

# Paralytic Shellfish Poisoning (PSP, Paralais ren Poisonen Shellfish)

Non ewe Memorial Day weekend, a tori ewe Oregon Health Authority porous pwun ekoch aramas ra torir semwenin paralais ren poisonen ekei menin neset murin ar niapei me non efenin satin Oregon.

## Met ei PSP?

Paralytic shellfish poisoning, ika PSP, a fisita seni och menin poison iten saxitoxin. Esapw ew terin menin semwen. Saxitoxins nge ekoch kukun maan non saat (phytoplankton) mi kan mamarita me non ekei menin neset (awewe ren peen chokas & mussel)

## Ion epwe efeiengaw ngeni?

Aramas ra eni ewe menin neset mi wor menin poison non ra tongeni semwen ika fen mano. Ika en ka fen eni och ekei menin neset manip mi wor menin poison non, ese pwan ouchea kopwe fori och metoch tiwenon ika ka mefi semwen (katon me fan).

## Ai nuku mi wor rei PSP. Iwe met murin?

1. **Ika mi watte omw esisinen semwen, mutir cheeta pioing.**
2. Ika omw semwen ese kon watte ika ka fen mefi chikar sefan, repotei omw semwen ngeni ewe Oregon Poison Center ina kopwe keekri 800-222-1222 ika amasowa [ei online surfei](#) mi kawor meren Oregon Health Authority.
3. Apatano me isenano nusun onomw menin neset mi wor peen pwun kopwe wano ngeni omw ewe [pekin meinapen tumwunun manaw non neeniomw](#) ren tes.

## Ifa usun kopwe sinei pwun mi toruk PSP?

Me non chok fite minit tori awa wesinon omw mwongo ewe menin neset, ka poputa ne mefi semwen. Napengeni aramas ra chikar seni ei semwen non fite awa ika ran murinon ar mwongo ena menin neset, mei pachonong:

- Eningaw
- Mwus
- Metekin mokur
- Nun non awomw
- Pichipichin non poumw ika pecheomw

Cheeta ngeni pioing **mutir** ika mei toruk ekei esisinen semwen:

- Apwangepwangen non fituk
- Nomwonomwen non mokur ika mefi mwokunukunen
- Penen non mokur ika memefin monunu
- Weires kopwe fos
- Weires kopwe oromi
- Weires ngasangas

Non ekoch semwen mi watte, PSP mi tongeni efisata an emon epwe keuno mwokutun non inisin me mano ika ese kuta sefei.

## Ifa usun ai upwe epeti seni ei PSP?

PSP ese tongeni mwet nefinen aramas. PSP a fis nupwen emon a mwongo ekewe peen menin neset mi wor ewe menin poison non. **Ika mwo ke amwota ika apatano esapw nieno ewe menin poison.**

Ekewe menin neset mi wor peen sia mwongo non restaurant ika kamo non sitowa esan pwano pwun mi wor menin PSP non.

Kopwe chok mwongo menin neset mi wor peen seni neeni mi tumwunoch, ika seni neenien amomo ika neset. Ewe Oregon Department of Agriculture (ODA) mi tesini ekei man won ochan Oregon iteiten. Katon minafon esinesin ren kesipen faniten tumwunun ei menin neset won ena [ODA websaitika](#) kekeri ewe hotline ren pekin niapen ekei menin neset, 800-448-2474.

## Ian upwe kuna me ia sopwosopwun porous?

- [Oregon Department of Fish and Wildlife, Shellfish & Biotoxins](#)
- [Washington Department of Health, Shellfish & Biotoxins](#)
- [CDC Harmful Algal Blooms \(Afeiengawen Kekitan Algae\)](#)