

Pworous Won Social Media fan iten Watten Pwchikar

Twitter

Ekkei pworous ir mei nomw won met post mei wor won an omw we local health agency we Twitter feed. Meininis met mei makketa ina epwe ukukun 140 ika kukun seni foun mak.

Ren met epwe pwan kapacheta ngeni metekan kapas mei nomw fan, ewe Centers for Disease Control and Prevention [@CDCReady](#) me pwan [@CDCEmergency](#) mei tongeni pwe kopwe tweetinir ren met pworous mei wewefich ngeni me ekkewe link repwe tweeted.

Tweets

Watten pwchikar mei tongeni efeiengawa nonomwun om pochokun. Nonomw nge apatapataok, nonomw nge unn konik me pwan nonomw nge sinei met pworous!

Samwaaui feito seni pwchikar mei tongeni ach sipwe eppet. Nonomw nge apatapataok, nonomw nge unn konik me pwan nonomw nge sinei met pworous!

Nonomw nge apatapataok! Eukuku omw mwokutukut epwe fis nukun me kosapw nomw fan tinen akkar, akkaewin neonowas fansoun a kon watte pwchikar.

Nonomw nge unn konik! Kosapw utiwitin fansoun omw kaka kopwapw unn. Unnuwatte konik seni ukukun met kekan unumi, kosapw unn mei ngaranga, mei wor caffeine non me pwan sakaw.

Nonomw nge sinei met pworous! Pwchikar ina pwan ew me nein ekkewe mettoch mei weather-related nge mei efeiengawa aramas me non United States.

Nonomw nge apatapataok! Ekewini fansoun ika okota omw mwokutukut epwe fis nukun ngeni inet a patapat fansoun non ewe ran.

Nonomw nge unn konik! Unumi ukukun 2–4 kapen konik iteiten awa nupwen kopwe fori omw angang ika taiso nukun.

Nonomw nge sinei met pworous! Ekkewe ierir watte seni 65 ier ir mei muttir apwangapwang ngeni pwchikar. Feino churi chon nonomw unukun imwom we, chiechiom me chon omw famini omw kopwe nengenifichi ika ir mei patapat me achocho unn konik.

Nonomw nge apatapataok! Ekis ngaseta seni ewe pwchikar omw kopwe no nonomw ian mei apatapataok ian non ekis fitu awa.

Tumunuw nomw kewe maan repwe patapat! Menunu me ese mwon mongo mei tongeni pwe esisinen ese naf chenuchenun non inisum. Eunu ngeni konik mei minafo me neni mei chumon ian ren an noum we man epwe apatapata.

Facebook

Met namoten mak mei pacheta won Facebook pun a wor an aramas poporous fengen (ina mwo ika mei menei an epwe worchon wisen tumwunuw fetanin pworous).

Meinisin ekkena mei nomw asan fan ren omw kopwe tongeni tweetini mei pwan tongeni epwe no-pacheta an epwe pworousen won Facebook. Iwe nge, ekkei ekkoch memef mei wor pwan sasing me links mei pwan tongeni epwe pacheta. Ren sopwosopwun memef, no ngeni an ewe Centers for Disease Control and Prevention we Facebook page <https://www.facebook.com/cdcemergency> omw kopwe pachesevanieta met link mei namwot, webpage, sasing me kapasen aninis.

Met mei pacheta won Facebook

Mei kan wor omw kopwe ekieki met sakofesenin heat stroke me heat exhaustion? Cheki won an CDC FAQ page ren porousen watten pwichikar!

<https://www.cdc.gov/disasters/extremeheat/faq.html>

Ammen PWICHIKAR nukun. Nonomw nge apatapataok. Nonomw nge unn konik. Nonomw nge sinei met pworous.



Met wewen ika pwe ewe National Weather Service a porous fan iten Heat Index? _

http://www.nws.noaa.gov/om/heat/heat_index.shtml

An CDC kapasen aninis fan iten chon urumwot ir mei wor rer enan memefin pwichikar:

<http://www.cdc.gov/extremeheat/pdf/athlete-poster-preview.pdf>

En mi sinei pwe watten pwichikar ina pwan ew me nein ekewe mettoch mei weather-related nge mei efeiengawa aramas me non United States?

<http://www.nws.noaa.gov/os/heat/index.shtml>

En mi sinei epwe ifan omw kopwe nomw nge apatapataok non ekkewe ran epwe kon nuuno pwichikaran?

<https://public.health.oregon.gov/Preparedness/Prepare/Pages/PrepareForExtremeHeat.aspx>

Ekkewe mei mukono ra nuu seni 65 ier ir me nein ekkewe repwe mefi-efeiengawan nununon watten pwichikar. Emwengeni imwen ion mei nonomw unukun imwom we, chiechiom, me chon omw famini omw kopwe nengenifichi ika pwe ir mei naf unumer konik me pwan tumwunuw imwer kewe epwe patapat!