



Ministry of Health
Vanuatu Government

SAEKLON KI HELT MESEJ

STIK MERESIN BLONG MISEL



Mekem sua se ol pikinini we oli 6 manis kasem 5 (faev) yia oli kasem stik meresin blong misel. Bae hemi save sevem laef blong olgeta.

HELTI KAKAE

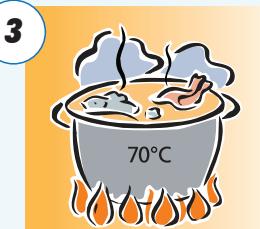


GIVIM TITI BLONG SIX MANIS

Givim titi nomo hemi gud long ol pikinini we oli anda 6 (six) manis. Melek blong titi hemi gud mo blong ol bebi. Ko luk wan nes long eria blong yu sapos yu nidim help mo kat problem blong givim titi long bebi blong yu.

KAKAE BLONG BEBI

Kohed blong givim melek blong titi mo fidim bebi long ol sofsof kakae taem hemi 6 manis kasem 2 yia - aelan kakae i nambawan. Ol pikinini, ol mama we i kat bel mo ol mama we oli stap givim titi long bebi oli mas kakai gud bitim ol narafala.



FUD SEFTI (SEF KAKAE)

Hemia 5 ki we yu save folem blong kat wan sef kakae

Yu mas stap kiln oltaem:

Wasem han oltaem bifo yu kaikai, long taem we yu stap mekem kakae mo afta yu kamaot long toilet.

Seperatek kakae we i no tan long kakae we I tan:

Usum difren ekwepmen olsem naef, chopping bod taem yu handlem kakae we I no tan mo kakae we tan finis.

Kukum gud kakae blong yu:

Sapos yu wantem kaikai wan kol kakae, mekem sua se yu kukum i hot bakeken bifo yu kaikai. Kukum gud ol mit olsem chicken mo fish. No kaikai ol mit we I haf tan.

Kipim ol kakae long wan sef temperaja:

No leko kakae I stap long rum tepereja (5 - 60°C) bitim 2 haoa.

Usum sef wota mo gudfala kakae:

Usum sef wota o yu save mekem wota I sef (boilem, putum meresin) blong wasem ol fruits mo vegetabol sapos yu kakai we I no tan, mo jusum kakae we I fresh, I kiln mo I gud. Usum ol kiln sospan mo dish blong priperem kakae-blong you.

Yu no mas pem ol kakae we hemi pasem EXPAERY DEIT FINIS.

MALNUTRITION (SIK BUN BUN)



Mekem sua se pikinini hemi ko long wan helt fasiliti olsem Helt Senta, Dispensary o Aid Post blong karem wan jekap blong luk se hemi no bunbun tumas. I kat tritmen blong tritim sik bunbun long ol helt fasiliti ia.



TRI KAEN KAKAE

Traem blong kakae ol aelan kakae we yu save faenem long aelan o vilij.

Kakai ol kakae we hemi givim paowa, kakae we hemi blokem sik mo kakae we hemi bildimap bodi.

OL SIK BLONG MOSKITO



DAONEM MOSKITO

Mekem sua se inokat toti wota we hemi stap kolosap long haos, digim mo drenem aot, from ol toti wota ia, oli save kam wan gudfala ples blong moskito oli putum ekk mo stap long hem mo sem taem givim sik long yumi. "NO GIVIM JANIS LONG MOSKITO"



Evriwan we oli kat fiva , oli mas ko long wan klinik o hospital kolosap blong oli testem blad long Malaria.



Evriwan oli mas silip andanit long moskito net we oli tritim wetem meresin mo we Ministri blong Helt hemi stap givimaot. Yu save usum moskito net ia kasem 3 yia nomo.

Sapos yu kat moskito net long haos blong yu we Ministri blong Helt hemi bin givim long las 3 yia, afta hemi bin wetwet long taem blong Saeklon, yu save wasem mo hangem i drae mo usum bakaken. Hemi gud iet mo hemi save protektem yu long moskito.

Sapos moskito net blong yu hemi brok o damej long taem blong saeklon, bae Helt Team oli pas blong jenism.

WOTA MO SANITASEN, HAEJIN



Sapos wan memba long famli blong yu i kasem sisit wota, oli mas dring fulap boel wota from hemi sef.

Sapos wan bebi i kasem sik sitsitwota, hemi mas Kohed blong titi.

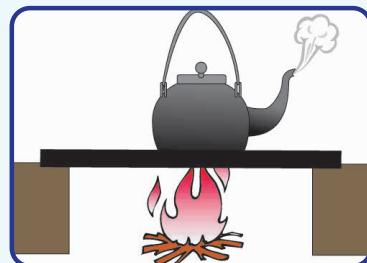
Taem pikinini hemi kasem sitsitwota hemi save lusum plante wota long bodi blong hem. Tekem hemi i ko long Nes o Dokta kwik taem.

ORS paket we oli miksim wetem wota hemi kivhan blong putum bak wota long bodi.



HAO BLONG MIKSIM LOKOL ORS?

Sapos yu nokat ORS? yu save miksim wan lokol wan
Hao blong miksim lokol ORS?
Fulumap sef mo boil wota long 1 kap (blong dring tea)
Putum 2 tispun suka mo 1 pinj blong sol
miksim gud tugeta mo testem, (hemi shud test olsem wota blong ae
taem yu krae)
Givim long pikinini o man we i kasem sitsitwota.



SEF WOTA

Mekem sua se wota blong dring hemi sef.

Sapos yu karem wota long wan tank o well, o long eni ples aotsaed long
Vila, boilem wota blong mekem i sef blong dring.

Wota we i no sef hemi save mekem yu sik.



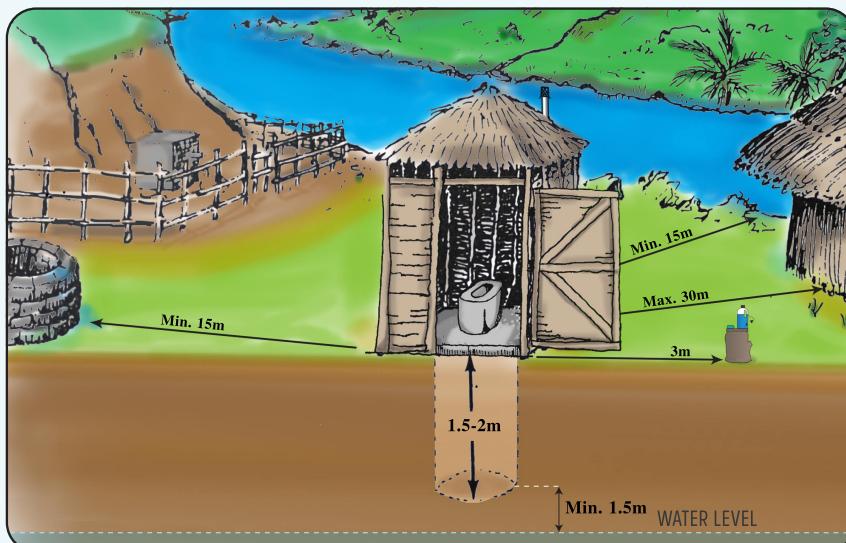
Usum kiln kontena wetem lid blong kolektem mo storem wota long sef
ples.

Wota we UNELCO i provaedem – i sef. Sapos yu no kat UNELCO wota mita
plis boelem ol narafala wota sapos we yu kat akses long hem blong
sevem famili long sik.

ENVAEROMEN MO SANITESEN

ENVAEROMEN (Raon long haos o komuniti)

Mekem sua se famili blong yu I usum wan toilet, be sapos I no kat wan
toilet, berem ol sitsit blong bik man mo pikinini long wan sef ples. Fasin
olsem i save stopem ol sik olsem sisit wota.



No bildem toilet kolosap long sos
blong wota.

Bildim bak ol toilet kwiktaem long
ol lokol materiel we yu save
faenem.

Klinim gud yard blong yu afta we
saeklon I pas

Traem blong kipim o maintenem toilet blong yu I kiln oltaem blong no
atraktem ol flae, kokroach mo rat.



SOLID WASTE (OL TOTI BLONG KITJIN MO RAON LONG HAOS)

Yu save mekem kompos long toti kakae, bonem ol pepa, mo digim hol blong sakem ol narfala toti long hem.

Hemi help blong daonem flae, kokroj, rat mo ol nara insek.

Sapos yu stap long wan eria we oli stap kolektem toti, mekem sua se yu putum ol toti long stret dei we trak blong toti l pas blong karemaot toti blong yu.



PERSONAL HYGIENE (HAEJIN BLONG BODI)

Mekem sua se ol famli memba oli wasem fes mo han blong olgeta wetem sop mo klin wota oltaem mo afta we; oli usum toilet, wok aotsaet o long karen bifo kukum kakae bifo fidim ol pikinini mo taem yu kakai

Sapos ino kat sop usum ashes blong faea, hemi gudfala wei blong blokem o daonem sik.



Sapos yu kat 50 Vatu soa long bodi, ko luk nes blong testem kwik taem mo tekem stret meresin.

Sapos yu kat ol soa, kaveremap o dresem kwik taem blong flae ino tajem.

HELTI TINGTING BLONG PIKININI



Leten pikinini hemi tokbaot saeklon.

Talem long olgeta se hemi oraet blong oli seksek mo fraet. Storian, singsing mo pleplei tugeta. Traem blong mekem se evri dei hemi semak.

Fasin ia hemi save helpem o kivhan long ol pikinini blong harem gud.

IMPOTENS BLONG ANTENATAL CARE MO SEF DELIVERI



Sapos yu stap long wan evacuation senta. Letem ol nes l save sapos yu kat bel.

Evri pregnan mama o woman we i kat bel oli mas ko jekap long klinik o hospital kolosap long olgeta.

Blong kasem wan sef deliveri ol pregnan mama oli mas ko bonem pikinini long wan helt senta kolosap o long hospital.

