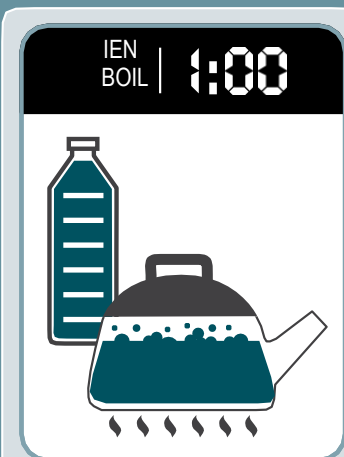


Ta eo kwōn kōmmāne elāne enaj ibwij jikin eo kwōj ebōk dān

Elañe kwōj kōjērbal dān in kien, lale ibbeir kin rōjañ ko aer. Elañe kwōj lōmnak aebōj in idaak kwōj ebōk jen aebōj lal ejab an kien, ak dān spring ak wūnin dān ko jet emōj an jorren jen ibwij, lōmnak kin laajrak kein mokta:

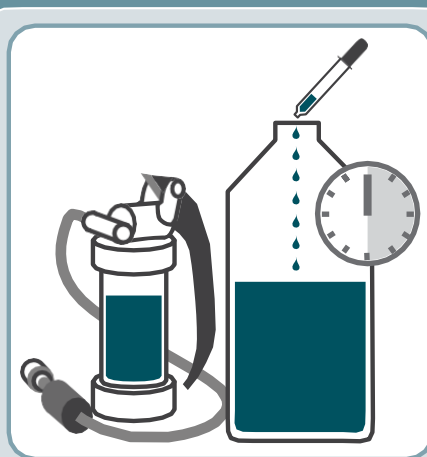
1. Jab bed iturin bam in aebōj in idaak ilo ien an ibwij ñan anjab jarom.
2. Enaj kejbaroktata anidaak im karreo kin dān boil ak bato. Jab idaak ak karreo kin jikin aebōj eo ear itok jen ibwij eo ñan anjab nañinmij.
3. Elikin ibwij eo, ebōk jibañ jen juon rikoontōreak an aebōj lal ak bam ñan an karreo im kajo bam in idaak aebōj eo.



**Kelet in kōmadmōd eo emmantata:
Boil aebōj ñe ejab kōjērbal aebōj bato**

Boil aebōj iomwin 1 minit elikin an jinoin boil. Kamōloiki innem likūt iloan nien ko rerreo im wōr mejeir.

ELAÑE KWŌJAB MAROÑ

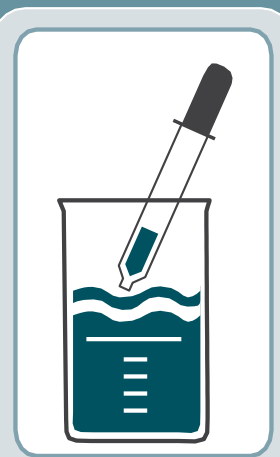


**Kelet in kōmadmōd eo emman:
Kōmadmōd kin kein liklik im uno**

Kōjērbal juon kein liklik in kaam ñan anjablok ettoonon ko ilo aebōj eo amlnnem likūt 1/8 teaspoon (ak 8 pilil) in jerajko eo ekkā, ejellok bwin, im an iloan em ñan kajojo kallon in aebōj, bōktake im likūt iomwin 30 minit mokta jen am kōjērbale.

Kakwōne aebōj ko emōj am manman kij in iloan nien ko ewōr mejeir.

IM



Lolorjak an teej aebōj

Kebaak juon jikin kakōlkōl emōj kile ñan karōke anetal in teej: go.usa.gov/xmTpK im bōk elōñlok katak ko kin anteeje aebōj eo go.usa.gov/xmTpT ñan lolorjak an jab jorren aebōj eo anñan an kōjērbale.

RA IN EJMOURIN LOBELEJ

Kejbarok Ejmour, Bojak, im Kōmadmōd

Talebon: 971-673-1315

Fax: 971-673-1309

Jerbal in jibañ an OHA kin Aebōj in Idaak: healthoregon.org/dwp

Facebook eo an OHA: www.facebook.com/OregonHealthAuthority

Twitter eo an OHA: www.twitter.com/OHAOregon

Kwōmaroñ bōk beba in ilo bar jet kajin, jeje ko relab, jeje ko an ribilo ak ilo juon wewein eo kwōkōñaan. Kebaak jikin Kejbarok Ejmour, Bojak, im Kōmadmōd ilo 971-673-1315 ak email health.security@state.or.us. Kōmij ebōk aoleb kall ko rej itok ilo jeje ak jibañ ko jet ak kwōmaroñ jibed 711.