



Eureour me tumunun nimeniman emon chon sukun, mwan an epwe no sukun

Ar wareiti sukun iteiten raan amen euehea ren nonomwochun ewe chon sukun, an epwe pichin no sukun, me pwan fisiochun an pekin kaeo.

Pesengeni noumw ewe semirit epwe no ngeni an sukun ika pwun:

- Ra unusen mefi pochokun.
- Ra tongeni fori angangen ew me ew ran, ika tufichin mokut fetan.

Ika pwun mei fisingeni noumw ewe semirit ekkei, iir mei chok tongeni no sokun:

- E uriir chok ngutupweot me mwor.
- E par non meser nge ese neoneo, ese pitik, rese kar, ese mwan par opwonun meser, rese chuununo ren paren meser.
- Ika a uri ekis metekin nuuk.
- E toriir ewe kiin mei chok ukurir nge e wewengeni ekkewe kiin ussun eczema me psoriasis.
- Ika mei wor kuwen nein mokuran. Ina mwo ika mei osukosuka me ew mettoch kich mei need ne nimeti, kuuwen nein mokur esapw ew wewe emon chon sukun epwe asoso seni sukun fanitan.
- Ika pwe ese chiwen mefi cheta (feu/pwich) no ewe 24 awa, iwe ese pwan chiwen need epwe un safei ren an epwe anisi.

Kose mochen nengeni nukunupen nouch ei taropwe ren tichikin porousen inet ekewe semirit repwe nomwonong chok non imwer. Chemeni pwe non sokopaten fansoun epwe fis ngeni nouch kewe semwen, nge esapw pwan iteitan ewe tokter epwe makei taropwe an epwene tongeni niwiniti sukun, ika ewe sukun ese pwan need taropwe seni ewe tokter iwe ewe chon sukun a tongeni niwiniti sukun.

Ekkewe semirit ra tongeni repwe oputeno sukun ren ar mefi nuokus ika eurek (a esenipa ar resapw fen mwon ener, menunu/chipwang, metek upwer, metek mokur me pwan ekewe ekoch) Ika pwe ka ani eurekin an noumwe ani ekei sokkun memef, kopwe fos ngeni noun we sense, ewe kangofun non ewe sukun, ika ewe social worker ika fen ekewe pwan ekkoch chon angang, ar repwe tongeni sinei an ewe osukosuk pwe repwe tongeni anisi noumwe pwe epwe chofo ngeni an pekin sukunen kaeo. Ika ke mefi/nuku pwe noumwe mi ani ei sokkun, iwe kopwe churi noun noumwe tokter pwe epwe kuta met aninisin noumwe.

Ika pwe noumwe mi apwangapwang noun menun fiu ngeni semwen, ika mi echichin inisin ngeni sokopaten semwen, iwe kopwe ureni ewe sukun (ika ewe kangof ika mi wor) ar repwe fori ar angangen kokot ngonuk ren an noumwe semwen me an noun we tokter epwe anisi noumwe epwe pochokun me tumunun nupwen an susukun.

Chechemeni: Ei taropwe a kawor faniten epwe anisi pwan ach iwe local health department/ school district guidance.

Wewen me Popun repwe anomwuei non imw seni sukun me met epwe fis mwemwen upwe tongeni niwiniti sukun.

Metekewe esisinen semwen e nom rei?	Inet upwene nomwonong non imwei?	Inet upwe tongeni niwin sefan ngeni sukun?
Pwichikar	Ai pwichikar mei tori ika wateseni 100.4°F (38°C) non ekkewe 24 awa a pass.	Ika use chiwen pwichikar me use chiwen need ne uun safei an epwe anisi ai pwichikar mwirin 24 awa.
Mwus ika feinsen	Ika pwun non ewe 48 awa a pass nge ngang mi mwus fan ew ika napeseni. Ika mi tori fan 3 ai feiseni non ew raan me ika ngang uwa ngaweitiei nge use mwo tikeri imwen ngaseno.	Ika a kuuno 48 awa use mwus nge ngang mi pwan tongeni uun konik me mongo. Me ika a kuuno 48 awa use feinsen.
Minafon mwor ika weiresin ngasengas	Ika a uri ei ew minafon mwor, epwe esenipa ai upwe weires ne fori ai angangen pekin kaeo non ai sukun, ika weires ai ngasangas are fen weires ai upwe apungu ai ngasangas.	Ika uwa mefi pochokun me ekewe esisin semwen ika mwor ese chiwen wor non ewe 24 awa a no. Ika pwun ai semwen e feito seni an uriei mwi, upwe chechemeni ai upwe angei nei taropwen mwumwuta ai upwe aa ew rescue inhaler non sukun. non sukun.
Kiin	Ika a wor ew minafon kiningaw a fisita, neiwe tokter ese mwo cheki, nge mi fen chok wakaten, mei neoeneo nge ese tongeni pwonuno, me ika a fen pwan uri ei kar ren.	Ika a mwono, me nimenimeochuno nge neiwe tokter apwan mwutata upwene niwin ngeni sukun.
Paarenon maas me pwan chonuchonun	Ika pwe uwa angei minafon me pwan paarenon mesei fiti chonuchonun use tongeni aweweini, pwichikar, metekin mesei, parenon pwonun mesei ika siwininon nenenon mesei kena.	Ika a wesino esisinen ewe semwenin maas, uwa tongeni niwin ngeni sukun, pwan ika ewe tokter a mwutatai ai upwene niwin ngeni sukun.

Ika kose fateiti ika mi fen each om kopwe tinano noumw ewe semirit ngeni an sukun me ika e wor om noninen faniten tumwunun me pochokunen noumw ewe semirit, porous ngeni noun noumwe semirit tokter, ika tokterin non neniomna, ika ewe kangofun an noumw ewe sukun.