

Majej ko ilo Social Media ñe Elukkun Lab Bwil

Twitter

Majej ko laajrak ewor ñan likūt ilo jikin enaan eo ilo Twitter eo an obj in ejmour eo an bukun eo am. Aoleb enaan kwōj likūt rej 140 ak diklok leta im kōkkāāle ko.

Im kakobaba kin lomnak ko emoj lewaj ilal, enaan ko an Center for Disease Control and Prevention [@CDCReady](#) im [@CDCEmergency](#) remaron bar tweet einwot an melele im link ko bed ilo tweet.

Tweet ko

Joñan bwil ko relukkun lab remaron jelōte ejmour eo am. Bed wot ilo am jab bwil, idaa aiboj, im bed wot ilo am jelā melele ko rekāā!

Emaron bōbrae nañinmij ikijen bwil. Bed wot ilo am jab bwil, idaa aiboj, im bed wot ilo am jelā melele ko rekāā!

Bed wot ilo am jab bwil! Kōmman joñan makūtkūt ko inaboj im jab bed iomwin al, elabtata ilo alikin raeleb ien eo elabtata an bwil.

Idaa aiboj! Jab kōttar am maro ñan am idaa. En lablok am idaa aiboj jen joñan eo ekkā, jab idaa dān ko ewor juga, caffeine, im arkool.

Lolorjak aṃ jelā kin mejeje rekāā! Bwil ej mōttan men ko relabtata rej kōmman mij jen mejatoto ilo Amedka.

Bed wot ilo am jab bwil! Ukot ien ak bebe kin makūtkūt ko inaboj ilo ien ko remololok ilo raan eo.

Idaa aiboj! Idaa jen 2–4 kab in aiboj aoleb awa ilo ien am jermal ak makūtkūt inaboj.

Bed ilo am jelā kin mejeje ko rekāā! Armij ro rerūtto jen 65 yio remōjno ñan bwil. Lolak armij ro rej jokwe iturim, ro mōttam, im ro nukum ñan lolorjak rejab bwil im rej idaa aiboj.

Bed wot ilo am jab bwil! Bōk kakkije jen bwil ilo am bed jet awa ilo juon jikin emolo.

Jab kōtlok an bwil mennin mour ko nejum! Mok im makoko in mōñā ej kakōlkōl ke enbinnin emōrā. Lelok aiboj erre im jikin lelor mennin mour ko remaron kamololo.

Facebook

Beij 1 jen 2

Jibañ ko kin enaan ko rej likūt ilo Facebook ej an armij maron leto letak melele (jekdon ñe rej aikuj kōmman joñan).

Aoleben tweet ko ilōñ remaron bar likūt einwot majej ko ilo Facebook. Bōtab, lomnak ko laajrak ewor bija im link ko remaron bar likūt. Ñan lomnak ko relablok, lolak beij in Facebook eo an Centers for Disease Control and Prevention's ilo <https://www.facebook.com/cdcemergency> ñan bar likūt links, webbeij, im bija ko rej lelok jibañ im jibañ in kōmelele.

Enaan im bija ko likūt ilo Facebook

Kwōkujon ke lomnak ta oktak in jab makūtkūt jen bwil (stroke) im mok jen bwil? Lale beij in kajitok ko rekut kajitoki an CDC kin lab in bwil!<https://www.cdc.gov/disasters/extremeheat/faq.html>

EBWIL inaboj. Bed wot ilo am jab bwil. Idaak aiboj. Bed wot ilo am̄ jelā kin mejele rekāāl.



Ta melelein ñe Jikin Mejatoto eo an Lal eo ej kenono kin Joñan Bwil?
http://www.nws.noaa.gov/om/heat/heat_index.shtml

Kōmelele in jibañ an CDC ñan rikkure ro rej eñjaak aer bwil:
<http://www.cdc.gov/extremeheat/pdf/athlete-poster-preview.pdf>

Kwar ke jelā ke lab in bwil ej juon wunin mij ko relab ikijen mejatoto ilo Amedka?
<http://www.nws.noaa.gov/os/heat/index.shtml>

Kwar ke jelā wewein am kejbarok am jab bwil ilo raan ko elukkun lab bwil?
<https://public.health.oregon.gov/https://public.health.oregon.gov/Preparedness/Prepare/Pages/PrepareForExtremeHeat.aspx>

Rūtto ro 65 im rüttolok elabtata aer bed ilo uwōta ilo ien makūtkūt ko elab bwil. Bōjrak lok ñan mōko mōn armij ro rej jokwe iturim, ro mōttam, im ro nukukum ñan lolorjak ebwe aer idaak aiboj im rejab kōmoloiki mōko mweir!