

# Tumunun mongo

Noumuwe Puken Pusin Kaeo



Oregon Health Authority  
Programen Pinepinen Semwen ra Etto seni Mongo

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# Pwata Aneani Ei Puk?

## **Noun Chon Angangen Mongo Kato**

Meinisin chon angangen mongo ra angang non nenien aninisin mongo repwe kan angei echo katon angangen mongo me non 30 ran seni ewe ranin ar poputa ne angang. Ren emon chon angangen mongo, en kopwene kan fofori pwe noumuwe katon angangen mongo a kan sofo seni eom asofono iteiten wunungat ier.

## **Kaeo Kopwe kan fofori**

Ewe atoton ei program a kan an epwe awora ngonuk ew poputan weweiti ren tumunun mongo. Ei epwe kan anisi noumuwe manicho, ina ii a kan wisen an epwe tumunu pwe en ka kan amona me pwan atowowu mongo non tumun. **Echo katon chon angangen mongo a kan afatano pwe en ka kan tori met ewe kaeo epwe kan tori non ei puk.**

## **Ponu fengen me pwan Wewe fengen**

Ekkena aramas ir a wor ew nour minafor certificate seni ew program mi kan apunguno seni ewe department ren manicho esapw pwan angei echo katon chon angangen mongo.

Ren eom kopwe asepenong no ew neni ren echo katon chon angangen mongo, echo certificate ren manichon mongo epwe kan minafu me pwan asofosefan nupwen a sopweno.

Maaken ika digital kapiin ekkewe katon chon angangen mongo me pwan certificatin kaeon manichon mongo epwe kan iseis non ewe neni ren an epwe pwarngeni ewe chon chekin semwen nupwen a eis.

**Ifa usun  
eom kopwe  
eaea ei puk**

Ei puk a kan foforun an epwe anisuk eom kopwe kaeo met kopwe mochen sinei ren eom kopwe angei echo katon chon angangen mongo. En kopwene kan mochen ew skor ren 75% ren eom kopwe pass. En kopwene kan tes won ekkewe kaeo ngeni met sipwe tori ina ra kan maaketiw won peich kena (4-9). Me non ei puk en kopwene kan kuuna kapaseisin kaeo kena ina repwe kan anisuk eom kopwe moneta ren eom kopwene angei ewe tes ren ewe katon angangen mongo. Nesopwenon ewe puk ina ew sosotun tes ren eom kopwe angei me pwan kuuna ifa usun met ka fori.

Ekkena kapas ina ra kan **maak non italic** me pwan **fouchoneno** ina ra kan awewe non ewe atetenin maak a nom non nepenienukun ei puk.

**Emon  
"Aramas  
non  
Nemenem"  
ii Epwene  
kan Fofori  
pwe**

Emon non eomuwe kafie epwene kan non nemenem nupwen fansoun meinisin eom kewe awan angang. Ei aramas a kan nemenem (PIC) a kan wisen an epwe sinei ekkewe annukun nimenimen mongo me pwan ekkewe foforun kena me non eomuwe nenien angang. Ei aramas a kan wisen ren an epwe awora ngonuk poraus kena en ka mochen ren eom kopwe fofori eom angang.

Ei PIC ii a kan iteiten ii emon manicho ika minapen angang nge epwene chok emon ina ii a kan tongeni pwarano ewe sisinei a kan maaketiw me asan me pwan a kan angei ewe apechakun ren a epwe nemeni pwan ekkoch chon angang kena.

# Iseni Ei Puk pwe kopwe Nounou pwe ew Nenien

## Poraus

Ei puk a kan noum me pwan kopwe kan iseni arum pwe ika a wor eom kapaseis. Ika pwe eoch mettoch a fis nge ina en kose kan tongeni ponuwani seni ei puk, iwe esini ewe "aramas non nemenem" ika kori eomuwe county department non enieom ren aninis.

Nampan fon ren ewe **health department non nenieom non eomuwe county**:

Baker	541-473-5564	Lake	541-947-6045
Benton	541-766-6841	Lane	541-682-4480
Clackamas	503-655-8384	Lincoln	541-265-4127
Clatsop	503-325-9302	Linn	541-967-3821
Columbia	503-397-7210	Malheur	541-473-5186
Coos	541-266-6720	Marion	503-588-5346
Crook	541-447-8155	Morrow	541-278-6394
Curry	971-673-0440	Multnomah	503-988-3400
Deschutes	541-322-7400	Polk	503-623-9237
Douglas	541-440-3574	Sherman	541-506-2603
Gilliam	541-506-2600	Tillamook	503-842-3943
Grant	541-575-0429	Umatilla	541-278-6394
Harney	541-573-2271	Union	541-962-8800
Hood River	541-387-6885	Wasco	541-506-2603
Jackson	541-774-8206	Wallowa	971-673-0440
Jefferson	541-475-4456	Washington	503-846-8722
Josephine	541-474-5325	Wheeler	541-763-2725
Klamath	541-883-1122	Yamhill	503-434-7525

# An Chon Angangen Mongo Kaeo Met Kopwe Sinei seni eom Kaeo kena

*Chon angangen mongo kena repwene kan sinei ei poraus ren ar repwe angei nour katon chon angangen mongo.*

Ewe ekkiek ren semwen ra etto seni mongo epwene kan atoranong. Ewe kaeo epwene kan fofor ngeni nieochun aramas, monungaw, me pwan awukukun tempichu ren ar repwe apechakuna an ewe chon angangen mongo napenap kena, pwe ina epwene kan tongeni pinei semwen kena ra etto seni mongo.

## Semwenin Chon Angang

1. Ewe chon angangen mongo epwe sinei pwe epwe kori ewe aramas non nemenem non ewe nenien atowowun mongo nupwen a semwen ren diarrhea, mwus, jaundice, ika pwichikar fiti metekin non uwon.
2. Ewe chon angangen mongo epwe kan sinei pwe esapw angang non ewe nenien atowowun mongo nupwen a semwen fiti ekkei asisinin semwen.
3. Ewe chon angangen mongo epwe sinei pwe esapw angang non katowowun mongo ren 24 awa murin ekkewe asisinin semwenin diarrhea ika mwus ra wasino.
4. Ewe chon angangen mongo epwe sinei pwe esapw angang ngeni mongo fiti ew semwenin boil, pokupok, kaar, ika tomwun won poun ika anun poun. Repwene kan tongeni anganga mongo ika pwe ewe feiengaw mi kan pwonupwonuno fiti ew bandage mi nimeoch me pwan ew kurop ese wor lates non.

## Tonun poum

*Chon angang kena repwene kan weweiti ekkewe foforun eochun tonun poum.*

1. Ewe chon angangen mongo epwene tongeni aaitata ewe foforun tonun poum mi pung:
  - Eaea kusun chenipwich me sop
  - Srubini poum kena me pwan tonufichieno (arapakan 20 seken)
  - Apwesa poum kewe fiti ew eaeen fan ew chok towel, ika apwesa seni ew apwasen asepan.
  
2. Ewe chon angangen mongo epwene kan tongeni aaitata sakkun fansoun kena nupwen chon angangen mongo kena repwe kan tonu pour kena:
  - Me mwan poputan angang
  - Murin eaeen ewe toilet me pwan sefan nupwen a tonong non ewe nenien angang
  - Murin angang ngeni mongo mi amas me pwan mettochun maan kena mi amas
  - Murin fofor ngeni pineit kena mi nimengaw
  - Murin fofor ngeni kapich
  - Murin animenim ika eaeen chemical kena
  - Murin apouwow pwotum, mwasew, naw, ika atepa mesomw kena, pwotum ika awom
  - Murin eomw wuun supwa, ika eaea mettochun supwa kena
  - Murin eom mongo ika wuun
  - Me mwan eom atonong non noum kuropwen atowowun mongo kena
  
3. Ewe chon angangen mongo epwene kan sinei pwe ew aruwowen tonun poum a wewen pwe kopwe asopunano poum kena fiti sop me konik mi pwichipwich ren arapakan 20 seken, tonuweno, me pwan fori sefani ew aruwowen fansoun. Apwasa poum fiti towel kena mi taropwe ika apwas seni asepan.



4. The food handler will be able to identify situations when food handlers must wash their hands twice (double handwash):
  - After using the toilet and again when entering work area (double handwash)
  - Murin apouwow pwotum, mwasew, naw, ika atepa mesomw kena, pwotum ika awom (aruwowen tonun poum)
  - Me mwan poputan angang (aruwowen tonun poum)
  - Iteiten fansoun kena poum kena ra atepa ngeni chonun inisum (aruwowen tonun poum)
  - Murin eomw wuun supwa, ika eaea mettochun supwa kena (aruwowen tonun poum)
  - Murin mongo ika wuun (aruwowen tonun poum)
5. Ewe chon angangen mongo epwene sinei pwe kuropwen atowowun mongo kena ra kan tongeni afeinfetanei monungaw me pwan ir rese kan ew siwinin ren eochun tonun poum kena.
6. Ewe chon angangen mongo epwene sinei pwe wuunun supwa, mongo, me pwan mongon supwa ese kan mumuta non nenien amonen mongo, mi pachenong nenien mongo me pwan pisekin mongo.

## Met Kopwe Fori ren Aninisin Pinepinen Semwen a Etto seni Mongo

1. Ewe chon angangen mongo epwe tongeni an epwe kapas usun nimu watten mwaan kena ina iteiten ra kan popun semwen kena ra etto seni mongo.
  - Ngawen nafen tonun poum
  - Chon angang kena ra kan angang nupwen ir ra kan semwen
  - Amanungawenon Chomong
  - Ngawen nafen tempichun kuk kena
  - Ngawen nemenemen tempichu (mut ngeni mongo ar repwe nom non ewe feiengawen awukukun)
2. Ewe chon angangen mongo epwene kan tongeni an epwe kapas usun ekkewe fofor ra for seni chon angangen mongo kena ina ra kan pinei semwen ra etto seni mongo seni an epwe fis. Foforun pinepinen semwen ra etto seni mongo mi pachenong:
  - Foforieochun tonun poum iteiten fansoun poum kena meni ra kan nimengaw
  - Chon angangen mongo kena repwene chok angang nupwen ir mi pechakun
  - Iseisen me pwan angangen mongo kena non ew sakkun ren ar repwe pinei nimengaw
  - Kuku ew me ew mettoch seni maan ngeni an tempichun non kena repwe kan fofori
  - Iseisen tempichu pwichikar me patepat kena (iseni mongo kena seni non ewe nenien feiengaw)

## Wisən Ofesin Nemenem non Aninisin Pinepinen Semwen ra etto seni Mongo

1. Ewe chon angangen mongo epwene sinei pwe ewe manicho a kan atetenata ewe forun met foforun tumunun mongo a fis ika ese kan fis me non ewe nenien angang.
2. Ewe chon angangen mongo epwene sinei pwe ewe ofesin nemenemen atowowun mongo ii a kan wisen ren asukuna me pwan tumunu pwe chon angangen mongo repwene kan sosoteni fofor kena repwene pinei semwen kena ra etto seni mongo.

## Semwen ra etto seni Mongo

1. Ewe chon angangen mongo epwene tongeni an epwe kapas usun semwen kena ra etto seni mongo pwe ew semwen a punguno seni ar eni mongo mi nimengaw.
2. Ewe chon angangen mongo epwene sinei pwe mongo mi nimengaw seni maan kena (maanungaw)rese kan iteiten wununun, tengutongun, ika nanareno a kono seni mongo kena rese kan nimengaw.
3. Ewe chon angangen mongo epwene sinei pwe asisinin semwen a kono me epwene pwan pachenong diarrhea, mwuus, pwichikar, metekin inis me pwan eiengaw.
4. Ewe chon angangen mongo epwene sinei pwe anongonong won ewe popun, asisinin semwen kena, epwene forata non ekkoch minich tori ekkoch ran. Ekkoch asisinin semwen kena repwene kan tameno ngeni ekkoch ra me pwan punguno non mano.
5. Ewe chon angangen mongo epwene sinei pwe semwen kena ra etto seni mongo a kan poputa seni maan kena (monungaw), chemical kena, ika mettochungaw kena.

## Nemenemen Tempichu

*Chon angang kena repwene weweiti pwata pwichika me patepat iseisen tempichu kena ra kan mettoch mi auchea non pinepinen semwen.*

1. Ewe chon angangen mongo epwene tongeni aitata mongongaw kena repwene kan mongo ina repwene anisi maritan monungaw nupwen ra iseni non tempichu kena non ewe nenien feiengaw.
2. Ewe chon angangen mongo epwene tongeni an epwe aitata ewe nenien feiengaw pwe ekkena tempichu nefinen 41 degrees F me 135 degrees F.
3. Ewe chon angangen mongo epwene tongeni aitata pwe mongo kena ra kan apatepat ika apwichipwich repwe kan mokutuwow seni non ewe nenien feiengaw non amutirino ra kan tongeni fori.
4. Ewe chon angangen mongo epwene tongeni an epwe aitata 135 degrees F ika pwichar seni pwe ewe fichin tempichu ren pwichikaren iseisen mongongaw.
5. Ewe chon angangen mongo epwene tongeni an epwe aitata 41 degrees F ika patepateno seni pwe ewe fichin tempichu ren pwichikaren iseisen mongongaw.
6. Ewe chon angangen mongo epwene sinei pwe en kose kan tongeni fori pwe mongo repwe tumun ne mongo nupwen mongo ra kan nom non ewe nenien feiengaw ren ruwanu awa ika napeno seni.

## Saingonon Tempichun Kuk

*Chon angang kena repwene weweiti pwata kukun mongo ngeni eochun tempichu kena ra kan mettoch mi auchea ren pinepinen semwen.*

Ewe chon angangen mongo epwene tongeni an epwe aitata pwe kukun mongo ngeni ewe tempichu ra pesei epwene nieno monungaw kena ra popun semwen kena.

## Amonungaw me pwan Amonungaweno ngeni ekkoch

*Chon angang kena repwene weweiti pwata amonungaweno ngeni ekkoch a kan afeiengaw me pwan sinei sakkun kena ren pinepinenon.*

1. Ewe chon angangen mongo epwene tongeni an epwe aweweni me pwan aitata foforon amanungaweno pwe mettochun ngaw kena ra tonong non mongo seni accident. Mettochun mongo kena repwene toto nge ra fen amonungaweno fiti pwun me pwan ekkoch mettoch kena.
2. Ewe chon angangen mongo epwene tongeni an epwe aweweni me pwan aitata amanungaweno ngeni meinis nupwen ra fis nupwen kukunun maan kena ra kan amweteno seni ew mongo ika neni ngeni pwan ew mongo.
3. Ewe chon angangen mongo epwene tongeni an epwe aitata sakkun fofor kena ne pinei amonungaweno ngeni meinis usun chok tonun, tonuweno, me pwan nimeochun pisekin mongo, nenien angang kena me pwan pisekin angang nefinen eaeen kena.
4. Ewe chon angangen mongo epwene tongeni an epwe aitata ususun nenien iseis kena ina repwene kan akisinano an epwe fis amonungaweno ngeni meinis.
  - Iseni fituk kena rese kuk me fan me pwan unusen eimuno seni mongo ra moneta ren mongo non nenien reichoko kena.
  - Iseni chemical kena, pisekin nimenim kena me pwan safean ninin maan unusen eimuno seni mongo, pisekin mongo kena, me pwan ew chok atowowun mettoch kena.
  - Maakeieochu meinis chemical kena, pisekin nimenim kena, me pwan safean ninin maan kena.

# Pusin Eom Pechakun Epwene Etto me Mwan

Angang  
Chok  
Nupwen En  
Mi  
Pechakun

Ika pwe en ka kan mefi semwen iwe en kosapw no angang. Ewe monungaw ka kan uwato ngeni angang a kan tongeni feinfetan nupwen ka kan atepa mongo, sepi kena, counter kena, pisekin mongo kena, me pwan ekkoch aramas kena.

- Kosapw angang ika pwe en ka angei ew pwichikar me metekin non uwom
- Kosapw angang ika en ka kan angei mecheresin annow (diarrhea)
- En kosapw angang ika en ka kan mwuus (mwuus)
- Kosapw angang ika pwe kinum a rameno ika chuchum a choneno anuwen usun tea (jaundice)

Witiwit ren esapw moch seni 24 awa kena murin mwuus ika diarrhea ra wasino me mwan eom niwinsefan ngeni angang.

**Ereni noumuwe manicho** ika pwe en ka angei ew ekkei asisinin semwen kena. Ika ewe manicho a wor an kapaseis kena, ewe mwan/fein a kan tongeni kori ewe County Health Department.

Kosapw angang ngeni mongo fiti ew **semwenungawen** boil, kaar, pok, ika kinas won poum. Repwene kan tongeni anganga mongo ika pwe ewe feiengaw mi kan pwonupwonuno fiti ew bandage mi nimeoch me pwan eaea ew kurop ese wor lates non.

## Cheki

Maakei eom ponu kena ngeni ewe kapaseisin kaeo non ewe neni mi kawor.

1. Meta wewen an epwe wor emo aramas non nemenem (PIC) non eom nenien angang?

2. Meta kopwene fori non angang nupwen en ka kan semwen?

3. Meta ekkewe nimu asisinin semwen (ika pwe en ka kan angei ew ekkena)ina en kopwe kan ereni noumuwe manicho?

4. En kopwe kan witiwit 24 awa me mwan eom kopwe niwin ngeni angang murin meta ekkena asisinin semwen ra wasino?

## Pinei Feinfetanen Semwen

**Tonun Poum  
a kan  
Fakkun  
Auchea**

Tonu poum kena iteiten nupwen ka angang fiti mongo me wuun kena - ei a kan nimetano ekkewe monungaw kena ra kan asemweni aramas. Tonu poum kena ren arapakan **20 seken** fiti kusun chenipwich me sop, me pwan apwasar fiti taropwen towel kena mi nimeoch, ika ew apwas seni asepan.

Chechemeni pwe kopwe kan iteiten tonu poum kena.

- **Me mwaneom** poputa ne amona mongo kena
- **Me mwan** eom atepa mongo kena resapw kan pwan kuk
- **Me mwanen** ka kan eaea kurop kena ese wor tatex non me pwan murin eom punutirewow
- **Murin** eom angang ngeni mongo ese kuk fituk, iik, me/ika sokun
- **Murineom** anganga kapich me pwan uwawow kapich nukun
- **Murinfofor** ngeni pineit kena mi nimengaw
- **Murin** animenim ika eaeen chemical kena

Tonun poum fan ruwow epwene kan fofori me mwan poputa angang, me pwan nupwen poum kena ra kan atepa chonun inisum kena. Kopwe asopunano poum kena fiti sop me konik mi pwichipwich ren arapakan 20 seken, tonuweno, me pwan fori sefani ew aruwowen fansoun. Apwasa poum fiti towel kena mi taropwe ika apwas seni asepan.



**Tonu poum  
Fan ruwow**

Mi kan auchea eom kopwe tonu poum kena fan ruwow:

- **Murin eom no ngeni ewe restroom**(eaea ewe toilet) me pwa tonu poum kena pwan fan ew nupwen ka niwin ngeni ewe kitchen
- **Murinen** ka mongo ika wuun ew wuun mi wuuk.
- **Murinen** ka kan apouwun pwotum, naw ika mwasew, pokiten poum kena ra kan atepa potum ika amwom
- **Murin** eomw wuun supwa, ika eaea mettochun supwa kena

**Monungaw  
ra kan Non  
Neni  
Meinisin**

Monungaw kena usun chok **bacteriame virus kena** ra kan nom non neni meinisin. Ekki eki ren poum me awutum kena ra kan mecheres ne "monungaweno." Pokiten chok ra kan nengeni pwe ra nimeoch ese kan wewen pwe ir mi nimeoch. Monungaw kena ra kan fakkun kukun ren eom kopwe kuuner fiti mesom kena. Ika pwe en kose kan tonu poum kena non ewe sakkun mi eoch me pwan puku kuun poum kena pwe repwe mwoch, poum kena repwene kan isenanong monungaw non mongo kena ina repwene kan mongo seni noum kena chon kamo. Ir repwene kan semwen seni ekkei monungaw kena. Ei ra kan aiita ngeni "**semwen ra etto seni mongo**" ika "poisonen mongo."

**Kurop me  
Tonun poum**

Kurop me pwan ekkoch tit kena resapw kan siwini tonun poum. Tonu poum kena me mwan eom eaea kurop kena me pwan nupwen ka kan siwin ngeni pwan ew minafon.

Siwini eom kurop kena:

- Nupwen chok ra kan nimengaw me tefino
- Me mwan eom poputani ew sakonon fofor
- **Murin** eom angang ngeni ese kuk fituk kena, iik, ika sokun

## Cheki

Maakei eom ponu kena ngeni ewe kapaseisin kaeo non ewe neni mi kawor.

1. Meta ra aita ngeni nupwen emon a kan semwen seni a eni mongo mei menungaweno fiti menungaw ika poison?

2. Ifa tamen eom kopwe kan tonu poum kena?

3. Inet kopwene kan tonu poum kena?

4. Meta ew tonun poum fan ruwow?

5. Inet kopwene kan fori ew tonun poum fan ruwow?

## Fofor kena ren Chon Angang

- Tumunu ren Ifa Usun Ununum me pwan Ifa Met Ka Fofori?** Kosapw wuun supwa ika eni temak nupwen en ka kan angang ika nupwen en ka kan arap ngeni mongo ika nenien tonu pineit kena. Wuun supwa chok nupwen en ka nom non ew asoso. Murin eom wuun supwa, tonu poum kena me mwan eom niwin ngeni angang.
- Kuun poum kena** Tumunu pwe kopwe tonu fan kuun poum kena. A kan fokkun mecheresino eom kopwe tumunu nimeochun kuun poum nupwen ra kan mwocheno.
- Kurop kena ra kan tongeni afeinfetanei monungaw kena** Kuropwen eaeen fan ew chok ren inetin mongo a kan tongeni afeinfetanei monungaw kena. Iteiten chok tonu me pwan apwasa poum kena me mwan eom tonong non noum kurop kena. Tonu sefan nupwen ka towow seni noum kena kurop. Siwini noum kurop nefinen fofor kena. Nupwen en ka kan eaea kurop kena kopwe sinei pwe kurop kena ra kan afeinfetanei monungaw kena ngeni mongo resapw pwan kuku. Nge nupwen mo en ka kan eaea kurop kena, epwene kan eoch ren eom kopwe tumunu pwe kuun poum kena ra kan mwochomwoch.
- Wuunumwom kena** Nupwen en ka kan mwor nupwen ka kan angang, en kopwene kan tongeni wuun seni ewe kapen wuun mi kesip fiti pwonun me pwan straw ika kap fiti pwonun me amwochun. Ei a kan chok mumuta ika ewe chon angangen mongo a kan tumunufichi ren an epwe pinei amonungawanon poum kena, pisekin angang, ew ekkena pisekin inet, me pwan mongo mi pwano.

# Meta a Kan Asemweni Aramas Seni Mongo?

## Semwen a etto seni Mongo

Aramas ra kan tongeni semwen nupwen ewe mongo ra eni a wor monungawen. Monungaw ra kan popun *rensemwen ra etto seni mongo* ika poisonin mongo.

## Mongo Meni repwene kan Afeiengaw (Fansoun/Tempichu Nemenem ren Tumunun mongo)

Monungaw kena ra kan mutir marita non mongo kena usun chok fituk, iik, sokun, milk, beans ra ferain sefan, rais kuk, potato mi uumw, me pwan vegetables kena mi kuk. Ekkei ra kan aiita ngenir *meni ir mongo kena mi afeiengaw*. Ekkei meinisin ir ra kan mongo kena ir mi chonuchon, me pwan ir a kan wor rer ekkena mettoch ekkewe monungaw ra mochen ren ar repwe marita. Monungaw kena ra kan marieochuno won ekkei mongo non tempichu mi pwich nefinen 41°F me 135°F.

## Monungaw

Sakopaten monungaw kena ra kan tongeni asemweni aramas. *Bacteriara* kan ew sakkun monungaw. Ira kan mutir marita me pwan ir repwene kan popun*semwen ra etto seni mongo*. Ekkoch*bacteriara* kan forata ekkena monungaw ra foforino usun ew poison. Kukun ese kan nieno chomong poison kena. Arapakan iteiten, ewe mongo a kan nenen me pwan eoch tengutongun, nge meni a kan angei nafen*bacteria* ika poison ren an epwene asemweni emon. Poison kena repwene kan fisinong non chomong mongo kena resan mo iseis non nafen patepat ika naf pwichikarer.

**Pwan ekkoch  
Monungaw  
kena**

Ew **virusii** pwan ew sakkun monungaw kena ra kan popun semwen nupwe a kan tonong non ewe mongo.

**Viruses**

En kopwene kan angei ew virus nge kose mo sinei. Nge ika mo me mwan eom poputa ne mefi semwen, en kopwene kan pasenao virus kena ngeni non ewe mongo seni eom kose tonu poum kena murin eom naw, mwasew ika eaeen ewe toilet. Iei ew popun pwata ewe annuka **fori pwemeinisin** chon angangen mongo kena repwe tonu pour fan ruwow(**tonun poum fan ruwow**)me pwan eaea watten sop me pwan chonupwich.

**Parasites**

Kukun wuun kena ra kan nom non iik me fituk ra kan aiiti ngenir**parasites**. Kukuni iik me fituk ngeni ewe eochun tempichu epwe nieno**parasites** kena.

**Chemicals  
kena**

Aramas repwene pwan semwen nupwen**chemicals**ra tonong non ewe mongo. Tumunu pwe kopwe iseni chemical kena towaw seni mongo.

**Mettochun  
Amonungaweno**

Mettochun amonungaweno a kan nupwen mettoch ra etto me esen ra kan katonong seni accident non ewe mongo. Mettochun mongo kena repwene toto nge ra fen amonungaweno, fiti pwun me pwan ekkoch mettoch kena. Mettochun amonungaweno usun chok katan kinas a kan pwan tongeni fis non ewe nenien angang.

**Mongo mi  
Monungaw**

Ewe mongo a kan monungaw Iwe iei meta? **Poutan**omongo mi monungaw me pwan asinei ngeni noumuwe manichonon **mutirin fansoun!**

# Tempichun Mongo

<b>Nemenemen Tempichu (ren Tumunun Mongo)</b>	Ei kinikin a kan usun ninin monungaw fiti kukun me pwan awukanon maritar seni iseisen ewe mongo non pwich ika pat. Ei a kan iten <b>nemenemen tempichu</b> , me pwan eomuwe kafie epwene kan mochen esapw kis seni ew mi wenechar efoch mechan puropuren (mongo) thermometer ren an epwe cheki tempichun mongo kena.
<b>Ewe "Nenien Afeienga"</b>	Monungaw kena usun <i>bacteriara</i> mochen fansoun, mongo, me pwan chonuchon ren ar repwe marita. <b>Ewe tempichu nefinen 41°F (5°C) me pwan 135°F (57°C)</b> a kan iten ewe <b>"Nenien Feiengaw!"</b> Nupwen mongo ra kan nom non ewe <b>"Nenien Feiengaw"</b> , <i>bacteriara</i> kan mutir marita me pwan fori poison kena ina repwene kan asemwenuk me pwan ekkoch kena.
<b>Inet sipwene Poutano Mongo</b>	Mongo kena ra kan nom non ewe Nenien Feiengaw ren nap seni ruwanu awa repwene kan poutuno. Apwichi sefani ewe mongo epwene nieno ewe bacteria, ngen ekkewe poison (ra forita seni bacteria) epwe chuen nom non ewe mettoch me pwan poputani semwen.
<b>Kukuni Mongo</b>	Kukun mongo kena rese kuk ngeni ewe eochun tempichu epwene nieno monungaw kena ra kan poputani an aramas repwene semwen.
<b>Inetena Mongo kena ra Kuk ra kan Tumun?</b>	Sakopaten mongo kena repwe kan tori sakopaten tempichu kena ren ar repwene kukuno ika tumun. Eisini noumuwe manicho an epwe pwarngonuk ew charten tempichu ren kukun fituk kena ( <b>nengeni porausen non pekin nukun ei puk</b> ). Tumunu pwe kopwe kuku ewe mongo tori ewe tempichu a pwano won ewe chart.

<b>Chechemeni</b>	En ka kan tongeni fini ekkoch sakkun kewe eom kopwe kuku mongo. Ese nifinifin ifa usun eom kuku ewe mongo, ii epwe kan tori ewe pungun tempichun kukun. Eaeen efoch metan purein thermometer a kan chok ewe sakkun ren eom kopwe sinei ewe pungun tempichun ewe mongo. Kopwene kan isenanong ewe thermometer non ewe ewuchan pekin ren ewe fituk ika non ewe nukonapen ren eom kopwe angei ewe wenecharen anean.
<b>Amwochun Patepat</b>	Iteiten chok iseni mongo mi pat non 41°F (5°C) ika pat seni. Iik, shellfish, sokun, milk me fituk mi paar repwene nom tamen eochunon ika pwe en ka kan isenir non pat non 41°F (5°C) ika pat seni.
<b>Amwochuk Pwichikar</b>	Murin ewe mongo a kan kuk me pwan moneta an epwene inetiwow, en kopwene kan mochen iseni pwe epwe naf pwichin ren an epwe awukano ew ekkena monungaw seni an epwe marita. En kopwe kan akunata ewe chepenin pwichipwich, apwichipwichin sup me pwan nenien pwichipwich me mwan eom kopwene mochen ir pwe ir repwene naf pwichir nupwen en ka kan isenanong ewe mongo a kuk non ir. Iseni mongo mi pwich non 135°F (57°C) ika pwich seni.
<b>Kopwe Apwichi</b>	Aruwa ewe mongo ren an epwe anisi an epwe tumunu pwe ekkewe mongo me won ra kan pwich. Ew pwonupwon won ew pan epwene anisi iseisen ewe pwich non.
<b>Kopwe Apata</b>	Mongo kena ra kan iseis non pat won ewe kinikinin won ewe nenien amonetan mi apatepat a kan pwan nomot seni an kan pwonupwonuno.

## Cheki

1. Met ewe tempichun ren amwochun mongo non pwich?
2. Met ewe tempichun ren amwochun mongo non pat?
3. Meta pwan ekkewe sakkun ren anisin iseisen mongo non pwich?
4. Pwata sipwene eaea ewe efoch mechan purei thermometer?



## Foforon Tumunun Iseis kena

En ka kan mochen meinisin ekkewe mongo ka eaea ar repwe pechakun me tumun. Ei kinikin a kan poraus usun ifa usun tumunun iseis me angangen mongo.

### **Amanungawenon Chomong**

*Amanungawenon chomonga* kan fis nupwen monungaw seni mongo rese kuk ika nimeoch ra tonong non mongo kena ra kan moneta ar repwene inetiwow ika ina resapw kuk sefan me mwan en ka kan inetirewow.

### **Iseisen Tumunun Mongo seni Amonungawenon chomong**

Puun en emon chon angangen mongo en kopwe kan pineiamonungawenon **chomong**. Iei ekkei ekkoch auchean sakkun kena kopwene kan pineiamonungawenon **chomong**.

Iseni ekkena rese kuk fituk, iik, me chuko won ekkewe shelves me fan non ewe reichoko.

Kosapw mut ngeni ekkena rese kuk fituk; kow, pik, sip, iik, ika chuko ar repwe soputiw won ekkena mongo ina ir resapw kan kuk me mwan inetirewow.

Iseni sakopaten sakkun fituk kena rese kuk eiemuno seni ew me ew.

Iseni mongo kena rese nimenim ika mongo rese kuk towow seni mongo kena ra moneta ne mongo.

Tonu poum kena nefinen angangen fituk rese kuk me pwan mongo kena resapw pwan kuk me mwan ar enir.

**Iseisen  
Tumunun Mongo  
seni  
Amonungawenon  
chomong**

Kosapw fakkun iseis mongo kena ina ir resapw pwan kuk me mwan inetirewow non ewe chok nenien iseis mongo fiti ekkena rese kuk fituk, iik ika chuko.

Tonu poum kena me mwan angang ngeni mongo me pwan me mwan eaeen kurop kena.

Eaea pisekin mongo kena ika kuropw kena kopwe poutireno murin eaeer ren eom kopwe angang ngeni mongo kena ra moneta ne mongo.

Tonu, tonuweno, me pwan **nimeochuwe** nenien pokupok me pwan meinisin pisekin mongo kena me pwan **saapiteiten fansoun** en ka kan was ren ew angang ika nefinen amonen sakopaten mongo kena.

Eaea pisekin mongo kena remi nimeoch nge esapw poum kena ren katowowun mongo.

Isenano mongo kena towaw seni pisekin nimenim me poison kena.

# Ew Nenien Angang mi Nimeoch a kan Tumununo

A kan nap seni chok sop me konik ren tumunun ew bisinisin mongo an epwe nimeoch me tumun. En a kan napeno ususun pwe kopwene eaea detergents me sanitizers kena.

## Tapwei Ekkei Auchean Annuk

- Kopwe sinei met ekkewe afanefan ra era ren eaeen chemical kena. Aneani ekkewe tukutukun me pwan kapas ngeni noumuwe manicho usun inet eom kopwe eaea ekkena me pwan ifa wukukun kopwe eaea. **Tumunu pwe kopwe weweiti me pwan tapwei ekkewe afanefanen kena!**
- Iseni ekkena chemicals towaw seni mongo me pwan pisekin mongo kena mi nimeoch. Ika pwe chemical kena repwene kan iseis non ewe chok rूम, tumunu pwe ir ra kan iseis non ar pusin neni. Ewe neni epwe kan fan ekkewe mongo me pisekin mongo kena, pwe esapw wor fansoun ren an ekkewe chemicals repwe seretiw won ekkewe mongo me pisekin mongo kena.
- Met en ka tongeni aneani ekkewe tukutukun? Met ir ra mecheres ar repwe kuner? Ika pwe ir rese kan, iwe eisini noumuwe manicho pwe epwe tukutuku sefanir pwe meinisin repwe tongeni aneanir.
- Iseni meinisin chemical kena non ekkewe rume ika pwor ra etto non. Ika pwe en ka kan isenirenong non ew sakonon nenien iseis, iwe afata maaker.

**Pisekin mongo kena, Neni kena, me Pisekin angang**

Pwan ew sakkun ren pinepinen amonungawenon chomong a kan ren ach sipwe tumunu pwen pisekin mongo kena, ngenien angang kena me pwan pisekin angang kena ra kan tonur, tonureno, me pwan animenieochuno nefinen eaear.

- **Tonir** non konik mi pwich fiti sop
- **Tonurenonon** chonupwich mi nimeoch
- **Animeochurfiti** minafon sanitizer ra amoneta (1 tori 2 teaspoons seni bleach ren 1 gallonen konik)

**Afanefanen kena**

Tapwei ekkewe afanefanen nimenim kena ren ew me ew pisekin angang kena.

**Chechemeni**

Ekkewe pungun atetenin ren nimenimen pisekin mongo kena, neni kena mongo a nom wor me pwan pisekin angang kena ra kan:

1. **Tonu**
2. **Tonuweno**
3. **Animeochuweno**



## Cheki

Maakei eom ponu kena ngeni ewe kapaseisin kaeo non ewe neni mi kawor.

1. Ifa we kopwene kan iseni chemical kena non anapenap ngeni mongo?

2. Ifa we me non ewe rechoko en kopwene kan iseis fituk ese kuk?

3. Meta we amanungawenon chomong?

4. Meta ekkewe ruwow sakkun ren pinepinen amanungawenon chomong?

1.

2.

5. Met kopwene fori ika pwe mongo kena ra kan monungaweno?

# Atetenin kapas

**Bacteria** -- Bacteria ra kan ekkena monungaw fiti ew chok cell ina ra kan tongeni akapacheno non watten nampar nupwen mongo a kan nom non ewe nenien afeiengaw ren napseni 4 awa.

**Chemicals** - Non ei puk, chemicals kena ra kan atoto ngenir pwe masowen non nimenim, animeochun, ika pisekin pesticide kena ina ra kan asemweni aramas ika pwe ra eni.

**Amwochun Pat** -- Amwochun pat a kan nupwen en ka kan iseni mongo pwe repwe pat seni eaeen reichoko ika ice.

**Amonungawenon Chomong** -- Nupwen monungaw kena seni ew mettochun mongo a kan paseno ngeni pwan ew mettochun mongo, a kan iteiten mongo ese kuk ngeni mongo ra moneta ren mongo.

**Nenien Feiengaw** -- Ewe Nenien Feiengaw a kan nupwen ewe tempichun mongo a kan nefinen 41°F (5 °C) me 135°F(57 °C). Ei ra kan aiita ngeni nenien feiengaw pokiten bacteria repwene kan mutir marita nefinen ekkei tempichu.

**Semwen ra etto seni Mongo** -- Semwen a poputa seni monungaw kena ika poison kena non mongo. Ei ra kan pwan aiita ngeni poisonin mongo.

**Thermometerin Mongo** -- Efoch mechan purei thermometer ra kan eaea ren angaiin tempichun mongo.

**Amwochun Pwich** -- Amwochu mongo non pwich murin an a kan kukieochuno ika apwich sefan. Mongo epwe kan nonom non ew tempichu seni 135°F (57 °C) ika pwich seni.

**Semwenino** -- Ew pokupok ika kaar ina a kan pwono, paar, ika a wor an pus.

**Parasites** -- Ekkei ra kan kukun wuun kena ir ra kan nonom non iik, fituk, me pwan aramas.

**Meni repwene Afeiengawen Mongo kena (Fansoun/Nemenemen Tempichu ren Tumunun Mongo)** -- Chonuchon, mongo kena ra kan uur ren nutrient ir ra kan anisi ewe maritan bacteria nupwen ewe tempichu a kan nenfinen 41°F (5 °C) me 135°F (57 °C).

**Apwichi sefani ren Amwochun Pwich** -- Ewe fofor ren forun ew mongo mi pat an epwe pwich me mwan eom isenanong won ew nenien apwichipwich. Mongo kena repwe kan apwichipwich seni 41°F (5 °C) tori 165°F (74 °C) me non ruwow awa.

**Animeochun** -- Ewe saingonon teten ngeni amokutawowun bacteria seni neni kena mongo a nom won ina ra kan nimenimeno. Chomong neni kena ir ra kan eaea ew chonuchon a kan forita seni ew teaspoonen bleach ngeni ew gallonen konik ren ar repwe animeochu pisekin angang me pisekin mongo kena.

**Virus** -- Virus kena ir ra kan monungaw kena ina ir ra kan chok tongeni nounouwow me non ew cell mi manaw. Epwene kan angei ew kukunun nampan virus kena ar repwe fori pwe emon aramas epwe semwen. Chomong virus kena ra kan tonong non ekkewe mongo seni an ese wor tonun pour akaewin murin eaeen ewe toilet me pwan atepa ewe mongo.

# Asosotun Tes

Fini ewe eochun ponu ren ew me ew kapaseis.

1. Efen ekkewe poraus mi tapweto mi kan pung? Murin atepan ground beef ese kuk, mi kan fakkun auchea eom kopwe:
  - A. Apwasa poum kena won ew mengakun apwasan sanitizer
  - B. Eaea ew hand sanitizer me mwan eom atepa pwan ekkoch mettoch kena
  - C. Tonu poum kena fiti sop me konik
  - D. Atikanong poum kena non ew bucketin sanitizer
  
2. Inet kopwe kan tonu poum fan ruwow?
  - A. Muri eom mwasew ika naw
  - B. Murin eom atepa fituk ese kuk
  - C. Murin eom mongo ika wuun
  - D. A me C
  
3. Meta ei ewe fichin tonun poum?
  - A. Nimeti poum kena fiti sop, kuusun chonupwich ren arapakan 20 seken.
  - B. Nimeti poum kena fiti sop, kuusun chonupwich ren esapw mwoch seni 30 seken.
  - C. Nimeti poum kena fiti sop, kuusun chonupwich ren esapw mwoch seni 5 seken.
  - D. Nimeti poum kena fiti sop, kuusun chonupwich ren esapw mwoch seni 10 seken.



4. Mi kan okay ren eom kopwe eaea ekkena kurop kopwene poutano nupwen ka was ne aea ika pwe:
- A. En ka kan eaea ew pean kurop ren eom kopwe angei moni me mongo.
  - B. En ka kan aewin tonu poum me pwan poutano kurop kena nefinen fofor kena.
  - C. En ka poutano ekkewe kurop iteiten ekkoch awa ika esapw kis seni fan ew non ew ran.
  - D. En ka kan aewin apwono ekkewe kurop ren ar repwe mecheres ne tonong non.
5. Nupwen en a kan metek non uwom fiti pwichikar ika diarrhea, en kopwe kan:
- A. Etino non angang me pwan ereni chienom kewe non angang pwe repwe kan tumunufichir arum.
  - B. Kori noumuwe manicho me pwan repotini pwe en ka kan semwen
  - C. Angei safei kena ren an epwe awukano ekkewe asisinin semwen kewe me pwan etino non angang
  - D. Kosapw ereni emon me pwan sopwesopweno ne angang
6. Amonatan mongo ekkoch awa me mwan epwene kan fori mongo pwe esapw tumun pokiten:
- A. Bacteria ra kan tongeni marita ika pwe tempichun mongo a kan turutiw non ewe nenien feiengaw
  - B. Mongo kena repwene nusunano nener, anuwer, me pwan unusenapen eochur
  - C. Mongo kena repwene tongeni nusunano mongoeochur
  - D. Rechoko a kan chok tongeni iseni wukukun mongo kena

7. Ewe popunapen auchean eom kopwe tonu, tonuweno, me pwan animeochueno papen pokupok kena a kan ren:
- Atowowun pwongaw me nenar kena seni ar repwe tonong non pwan ekkoch mongo kena
  - Fori ewe papen pokupok pwe epwe nukunukeochuno me pwan tameno eaeen
  - Pinei bacteria won ew mongo seni an epwe amonungawano pwan ekkoch mongo kena
  - Pinei anenar me garlic ika chonun onion kena seni ar repwe tonong non ekkoch mongo kena
8. Ifa pwichin sipwene kan iseni ekkewe mongo won ewe chepenin pwichipwich ren ach sipwe tumunu iseisen mongo kena?
- Pwich - 135°F
  - Pwich - 130°F
  - Pwich - 120°F
  - Pwich - 165°F
9. Ifa paten ina ew salad bar ika reichoko epwe kan nom non ren an epwe iseni mongo non tumun?
- Pat - 51°F
  - Pat - 65°F
  - Pat - 41°F
  - Pat - 55°F

Ponu kena:

- |      |      |      |
|------|------|------|
| 1. C | 4. B | 7. C |
| 2. D | 5. B | 8. A |
| 3. A | 6. A | 9. C |

# Kinikinin Ia Poraus a Etto me Ie

Kapaseis kena usun tumun mongo repwene kan feita ina rese kan kapas usun non ewe kinikinin kaeon chon angangen mongo seni ei puk. Ei kinikinin ia poraus ra etto me ie a kan awora ekkoch apachenongen porausen tumunun mongo.

**Ekkewe Oregon Annukun Animeochun Mongo** - Ren poraus won meinisin met repwe fofori ren inetiwowun mongo kena nengeni ewe Oregon Food Sanitation Rules. Meinisin aramas non nemenem (PIC) repwene kan mochen mecheresin atoto ngeni ekkei annuk. Ekkei annuk ra kan kawor ren ar repwe downloadinong non noum computer non ew Adobe amwakutuk formaten taropwe (pdf) non [www.healthoregon.org/foodsafety](http://www.healthoregon.org/foodsafety).

**Aramas Non Nemenem (PIC)** - Ewe Oregon Food Sanitation Rules a mochen pwe kopwe fofori pwe ewe a nouni laisen epwe kan finata emon aramas non nemenem (PIC) nupwen meinisin awan angang. Ewe PIC epwe kan sinei pinepinen semwen a ettp seni mongo me pwan ekkewe met repwe fofori seni ewe Oregon Food Sanitation Rules. Meinisin PIC repwe kan pwan sinei ekkewe annuk me pwan fofor kena me non ewe nenien mongo. Ika pwe emon PIC ese kan tongeni an epwe pwarano an sinei, ika ese kan nom non ewe neni, iwe ewe neni epwene kan angei ew fakkun ngawen katan annuk nupwen ew chekin. Kose mochen kopwe atoto ngeni chapter ruwow seni ewe Oregon Food Sanitation Rules ren eom kopwe kaeo usun ekkewe met ewe PIC epwe fofori.

**Foforun Chekin Inetiowowun Mongo** - Meinisin neni kena repwe kan tapwei awukukun foforun tumunun mongo kena ra kan fakkun nomot ngeni ewe tumunun me pwan eochun ewe mongo ra ainetawow. Nupwen chek kena seni ewe health department, ewe chon cheki epwene awewei fengeni ewe Oregon Food Sanitation Rules ngeni ekkewe foforun angang non eomuwe nenien angang. Ewe PIC esapw kan angei aninis seni ewe health department won ifa usun an epwe amonata ren ew chekin annuk seni muun. Ewe PIC epwene kan kaeo an epwe aitata meinisin osupwangen tumunun mongo, me pwan ifa usun an epwe apunguweno.

# Semwenin Chon Angang

**Semwenin Chon Angang** - Chon angangen mongo kena ra kan semwen repwene tongeni afeinfetanei nape non chomong sakkun semwen kena ngeni ekkoch seni non mongo me pwan pisekin mongo kena. Chon angang kena ra kan semwen seni mwuus ika diarrhea resapw kan angang tori ekkewe asisinin semwen ran wasino ren esapw mwoch seni 24 awa.

**Chon angang kena repwene kan fofori pwe repwe repot ngeni ewe PIC**nupwen ra semwen ren ew ekkena semwen ra maaketiw me fan, ika ir ra kan nom non ewe chok imw fiti emon aramas a tri ew ekkei semwen. Emon chon angang kena a tori diarrhea, mwuus, jaundice, me pwan metek non uwen fiti pwichikar epwe kan pwan repotini ei poraus ngeni ewe PIC. **Ewe PIC epwene fofori pwe epwe asinei ngeni chon angang kena ren wisen ei.**

## Ewe Iteiten Semwen a Nap fisin ngen Chon Angang kena

Semwen a etto seni Mongo*	Iteiten fisin Asisinin Semwen kena				
	D	F:	V	J	S
1. Hepatitis A virus		F:		J	
2. Salmonella Typhi		F:			
3. Shigella	D	F:	V		
4. E. coli O157:H7	D				
5. Norwalk ika Noro viruses	D	F:	V		
6. Staphylococcus aureus	D		V		
7. Streptococcus pyogenes		F:			S

KEY:                    D = Diarrhea                    V = Mwuus  
J = Jaundice                    F = Pwichikar                    S = Metekin non uwom fiti  
Pwichikar

**Kopwe sinei:** \*Ewe PIC ii epwene fofori pwe epwe aronga ngeni ewe county health department nupwen a tori emon chon angang Norovirus, Hepatitis A, Salmonella Typhi, Shigella ika E. coli O157:H7.

## Tonun poum

**Tumunu pwe Poum kena repwe Nimeoch** - Chon angangen mongo kena mi nimengaw pour me/ika mi nimengaw kuun pour kena repwene kan amonungawano ekkewe mongo ra kan amoneta. Ekkena fofor ina repwene amonungawa poum kewe repwene tapweita fiti tichikin tonun poum usun a kapas usun non ei puk (nengeni peich kena 5 &13).

**Foforun Nimenim** - Chomong chon angang kena rese kan tonu pour kena iteiten fan chomong usun repwe kan fori me pwan mo ekkena ra kan fori ra kan eaea foforun kena rese eoch foforun. A kan for seni ew angangeochun tonuton fiti sop me kuusun konik ren arapakan 20 seken ren an epwe amwokutawow pwuun me pwan maan kena ra kan popun semwen (monungaw).

Chomong semwen kena ra kan amwokutfetan seni non mongo repwene kan nonom non an anen tan ewe chon angang me pwan anowawow. Fichin tonun poum murin eom annow a kan forata ew tit ngeni ewe amwokutun ekkewe maan (monungaw) ra nom non ewe annow.

**Hand Sanitizers** - Tikinong non Sanitizer kena ika or hand sanitizers rese **kan** apungunon ren foforun tonun poum kena me pwan ir resapw asepenon siwinin tonun poum kena.

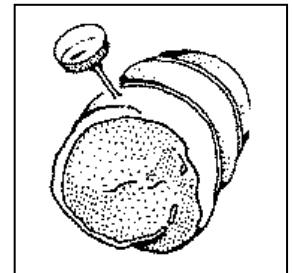
**Kuun poum kena** - Ewe met kopwe fori ren pokun kuun poum kena, filenir, me pwan tumunu foforun ewe tongeni eom kopwe nimeti fan ekkewe kuun poum. Ika pwe kose kan amwokutawow mettochun annow seni fan kuun poum kewe murin eom annow epwene ew watten nenien angei maan kena ra kan popun semwen kena. Nimengawen kuun poum kena repwene kan isies maak kena remi kan afeiengaw.

**Jewelry** - Mettochun jewelry kena usun chok rings, bracelets, me was kena repwene fofori pwe nenien wop ren maan kena ra kan popun semwen kena ra etto seni mongo (monungaw). Ew apachenongen afeiengaw a kan seni jewelry a kan ewe fichin pwe mettoch seni ewe mettoch ika ewe wunusen mettoch epwene turunong non ewe mongo a kan amoneta. Mettoch seni nukun mi pechakun non ewe mongo epwene popun ren osupwangen semwen ren chon eni kena, usun chok tanon me ika pwuununon ngii me pwan pok non inis me pwan katan non inis.

## Tempichuk Kuk

**Tempichun Kuk kena** - Sakopaten mongo seni maan kena rese kuk repwene tori sakopaten tempichu kena ren ar repwene kuk ika tumun. Eaea efoch mechan purei thermometerin mongo re eom kopwe cheki tempichu kena nupwen ka kan kuk ren eom kopwe tumunu pwe a kan kukuno non wunusen non.

**Pwata kopwene Eaea ew Thermometerin Mongo?** Efoch mechan purei thermometerin mongo a kan ina chok ewe sakkun mi eochuno ren ach sipwe sinei pwe ewe tempichun ewe mongo a kan naf pwichin mongo ren an epwe nieno monungawen bacteria. A kan pwan anisuk ne apeti eom atemano kukun. Ew me ew kitchen epwe kan angei esapw kis seni ew mi wenechar thermometerin mongo ina a kan wor ew an kukunun purei epwe kan wukuk ngeni an epwe purenong non mongo kena remi aukis usun chok ekkkena aukisin fituken patty.



## Met kopwe Fofori ren Ekkena Sakkun Mongo

Ewe peich murin a kan pwarano ekkewe tempichun ekkena sakkun mongo repwe kan tori ren ar repwe tumun.

<b>Met kopwe Fofori ren Ekkena Sakkun Mongo</b>		
<b>Mettochun Maan</b>	<b>Tekiakisin Tempichun</b>	<b>Meta kopwe Sinei?</b>
<b>Chuko, Pwotiwen Chuko</b>	<b>165°F (74°C) ren 15 seken</b>	Amasowanongen kena repwe kan kuk me nukun ewe chuko.
<b>Amasowanongen, Fituk mi amasowenong, Casserole kena me pwan mongo kena ra achufengeni mongo ese kuk me pwan mongo kena ra kuk</b>	<b>165°F (74°C) ren 15 seken</b>	Amasowen a kan fofori pwe ew pinepinen, a peneino pwich seni an epwe tori nukonapen ewe fituk. Amasowen repwe kan eiemuno kukur.
<b>Pwotiw ika Flaked Fituken hamburger, pwotiwen pik, flaked iik, pwotiwen maanen nukun, sausage, apposanong me pwan fituk kena mi pinnino.</b>	<b>155°F (68°C) ren 15 seken</b>	Pwoni fengeni fituk a kan nofiti fengeni ekkewe maan seni neni tonong non ewe fituk. Asiwinin tekiakisin tempichun non ren pwotiwen fituk kena: 150°F (66°C) ren 1 minich 145°F (63°C) ren 3 minich
<b>Pik, Steakin Kow kena, Veal Sip, Maanen Nukun kena ra kan Amarireta ren Amomo</b>	<b>145°F (63°C) ren 15 seken</b>	Ei tempichu a kan naf tekian ren an epwe nieno sakunen Trichinella kena ina ir repwene kan asemwenano pik.
<b>Kow ika Pik Roasts kena</b>	<b>145°F(63°C) 3 minich</b>	Asiwinin tekiakisin kukun tempichun non ren kow me pik roasts kena: 130°F (54°C) ren 121 minich 134°F (57°C) ren 47 minich 138°F (59°C) ren 19 minich 140°F (60°C) ren 12 minich 142°F (61°C) ren 8 minich 144°F (62°C) ren 5 minich
<b>Iik, Mongo mi wor iik non, me pwan Mongo seni Neset</b>	<b>145°F(63°C) 15 seken</b>	Amasowanongen iik epwe kan kuk ngeni 165°F (74°C) ren 15 seken.  Iik kena ra kan pwotiw, pokupokuno, ika minced repwe kan kuk ngeni 155°F (68°C) ren 15 seken
<b>Sokun mi wor kinin ren mutirin inetinewow</b>	<b>145°F(63°C) 15 seken</b>	Uwawow chok ekkena wukukun sokun en ka mochen. Kosapw kan ionata sokun non chochono arun ewe grill ika stove. Sokun kena ra kan kuk ren inetirewow murin repwene kan kuk ngeni 155°F ren 15 seken me pwan amwochuno non 135°F.
<b>Mongo kena ra kan kuk non Microwave Fituk, Chuko, Iik, Sokun kena</b>	<b>165°F (74°C) mut ngeni an epwe nonom ren 2 minich murin kukun</b>	Pwonu mongo, akunu ika aruuw nukonapen ewe foforun kukun.

## "Met a kan Wesino kukun?"

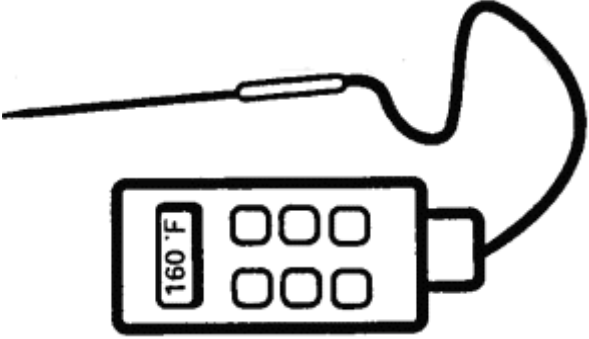


### Ifa usun Eaeen ew Thermometerin Mongo



1. Efoch thermometer na a kan eochuno angangen a kan wor awukukun seni 0°F (-18°C) tori 220°F (104°C).
2. Eaea efoch thermometer fiti ew kukunun chonon purei won aukisin mongo kena usun chok aukisin hamburger patties kena.
3. Cheki ewe tempichun non ewe mongo arap ngeni nesopwenon ewe fansoun kuku.
4. Isenanong ewe thermometer non ewe ewuchan pekin ren ewe fituk ika non ewe nukonapen ewe mongo ren eom kopwe angei ewe wenecharen anean. (Kosapw atepa ngeni chuunewe fiti ewe stem ren ewe thermometer ren pinepinen ew anean ese pung).
5. Nupwen ka kan angei tempichu kena seni ew watten awukukun mongo usun chok eoch pekin fituk, kopwe tumunu pwe kopwe angei ewe tempichu non ruwow ika napenon neni kena.
6. Awewe fengeni eom kewe anean thermometer ngeni ekkewe Tempichun Kukun kopwe Fofori won peich 36 ren eom kopwe finata ika anomuwe mongo a kan tori ew tempichu mi tumun.
7. Tonu me pwan animeochuweno ewe thermometer iteiten fansoun kena ka kan cheki tempichun ew mongo.

**Thermometerin Reichoko** - Meininis rechoko kena repwene kan awora ew ar thermometer. Ei thermometer epwe kan nom non ew neni ikewe epwene kan mecheres eom kopwe kuna nupwen en ka kan suuki ewe asamen reichoko. Meininis **reichoko** repwene kan angang non 41°F ika kis seni usun mi asisinita sen ewe thermometer. Ika pwe ewe thermometer a kan anea tekia seni 41°F, iwe eaea efoch mechan purei **thermometerin mongoren** eom kopwe cheki ewe tempichun mongo non ewe reichoko fiti ew thermometerin mongo.



Sakkun Thermometerin Mongo kena	Mutirin	Iseisen
<b>Wean Awukuk</b>  Chomong sakkun kena ra kan tongeni awuku sefani	2-5 seken	$\frac{1}{4}$ " ika noneno non ewe mongo usun ka mochen
<b>Pisekin electric</b>  Ekkoch sakkun kena ra kan tongeni awuku sefani	10 seken	Esapw kis seni $\frac{1}{2}$ " nonen non ewe mongo
<b>Mutirin Anean Achufengenin Mecha</b>  Chomong sakkun kena ra kan tongeni awuku sefani	15-20 seken	2- 2 $\frac{1}{2}$ " nonen

Nenengeni an ewe chon fori afanefan kena ren eom kopwe kuna ika eomuwe digital ika thermocouple thermometer epwe kan tongeni asiwin sefan. Cheki ewe web ika noumuwe chon awora mongo ren eom kopwe angei ewe eochun thermometer ren eomuwe nenien angang. Efoch awkisin purei thermometer epwene kan eoch eaeen ren ei awkisin mongo usun chok eom kukuni pwotiwini pattin kow kena.

# Awukuku sefani ew Dial Thermometerin Mongo

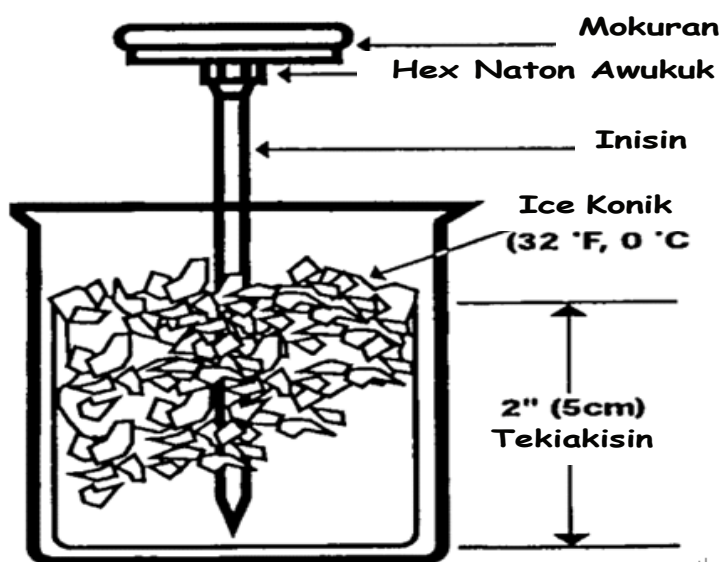
Nupwen ka eaea ew dial thermometerin mongo en kopwene kan mochen tumunu pwe ewe tempichu a kan ngonuk mi kan wenechar. Ew mecheresin eom kopwe fori ei a kan ren eom eaea ice me konik.

**Amasowata ew watten kap tori won fiti katanon ice me konik.**

Isenanong ewe thermometer esap non seni 2 inis non ewe chonun ice. Murin 30 seken, aneani ewe dial. Epwene kan aneani 32°F (0°C).

Ika pwe ese kan aneani 32°F (0°C) murin 30 seken, iwe en kopwene kan mochen kopwe:

1. Nikiti non ewe chonun ice. Apechanong ice nupwen a kan chonuno.
2. Eaea penchi kena ika ew wrench me pwan akunu ewe sukuru won nukun ewe thermometer tori ewe tikek a kan aneani 32°F (0°C).
3. Witiwit 30 seken. Sopweneo ne fofori sefani ekkei teten tori ewe thermometer a kan aneani 32°F (0°C).



## Iteiten ran

Asiwini sefani noumuwethermometerin mongonupwen a kan napeno ika koturitiw.

Non ei sakkun en kopwene kan sinei pwe a kan erenuk ewe tempichu mi pung.

## Apatanon Mongo kena remi Pwich

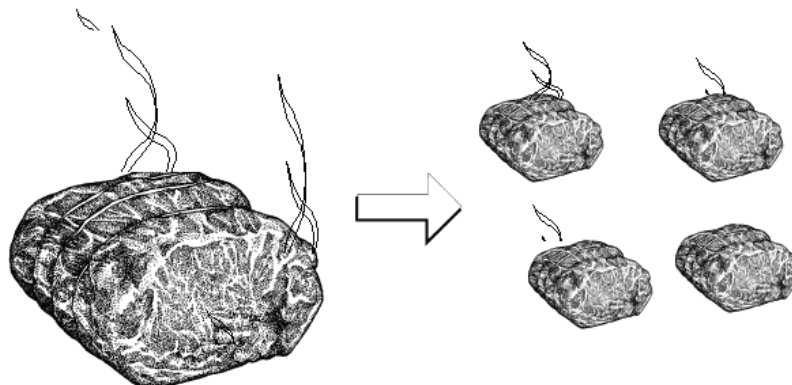
Nupwen apatanon mongo kena, a ka fakkun auchea ren eom kopwe amwokutu ewe tempichun mongo ngeni non ewe "Nenien Feiengaw" non mutirin en ka kan tongeni ren eom kopwe tumunu ewe mongo.

**Minafon a kan Aewin Eoch** - En ka kan iteiten angei ew attun fansoun pwe bacteria epwene kan tongeni marita me pwan forata poison nupwen ka apatano mongo. **A kan ewe tumunieochun ren eom kopwe for minafon mongo ew me ew ran, me mwan chok eom kopwene inetirewow.**

**Mutirin a fakkun Auchea ren Apatanon** - Ika pwe en kopwene kan for mongo me mwan ika iseni nusun mongo, apatano non **mutirinen** ka kan tongeni ren pinepinen maritan bacteria me pwan foritan poison. **Apwich sefani esapw kan nieno poison kena.**

**Apatanon Foun Mongo kena** - Nupwen apatanon foun mongo kena ra fen kuk usun chok roast, turkey, me pwan foun fituk kena ra kan pokupok, tumunu pwe kopwe:

1. Pokuwetiw watten roasts me turkey kena non kukun kinikinin kena. Ei epwene kan anisi ar repwene mutir pateno.
2. Isenanong meinisin fituk kena me pwan ekkoch mongo mi pwich non ewe reichoko nge resapw ponupwonuno.



**Apatanon Konokon/Mongo mi Founo** - Awewen konokon/mongo mi founo ra kan ekken beans ra kan ferain sefan, rice, potatoes, stews, chili, sup mi founo ika sauce kena remi founo.

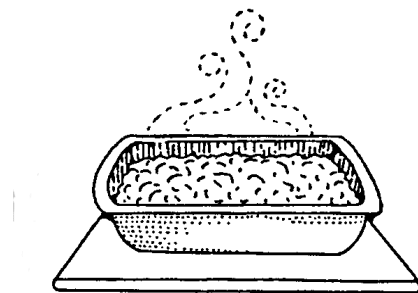
En ka kan tongeni apatano konokon/mongo kena remi founo seni eom aseranong non ew pan mi mecha ese non. Eaea ew sheet pan ren foun mongo kena usun chok beans kena ra ferain sefan.

Apetanon foun mongo ese kan mecheres. Nupwen kena a tufich, eaea ew chonon sheet pan me pwan aperesawow ewe mongo non maten en ka kan tongeni ren eom kopwe amutirata ewe patenon.

Nupwen apatenon mongo non maten pan kena mi mecha, tumunu pwe kopwe kan:

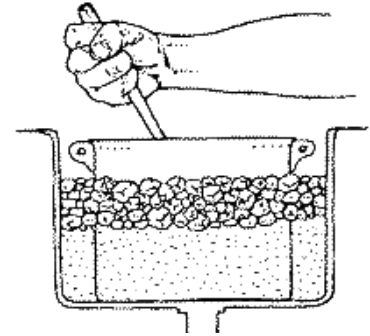
1. Aserawow mongo mi eoch non pan kena remi mecha ra mat. Are pwe ewe pan a fakkun mattenno iwe epwene mutirino patenon ewe mongo.
2. Awurun mongo a kan amutirata fansoun patenon.
3. Nupwen ewe mongo a pat ngeni 41°F (5°C), iwe en kopwene kan isenanong mongo non ew watten nenien iseis me pwan ponuweno.

**Mokutun Asepwan** - Asepwan non ewe reichoko epwe kan tongeni mokutfetan arun ekkewe mongo. Ekkewe pans me pineit repwe kan wor neni nefiner; kosap arapa fengenir. Kosapw isenireta won ew me ew. Kosapw pwonu ewe mongo nupwen a kan apatepateno. Ew ponupwon epwene kan iseta won murin ewe mongo a kan unusen pateno.



**Apatenon Mongo kena remi Chonuchon** -En kopwene kan eaea pan kena remi mecha me pwan mat, ika ew ice me konik bath ren eom kopwe apatano aukisin sup me sauce kena. Nupwen apatanenon mongo fiti ew ice bath, tumunu pwe kopwe kan:

1. Pineieno ewe drain non ew sink mi watte. Isenanong ewe pot mi mecha ika panen mongo mi pwich non ewe sink. Ewe drainin ewe sink esapw kan wenechar paipen.
2. Amasowanong ewe sink fiti ice me chonupatepwe tori ewe awukukun mongo non ewe pot ika pan.
3. Atuwa ewe sup ika sauce iteiten pwe epwe kan pateno tori nukonapen. Fatenen ice ika woken patepat repwene kan eaea ren amutirin foforun apatepatenon.
4. Apechanong chomong ice nupwen ewe ice a kan chonuno.
5. Ewe mongo epwe kan tori 41°F (5°C).



**Chechemeni** En ka kan tongeni fini ekkoch sakkun kewe eom kopwe apatano mongo. Ese nifinifin ifa usun eom apatano ewe mongo, epwe kan chok turutiw seni:

**2 awa** 135°F (57°C) to 70°F (21°C) me non ruwow awa me pwan iwe ewe tempichu epwe kan turutiw seni

**4 awa** 70°F (21°C) to 41°F(5°C) me non ruwanu awa.



Eaea ew thermometerin mongo ren eom kopwe cheki ewe tempichu nupwen a kan apatepateno. Ika pwe ese kan naf mutirin patenon, iwe en kopwene kan mochen fori pwan ekkoch ren eom kopwe amutirano apatepatenon.

**Maaken Ranin** **Moneta ne mongo** meni epwene mongo kena mi afeiengaw repwene kan maakeno fiti ika ewe ranin foforun, eaea seni ranin, ika ranin ewe paikin amomo a kan suuk.

**7 ran** Ewe mongo epwe kan tongeni iseis ren 7 ran nupwen ewe reichoko a kan iseinon **41°F (5°C)** ika pat seni. Mongo kena ra kan kurow seni 7 ran repwe kan koturuno.

**1 ran** Mongo kena ra kan eaea me non ew ran esapw kan pwan fofori an epwe maaketiw ranin.

**Pests** Kakiros, flies, kukun nakich, me pwan nakich repwe tongeni uwei semwen kena ra kan popuweta katano. Pinepinen me pwan nemenemin ekkei maan a kan fokkun auchea.

Tumunu non me nukun neni ar repwe nimeoch. Kapichin nukun repwe kan nonom non ew neni esapw kan neoch fiti pwonun epwe kan kakapunguno chok nupwen ese kan eaea. Eimuwow flies kena, akaewin nupwen ekkewe maram mi pwichikar, seni skrinin aram mi suuk kena me pwan asam mwacho kena repwene skrin fiti 1/16th seni ew inis mesh.

Maan kena ra kan tongeni tonong non ewe nenien angang seni non kukunun pwang kena ika pwangen fan ewe asam ngeni nukun. Emon kukun nakich a kan tongeni fassenong seni non ew neni ren 1/4 inis. Pineieno asamen ar tonong seni pineienon kukun pwang kena me pwangen fan me arun ewe asam.

Ika pwe ka kan kuna maan kena non eomuwe nenien angang, kori emon chon angangen nemenemen maan kena mi laisen.

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Asofono 2022

Oregon Health Authority  
Center for Health Protection  
Programen Pinepinen Semwen ra Etto seni Mongo  
[www.healthoregon.org/foodsafety](http://www.healthoregon.org/foodsafety)