



PeaceHealth

Omw pechekun mei tongeni tumwun rech.

Ei osukosuken samau COVID-19 a esenipato manganon ach angangen tumwun ngeni chomwongun aramas. Ach tumwun ngeni omw pechekun esapw fakun utiwit. PeaceHealth mei tumwun, suk, me mwoneta an epwe anisi choochon non neniach.

Ach Tumwun Ngonuk

PeaceHealth mei sopwosopwono an achocho ne awora aninis minne ekkewe chon semwen mei anongonong won. Non ach kei neni meinisin sia fen feri ekoch nikinikin tumwun faniten ach sipwe fakun sopweno ne anisuk nupwen ka chuto.

- Chekin pwichikar: Nupwen kopwe wareiti ekkewe nenien PeaceHealth, meinisin aramas repwe akomw angei pwichikar. Ika ion mei watte pwichikaran a tongeni no ngeni ekkewe akan nomw fan tumwunuwer.
- Aea masku: Meinisin chon semwen me chon chuto non ekkewe PeaceHealth neni meinisin mi annuk, ir mei fakun pesepes ar repwe aea masku ika och mwangaku epwe tongeni pwenu pwotumw me awomw ngeni. Sia tingor omw kopwe feito fan omw masku, nge eche ina epwe pwan kawor ngonuk, ika pwe ese wor omw.
- Awora Towaw Fesen: Non meinisin ach kei neni, ina kopwe kunekun ekkoch taropweian esinesin ren ekoch kapasen achem pwan ekkewe nenien mwomwot mei kawor mi towaw fesen faniten sipwe apwenuweta ewe fefferun towaw fesenin nefinen aramas.
- Testin COVID-19: Meinisin mei samau repwe nuwing non ach ewe pioing ika epwe wor ar reirei ika pwan angang en safei non inisir iwe repwe angei akomw ewe testin COVID-19. Ika pwe ke chuto rech me non ew ach kewe neni nge noum ewe sou safei e ekieki nge mei namwot omw kopwe angei ewe testin COVID-19 iwe kopwe angei.
- Annukun Chon Chuto: Mei wor annuk a fen kawor faniten chon chuto non ach kewe neni meinisin. Kose mwochen cheki me ren noum ewe sou safei ika kekkeri akomw ewe neni ren omw kopwe fateochuti met kopwe feri.
- Aean Pisekin Epeti Semwen: Meinisin chon angangen PeaceHealth repwe aea masku, me ekkewe ra nomw non ekkewe ekoch neni faniten ar sekining ne

tumwunu ekoch mei samau ir repwe pwan pipisek pwan ekkoch sokkun ekkewe pisekin tumwunun inis.

- Angangeochun Chon angang me Neni: Ekkewe mei samwaw ren COVID-19 ika nomw rer ekkewe esisinen ewe samwaw, iwe ir ra nomw fan tumwuwen neuch kewe chon angang mei fakkun achocho non ach kewe neni mei keimwuno ren ach sipwe anapano angangen epeti ewe menun paiking.
- Enimenimen Neni: Non ach kewe neni meinisin, ach ewe teamen pekin tumwunun nimeochun neni ir mei fakun sopweno ne tumwunu neni ar repwe nimenimeoch epwe tori usun met PeaceHealth afen tichiki.

Akkota inet kopwe Chuto

Sia tongeni awora ngonuk ekkewe akkotun tumwun mi namwot ngonuk, me omw pechekun a tongeni tumwun rech.

Ren omw kopwe akkota inet atun kopwe chuto, ka tongeni:

- Feri om ewe atun chuto online, ren omw kopwe tongeni churi non video ika chu fengen non fefeun aramas me ewe sou safei ka fen pin churi akomw omw aea PeaceHealth (mypeacehealth.org).
- Kekkeri noum ewe sou safei ika ewe nenien safei ren omw kopwe pworaus ngeni emon chon angang faniten akkotun fansoun chuto.
- Ren pwan ekoch pworaus ren ifa usun kopwe neuneu chon chiaku fansoun omw chuto, ka tongeni eisini noumw ewe sou safei.

Reirei me Angangen Safei

PeaceHealth apwan awora sefani sokopaten an angang an epwe kawora ekkewe pekin aninisin tumwun ngeni ekkewe chon semwen. Sia feru ach angangen reirei me safei fiti nurun akkotaen ekkewe kepina seni Alaska, Washington, me Oregon.

Pworausen testin COVID-19

Testin COVID-19

PeaceHealth mei chiwen testini meinisin chon semwen a fen nomw rer ewe menun COVID-19 me ra pwan nuwing non ach kewe pioing ina mwo ika ese mwo pwáá ekkewe esisinen ewe semwen. Meinisin chon semwen kich mei angang wor non ach kewe nenien PeaceHealth repwe checkin COVID-19 me mwen sipwe angang wor. Kich mei pwan awora pekin test non ach kewe kinikinin PeaceHealth (Medical Group clinic) neni me ekkewe nenien anisi osukosuk mei atapwanapwan akkaewin ngeni ekkewe a pwáá me wor ekkewe esisinen pwe a nomw rer ewe menun COVID-19. Me mwen sipwe testinuk iwe epwe akkomw mwumwuta me ren noum ewe sou safei.

Testin Cha mi Fen Fiu ngeni Semwen (Antibody)

PeaceHealth mei pwan awora ewe testin cha mi fen fiu ngeni ewe COVID-19 ngeni chon semwen seni ewe PeaceHealth Medical Group minne epwe pwan fis cheki sefan seni noum ewe sou safei. Itan pwan testin serology, ei chekin cha mi fen fiu ngeni ewe COVID-19 a nenengeni ika pwe inisum mi fen okufu ewe paiking. Mei auchea kopwe sinei ikamwo pwe ewe inis mi fen feri ekkewe minen chaom mi fiu ngeni ewe semwen, ese mwo fat pwe ekkei minen cha mi nafoch ne okufu ekkewe semwenin COVID-19 repwap tori inisum, ika ir mi tufich, are epwe ifa taman. Ina pwopwun, mei auchea sopweno ne fiti ekkewe eureuren epetin cheunon ei menun samwaw ren omw kopwe mesemes masku, tenu poumw, me awora towaw fesenumw seni ekoch ika mwo pwe a pung ewe test.

Sopwosopwun Pworausan

Ika en mei pwan mwochen sinei ekoch pworausen COVID-19, chuto won www.cdc.gov.