

Kamololo ilo an Bwil Mejatoto

- Kejbarok an wōr dān enbwinnim ilo am idaak aeboj. Jab idaak arkool, caffeine (kobe) im dān ko retōñal.
- Ikut ien am kakkije ilo ien am makūtkūt
- Jab kōmmāni makūtkūt ko relab iloan em ak inaboj ilo ien elukkun lab bwil
- Jab kōmmāni makūtkūt ko inaboj ilo awa ko elabtata an bwil inaboj (ekkā 3-6 awa alikin raelab (.im kadik am bed iomwin al
- Kōjērbal tool jidik ko remolo ioon kenwaam ak kōleleim beim
- Kiil kōjam in ruum ko kwōjab kōjērbali im kiil katiin ak kein kilōk wūnto ko ñan an jab deloñ bwil eo jen inaboj
- Jab ak kadik am kōjērbal obin, jitoob, ak kein jērbal ko jet rej kōlablok an bwil iloan em
- Ilo ien ko elukkun lab an bwil ejab deel wōt kwōmaron ellā ioon ñan kamololo
- JAB likūt juon ajiri, rūtto ewōr an utamwe ak juon nejum mennin mour iloan juon wa ejellok ej bed iloan ilo jabdewōt ien. Ilo ien an jab jērbal wa eo, lakke wa ko bwe ajiri ro renjab deloñ innem jaje diwōj

En ekkā am lale ibben:

Lillab im lōllab ro

Niñniñ im ajiri jidik

Armij ro edik aer
maron makūtkūt

Ribōroro

Jabdewōt armij eo
ewōr kadede an
nañinmij ak nañinmij in
taktō ko rejab bōjrak

KILE KAKŌLLE KO AN NAÑINMIJ KO IKIJEN BWIL

Jab kōjatdikdik kin uwōta in bwil, jekdoñ ekadu ien am kebaak.

STROKE IN BWIL

Kūrlok 911. Mennin ej juon idin jorrāan in taktō

- Elab joñan bwil in enbwil (103 tikori F ak lablok)
- Kilin ebwil, būrōrō, mōrā, ak menokadu
- Emōkaj im kajur paam
- Metak bar
- Addeboulul
- Mōlañlōñ
- Poktak
- Jajelokjen

MOK JEN BWIL

Emakūt ñan jikin eo emololo, idaak aeboj, im kadik joñan bwil kin nuknuk ko remololo ak tutu kin dān molo. Bukōtlok taktō elañe kakōlkōl ko renaj nana lok ak jab bōjrak alikin 1 awa

- Lab menokadu
- Kil molo, o, im menokadu
- Mōkaj, mōjno paam
- Mōlañlōñ am mōmmōj
- Metak majel
- Mōjno im mōk
- Addeboulul
- Metak bar
- Lōtlak

Marshallese

Lale www.snoco.org/cooling ñan
melele ko relablok im laajrakin etan jikin kamololo ko


Snohomish County

 SNOHOMISH
COUNTY
HEALTH DEPARTMENT