



Taropwen Affat (ika Fact Sheet)

First-aid ika Ewin-aninis epwe mwutir me kawor ren Semwenin Waten Pwchikar

Semwenin waten pwchikar mei wate afeiengawan. Sokkun samwau ren waten sefitikin nukun inis ika karakar, metekitekin futuk asenipaen waten kaar, waten mwonon ika pwichin non inis mei tongeni asenipatai waten samwau epwe nomwotam ren emon.

Ekewe esisinen samwau ee feito seni semwenin pwasaka ika pwchikar mei mutir fetanin an epwe tori emon. Napengeni re feito seni nomw non neni mei wate pwchikar me pwasaka. Afeiengawan ei samwau mei sakopat angeian nupwen an tori emon me emon. Napanapen an kuk ei samwau e anongonong on met ekewe en mi pusin apwangapwang ngeni fan iten omw pusin samwau me ifa usun pochokunen inisumw. Ekewe aramas a urir semwenin pwasaka ika pwchikar ir mei tongeni ar resapw mefi pwe ra samwau. Monota ngeni me nenengochu ekei esisin ika epwe wor ren ekkoch. Tingorei ekkoch repwe pwan tumwunu me atonaechuk, pwan.

Ei taropwen affat esapw siwinin tumwunun samwau nge mei tongeni anisuk omw kopwe weweiti me esina esisinen samwau ren semwenin pwasaka me pwchikar. Pworousen eureur mei pachenonong ren omw kopwe pwoputa me safeini ika tumwunu semwenin pwasaka ika pwchikar an epwe apeti an epwe wateno ika awora aninis me mwen repwe war chon aninis ika angangen pioing.

Sinei ekei esisinen me sokkun samwanu ren semwenin pwasaka ika pwchikar

Mutir kuta aninis ika a wor reomw:

- Metekin mokur
- Masaroch
- Eningaw ika mwumwun mwus
- Mwus

Ika epwe wor reomw ekei esisinen samwau nupwen mei pwch nukun, mutir etino non neni mei patapat. Mutir kuta aninis ren pekin safei ika ekei esisinen samwau ese eochuno ika kukunutiw.

Sokkun Samwau	Esisinen Samwau	Aponuan ika met kopwe fori
<p>Pwasaka ika pwichinon non inis</p> <p>Pwasaka ew waten samwau mei weiweita Kokori 911, aninis ren osukosuken samwau mei weiweita ika mutir etino non pioing.</p>	<ul style="list-style-type: none"> • Waten pwchikaren inis (wate seni 103° F) • Par, pwch unuchen inis • Mutir, pochokunen pichin uwa • Mei tongeni epwe fis ren peno ika masaroch 	<ul style="list-style-type: none"> • Kokori 911. • Wano ewe mei samwau ngeni ew neni mei patapat an epwe kokkon. • Mutir apata ewe mei samwau ngeni konik mei paat seni imwen tutu, oos ika toun mei paat- met uchok mei monota ika wor. Nge, kosapw uwanong emon aramas mei peno ika ese memef non ew nenien tutu ika konik. • Kosapw uwou ngeni minen uun. • Mutir ngeni aninisin tumwunun samwau.

Waten mwonon ren pwichin non inis	<ul style="list-style-type: none"> • Waten mwoonon • Apwangapwang • Paat, pwechetiw won inis me ika mwoonon • Mwutir, apwangapwang pichin uwa • Eningaw ika mwuus • Masaroch 	<ul style="list-style-type: none"> • Mwokut ngeni neni mei paat. • Konetiw pwan epichano ufomw. • Pacheta uuf ika towun mei paat won ekis meinisin won inisumw. • Komi konik. • Ika pwe ke mwus nge mei chok sopwosopweno, mutir me kuta aninis seni pioing ika pekin safei.
Metekitekin non futuk	<ul style="list-style-type: none"> • Metek ika uwei-napengeni non nuk, pau ika peche. 	<ul style="list-style-type: none"> • Akeunoi meinisin angang ika mwokutukut iwe asoso non ew neni mei patapat. • Uun chonun juice mei faat ika minuen uun unaman chon fiti urumwot. • Kosapw fiti mwokutukut en mei angang weires ren non fitu awa murin an keuno ewe metek. • Kuta aninis seni pioing ren omw kewe metekitekin non futuk mei nomwotam napeseni ew awa. • Taisoni omw kewe muscle ika futuk mei metek an epwe akukunatiw ewe uwei.
Sefetikin unuchen inis	<ul style="list-style-type: none"> • Parenon unuchen inis me metek • Tongeni an epwe ngut • Pwoi • Waten pwichikar • Metekin mokur 	<ul style="list-style-type: none"> • Tumwun seni karen akar • Pacheta mettoch mei paat ika apata ia ee kar ia ngeni konik mei pat. • Tonu ngeni lotion ika loshen mei misimis ngeni ian mi kar. Kosapw aea salve, pweete ika ekewe safean pwoi ika kinas. • Kosapw ameku pwoi. • Kokori noumw tokter ika epwe uruk waten pwichikar, pwoi mei nono non ika waten metekitek, ika epwe karakakar unuchen monukon ir mei kukunutiw fan ew ier.

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En mi tongeni nounou ei taropwe non kapasen ekis, mak epwe mese watte, mesen mak noun mei chun, ika sokkun nikinikin mak pusin finiomw. Kokori Health Security, Preparedness and Response won 971-673-1315 ika email health.security@state.or.us. Kich mei etiwa meinisin chon koko ika fen kokori 711.