

## Ika pwe ke nukuw pwe a wor reom ewe hMPXV (semwenin Monkeypox)

hMPXV ese mecheres an epwe tongeni cheufetan. Epwe tongeni toruk ei semwenin hMPXV ika pwe kopwe nomw orun emon mei uri ewe semwen. Mei pwan tongeni toruk ewe hMPXV seni omw attapa ufen emon, an pisekin onnuk, ika pwan ekkoch pisek mei kuw inisin ewe aramas mei uri ewe semwen. Ekan napengeni, monun ewe semwen ekan tongeni tori emon nupwe epwe, kinengeni emon non ew nakatamen fansoun (nap seni 3 awa).

### Weweiti ifan koukun weiresin ewe semwen ngonuk

Ika pwe en mei nomw arapakan ngeni emon mei uri ewe semwen hMPXV, chon angangen ewe public health repwe churuk ren ar repwe angei pwan ekkoch pworous. Ei epwe tongeni ani kich ach sipwe sinei ika ifan koukun efeiengawen ewe semwen ika epwe toruk me pwan ekieki ika pwe kopwe angei ew opposun eppet. An emon epwe angei ewe opposun eppet me murin ar nomw ian mei wor ewe semwen ian mei tongeni anisi ne eppet an esapw tori monun ewe semwen ika esapw napeno ekkewe esisinen semwen.

- **Ika pwe mei watte efeiengawen an epwe toruk:** Nengeni fichi ren pwichikar me pwan ekkewe ekkoch esisinen semwen mei affatetiwe me fan. Opposun eppet mei auchea epwe fis.
- **Ika pwe mei chok ukukeoch efeiengawen an epwe toruk:** Nengeni fichi ren pwichikar me pwan ekkewe ekkoch esisinen semwen mei affatetiwe me fan. Ekkieki kopwe angei opposun eppet ren an epwe eppetuk seni weiresin ewe semwenin hMPXV. Pworous ngeni chon angangen public health won ifan ururun kopwe tongeni fori me pwan noumw we tokter.
- **Ika pwe mei chok kukkun efeiengawen an epwe toruk:** Nenengeni fichi ren pwichikar me pwan ekkoch esisinen ewe semwen. Ese pwan menei omw kopwe angei ewe opposun eppet.

### Katon ren ekoch esisin

Emon ion mei tori ewe virus ren hMPXV epwe nenengein ren ekkei esisinen semwen:

- nipung
- pwichikar  $\geq 100.4$
- epwe pwo non chioran

- fou

Cheki omw tempuchu fan ruw non ew ran. Nenengeni fichi ren ekkewe esisinen ewe semwen non ukukun 21 ran me murin omw nomw ian mei wor monun ewe semwen ian. Esisinen ewe semwen mei tongeni pwopta ese nifinifin inet nefinen 5 ngeni 21 ran .

Ika pwe a wor reom ekkei esisinen ewe semwen, iwe kopwe imwuno seni ekkoch me pwan kokori chon ewe pekin health me non neniomw we ren ar repwe ngonuk ekkoch pwan ourour.

## Ourour

**Ika pwe ese wor reom ekkei esisinen semwen, en mei tongeni sopweno chok ne angang, sukun, me pwan ekkoch met omw mwokutukut.**

Kosapw nomw arapakan ngeni iowe aramas mei semwen tori an epwe wesino unusen nipungun inisin ewe aramas. Kosapw aeani emon cha, chenun non inisum, chenun aup, tissue, ika pwan aea seni emon ekkewe mettoch ika pwe en mei nomw nge nenengeni ekkewe esisinen ewe semewn. Ika pwe epwe watte ngonuk ewe semwen, kosapw fiti ekkewe wa sein uwei aramas ese nifinifin tori an ewe 21 ranin omw kopwe nenengeni epwe muchuno. Ika pwe en chon angangen pekin health, esinei ngeni omw we nenien angang usun pworousen an a toruk ewe semwen.

**Toureochun ei taropwe:** Ren ekkewe aramas mei wor tufichingawen an inisir tongeni ika aramas rese sinei fosun Merika, OHA mei tongeni awora ei taropwe non pwan ew sikkun napanap ren chiakuni, epwe mesemong makkan, ika non makken braille. Kokkori ewe COVID-19 Communications Unit won nampa 1-971-673-2411, 711 TTY ika [COVID19.LanguageAccess@dhsosha.state.or.us](mailto:COVID19.LanguageAccess@dhsosha.state.or.us)