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Emwenin An Unusen Sopw Epwene Suk Sefan – Angangen Tumunun Emon Aramas

Meinapen Annuk: Meinapen Annuk Tingor No. 20-27, ORS 433.441, ORS 433.443, ORS 431A.010

Wewen Ngeni: Ei pekin emwen a wewe eochu ngeni nenien omw kopwe pusin anisuk ren pekin mwongo me un, mi pwan pachonong nge ese pwan kouk ren ekewe nenien mwongo me par, kukunun sitowa me ekewe sitowa me nenien pisek unusen ekei states.

Ei pekin Emwen ese pwan ren ekewe metoch remi nomw nukun me mon ekewe metoch, ekewe mwongo mi tukutukuno non sitowa, kukunun sitowa me ekan nenien amomo pisek.

Opwochokuna: Ach sipwe anapano ei pekin emwen a auchea an ekoch neni repwe fiti ei pekin emwen, ew pekin opochokun seni chon opwungano 20-27, paragraph 26.

Wewen: wewen ei pekin emwen, fiti ekewe popun ren ei pekin emwen, ekei ra wewe ngeni:

"Mwongo Mi Pwas" wewen ekewe rese mwo tonong non pwor ika tukutukuno, ekewe mwongo re for non mwesin me ekewe mwongo rese for non nenien mwesin meni ewe nenan me ren chon kamo rese chiwen sani, ese pwan pachonong ekewe foun ira mi chok minafo, ekewe chon ira mi minafo, ewe foun nuts non ekewe pon, nenien nofitin sanat ika ekewe mwongo remi ngawekai ika rese epwichipwich.

"Chomongun Foforun" wewen ekewe chon kamo re pusin anisir ar ra pusin atapa esap chok ew metoch pwe chomong ar repwe angei ener kewe me unumwer, pachonong, nge ese pwan kouk ren, nenien sanat, nenien mwongo mi chomong mwongo omw angei seni, nenien mwongon nesosor, ekewe neni ekan mwongo ekan sato won ekewe mwesin sa angei, me nenien ekewe yogurt.

"Pwor" wewen pon, tin, pworono, wesen nuk ewe pworun, ika wesen tukutukuno, ika ekewe mi tukutukuno ren foforun mwongo ika ekewe chon ira ra for non sitowa.

"Meni Ekewe mwongo mi ngawekai" wewen ese pwan nififin ekewe unusen mwongo, ika non kinikinin, ren minik, metoch a for seni minik, sokun, futuk, chuko, iik, ekewe mi wor porur, ika

ekewe masowen ekewe remi wor porur, pachonong re pusin for esap seni mwongon atake, ekewe remi tongeni awateno ika ekewe mwongo remi for pwe esap ngawekai non mwesin an epwe mamarino ekewe metoch mi ngaw seni ekewe mwongo, nge ese pwan pachonong ekewe mwongo mi wor kinikin PH ren 4.6 ika kukun ika a wor pekin konik (Aw) koukun ren 0.85 ika kukununon.

“Mwongo Mi For” wewen ekewe rese kuk masowen non atake ren foun ira, chon ira, ekewe rese for non mwesin ren berries me nuts.

“Neni” wewen unungaw-aunus ika kukunun mwongo ika nenien ese wor sakau non.

“Nenien Sikan Pusin Anisi kich” wewen ian ekewe chon kamo ra angei ekewe mwongo ika unumer nge esap seni an ekewe chon angang anisir, pachonong nge ese pwan kouk ren ekewe mwesinien mwongo me pekin un ika ekewe kukunun neni, mwesinen yogurt mi pat, nenien coffee me nenien sikan amasou sefan mwongo me ian.

Ekewe Nenien Pusin Anisuk me met repwe fori:

- Katon sefan me fori pungun ekewe pekin emwen ren ekewe nenien mwongo me nenien par ([Phase One counties](#); [Phase Two counties](#)).
- Katoneoch meinisin ekewe mwongo me pekin un ren ekewe simi chomong ach atapa pachonong, nge ese pwan kouk ren, nenien sanat, nenien mwongo mi chomong, nenien mwongon nesosor, nenien mwongo sikan angei mi sato won mwesin, me nenien yogurt mi pat, me ekewe chon angang ra wau esap ina wewen pusin anisuk.
- Fori ren local me annukun nimochun mwongo ren ekewe state:
Local County Public Health – [Annukun Nimochun Mwongo \(OAR 333-150\)](#)
Oregon Department of Agriculture – Annukun [Kamon mwongo \(OAR 603-025-0030\)](#).
- Ika pwe mi wor pekin chun mwongo ren ekewe chon eto mwongo nge epwe eochun koturuno, emon ekewe chon mwongo nge epwe tukutukuno ar kewe chun mwongo.
- Iteitan epwe chok nimenim me enimenim ekewe nenien an aramas pusin anisir pachonong, nge ese pwan kouk, chun mwongo, nenien mwesinen un seni ewe sink, ekewe mwesinen yogurt mi pat, nenien kofi, ika ekewe nenien sikan chusefan mwongo me ian. Fori esap wor monuwan, fiti ngeni emwenien ekewe label ren ewe [Environmental Protection Agency \(EPA\) Maken Pungunon](#) ren ewe SARSCoV-2 monuwen ewe a wato COVID-19.
- Opochochokuna me katoneoch an epwe wor koukun nefinen meinisin ekewe chon kamo me chon angang repwe katoneoch pwe chon kamo me chon angang resap nomw fengen ian epwe chomongono aramas ren ewe neni.
- Makei sain, teip ika pwan ekoch metoch, epwe anisi an epwe wor koukun nefinen aramas.
- Kosap mwut ngeni ekewe chon kamo ar repwe mina sefani ener ika unumer nge rese aa ew mi minafo mi nimeoch ar repwe mina sefan ener me unumer kewe.
- Awora ew minafon ekewe nenien mwongo ren an ekewe chon mwongo repwe pusin anisir ne mina sefani unumer me ener kewe.

- Poutano ekewe mwongo ekewe aramas ika chon angang, ren ar ra atapa, ika mwesi won ika mwor non ewe nenien mwongo.
- Iteitan nimeti me mina an ekewe aramas resap angei atapa ekewe neni esap nenien mwongo pachonong, nge ese pwan kouk, ren ekewe kaunter, komwochun asam me nenien pau sikan wata ren ekewe nato ika ekis ewe neni.
- Wau ekewe metoch sikan neni non ekan mi opunguno (awewe ren, opwonun ika tukutukun). Wau ekoch porous ren pekin ar repwe awora nefin nupwen repwe eto kut ekewe kukunun pekin chok neni.

An Epwe Napono, Nenien Pusin Anisuk Ren Pekin Mwongo Me Pekin Un Me Met kopwe Fori Nge Ese Kan Pwan Auchea:

- Ekoch Mak An Epwe Anisi ewe nenien pusin anisuk, pachonong, sain, met ekewe chon kamo repwe fori, nimenim iteitan me wau an emon pusin angang.
- Awora totonun pau ren chon mwongo ren nepoputan me nesoponon ar ra pusin anisir non ewe nenien mwongo.
- Awora paw remi tongeni poutano, ika an emon pekin chu mwongo ren emon chok chon mwongo.

Ekoch Pwan Porous:

- [Sain Kemi Tongeni Pacheta](#)
- [Unusen State Ar Mas, Ponuponun Mas, Pekin Emwen Ren Aan Mas](#)
- [OHA Pekin Emwen Ren Chon Angang](#)
- [Anukun Pekin Mwongo Echo #1-Okukunano Omw Atapa Metoch](#) (Eochu ngeni chok neni mi wor nour naisen)
- [ODA Esap Wor Chon Atapa Poun Emon Toropwe](#) (Eochu meinisin ekewe nenien ODA mi worn our naisen)

Document accessibility: Ngeni ekewe remi ter ika ekewe re fosun ekis esap fosun Merika, OHA mi tongeni awora ekoch pekin an epwe wor chiaku, ren waten mesen mak, ika ekewe metoch ka tongeni atapa nge ka sinei ekewe foun mesen mak. Kokori ewe Health Information Center ren 1-971-673-2411, 711 TTY ika COVID19.LanguageAccess@dhs.ohio.gov.