

Met epwe fis atún om angei ei COVID-19 Test?

Chon angang mi pwonupwonuno non pisekin epetin samau repwe testini non pwotum. Repwe pwurenong ena swab ekis kukunong non pwotum nge esap pwan metek. Ika noum semirit epwe test iwe sipwe tungor kopwe amwochu non poum. E murino en akom kopwe test iwe noum semirit epwap test murin.

Fansoun ka angei pungunon om test

- Ika en mi positive iwe Multnomah County Health Department ina epwe koruk.
- Ika en mi negative iwe Multnomah County Health Department ina epwe koruk.
- Mi wor om pwung won om record ren ei test. Ka tongeni kori ia we ke test ia faniten ar repwe tiin ngonuk om na record.

Ika pun ka positive rene i COVID-19

Ika pun om test mi positive, iwe sia ekieki pwe a wor remw ewe COVID-19 iwe ka tongeni pwan ngeni ekoch ei samau. Emon chon angangen public health ina epwe koruk an epwe erenuk wewen om we test pwan ifa usun om kopwe epeti ewe samau esap tori chiechiom me om family tori an epwe wes senuk ewe samau.

Ewe chon angang a pwan tongeni anisuk om kopwe kuta aninisin om kopwe tongeni eimukeno non ew neeni pun kosap asemweni pwan ekoch. Ra tongeni anisi ngonuk sokopaten aninis seni ekewe nenien aninis ren pekin mongo, senis, aninisin om rent me pwan met en mi need.

Ikei met epwe fis:

- Faniten tumunun om information iwe ewe chon angang epwe eis itom me ranin uputiom.
- Repwe pwan eisinuk io kan aramas ka arap ika kan ngeniir ika chiechi ngenir non ekei fitu ran a no.
- Resap tongeni repwe eisinuk ekoch sokun information ren chowan nampan social, noum taropwen immigration, me pwan porausen noum senis/moni.

Ika pwe mi negative of test ren COVID-19

Ika pwe en mi negative ren ei test, kose mochen kopwe sopweno ne fori angangen tumunochun en me chon arum:

- Tonu poum fansoun meinisin ren soop me konik ika aea sanitizer.
- Awora ukukun 6 feet nefinom me ekoch nupwen ka tou nukun imom ika nein aramas.
- Aea face mask ika epetin won mesom akaewin ika mi weires om kopwe towaw seni ekoch won ukukun 6 feet.