

iHealth AFANEFANEN TESIN NON IMW

February 3, 2022 2:32 PM CHUUKESI

Mi fakkun auchea eom kopwe sinei me mwan eom kopwe poputa

- Aneaeochu meinisin ekeitin me mwan eom kopwe poputa.
- Mi wor ekkena ekeit ra kan etto fiti eom we pisekin tes. Nengeni ekkena ekeit ren chomongen poraus.
- Ika en ka mochen aninis, kor ach we Chon Angangen Safei non Neniach.
- Nupwen a pung eaeen ei tes esapw kan metek.
- Eom we tes epwe kan chok eaea fan ew. Kosapw eaea sefan ew tes.
- Kosapw atepa nesopwen ewe swab ika mwan ewe kato fiti poum kena.
- Tonueochu poum **me mwan** me pwan **murinewe** tes.



1. Amonan mettoch

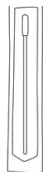
- Suuki ewe pworen me amwakutawow
 - » Ewe kato non paikin ewe
 - » Ewe paip mi unus ren chonun (chonun eimufeseni mettoch)
 - » Ewe swab non tukutukun
- Nikiti meinisin mettoch non tukutukur tori eom kopwe mochen iir.
- Nupwen en ka kan moneta, isenawow ewe katon tes me non pworun ewe. Isenatiw won ew chepen ika won ew kounter me fan mesom.



Ew katon tesin COVID-19 non ewe pwor



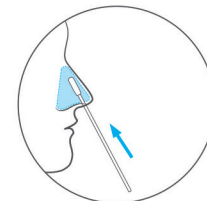
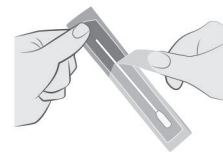
Ew paip



Ew swab

2. Ioni asisin

- Isenawow ewe swab seni tukutukun. **Tumunu pwe kosapw atepa nesopunewe.** Kosapw poutano ewe tukutukun.
- Isenanong ewe swab non ew pwangen potum. Kosapw pureinong non nonen, kopwe kan chok pureinong non ew $\frac{1}{2}$ inis (1.5 cm) tori ruwow $\frac{3}{4}$ inis (2cm).
- Iteni ewe swab ngeni non pwangen potum. Tonu mangei ewe swab non ew circle me non pwangen potum.
 - » Fori **5 ika napeno** mangan circle kena non pwangen potum.
 - » Epwe kan ukukun tamen esapw mwoch seni **15 seconds.**
 - » Tumunu pwe kopwe iteni ewe swab non nguutuno arun meinisin nepenien non pwangen potum.
- Eaea ewe chok swab me pwan for sefani meinisin ekkewe fofor non pwan ewe ew pwangen potum.



epwe tori 3/4 ew inis



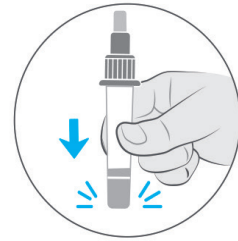
Amanga purosens 5x



Amanga purosens 5x

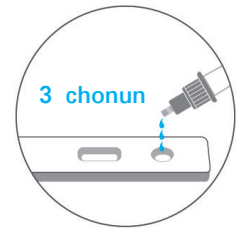
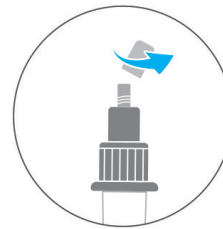
3. Awewen fofor

- Amwachu ewe paip non uuta. Wichi nesopwen ewe paip won ewe chepen fan 2 tori 3.
- Akunano ewe mi watte, pwonun mi oreinch ren eom kopwe suuki ewe rume. Tumunu pwe kosapw aserawow ekkkena chonun.
- Isenanong ewe nesopwon ewe swab fiti eom we awewe non ewe paip **tori a kan atepa non fan ewe paip**.
- Stirini ewe swab non ewe chonuchon non ewe paip esapw kis seni **fan 15**.
- Fiei nepenian ewe paip kewe ngeni ewe swab nupwen en ka kan uatawow ewe swab seni ewe paip. Ei epwene kan fori an ekkoch ekkewe chonuchen an epwene fieiwow seni nesopun ewe swab. Ewe swab epwene kan tongeni isenisefaninong non an ewe porun me mwan me pwan koturuno.
- Sukurunei sefani ewe pwonun mi oreinch won ewe rume.



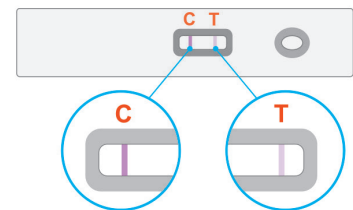
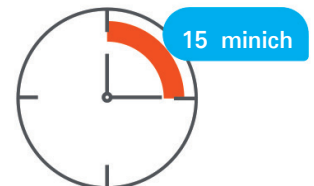
4. Apechanong awewe me pwan wetiwit

- Akunu ewe kukun ponun mi pwech won ewe paip tori an an kan tono.
- Akunano ewe paip me pwan fiei **3 chonun** ewe awewe non ewe **kukun pwang** won eomuwe katon tes.
- Isenisefaninong ewe kukun ponun mi pwech won ewe paip. Isenatiw ewe paip fiti ewe swab ren ar repwe katuruno.
- Nikiti ewe kato ren 15 minich. Kosapw atepa ika amwakutu.



5. Aneani pungun

- Murin eom wetiwit ren 15 minich, iwe kopwene kan aneani pungun eom we tes. En kopwe kan aneani eom we pung **nefinen 15 minich me 30 minich** murin eom apechanong ekkewe chonun ngeni ewe kato. Kosapw aneani eom we pung murin 30 minich a no.
- Eom pungun tes a kan **PUNG** ika en ka kan kuna ruwofoch line kena, ew fan ewe "C" me pwan ewe ew fan ewe "T".
 - » **Fakkun nengenifichi!** Ewe line fan ewe "T" ese kan **fakkun faat**. Ekkena line en ka kan kuna fan ewe "T" wewen pwe eom we tes a kan pung.
 - » Ngeni ekkewe afanefan ra kan etto fiti eom we tes ren ekkena sasingen tes mi pung.
- Pungun eom we tes a kan ESE PUNG ika en ka kan kuna chok ew line (epwene kan fan ewe "C").
- Ewe tes ese kan fofor ika en ka kan kuna ew ekkei:
 - » Ese wor line kewe
 - » Ew chok line fan ewe "T"
- Ika pwe eom we tes ese kan fofor, pwan angei ew tes ika kori eomuwe Chon Angangen Safei non Nenieom.



Met kopwene fori murin

- Aneani ewe taropwewow "Met kopwene fori ren ew pung ika ese pung pungun tes"
- Poutano eom we pisekin tes.
- Tonu poum.

Ekkei afanefan ra kan amecheresino. Kose mochen kopwe cheki ekkewe afanefan ra kan etto fiti eom we pisekin tes ren ekkewe unusen ekeit. Ika pwe mi wor eom kapaseis kena kose mochen kopwe kapas ngeni emon chon angangen safei.