuas mob nkeeg thiab ntau yam uas muaj nyob rau ntawm txhua lub nroog.
  - » Koj kuj tuaj yeem ntaus koj tus ZIP code xa mus rau 898211.
  - » *Muaj cov kws txhais lus raws hauv xov tooj.*  
*Kev ntaus ntawv xa mus thiab sau email muaj sau ua ntawv As Kiv thiab ntawv Spanish.*
  - » TTY ntaus 711.
  - » Mus rau ntawm <https://www.211info.org/contact>.
- Hu rau lub chaw pab txhawb kev xav puas hlwb nyob hauv ib cheeb tsam. Hauv qab no yog cov npe chaw pab txhawb kev xav puas hlwb uas ua hauj lwm rau hauv lub nroog hauv Oregon:  
[www.oregon.gov/oha/HSD/AMH/Pages/CMH-Programs.aspx](http://www.oregon.gov/oha/HSD/AMH/Pages/CMH-Programs.aspx).

**Kis muaj xwm txheej kub ntxhov ceev ib txwm hu rau 911.**

## Yog koj hnov zoo li tsis xis neej yuav ua li cas

**Cov yeeb yam mob  
ntawm tus kab mob  
COVID-19 yog:**



Ua npaws



Hnoos



Txog siav

**Hu rau** koj tus kws saib xyuas mob nkeeg los sis [lub chaw saib xyuas mob nkeeg hauv ib cheeb tsam](#) yog koj ntseeg tias koj muaj mob. Lawv tuaj yeem pab koj:

- Txiaiv txim seb koj puas yuav tsum tau teem ib lub sij hawm mus ntsib kws kho mob, thiab
- Npaj ib txoj hau kev yuav nkag mus rau hauv ib lub tsev kho mob li cas thiab zam tsis kis tus kab mob mus rau lwm cov neeg tau, yog koj yuav tsum tau nkag mus rau sab hauv.

Yog koj tsis muaj ib tug kws kho mob:

- Hu rau 211 yog xav paub cov npe chaw kuaj mob nyob ze ntawm koj, los sis
- Hu rau lub chaw saib xyuas mob nkeeg sai sai nyob hauv koj ib cheeb tsam yog xav teem caij mus ntsib.



**Tsis yog txhua tus neeg muaj mob yuav tsum raug kuaj tus kab mob COVID-19. Koj tus kws saib xyuas mob nkeeg yuav txiaiv txim tias puas tsim nyog kuaj rau koj.**

Yog koj yog ib tug neeg laus thiab muaj ib yam txhawj xeeb rau kev noj qab haus huv, hu rau koj tus kws saib xyuas mob nkeeg.

# Yog koj xav tias koj tau chww ze tus kab mob COVID-19 yuav ua li cas

Yog koj xav tias koj tau chww ze tus kab mob COVID-19 lawm, thiab koj muaj cov yeeb yam mob ntawd ces yuav tsum tau nyob kom deb ntawm lwm cov neeg yog li ntawd koj thiaj tsis ua rau lawv muaj mob. **Hu rau koj tus kws kho mob los sis ib lub chaw kuaj mob yog xav tau cov lus qhia.**

## Yuav ua li cas rau kis muaj mob xwm txheej kub ntxhov ceev

Yog nws yog ib qho mob xwm txheej kub ntxhov ceev los sis koj cov yeeb yam mob pheej mob hnyav zuj zus (xws li., ua pa nyuaj), hu rau 911.

Yog koj tuaj yeem ua tau, ces qhia rau 911 thiab lub tsev kho mob kom paub txog tias koj tau chww ze nrog ib tug neeg uas muaj tus kab mob COVID-19.

Yog xav paub ntau ntxiv txog kev kuaj xyuas tus kab mob COVID-19, mus saib ntawm <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2279A.pdf>.

## Yuav tsum ua raws li cov khauj ruam ua txhua ua

Txhua tus neeg yuav tsum ua raws li cov khauj ruam no txhua hnuv txhawm rau tiv thaiv kev sib kis ntawm txhua yam kab mob ua pa:

- Nquag siv tshuaj xab npum thiab dej ntxuav txhais tes kom ntev tsawg kawg yog 20 chib (xis nkoos). Yog tsis muaj, siv tshuaj tsuag tua kab mob uas muaj cawv xyaw 60 feem pua.
- Zam tsis txhob kov koj qhov muag, qhov ntswg, los sis qhov ncauj yog tsis tau ntxuav tes.
- Zam tsis txhob nyob ze cov neeg muaj mob.
- Thaum koj muaj mob mas yuav tsum nyob twj ywm rau hauv tsev thiab txhob chww lwm tus.
- Siv ntaub so npog qhov ncauj thaum koj hnoos los sis txham, ces mam muab nws pov tseg. Yog tsis muaj ntawv so ntswg, hnoos rau sab hauv koj lub luj tshib.
- Tu thiab ntxuav cov khoom thiab chaw uas koj nquag kov tas li.
- Nquag tu cov khoom siv kho mob kom huv si thiab tsuas siv raws li qhia siv xwb.



## Kev npaj saib xyuas rau tus kheej thiab tus kws saib xyuas

Tam sim no koj thiab koj cov kws saib xyuas tuaj yeem ua cov khauj ruam no txhawm rau pab txo kev sib kis ntawm tus kab mob ua pa kom sib kis tau tsawg thiab qeeb. Qhov no xam nrog tus kab mob COVID-19 tib si. Siv lub sij hawm los saib thiab kho koj qhov kev npaj saib xyuas rau yus tus kheej rau kis muaj mob xwm txheej kub ntxhov ceev. Qhov no muaj xws li nram qab no:

- Paub cov tshuaj koj siv thiab npaj kom kav koj siv tsawg kawg yog ob lub as thiv. Koj tuaj yeem tham nrog koj thawj tus kws kho mob los sis lub tuam txhab is saws las. Qee cov tuam txhab is saws las, xws li cov nqi yuav tau them thaum muab kev saib xyuas ntawm Medicaid yuav tsum ua raws li cov cai yuav tshuaj ntxiv. Nyeem ntxiv rau ntawm <https://dfr.oregon.gov/insure/health/understand/Pages/coronavirus.aspx>.
- Npaj tseg lwm cov tshuaj los yog khoom siv kho mob thiab cov khoom noj uas tsis paub lwj cia txhawm rau txo tsis tau tawm mus tom kiab khw (thiab mus chwv nrog lwm cov neeg).
- Npaj cov kws pab saib xyuas thiab thauj mus los.
- Paub koj cov nab npawb xov tooj tseem ceeb.
  - » Txhua lub xov tooj 24/7 ntawm cov kws saib xyuas mob nkeeg thiab kev npaj rau kev noj qab haus huv
  - » Cov kws saib xyuas mob nkeeg tshwj xeeb
  - » Cov nab npawb xov tooj pab txhawb:
    - Cov koom haum saib xyuas hauv zej zog
    - Cov neeg pab thauj mus los
    - Cov kev npaj rau kev noj qab haus huv
    - Cov kws pab lis hauj lwm saib xyuas mob nkeeg
    - Cov xov tooj ntawm kws tu neeg mob
    - Cov kev pab txog kev saib xyuas mob nkeeg raws hauv koo pij thawj (Telehealth)
  - » Kev xa khoom noj, cov tshuaj kho mob thiab cov khoom siv kho mob.

- Kho cov kev npaj nrog rau cov kws muab kev saib xyuas uas nquag tuaj saib xyuas tom tsev txhawm rau pab txo kom txhob raug mob, piv txwv:
  - » Tus kws pab rau yus tus kheej
  - » Tus kws muab kev pab cuam
  - » Tsev saib xyuas kev noj qab haus huv rau hauv tsev
  - » Tsev so rau cov neeg mob
  - » Cov kws pab tswv yim kom nyob tau ywj pheej.
- Nkag siab cov kev npaj saib xyuas xwm txheej kub ntxhov ceev rau ntawm cov chaw kuaj mob uas koj mus kuaj txhua hnuv los sis nquag mus kuaj xws li:



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- » Cov chaw lim ntshav
- » Cov chaw siv ntshav kho mob
- » Lub chaw siv tshuaj khes mis kho mob
- » Lwm cov chaw txhaj tshuaj.



Ua ntej koj yuav tham txog kev yuav tiv thaiv koj tus kheej tau li cas.

## **Kev saib xyuas rau ntawm lub chaw nyob thiab hauv tsev**

Cov lus qhia thiab cov cai tswj hwm ntawm lub xeev rau ntawm cov chaw muab kev saib xyuas mob nkeeg rau hauv tsev thiab rau ntawm lub chaw nyob (cov chaw los sis pawg tsev) tseem yuav tsim thiab hloov kho txuas ntxiv mus raws li kev sib kis ntawm tus kab mob. Yog koj tus hlub nyob rau hauv ib lub chaw saib xyuas mob nkeeg, ua raws li yam nram qab no:

- Nquag nug kev noj qab haus huv ntawm cov neeg nyob hauv tsev.
- Ua raws li cov cai txwv rau cov neeg tuaj saib.
- Yog muaj kev sib kis kab mob rau tod lawm yuav tsum paub txog cov txheej txheem nqis tes ua ntawm lub chaw ntawd seb yog li cas.

## **Lub Peb Hlis Ntuj 17, 2020**

Lub Tsev Hauj Lwm Saib Xyuas Tib Neeg (Department of Human Services, DHS)

Lub Tsev Hauj Lwm Saib Xyuas Cov Neeg Tsis Taus Loj Hlob Qeeb (Office of Developmental Disabilities Services, ODDS) tau tsim:

- Txoj cai tswj hwm rau ntawm tej chaw nyob, kev saib xyuas cov neeg laus thiab cov kev pab txhawb rau hauv tsev
- Txoj cai tswj hwm txog kev txwv cov neeg tuaj saib  
Cov chaw nyob thiab kev pab txhawb lub neej tas li 24-teev
- Cov lus qhia siv rau kev txiav txim qhov tsim nyog saib xyuas neeg tsis taus.

Cov ntsiab lus tseem ceeb: ODDS tsis pub cov neeg tuaj saib uas tsis tseem ceeb tuaj rau ntawm:

- Pawg tsev nyob 24-teev
- Lub chaw saib xyuas neeg laus
- Cov chaw pab lub neej txhua hnub
- Pab txhawb rau ntawm lub chaw nyob (thaum koj tus kws kho mob yog tus tswv tsev los sis xauj lub tsev).

Saib tag nrho cov lus qhia rau ntawm no: <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/DD/DirectorMessages/In-Home-Res-Covid-DD-Dir-Final.pdf>.

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Yog xav paub cov ntaub ntawv tshiab tshaj plaws, mus saib DHS ODDS rau ntawm <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/DD/Pages/ODDS-COVID-19->

[Information.aspx](#). Mus tso npe tus email rau saum toj kawg ntawm nplooj ntawv no thiaj tau cov xov xwm tshiab tas li.

## Lub Peb Hlis Ntuj 10, 2020

OHA Public Health Division (PHD) tau tsim cov lus qhia tswj kav kev sib kis ntawm tus kab mob COVID-19 rau cov kws muab kev saib xyuas mob nkeeg rau hauv tsev.

Saib tag nrho cov lus qhia rau ntawm no:

<https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/DISEASESAZ/Emerging%20Respiratory%20Infections/COVID-19-Interim-Infection-Control-Guidance-Home-Care-Workers.pdf>.

DHS, koom tes nrog rau OHA PHD tau tsim cov cai tswj hwm los pab txo kev raug tus kab mob COVID-19 kom tsawg rau hauv cov chaw saib xyuas mob nkeeg mus ntev (long-term care facilities, LTCF). Txoj cai tswj hwm no siv tau txhua cov chaw tu neeg mob, cov chaw saib xyuas mob nkeeg rau ntawm chaw nyob thiab pab lub neej txhua hnuv, suav txog kev saib xyuas kev nco tsis mee pem rau cov neeg no.

Cov ntsiab lus tseem ceeb: Yuav tiv thaiv cov kab mob ua pa nyuaj rau hauv cov chaw saib xyuas, LTCF yuav tau ua raws li nram qab no:

1. Txwv tsis pub cov neeg tsis tseem ceeb tuaj saib.
2. Ib lub sij hawm twg tsuas pub ob tug neeg tseem ceeb tuaj saib tau rau ntawm lub chaw xwb.
3. Yuav tsum tau kuaj xub thawj 100 feem pua rau cov neeg tseem ceeb tuaj saib ua ntej yuav pub nkag mus rau hauv lub chaw, nrog ua raws li cov qauv cai kuaj xub thawj.

Nrhiav tag nrho txoj cai tswj hwm rau ntawm

[https://content.govdelivery.com/attachments/ORDHS/2020/03/10/file\\_attachments/1397712/NF-20-67%20Executive%20Letter%20from%20Mike%20McCormick.pdf](https://content.govdelivery.com/attachments/ORDHS/2020/03/10/file_attachments/1397712/NF-20-67%20Executive%20Letter%20from%20Mike%20McCormick.pdf).

## Cov ntaub ntawv hais txog tus kab mob COVID-19

- Lub Chaw Tiv Thaiv thiab Tswj Kav Kab Mob ntawm tus kab mob COVID-19 lub website: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Feem Oregon Health Authority tswj kav tus kab mob COVID-19 lub website: <http://healthoregon.org/coronavirus>

Cov ntaub ntawv nyob rau ntawm feem Oregon Health Authority lub web page muaj xws li:

- » Tso npe tus email thiaj tau txais cov xov xwm tshiab
- » Muaj cov ntaub ntawv thiab cov duab ntawv sau ua ntau hom lus
- » Muaj cov lus qhia tshiab thiab xov xwm tshiab rau ntau haiv neeg
- » Qhia txog cov neeg raug tus kab mob COVID-19 rau hauv Oregon
- » Cov Nqe Lus Nquag Nug (FAQs): <https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/DISEASESAZ/Pages/COVID19-FAQ.aspx>.
- Cov Chaw Ntawm Feem Muaj Cai Saib Xyuas Kev Noj Qab Haus Huv Rau Pej Xeeb Hauv Ib Cheeb Tsam (Local Public Health Authority Directory): [www.healthoregon.org/lhddirectory](http://www.healthoregon.org/lhddirectory)
- DHS COVID-19 lub web page: <https://www.oregon.gov/DHS/COVID-19/Pages/Home.aspx>



- DHS ODDS COVID-19 lub web page: <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/DD/Pages/ODDS-COVID-19-Information.aspx>  
Cov ntaub ntawv nyob rau ntawm ODDS lub web page muaj xws li:
  - » Cov ntaub ntawv hais txog tus thawj tswj xyuas teeb meem
  - » Cov ntaub ntawv hais txog chaw kuaj mob
  - » Cov ntaub ntawv ceeb toom rau pej xeem, suav txog ib daim vis dis aus piav qhia txog tus kab mob COVID-19  
<https://www.youtube.com/watch?v=MJ8eeC-tVD4&feature=youtu.be>
  - » Tso npe tus email thiaj tau txais cov xov xwm tshiab.
- Feem Tswj Xyuas Lub Neej Hauv Lub Zos (Administration for Community Living, ACL) <https://acl.gov/COVID-19>
- Tus Tswv Xeev Lub Tsev Hauv Lwm saib xyuas tus kab mob COVID-19 lub web page <https://www.oregon.gov/gov/pages/index.aspx>

## Rau cov tswv cuab ntawm SEIU 503

- Kawm kom paub tias SEIU tab tom ua dab tsi rau nws cov tswv cuab rau ntawm no: [https://seiu503.org/member\\_news/coronavirus-resources-for-seiu-members/](https://seiu503.org/member_news/coronavirus-resources-for-seiu-members/)

## Rau cov neeg uas Lag Ntseg thiab hnov lus tsis zoo

- Cov ntaub ntawv hais txog tus kab mob COVID-19: <https://www.amphl.org/blog/2020/3/15/covid-19-resource-list>

## Phau ntawv txhais lus

- Phau Ntawv Txhais Lus txog tus kab mob Coronavirus, raug tsim kho los ntawm Self Advocacy Resource and Technical Assistance Center (SARTAC):
  - » <https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf>
  - » Lus Spanish: <https://selfadvocacyinfo.org/resource/plain-language-information-on-covid-19-spanish-version/>

## Rau cov tsev neeg muaj cov me nyuam yaus thiab cov hluas xav tau kev saib xyuas mob nkeeg tshwj xeeb

- Cov lus qhia rau niam txiv thiab tus kws saib xyuas los pab cov tsev neeg tswj kav tus kab mob COVID-19: <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

## Rau cov neeg laus thiab cov neeg muaj qee yam mob tsis paub zoo tu qab

- Cov nqe uas nquag nug thiab cov nqe lus teb txog tus kab mob COVID-19 rau cov neeg laus thiab cov neeg muaj qee yam mob tsis paub zoo tu qab:

## Rau cov neeg muaj tus kab mob HIV

- Cov Nqe Uas Nquag Nug: Tus Kab Mob Coronavirus (COVID-19) thiab Tus Kab Mob HIV:
  - » <https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/HIVSTDVIRALHEPATITIS/HIVCARE/TREATMENT/CAREASSIST/Documents/FAQ-covid-19-and-hiv.pdf>
  - » Lus Spanish: <https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/HIVSTDVIRALHEPATITIS/HIVCARE/TREATMENT/CAREASSIST/Documents/FAQ-covid-19-and-hiv%20SP.pdf>

## Txoj Cai Saib Xyuas Neeg Mes Kas Tsis Taus (Americans with Disabilities Act, ADA)

- Q&A txog ADA, Txoj Cai Kho Kom Rov Qab Zoo Los, thiab tus kab mob COVID-19: <https://content.govdelivery.com/accounts/USEEOC/bulletins/281dd9d>
- Yog muaj lus nug thiab txhawj xeeb rau txoj cai ADA-ntsig txog thiab kev nkag mus saib tau cov ncauj lus hais txog rau tus kab mob COVID-19:
  - » Lub Chaw Northwest ADA Center
    - ADA Tus Xov Tooj Pab Sai: 1-800-949-4232
    - [nwadactr@uw.edu](mailto:nwadactr@uw.edu)

## Pab khoom noj

- Cov chaw ntawm Oregon Food Bank: <https://www.oregonfoodbank.org/find-help/find-food/>
- Yuav mus nrhiav cov puas mov noj tom tsev kawm ntawv rau qhov chaw twg rau hauv Oregon thaum lub sij hawm kaw tsev kawm ntawv vim tus kab mob COVID-19: [https://docs.google.com/spreadsheets/d/e/2PACX-1vQdNuwGk2d3GnFHMqWP5EOM4C9sTKriEoTXNlbCFjJuxHIOz8wKv89L-dtDAOf4IWcjl8QM82L-mOW3/pubhtml?gid=1537028636&single=true&widget=true&headers=false&urp=gmail\\_link](https://docs.google.com/spreadsheets/d/e/2PACX-1vQdNuwGk2d3GnFHMqWP5EOM4C9sTKriEoTXNlbCFjJuxHIOz8wKv89L-dtDAOf4IWcjl8QM82L-mOW3/pubhtml?gid=1537028636&single=true&widget=true&headers=false&urp=gmail_link)
- Kev Pab Khoom Noj Zoo Ntxiv (Supplemental Nutrition Assistance Program, SNAP)
  - » Hu xov tooj los sis email mus rau lub chaw DHS thov ib daim ntawv thov kev pab. Tshawb nrhiav lub chaw ua hauj lwm nyob hauv koj ib cheeb tsam rau ntawm <https://www.oregon.gov/DHS/Offices/Pages/Self-Sufficiency.aspx>.
  - » Koj tseem tuaj yeem thov hauv online rau ntawm <https://apps.state.or.us/onlineApplication/>.
- Lub Chaw Saib Xyuas Cov Neeg Laus thiab Tsis Taus (Aging and Disability Resource Connection, ADRC) ntawm Oregon: <https://www.adrcoforegon.org/consite/index.php>

## Cov nqe lus nug cov lus xam pom thiab yam txhawj xeeb

Koj tuaj yeem xa cov nqe lus nug, cov lus xam pom thiab yam txhawj xeeb txog cov lus qhia no los sis txog tus kab mob COVID-19 thiab cov neeg tsis taus mus rau [oregon.masscare@dhsosha.state.or.us](mailto:oregon.masscare@dhsosha.state.or.us).

Koj tuaj yeem xa cov lus xam pom los sis yam txhawj xeeb txog cov cai tswj hwm ntawm lub xeev rau tus kab mob COVID-19 uas tau tsim tawm los ntawm Tus Tswv Xeev yawg Kate Brown mus rau Feem Saib Xyuas Txoj Cai hauv Lub Tsev Hauj Lwm ntawm Tus Tswv Xeev rau ntawm 503-378-4582. Koj kuj tuaj yeem siv ib daim ntawv foos hauv online xa tej lus xam pom los sis yam txhawj xeeb mus rau lawv. Mus rau ntawm:

<https://www.oregon.gov/gov/pages/request-assistance.aspx>.

## Kev lees paub

Thov ua tsaug thiab nco tus txiaj tus ntsig mus rau Lub Tsev Hauj Lwm ntawm Tus Tswv Xeev California uas tau muab lawv cov lus qhia txog Kev Saib Xyuas Xwm Txheej Kub Ntxhov Ceev.

Cov lus qhia tseem ceeb no raug muab los ntawm feem Disability Emergency Management Advisory Council (DEMAC) ntawm Oregon. Ua tsaug!