

In aknasnasye poum (Ollac Poum)

In aknasnasye pacosr pal nukewa pa ouiyac se ma enenyuk omeet in karingin kut in tia weack mas ku in wi kitaclik ma ma kitalik mas (germs) nu sin mwet wiyesr saya. Ma se ma ac mwo in karingin oiyc se inge pa in ollac poum ke sop ac kof ma kakak ke lusen second longoul (20).

Ac fin wangin sop ku kof yen kom oasr we, kom ku in orekmakin ma ma eteyuk mu oasr alcohol kac, in sang aknasnasyelac poum. Kainin ma ma orekla ke alcohol, ke pal se kut sang nu luin pacosr in ulacak, el kacsru in akmunasyela ma ma kitalik mas nuke kulun manosr.

Orekmakin Sop ac Kof

- Sroksrokinya poum ke kom sang nuke kof ma soror, na kom sop elac. Fin oasr kof fusrfusr, kom orekmakin.
- Ulleak luin poum ke sop kom in liye ke iyawa ke sop ac fasrfasr la in poum, na kom orekmakin sie ma kom ku in sang ellak kewa an kom ohul an.
- Kom akfasrye ouiyac se kom oru ke aknasnasye lom an ke lusen second longoul (20). Sap kom ac enenu ke mwe srukaksrak pal ac (timer)? Oana kom in liye mu kom yuk "Happy Birthday" ke lusen pal luu.
- Na kom sang poum nuke kof ma soror an in aknasnasyela sop ke poum an.
- Na kom ak pahohyela poum ke pepu in ak pahoh (paper towel) ku me ak pahoh ma orekmakin eng in akpahoh yelac (air dryer).
- Ke kom tari an, orekmakin sie ipin pepu in ak pahoh an sang tulokinyac fasr lun kof an.

Nuke Mwe Aknasnas Ma Orekmakin Alcohol ku (Hand Sanitizer)

- Okacang Mwe Aknasnas Ma Oasr Alcohol kac nuke la luin poum.
- Na kom oreni poum, na kom ulacak Mwe Aknasnas Ma Oasr Alcohol luin poum kewa.
- Na kom sang kutu pac nuke fin poum ac nuke kufun poum nufon, nwe ken a pacohla.

Kom Enenu Na In Ohul Poum

- Meet liki kom ahkoho in orek mongo.
- Tukin kom som orekmakin lom fasr.
- Tukin kom ahyacol ohla (diaper) ku aknasnas ye tulik ma orekmakin lom fasr.
- Ku pal kom kacsru mwet ma mas.
- Tukin kom ingweink, ku koufkouf, ku sinwac.
- Tukin kom kal ma orakorak, ku yuok kufeltal ku ma fasr kaclos tok.
- Tukin kom sisi kutkut.
- Ku meet liki ku tukin kom orekma ke kinet ku pelang.

Ahfinyac Inwalum Ke Pal Kom Kuoff (Cough)

Oasr sunun masr ma sikyak ke an in momong lasr—pa nuke flu (influenza) ac kouf upac (whooping cough)—fusasr in fahsrelik ke pal kut kuof (cough) ku sinwac. Kutu sin mas ma sikyak ke an in momong lasr ku pac in fasrelik ke pal ma kut wi meet ac pusrala manolos—Pa nuke pal ma fin oasr ma fokfok kaclos, ku sronin waclulos ku sronin infaclos puh sral komlac.

Mas ma sikyak ke an in momong lasr uh, arulana in fasrelik ke an ma pus mwet uh we uh ac oyapac an ma mwet uh oror we. Pwenang, asmak in orekmakin pepu in aknasnas (tissue) in sang kosrala inwacdom ac infem ke pal kom kuof ku sinwac. Na ke kom tari ke orekmakinyen pepu in aknasnas ke (tissue) an, kom sisal nuke an ma fal in sisila nu we. Ku kom fin kouf ku sinwac, orekmakin poun wais lom an liki na luin poum.

Mea Fal Ngan Oru Ngan Fin Mas sak

Suk kacsru ma kom ac ku in oru kom in kelac ac karingin ouiyac in tia kitalik mas lom an nu sin mwet wiyom

- Oru in yok pal in mongl lom.
- Muta mongla lom an, liki kom in oasr ke an in orekma ku lutlut
- Nim kof in yok—ku cup in kof se ku juice se ke oa nukewa ma kom mukuikui.
- Tia wi orek mongo nan mwet saya fin oasr akulenyac mu oasr mas sum, nwe ke kom kela, ku tupan nuke lusen ao 24 tukun kom kela.