



## BEBA KIN MELELE MOOL

# Kejbarok Rinañinmij ro am Remōjno Ilo ien Ewor Bwil

Kenono ibben rinañinmij ro ilo ien lolak ko aer kin wewein aer maron bōbrae nañinmij jen bwil ñan aer jab nañinmij. Am kōmmāne laajrak ko rebidodo emaron kōmman oktak ko relab, elabtata ñan rinañinmij ro elab uwōta kake er. Laajrak kein ekoba rōjañ an rinañinmij ro:

- Kamololo er.
- Idaak aiboj.
- Bed ilo aer jelā kin mejeje ko rekāāl.

### Eñin ej jet laajrak ko rebidodo kwōmaron kōmmani ñan jibañ rinañinmij ro rebed ilo lab uwōta:

- Jibañ rinañinmij ro kalikar jikin ko ilobeje remolo im remaron etal ñani ilo ien elab an bwil mōko mweir.
- Ba lok ñan rinañinmij ro ke rebañ bedbed ion deēl ñan kamoloiki er ilo ien joñan bwil ko renaj lablok jen 90°F
- Lolorjak an rinañinmij ro jelā rej aiku jidaak aiboj mokta jen aer maro. Lelok lablok in melele in kajinet kin uno ko ak jekej eo enaj jelōt wewein an jab mōrā iloan enbwinnier.
- Kōjellaik riañinmij ro kin wewein an jimwe aer kakwon uno ko, elabtata uno ko remaron jorren jen oktak in joñan bwil in mejatoto.
- Ba lok ñan er kin kakōlkōl in melele in jab makūtkūt jen bwil, mok jen bwil, ak abañ ko jen nañinmij ko relab im remaron walok jen an lab bwil. Mennin ej jibañ rinañinmij ro kile ilo ien rej bed ilo jorren im ren ebōk jibañ ñe rej aikuji.
- Ba ñan rinañinmij ro bwe ren kajitok an juon armij lale ejet aer mour. Rōjañ aer ba ñan armij eo kin aiku j in ejmour ko aer.

Ilo ien nañinmij eo ikijen bwil emaron jelōt jabdewot armij ilo jekjek ko rejab jimwe, jet armij elablok aer bed ilo uwōta. Laajrakin armij ro remaron nañinmij jen lab in bwil: ajiri jidik; rūtto ro 65 aer yio im rūtto lok; rikkure ro; im armij ro ewor aer nañinmij ko rebañ jako, ro rej jermal inaboj, ak ro edik kolla ko aer.

### Jekjek ko rej likūt armij ro elablok aer bed ilo uwōta ilo ien ewor bwil

<b>Nañinmij eo Ejab Jako</b>	Nañinmij in menono, joñan kajur in bōtōktōk, toñal, cancer, ak nañinmij in kitini, arkool ak uno ko rekajur, nañinmij in kōmelij
<b>Jekjek ko rej jelōt menokadu</b>	Nañinmij in menono, mōrā iloan enbwin, lab joñan yio in aer rūtto ak dik, jorren in kil (ekoba bwil in kil, bwil im lab kinej in bwil), jorren in menokadu, nañinmij in cystic fibrosis, nañinmij in Parkinson's, quadriplegia (ejorren emen neen im bein), nañinmij in scleroderma, im armij ro rej ebōk uno kin jorren ko rej walok. Nañinmij eo edik.
<b>Emoj an jelōt makūtkūt in mour ilo juon raan</b>	Ejab emmon am emakūtkūt im jorren wewein am kōjberbal kōmelij
<b>Jekjek ko Ilo an Bed Iturin Armij</b>	Jokwe ibben make ak emoj kōjenolok jen iturin armij, etta jekjekin joñan mour eo an, ejellok mōn.
<b>Jerbal/ikkure</b>	Elab an makūtkūt in ejmour ilo bwil ak ej jberbal ilo juon mejatoto in ikkure ebwil

*Wūnin: Kien in State eo an Victoria Australia, 2010*

### Uno im ien bwil ko

Jet uno ko remaron kōlablok uwōta in nañinmij ko ikijen bwil ak remaron diklok aer jberbal ak lablok aer bijin ilo ien kebaak joñan bwil ko relab. Bebe in kejbarok rinañinmij ro remōjno ilo ien an bwil mejatoto aikuj koba kenono ibben rijberbal in ejmour ak jikin ebōk uno kin wewein ak kōjberbal im kakwon uno ko.

### Wewein uno ko rej kōlablok uwōta in nañinmij ikijen bwil

<b>Kadiklok joñan kajur in bōtōktōk</b>	Uno ko Beta-blockers
<b>Diklok menokadu</b>	uno ko einwot Anticholinergics; e.g., tricyclic antidepressants im benztropine, beta blockers, antihistamines, phenothiazines
<b>Kōlablok an kōmman bwil</b>	Uno in Antipsychotic; einwot, risperidone, olanzapine. Stimulants; einwot, amphetamine, cocaine
<b>Kadiklok Maro</b>	Butyrophenones; einwot, haloperidol im droperidol. Angiotensin-converting enzyme (ACE) inhibitors
<b>Mōrā iloan enbwin</b>	Uno in Diuretic ko, arkool
<b>Abōnōnō in nañinmij in bwil elablok jen an lablok aer in bōtōktōk ibben rinañinmij ro remōjno</b>	Kadiklok joñan kajur in bōtōktōk; einwot, nitrates, calcium channel blockers, im men ko jet rej anti-hypertensives
<b>Lablok bijin in uno jen juon joñan kein jibañ ñan mōrā in iloan enbwin</b>	Digoxin, lithium, warfarin

*Jikin: Kien eo an State eo an Victoria Australia, 2010*

## Ijo jikim ebōjak ke ñan ien bwil eo?

- Lelok juon ruun in kōttar emolo im kili blind in wūntō ko ñan bineje al. Kōmmane juon bebe in kōmadmōd ilo ien enaj kun jarom.
- Lolorjak an ewor aiboj in idaak ñan rinañinmij im rijerbal ro am. Lelok jet bar ien kakkije in idaak aiboj einwot aikuj ñan rijerbal ro.
- Loor katu in mejatoto im nuuj eo an bukon ñan am maron katmane ien bwil ko. Jelā kin jikin kiki ko remolo im rebellok.
- Jelā rinañinmij ta ro elablok aer mōjno. Kōjellaik er kin uwōta ko aer, kōmadmōd ko rej aikuj kōmmani ñan kejbarok er make im wewein aer bukot jikin kiki ko remolo.
- Lolorjak an rijerbal ro am jelā kin kein kōmadmōdin jibañ ñan nañinmij ko ikijen bwil.



JIKIN EJMOUR EO AN KIEN

Kejbaroke Ejmour, Bojak, im Kōmadmōd

Talboon: 971-673-1315

Fax: 971-673-1309

Website eo an OHA: <https://public.health.oregon.gov/Preparedness/Prepare/Pages/PrepareforExtremeHeat.aspx>

Facebook eo an OHA: [www.facebook.com/OregonHealthAuthority](http://www.facebook.com/OregonHealthAuthority)

Twitter eo an OHA: [www.twitter.com/OHAOregon](http://www.twitter.com/OHAOregon)

Kwōmaron̄ bōk beba in ilo bar jet kajin, jeje ko rejab, jeje ko an ri-pilo ak ilo juon wewein eo kwōkōṅaan. Kebaak jikin Kejbarok Ejmour, Bojak, im Kōmadmōd ilo 971-673-1315 ak email [health.security@state.or.us](mailto:health.security@state.or.us). Kōmij ebōk aolep kall ko rej itok ilo jeje ak kwōmaron̄ kūrlok 711.