

KŌMELELE KO KIN TEEJ KO AN IHEALTH REJ KŌMMAN ILO MOKO MŌD

February 7, 2022 11:35 AM MARSHALLESE

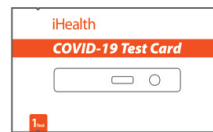
Aurok ñan am jelā mokta jen am jinoe

- Lukkun riiti aoleben kōmelele ko mokta jen am jinoe.
- Ewōr kōmelele ko rar itōk ibben kein teej eo am. Lale kōmelele ko ñan melele ko relablok.
- Ñe kwōj aikuj jibañ, kūrlok Rijerbal in Ejmour ilo Jukjukinbed eo am.
- Ejab aikuj metak teej in ñe ejimwe am kōjerbale.
- Jab jibwe bōran kein irir eo ak itumaan in kaat eo kin beim.
- Lukkun kwalok beim **mokta** im **ālikin** am teej.



1. Kebooj kein jerbak ko

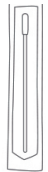
- Kōbellok pakij eo im kadiwōj
 - » Kaat in teej eo iloan pakij eo nien
 - » Tube eo ewōr dān iloan (kein etale mōttan ko)
 - » Kein irir eo iloan pakij eo an
- Likūt aoleb men ko iloan pakij ko aer mae ien kwōnaj aikuji.
- Ilo ien eo kwōbojak, jolok kaat in teej eo jen pakij eo an. Likūt ioon juon tebol eo eoon wōt juon im ebed imaanim.



Juon kaat in teej ñan COVID-19 iloan pakij eo an



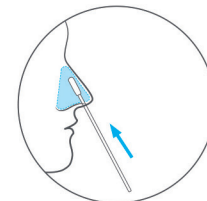
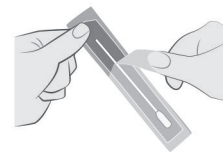
Juon tube



Juon kein irir

2. Bōk jaambol eo

- Bōke kein irir eo jen pakij eo an. **Kejbarok am jab jibwe bōran.** Jab jolok pakij eo an.
- Likūt kein irir eo iloan juon roñ in botim. Enjab mwilal am kadeloñe, juon wōt inij (1.5 cm) ñan inij (2 cm). (Lok ñan $\frac{3}{4}$ in juon inij).
- Jibed kein irir eo ñan iloan botim. Kadikdik am karoolole kein irir eo iloan botim.
 - » Bar kadikdik am karoolole iloan botim **5 ak lablok alen.**
 - » Ej aikuj bōk jab diklok jen **15 jekon.**
 - » Lolorjak am kabine am jibed kein irir eo ilo aoleben tōrerein iloan botim.
- Kōjerbale ejjā kein irir eo im bar aliji aoleben buñten kein ilo roñ in boti eo juon.



Lok ñan $\frac{3}{4}$ in juon inij



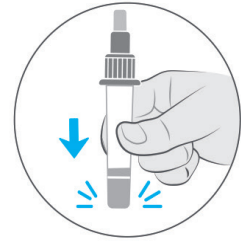
Kadikdik am būraje 5x



Kadikdik am būraje 5x

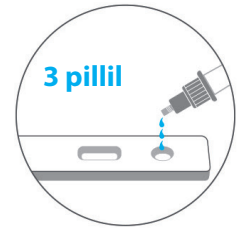
3. Madmōdin jaambol eo

- Kajutak tube eo. Deñōte kabin tube eo ion tebol eo 2 ñan 3 alen.
- Iñit kein kōbellok eo ekileb im oran ñan am kōbelloke bato eo. Kejbarok am jab lutōke jabdewōt dān.
- Kadeloñ bōran irir eo ibben jaambol eo am ñan iloan tube eo **mae ien eo enaj tōbare kabin tube eo**.
- Iōke kein irir eo iloan dān eo iloan tube eo jab diklok jen **15 alen**.
- Keen tōrerein tube eo ibben kein irir eo ilo am kanōke kein irir eo jen iloan tube eo. Mennin aikuj kōmman an jet dān toor jen bōran kein irir eo. Kwōmaron bar likūt kein irir eo ñan iloan pakij eo kar nien innem joloke.
- Iñit mejan oran eo ñan bar ion bato eo.



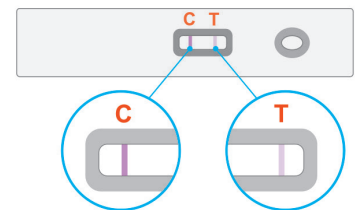
4. Likūt jaambol eo im kōttar

- Iñit māj mouj eo edik ion tube eo mae ien enaj tim.
- Ukōte tube eo im kenne **3 pillil** in jaambol eo ñan **roñ eo ediklok** ilo kaat in teej eo am.
- Kōlaake māj mouj eo edik ñan tube eo. Likūt tube eo ilal kin kein irir eo kwōj iten jolok.
- Likūt kaat eo im kōttar 15 minit. Jab jibwe ak kōmakūti.



5. Riiti jemlok eo

- Alikin am kōttar 15 minit, kwōmaron riiti jemlokin teej eo am. Kwōj aikuj riiti jemlok eo am **kōtaan 15 im 30 minit** alikin am likūt pillil ko ñan kaat eo. Jab riiti jemlok eo am alikin an mootlok 30 minit.
- **EWŌR** am nañinmij ñe kwōnaj loe ruo lain, juon iomwin "C" im juon iomwin "T."
 - » **Lukkun lale!** Lain eo ilal in "T" emaron **lukkun merā. Jabdewōt** lain kwōmaron loe iomwin "T" ej melelein ewōr nañinmij ilo teej eo am.
 - » Lale kōmelele ko rar itōk ibben teej eo am ñan lukkun pija in teej ko ewōr nañinmij.
- **Ejellok** am nañinmij ñe kwōj loe wōt juon lain (enaj ilal in "C").
- Teej eo **ear jab jermal** ñe kwōnaj loe jabdewōt men kein:
 - » Ejellok lain
 - » Juon wōt lain ilal in "T"
- Ñe teej eo am ear jab jermal, bar bōke juon teej ñe ejab kūrlok Rijerbal in Ejmour eo ilo Jukjukinbed eo am.



Buñten ko tōkelik

- Riiti peba in kaajeeded eo "Ta eo kwōn kōmmane kin juon teej ej kwalok ewōr ak ejellok nañinmij."
- Jolok kein teej eo am.
- Kwal beim.