

Widen Pehmw Kan ansou Koaros.

Mehkot kesempwal me pahn kak pereiktail sang soumwahu kan, iei kitail en kin widen pehtail kan nan ansou kan koaros. Met pahn pil perehsang kitail en dehr kadaurehieng aramas teikan soumwahu. Kesempwal kitail en kin doadoahngki sohpw oh pihl mwakelekel ansou koaros.

Nan ansou kan me kitail sohte karanih sohpw oh pihl mwakelekel a kitail pil kak dodohngki mehn kamwaket teikan (alcohol-based products). Alcohol-based products pil wia me mwahu, mengei oh madang, oh pil kak kemehsang mwahs (germs) me mihmi pohn kilin aramas.

Dodohngki Sohpw oh Pihl

- Widenki pehm kan sohpw oh pihl mwakelekel. Dodohngki pihl karakar (warm) ma mie.
- Sohpwihda mwahu pehmw kan.
- Kamwakelehki sohpw oh pihl pehmw kan wen reireihn second riesek (20). Ehu kisin koul me ke pahn kak kouliki ansou me ke widen pehmw kan iei “Happy Birthday to you”. Kaul ki pak riau.
- Widensang mwahu sohpw. Widen ki pihl mwakelekel.
- Kamadahki paper towel de air dryer.
- Perekki pehmw en paper towel ansuo me ke kapiredi faucet.

Dodohngki Alcohol-Based Products (Hand Sanitizer)

- Padikehng wini (alcohol-based products) nan pehmw kan
- Iriski peseng wasa koaros ni pehmw kan
- Iris peseng lau e madala

Kin Widend Pehmw kan ansou Koaros

- Mwohn ahmw doahke mwenge
- Mwurin ahmw kosang nimwen kainen
- Mwurin ahmw kamwakele de souwese emen me dodohngki nimwen kainen
- Mwurin ahmw souwese me soumwahu kan
- Mwurin ahmw kopokop, asi, de peng toi
- Mwurin ahmw doahke mahn akan
- Mwurin ahmw doahke kihd (garbage)
- Ansou me ke kamwakele ohla kan (mwowe oh mwuri)

Perehla Owomwen Ansou Me Ke Kopokop

- Soumwahu tohto me rasoahng influenza or pertussis (whooping cough) kin doupeseng sang ni aramas emen ah sohte kin perehla ah kopokop oh asi nan pwungen aramas teikan.
- Songen soumwahu pwukat kin mengei en doupeseng nan wasahkan me aramas tohto patpene ie.
- Perehki tissue owomwen oh tumwomwen ansou me ke kopokop oh asi, kowe kesehla nan mehn kihd.
- Kedeh kopokopieng nan pehmw kan.

Dah me Ke Konehng wia ma ke Soumwahu Da

Kesempwaliki ken dehr kadaurehieng aramas teikan.

- Insenohki ken kommol mwahu
- Kedeh kohla school de doadoahk
- Nim pihl oh juice en laud.
- Kedeh wie mwengeieng aramas mwurin awa riesek paiou (24) mwurin ahmw sohla soumwahu