**Ifa Usun Omw Kopwe Tumwunu Noumw Semirit seni Measles me Met Kopwe Esuku ika Emon Aramas mi Tori Measles mi Fiti ewe Sukoon**

Achengicheng Inn me Sam me Chon Tumwun:

Usun ka fen sinei, mi wor ew terin semwenin measles me non Oregon a fen wor 26 keis mi repot me non Marion, Clackamas, me Multnomah Counties seni 08/09/2024. Sia weweiti pwun ekewe inn me sam mi wor ar kapas eis ren met sia tongeni fori faniten tumwunun semirit, me met ekewe sukoon repwe fori ika a wor chon weri ei semwenin measles me non ewe neeni. Ka tongeni tingor kapin an ewe sukoon ototen tumwunun terin semwen [website] ika kekeri ewe ofes [phone number]

Ikei ekoch anapanap mi ouchea sipwe nenengeni:

* Iei fansoun mi och meinisin famini repwe **rifiuwini nour rekorten apwos** me **fori fichi pwun ar apwos mi asofo sefan.**
* **Measles nge ew semwen mi mutir fetan, mi watte.** Ika a wor ew keis me non ew ekewe sukoon, ekewe chon angangen tumwunun manaw me non ewe neeni repwe rifiuwini meinisin rekorten ar chon angang me chon sukoon apwos ar repwe nenengeni ika epwe mutir napono fetanen ewe semwen.
* **Ach anomwu nouch semirit me non sukoon a men ouchea****. Ika fisefisen pwun epwe wor chon weri ei semwen usun measles:** 
  + Chon angangen Local Public Health Authority (LPHA, Meinapen Pekin Tumwunun Manaw) repwe katon ika ewe aramas mi mecheres ngeni an epwe tori measles.
  + Ika pwun mi pwano pwun mi mecheres an epwwe tori, **Ngang upwe angang fengen me ekewe Chon angangen LPHA** am upwe afata ika epwe och ewe aramas epwe imwuno seni ewe sukoon non fansoun mwochomwoch ren 21 ran ika nuseni faniten epetin ewe semwen an esapw napono me faniten tumwunun ewe aramas ([[**OAR 333-019-0010**](https://secure.sos.state.or.us/oard/viewSingleRule.action?ruleVrsnRsn=306682)](https://secure.sos.state.or.us/oard/viewSingleRule.action?ruleVrsnRsn=306682)).
  + Ei kinikinin aimwu fesen mi ki ngeni ekewe **eureur seni state me national ren pekin tumwunun manaw** me mi fis fiti **ekiekin nonomwochun meinisin chon sukoon, chon anganng me chon ekewe sukoon** ren ochun manawer.
  + Ei kinikinin aimwu fesen mi tongeni epwe tamono ika mi napono ekewe keisin measles (iwe pwan napono fetanen semwen)
* Ekewe chon sukoon me chon angang ir mi aimwu fesen seni ewe sukoon murin ar torir measles repwe nomwutiw neimw me towaw seni chon aramasen ewe neeni.

Mi wor sopwosopwen porousen measles me epetin measles me nesekurun ei taropwe.

Ika mi wor omw kapas eis, kose mochen kekeri [insert contact]. Ika mi wor omw kapas eis ika ourek faniten manawen noumw ewe semirit, kose mochen kekeri noumw ewe daktor. Ika en mi oureki momon omw kopwe chuuri daktor, ewe Oregon Health Plan (OHP) mi tongeni anisuk. OHP mi **suk ngeni semirit me serafo meinisin** resan tori 19 ier, **ese nifinifin porousen ar immikrason** ika ir mi tierki ekewe pesepesen moni tonong. Ka tongeni katon porousen amasow [ikei](https://healthcare.oregon.gov/Pages/find-help.aspx).

Kinisou ren omw aninis faniten tumwunun manawen ach neenien sukoon.

Ei taropwe mi kawor non ekoch fosun fonu. Kose mochen kekeri [sending LPHA or school name] ren [insert phone number] ika ke mochen angei kapin ei taropwe non ekoch fosun fonu.

Kinisou ren omw chiechioch.

Non ennetin,

**Porousen measles:**

* Measles nge ew semwenin fairos mi mutir ne fetan fein non asepwan nupwen emon mi tori measles a naw ika mwasi. Mi pwan tongeni fetan ika emon mi atapa chonun potun ika otufan emon mi weri measles.
* Ekewe esisinen measles a poputa ren pwichikar, naw, kusunon chonun potumw, paraparen mas iwe a napono a kapacheta kining mi par mi fis napengeni won chamomw ika won mesomw iwe mi no ngeni unusen won inisumw.
* Aramas ra tongeni nukei ei semwenin measles non ruwanu ran me mwen epwe pwano ekewe kiningaw me tori ruwanu ran wesinon pwanon ewe kiningaw.
* Murin emon aramas ese chuen tongeni tori measles, ekewe esisinen semwen ra fisita murin ew ika ruu week, nge fan ekoch mi tongeni tori unungat week.
* Osukosuken measles mei pachonong menin paikingen non sening, paikingen non neenien ngasangas me, fan ekoch, katan non mokur. Ukukun emon seni 1,000 semirit mi mano seni measles.
* Ekewe aramas resan angei epetin measles nge ir mi nuku pwun mi torir ekewe esisinen measles repwe **akomw kekeri nour daktor ika chon sefei won fonme mwen repwe no ngeni clinic** pwun esapw tori pwan ekoch ewe fairos.
* Ese tongeni toruk semwenin measles ika ew me nein ekei mi pwung:
  + En emon mi nomw non ierin sukoon nge ka fen angei ew ekewe apwosun measles (MMR – measles, mumps, rubella)
  + En emon semirit mi nomw non ierin sukoon ika chon sukoonen college mi angei ruu aian apwosun measles.
  + En emon chon angangen pekin tumwunun manaw nge ka pin angei ruu apwosun measles
  + En emon aramas kese kan angang non pekin tumwunun manaw nge ka pin angei ew apwosun measles
  + En ka uputiw me mwen 1957
  + A fen pin toruk measles, a fen pwunguno meren noumw daktor me apwunguno seni tesin lab
  + Ka fen angei ewe tesin cha mi pwari pwun ese tongeni toruk measles

Ika ke ekieki pwun mi toruk ei semwen measles, kekeri noumw ewe daktor ika ewe putain tumwunun manawen publik non neeniomw ([www.healthoregon.org/lhddirectory](http://www.healthoregon.org/lhddirectory)). Ka pwan tongeni kekeri 211 ren kapas eis faniten measles ika apwos

* Ka tongeni katon minafon porousen ei mater me an tori chon publik won an OHA ena website: <https://www.oregon.gov/oha/ph/diseasesconditions/diseasesaz/pages/measles.aspx>