

## Cov Ntaub Ntawv Hais Txog Tus Kab Mob COVID-19 thiab Cov Nqe Lus Nquag Nug rau Cov Neeg Thoj Nam thiab Cov Neeg Tawg Rog

Peb yuav kho cov ntaub ntawv no dua thaum muaj cov tshiab. Yog koj cov nqe lus nug uas tsis raug teb rau ntawm no, thov email rau [Sophorn.Cheang@oregon.gov](mailto:Sophorn.Cheang@oregon.gov).

**Cov Lus Tsis Kam Lees:** *Cov ntaub ntawv no tsis yog cov lus qhia raws cai. Cov neeg uas tau txhawj xeeb txog qhov tau txais cov kev pab los ntawm tsoom fwm tej zaum yuav cuam tshuam rau kev nkag teb chaws ntawm lawv yuav tsum thov kev pab los ntawm ib tug kws lij choj.*

### **COV NQE LUS NQUAG NUG TXOG KEV NOJ QAB HAUS HUV THIAB TUS KAB MOB COVID-19**

**Hauv Daim Ntawv Tshaj Tawm Kom Ua Raws ntawm Tus Tswv Xeev Oregon, yam tso cai los sis tsis raug tso cai rau tam sim no yog dab tsi?**

Thov saib ntawm [cov ntsiab lus uas peb twb muab txhais](#) rau Daim Ntawv Tshaj Tawm Kom Ua Raws 20-12 kom Nyob Twj Ywm Hauv Tsev, Cawm Tau Txoj Sia (cov khw lag luam uas qhib/kaw thiab cov raug tso cai/tsis raug tso cai qhib yog cov lag luam dab si).

**Muaj cov ntaub ntawv hais txog ntau heev rau ntawm Daim Ntawv Tshaj Tawm Kom Ua Raws 20-12, “Kev Nyob Twj Ywm Hauv Tsev, Cawm Tau Txoj Sia,” kuv tuaj yeem nrhiav daim ntawv qhia no, daim ntawv nthuav qhia los sis ib nplooj ntawv tau ntawm qhov chaw twg?**

Cov Ntaub Ntawv, Cov Ntaub Ntawv Sau Rau Hauv Social Media, thiab cov ntaub ntawv sau xyaws nrog cov duab (infographics) uas hais txog “Kev Nyob Twj Ywm Hauv Tsev, Cawm Tau Txoj Sia” tam sim no muaj sau ua ntau hom lus tso rau ntawm lub website no:

<https://govstatus.egov.com/OR-OHA-COVID-19>.

**Yog kuv muaj cov yeeb yam mob ntawm tus kab mob coronavirus kuv yuav tsum ua li cas?**

Yog koj hnov zoo li muaj cov yeeb yam mob ntawm kis [mob me ntsis](#) (ua npaws, hnoos, ua pa txog siav me ntsis): Nyob twj ywm hauv tsev. Nyob kom nrug deb ntawm lwm cov neeg uas nyob hauv koj tsev. Txhua neeg yuav tsum nyob rau hauv koj lub tseyvog li ntawd lawv thiaj kis tsis tau tus kab mob vais lav. Rau ib daim ntaub npog qhov ncauj qhov ntswg. Hu rau koj tus kws kho mob los sis ntaus 2-1-1 mus nug seb koj puas tsim nyog yuav tsum tau mus kuaj xyuas tus kab mob COVID-19.

Yog koj muaj cov yeeb yam mob sai sai (ua pa nyuaj, mob hauv siab/ceev hauv siab, xav tsis tawm/tsis meej pem uas tshwm sim tshiab, di ncauj los sis ntsej muag xiav, lwm cov yeeb yam mob hnyav): Hu rau 9-1-1.

**Yog kuv tsis muaj is saws las kho mob kuv puas tuaj yeem mus ntsib ib tug kws kho mob tau?**

Tau. Qhov no suav txog kev saib xyuas mob nkeeg rau koj rau hauv chav saib xyuas mob xwm

txheej ceev, rau ntawm cov chaw saib xyuas mob nkeeg hauv lub zos thiab cov chaw saib xyuas mob nkeeg rau cov neeg thoj nam, cov chaw kuaj mob pub dawb, thiab cov tsev kho mob ntawm tsoom fwv.

**Yog kuv muaj CAWEM, OHP, los sis is saws las muaj tswv ntiag tug, yuav pab them ntau npaum li cas rau kis uas kuv mus kuaj los sis kho tus kab mob COVID-19, suav txog kev mus rau hauv lub tsev kho mob?**

[Tsis tau them](#). Tus Tswv Xeev [twb tau cog lus pom zoo nrog cov tuam txhab is saws las lawm](#) yog li ntawd cov neeg yuav tsis tau them dab tsi rau qhov mus kuaj tus kab mob COVID-19 los sis kev mus pw hauv tsev kho mob kho tus kab mob COVID-19. Oregon Health Plan's (OHP) Citizen/Alien Waived Emergency Medical (CAWEM) muaj cov nyiaj pab them rau kev saib xyuas xwm txheej ceev ntawm tus kab mob coronavirus (COVID-19). Qhov no suav txog kev kuaj mob rau hauv ib chaw kuaj mob xwm txheej ceev hauv lub tsev kho mob thiab kev raug kho rau hauv lub tsev kho mob yog tsim nyog.

**Yog kuv tsis muaj is saws las kho mob tab sis tsis tas muaj ib tug kws kho mob kuv yuav ua li cas?**

Yog koj tsis muaj Oregon Health Plan (OHP) pab the nqi duav roos, koj tuaj yeem thov [kev pab rau ntawm no](#). Yog koj tsis xav tso npe rau OHP, koj tuaj yeem mus ntsib ib tug kws kuaj mob rau hauv koj lub chaw kuaj mob hauv lub zos los sis rau ntawm tsoom fwv ib lub chaw kuaj mob (federally qualified health clinic, FQHC). Koj tuaj yeem nrhiav cov npe ntawm cov chaw kuaj mob nyob hauv Oregon los ntawm [nias rau ntawm no](#). Txhua tus neeg, tsis xam txog kev yog neeg nkag teb chaws ntawm lawv, tuaj yeem mus kuaj mob rau ntawm ib ntawm cov chaw kuaj mob no tau. Lawv yuav tau them me ntsis nqi raws li them saib xyuas mob nkeeg xub thawj, thiab txhua yam kev kuaj mob thiab kho mob ntsig txog tus kab mob COVID-19 yeej raug them duav roos lawm.

**Yog kuv tsis tuaj yeem them cov nqi khiab tsev nyob rau ntawm kuv lub tsev kuv puas raug ncaws tawm?**

Tsis raug, Kom mus txog rau thaum lub Rau Hli Ntuj 19, 2020, yeej tsis muaj ib tug neeg twg raug ntiab tawm ntawm lawv lub tsev tau txawm tias lawv tsis tuaj yeem them cov nqi khiab tsev nyob vim los ntawm tus kab mob coronavirus. Thov hu rau koj tus tswv tsev thiab qhia rau lawv paub tias koj tsis tuaj yeem them taus thiab mam npaj them nyiaj rau lawv. Koj tseem tshuav cov nuj nqi khiab lub tsev tab sis tom qab koj mam them cov nuj nqi ntawd.

**Yog kuv tsis them cov nuj nqi kuv tej dej thiab hluav taws xob puas raug kaw?**

Tsis raug kaw, yuav tsis kaw hluav taws xob, roj cua, dej, thiab internet yog koj tsis tuaj yeem them taus yog koj khwv tsis tau nyiaj vim tus kab mob coronavirus no. Thov hu rau cov tuam txhab lag luam us siv ntawd thiab qhia rau lawv paub tias koj tsis tuaj yeem them taus thiab mam npaj them nyiaj rau lawv. Koj tseem tshuav cov nuj nqi uas koj tau siv ntawd.

**Yog kuv tau txais cov nyiaj pab ntawm SNAP (thaum ub yog food stamps), kuv puas tuaj yeem siv cov nyiaj no mus yuav tej khoom siv rau hauv online tau?**

Ntxiv rau ntawm cov khw muag khoom siv, tam sim no cov neeg tau txais cov nyiaj pab ntawm SNAP tseem tuaj yeem yuav cov khoom siv raws hauv online rau ntawm [Amazon los sis Walmart](#). Xav saib seb koj puas muaj cai raug pab cov nyiaj pab ntawm SNAP los yuav cov khoom siv, [nias rau ntawm no](#) los sis hu rau Oregon SafeNet, 1-800-723-3638.

**Puas yog tsuas muaj qee haiv neeg thiaj li raug tus kab mob vais lav no xwb?**

Tsis yog. Txhua tus neeg tuaj yeem raug tus kab mob vais lav, thiab txhua tus neeg tuaj yeem kis tus kab mob vais lav mus rau lwm cov neeg tau. [Cov kab kob vais lav tsis xaiv leej twg](#). Tsis hais peb los nws yeej tsis xaiv tib yam nkaus.

**Yog kuv pom los sis hnov hais txog cov ntaub ntawv muaj tseeb lawm kuv tuaj yeem qhia tau li cas? Kuv yuav tau txais cov ntaub ntawv muaj tseeb tiag rau ntawm lub chaw twg?**

Cov ntaub ntawv uas ntseeg tau yog nws tuaj ntawm [Tus Tswv Xeev lub website](#) los sis tuaj ntawm [Oregon Health Authority lub web website](#). [Lub Koom Haum World Health Organization kuj muaj ib lub website](#) uas faib cais tej ntaub ntawv tsis muaj tseeb ntawm tus kab mob COVID-19.

**COV NQE LUS NQUAG NUG TXOG KEV NKAG TEB CHAWS THIAB KEV NYAB XEEB NTAWM PEJ XEEM**

**Kuv tsis yog tus neeg muaj ntaub ntawv nyob rau hauv Oregon. Kuv puas tuaj yeem raug kuaj tus kab mob COVID-19 los sis nrhiav kev kho tus kab mob COVID-19 thiab raug them nqi los ntawm qhov pab them nqi duav roos kis xwm txheej ceev (CAWEM)?**

Raug pab them. Oregon Health Authority hais tias cov nyiaj pab ntawm Oregon Health Plan's (OHP) Citizen/Alien Waived Emergency Medical (CAWEM) yeej muaj cov kev kuaj mob xwm txheej ceev ntsig txog tus kab mob coronavirus (COVID-19), yog li ntawd koj tuaj yeem raug kuaj thiab tau txais kev kho tus kab mob COVID-19 tau dawb.

**Kuv txhawj xeeb txog txoj cai ntiab neeg tawm hauv lub teb chaws. Yog kuv raug kuaj los sis kho tus kab mob coronavirus kuv tsev neeg puas ntsib teeb meem?**

Tsis muaj teeb meem. Yog koj yog ib Tus Neeg Muaj Chaw Nyob Ruaj Khov Raws Cai (muaj npav ntsuab) uas tab tom thov ua neeg xam xaj Mes Kas, USCIS [tau sau ib tsab ntawv ceeb toom rau hauv nws lub website](#) hais tias lawv yuav tsis xam dab tsi txog kev siv txoj cai ntiab neeg tawm hauv lub teb chaws rau kis mus kuaj mob, kho mob, los sis kuaj xyuas tiv thaiv mob nkeeg (suav txog cov tshuaj txhaj tiv thaiv kab mob, yog muaj ib yam tshuaj txhaj tiv thaiv kab mob) ntsig txog rau tus kab mob COVID-19. Yog koj muaj cov yeeb yam mob uas zoo xws li tus kab mob Coronavirus/COVID-19 (ua npaws, hnoos, ua pa txog siab), koj yuav tsum tau txais kev kho mob. Qhov no yuav tsis cuam tshuam phem dab tsi rau koj rau kev txheeb xyuas txog kev siv txoj cai Ntiab Neeg Tawm Hauv Lub Teb Chaws rau yav tom ntej.

- Cov ntaub ntawv ntawm kev siv txoj cai Ntiab Neeg Tawm Hauv Lub Teb Chaws thiab tus kab mob COVID-19 tuaj ntawm pawg Tiv Thaiv Cov Tsev Neeg Thoj Nam (Protecting Immigrant Families):  
[https://docs.google.com/document/d/1fQyxwXnXgGD4wxMNj4xMsJ4\\_1aOschcbK0yxliN4k9w/edit](https://docs.google.com/document/d/1fQyxwXnXgGD4wxMNj4xMsJ4_1aOschcbK0yxliN4k9w/edit)
- Cov ntaub ntawv ntawm kev siv txoj cai Ntiab Neeg Tawm Hauv Lub Teb Chaws thiab tus kab mob COVID-19 tuaj ntawm Tsoom Fwv Nom Tswv:  
<https://www.uscis.gov/greencard/public-charge>
- Cov ntaub ntawv tuaj ntawm Oregon Health Authority hais txog kev siv txoj cai Ntiab Neeg Tawm Hauv Lub Teb Chaws:  
<https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/COVID19-FAQ.aspx>
- Daim Ntawv Hais Txog Qhov Muaj Tseeb thiab Cov Nqe Lus Nquag Nug txog Tsoom Fwv Txoj Cai Tshiab ntsig txog “Txoj Cai Siv Ntiab Neeg Tawm Hauv Lub Teb Chaws”:  
<https://www.oregon.gov/OHA/ERD/Pages/public-charge.aspx>

**Lub chaw ICE puas tuaj nyob rau ntawm cov chaw kuaj mob thiab kuv cov ntaub ntawv kho mob puas raug muab tshaj tawm?**

Yog koj muaj mob xwm txheej ceev los sis koj xav kho mob, koj yuav tsum nrhiav kev kho mob rau koj. Lub Tsev Haujlwm [Department of Homeland Security](#) yeej lees paub tias cov chaw kho mob yog cov chaw muab kev saib xyuas tseem ceeb tshwj xeeb. Tsoom fwv cov lus qhia yeej txwv tsis pub cov neeg ua hauj lwm saib xyuas kev nkag teb chaws txom cov neeg los sis yuam siv txoj cai rau cov neeg raws ntawm cov chaw saib xyuas mob nkeeg, xws li cov tsev kho mob, cov tsev kuaj mob ntawm cov kho mob, cov chaw saib xyuas mob nkeeg, thiab cov chaw saib xyuas mob nkeeg sai sai. Koj cov ntaub ntawv kho mob tsuas raug muab sib qhia rau ntawm koj thiab koj tus kws kho mob xwb thiab yeej raug pov thaiv raws li [HIPPA cov cai ceev tus kheej ntiag tug](#).

**Yog kuv tawm mus ua hauj lwm los sis mus ntawm lub khw muag khoom kuv puas raug tub ceev xwm nres?**

Koj tsis tas yuav siv tej ntaub ntawv tshwj xeeb los ntawm koj tus thawj, daim ntawv lo rau koj lub tsheb, los sis lwm daim ntawv tso cai tsav tsheb, taug kev, los sis caij tsheb npav mus ua hauj lwm los sis tawm mus ntawm cov khw lag luam uas tseem qhib, xws li cov khw muag khoom siv, khw muag tshuaj, los sis khw muag khoom siv (hardware). Koj tuaj yeem nyeem ntau cov nqe lus teb tuaj ntawm [Lub Tsev Hauj Lwm Tub Ceev Xwm Hauv Xeev Oregon rau ntawm no](#).

**Feem Pov Thaiv Hauv Lub Teb Chaws los sis tub rog puas tawm los tswj kav?**

Tsis yog. Feem Pov Thaiv Hauv Lub Teb Chaws tab tom teeb tsa cov chaw kho mob rau hauv Salem, Oregon, thiab lawv yuav npaj no ua txoj hauj lwm ntawd rau lub sij hawm tam sim no.

**COV NQE LUS NQUAG NUG TXOG KEV UA HAUJ LWM THIAB LUB CHAW UA HAUJ LWM**

**Puas tso cai cia kuv tawm mus ua hauj lwm?**

Tso cai. Yog koj lub chaw hauj lwm tseem qhib thiab siv cov cai nyob kom sib nrug deb ntawm lwm cov neeg, lawv yeej tso cai cia koj mus ua hauj lwm tau. Lub chaw hauj lwm yuav tsum saib xyuas kom koj nyob kom sib nrug deb ntawm lwm cov neeg li 6 ko taw.

**Yog kuv txoj hauj lwm tseem qhib ua, tab sis lawv tsis siv cov cai nyob kom nrug deb ntawm lwm cov neeg li 6 fij kuv yuav ua li cas?**

Koj tuajyeem hais qhia txog tejno mus rau Oregon’s Occupational Safety and Health division (Feem Saib Xyuas Kev Nyab Xeeb thiab Kev Noj Qab Haus Huv txog Kev Ua Hauj Lwm hauv Oregon) los ntawm [nias rau ntawm no](#). Yog muaj lus nug, "ceej koj tus kheej kom zoo," xaiv qhov “yog” thiab koj lub npe thiab yam koj hais yuav tsis raug muab rau koj lub chaw ua hauj

lwm.

### **Yog kuv muaj mob kuv puas mus ua hauj lwm?**

Yog koj hnov zoo li muaj mob, thov nyob twj ywm hauv tsev thiab hais kom txhua tus neeg nyob hauv koj lub tsev nyob twj ywm hauv tsev ib yam nkaus, yog li ntawd nej thiaj tsis kis tus kab mob vais lav. Lwm cov neeg nyob hauv koj lub tsev yuav tsum nyob twj ywm hauv tsev mus ntev li 14 hnuv vim lawv tuaj yeem kis tus mob ua tau ntej lawv yuav muaj cov yeeb yam mob.

### **Puas yog kuv cov nqi se yuav txog caij rau thaum lub Plaub Hlis Ntuj 15?**

Tsis yog. Ta sim no cov nqi them rau Tsoom Fwv Nom Tswv (IRS) thiab lub xeev Oregon txog caij rau thaum lub Xya Hli Ntuj 15.

## **COV NQE LUS NQUAG NUG TXOG KEV SUAV PEJ XEEM 2020**

### **Yog kuv teb rau daim ntawv foos Suav Pej Xeem, kuv puas tuaj yeem ntsib teeb meem nrog ICE los sis tub ceev xwm?**

Tsis yog, Koj yuav tsis ntsib teeb meem dab tsi rau yam koj sau rau hauv daim ntawv foos Suav Pej Xeem. Thov sau rau daim ntawv foos Suav Pej Xeem. Tam sim no twb muaj qhov Kev Suav Pej Xeem 2020 lawm thiab tuaj yeem ua rau hauv online tau 13 hom lus rau ntawm [my2020Census.gov](https://my2020census.gov), los sis hu xov tooj mus rau 844-330-2020. Koj tuaj yeem tau txais daim ntawv foos sau ua koj hom lus los ntawm [nias rau ntawm no](#).

### **Kuv cov lus teb rau daim ntawv Suav Pej Xeem uas raug ceev zoo?**

Lub Chaw Saib Xyuas Kev Suav Pej Xeem Hauv Teb Chaws Mes Kas (U.S. Census Bureau) yuav mob siab tiv thaiv koj cov ntaub ntawv kom raug ceev zoo. Txoj cai yeej muaj cov cai txwv nruj los tiv thaiv koj cov ntaub ntawv. Tsis tso cai rau Lub Chaw Saib Xyuas Kev Suav Pej Xeem los muab koj cov lus teb uas tuaj yeem yuav txheeb xyuas tau koj los sis koj tsev neeg tshaj tawm. Raws li txoj cai pub ua tau, Lub Chaw Saib Xyuas Kev Suav Pej Xeem tsuas siv koj cov ntaub ntawv los tsim tuav tseg cia xwb. Koj cov ntaub ntawv kuj raug tiv thaiv txog feem tsis zoo uas tshwm sim rau hauv cybersecurity los ntawm feem kuaj xyuas kev xa koj cov ntaub ntawv. Cov ntaub ntawv xa raws hauv txhua lub Web yuav tsum siv tus lab hav thiaj li tiv thaiv thiab ceev tau koj tus kheej ntiag tug. Kev ua txhaum cai txog kev muab cov ntaub ntawv tshaj tawm yog raug nplua nyiaj siab txog \$250,000 los sis raug kaw ntev txog tsib lub xyoos, los sis raug nplua nyiaj thiab raug kaw tib si. Yog xav paub ntau ntxiv txog kev ceev tus kheej ntiag tug, mus saib hauv lub ncauj lus [hais txog yam muaj tseeb ntawm U.S. Census Bureau](#).

### **Vim tus kab mob COVID-19, hnuv kawg ntawm qhov kev Suav Pej Xeem puas raug ncuaf?**

Vim kev sib kis tus kab mob COVID-19, Lub Chaw Saib Xyuas Kev Suav Pej Xeem Hauv Teb Chaws Mes Kas (U.S. Census Bureau) tau hloov kho Kev Suav Pej Xeem 2020 lawm. Zeeg sij hawm Yus Tus Kheej Teb Yus- Rau Daim Ntawv Suav Pej Xeem raug hloov kho ntawm lub Peb Hlis Ntuj 12 – lub Xya Hli Ntuj 31 hloov mus rau lub Peb Hlis Ntuj 12 – lub Yim Hli Ntuj 14, 2020. Muaj ntau cov ntaub ntawv hais txog lub sij hawm hloov kho kev ua hauj lwm rau ntawm [NO](#).

## **LWM COV NTAUB NTAUV HAIS TXOG TUS KAB MOB COVID-19**

### **COV NTAUB NTAUV NTHUAV DAV:**

Yog muaj lus nug los sis xav nrhiav cov ntaub ntawv rau koj, hu rau 2-1-1 los sis mus saib hauv <https://www.211info.org/>

Tus Tswv Xeev yawg Kate Brown lub web page hais txog tus kab mob COVID-19:

<http://coronavirus.oregon.gov/>

Oregon Health Authority (Feem Muaj Cai Saib Xyuas Kev Noj Qab Haus Huv Hauv Xeev Oregon) qhov xov xwm tshiab hais txug tus kab mob COVID-19: <https://govstatus.egov.com/OR-OHA-COVID-19>

Oregon Health Authority Cov Nqe Lus Nquag Nug Txog Tus Kab Mob COVID-19:

<https://www.oregon.gov/oha/PH/DISEASESCONDITIONS/DISEASESAZ/Pages/COVID19-FAQ.aspx?wp1284=l:100>

### **Hauj Lwm:**

- Txoj cai hauv xeev Oregon yuav tsum kom cov chaw ua hauj lwm muab lub sij hawm so muaj mob rau koj so. Yog koj lub chaw ua hauj lwm muaj cov neeg ua hauj lwm txog 10 leej los sis ntau dua (6 los sis ntau dua yog lub khw lag luam nyob rau hauv Portland ces nws yuav them nyiaj hli rau koj rau thaum lub sij hawm so muaj mob no. Kev ua hauj lwm txhua txhua 30 teev twg koj yeej muaj sij hawm so muaj mob tsawg kawg yog 1 teev. Koj tuaj yeem siv cov sij hawm so muaj mob yog koj muaj mob, so mus saib xyuas ib tug neeg hauv tsev neeg uas muaj mob, yog koj xav mus ntsib tus kws kho mob, los sis xav so mus saib xyuas koj tus me nyuam yog koj tus me nyuam lub tsev kawm ntawv raug kaw. [Nias rau ntawm no](#) mus nrhiav ntau ntxiv. Yog koj lub chaw ua hauj lwm tsis ua raws li txoj cai no, koj tuaj yeem hu rau: 971-673-0761 los sis email: [mailb@boli.state.or.us](mailto:mailb@boli.state.or.us)
- Yog koj poob koj txoj hauj lwm, [nias rau ntawm no](#) mus thov kev pab rau kis tsis muaj hauj lwm ua.
- [Nias rau ntawm no](#) mus hais qhia tias yuav tsum kaw koj lub chaw ua hauj lwm los sis tsis pub koj ua hauj lwm kom nyob sib nrug deb ntawm lwm cov neeg li 6 ko taw. (Yog muaj lus nug, "ceev koj tus kheej kom zoo," xaiv qhov "yog" thiab koj lub npe thiab yam koj hais yuav tsis raug muab rau koj lub chaw ua hauj lwm.)

- [Nias rau ntawm no](#) yog koj muaj lwm cov lus nug txog tus kab mob COVID-19 uas ua rau lub khw lag luam ntiab cov neeg ua hauj lwm tawm, kaw, thiab cov nyiaj is saws las pab rau qhov tsis muaj hauj lwm ua.

**KEV PAB THEM NQI DUAV ROOS RAU KEV KHO MOB/KEV SAIB XYUAS MOB NKEEG:**

Thov is saws las pab dawb saib xyuas mob nkeeg los ntawm kis Them Nqi Rau Txhua Tus Me Nyuam Yaus (Cover All Kids) los sis los ntawm Oregon Health Plan uas yog [nias rau ntawm no](#) (dhau ntawd ces scroll down mus saib cov hom lus sib txawv).

**COV KEV PAB KHOOM NOJ THIAB KHOOM NOJ ZOO:**

- Cov tsev kawm ntawv tseem xa pluas tshais thiab pluas su tuaj rau cov me nyuam rau thaum kaw cov tsev kawm ntawv. [Nias rau ntawm no](#) yog xav paub cov npe tsev kawm ntawv nyob hauv ib cheeb tsam thiab nias rau ntawm koj lub tsev kawm ntawv hauv ib cheeb tsam mus saib seb yuav mus nqa cov pluas mov noj rau ntawm lub chaw twg thiab rau thaum lub sij hawm twg.
- Siv [Oregon Food Bank Food Finder](#) mus tshawb nrhiav cov tub rau khoom noj thiab cov chaw pab khoom noj nyob thoob plaws hauv lub xeev.
- Kev thov nyiaj pab ntawmm SNAP (thaum ub yog food stamps) thiaj tau txais cov nyiaj yuav khoom siv, mus [nias rau ntawm no](#) los sis hu rau Oregon SafeNet, 1-800-723-3638.
- Yog koj yog tus poj niam cev xeeb me nyuam, pub mis rau me nyuam mos, los sis muaj ib tug me nyuam hnuv nyoog qis dua 5 xyoos, koj yuav muaj cai rau cov nyiaj pab ntawm Women, Infants, and Children (WIC) koj mus yuam khoom siv ub no tau. [Thov kev pab rau ntawm no](#) los sis hu rau 2-1-1 mus thov kev pab.

**KEV KHIAB TAWM NTAWM KEV UA PHEM:**

Peb paub tias tam sim no muaj ntau yam yuav tshwm sim tsis zoo ntau zuj zus ntxiv rau kev nyab xeeb. Yuav teb txog qhov yuav nyob li cas thiaj li nyab xeeb, qhov ntawd yog saib raws li koj kis teeb meem. Ib tug kws pab tswv yim tuaj yeem hu xov tooj tuaj pab koj tsim ib qho kev npaj nyab xeeb rau tus kheej rau hauv koj lub tsev. Nov yog ib lub website uas koj tuaj yeem nrhiav tau ib tug kws pab tswv yim, kev nkag mus saib hauv lub website no yeej muaj kev nyab xeeb: <https://www.ocadsv.org/find-help>

Koj tseem tuaj yeem hu rau tus xov tooj pab cuam hauv lub teb chaws: 1-800-799-7233

Nov yog ib lub website uas muaj ntau cov ntaub ntawv, suav txog kev pab nyiaj txiag: <https://www.oregon.gov/DHS/ABUSE/DOMESTIC/Pages/index.aspx>



Yog koj raug ua phem rau hauv lub tsev, hu rau Domestic Violence Crisis Line ntawm tus xov tooj 888-235-5333 los sis ntaus nqe lus CONNECT xa mus rau 741741.

**KEV NRHIAV SAIB XYUAS XWM TXHEEJ CEEV RAU ME NYUAM YAUS:**

Yog koj yuav tsum tau ua ntaub ntawv teev num mus rau txoj hauj lwm (sab nrauv koj lub tsev) rau thaum lub sijhawm muaj xwm txheej kub ntxhov ceev no thiab tsis muaj neeg saib koj tus me nyuam, [nias rau ntawm no](#) los sis hu rau 2-1-1 mus nrhiav Oregon Lub Chaw Saib Xyuas Xwm Txheej Ceev Rau Tus Me Nyuam.

**COV NTAUB NTAUV HAIS TXOG TXOJ CAI NTIAB NEEG TAWM HAUV LUB TEB CHAW:**

Muaj ntau cov ntaub ntawv hais txog txoj cai ntiab neeg tawm hauv lub teb chaw, suav txog cov ntaub ntawv raug muab txhais nyob rau ntawm cov websites ntawm [Oregon Health Authority](#) thiab ntawm [Department of Human Services](#). Cov neeg uas tau txhawj xeeb txog thiab raug cuam tshuam los ntawm txoj cai ntiab neeg tawm hauv lub teb chaws tuaj yeem hu xov tooj mus rau Oregon Public Benefits Hotline rau ntawm tus xov tooj 1-800-520-5292 los sis nrhia ib tug kws lij choj paub txog kev nkag teb chaws rau ntawm [oregonimmigrationresource.org](#).

**LWM COV NTAUB NTAUV HAIS TXOG KEV TSO TSEG KEV NTXUB NTXAUG HAIV NEEG VIM LOS NTAWM TUS KAB MOB CORONAVIRUS**

- Kawm kom paub txog [“Qhov Tseeb Ntawm Kev Sib Kis Tus Kab Mob, Tsis Ntshai”](#)
- Hais qhia kev ua txhaum txoj cai txog kev coj tsis ncaj ncees/kev ntxub ntxaug haiv neeg mus rau Oregon Department of Justice uas yog [nias rau ntawm no](#)
- Kawm ntxiv rau ntawm [Portland United Against Hate](#)