



Feilo Ngeni Imwom

mwirin Neuneu fansoun ewe COVID-19 Mater



Ewe COVID-19 mater a akasiwili met chommong in me sam ra mefi faniten neuneu. Ei mi tongeni epwe fen each mettoch mi weiweita ika fen weires. Ika pwe omw akkoten neuneu a siwil me ika pwe ke imwu seni noum ewe semirit me mwirin omw neuneu, melipw kopwe mochen chommong alilis lupwen kopwele feilo ngeni imwom. Ikei ekkoch alen omw kopwe pusin tumunuk me arap ngeni noum ewe menukol.

Pusiin Tumunuk



Pechekulom kich mi chungu

Ikei ekkoch aureur ren usun omw kopwe tumunu met ke niit:

- Tumunu inisum omw kopwe tutu, ika ekkoch tumunun inisum en mi sani ika pwapwaiti.
- Asoso lupwen epwe wor fansoun.
- Tungor epwe wor alilis seni chon lon imwom, chienom, noum ra watte, me ekkoch lenien alilis.
- Awora omw fansoun asoso. Mwomwot lukun imwom, un chenipwich, katon kachito, aleani echo book, ika fen kokori emon chiechiom.



Melulu ika osukosuken omw ekiekpat mi chommong mi fis ngenir.

Chommong aramas ir mi mefi melulu ika alamon ika fen osukosuken ekiekpat mwirin ar neuneu. Ika pwe omw akkoten neuneu a siwil me ika pwe ke imwu seni noum ewe semirit pwokiten COVID-19, melipw kopwe mefi alamon melulu, ika fen aurek. Melipw kopwe mochen poraus ngeni emon chienom en mi lukuluk lon, emon chon lon leniom, ika fen emon sou silelap lon ngeni ekiekin aramas ren met en mi mefi. Ika pwe mi wor ekiekin angei manawom reom, ka tongeni kokori National Suicide Prevention Lifeline (Nampan Tumunun ika Appeti Ekiekin Angei Manauer) ese lifilil otun ren nampa 1-800-273-8255 (TRS: 1-800-799-4889) ika poruas ngenir won suicidepreventionlifeline.org/chat.

Arap ngeni ika Nom ngeni Noum ewe Menukol

Lupwen kopwe tumunu noum ewe menukol, a wor ewe chiechi fengen ika riri fengen. Amelimel, foropachei, takir, siwili an pamper, amwochu ika pweki noum ewe menukol, me amongou ekkei meinisin mi alisi an epwe amarata ika alapalo eu riri fengen mi pechekul ika tumun lefilom me noum ewe menukol. Kose pwal niit omw kopwe osen pwung ika esapw wor omw mwal, fori met ka tongeni fori, lupwen omw tongeni fori.



Tumunu Noum ewe Menukol

Lupwen kopwe amwongou noum ewe menukol, ngeni ika nelong lon masan noum ewe iwe amelimel, kapas, kol ika fori ekkoch sokkun ngingi ngeni lupwen an mongo.

Oupwu semirit mi tongeni epwe aweies. Mi wor allis ika pwe en mi weires ika resin achocho ngeni.

- Poraus ngeni noum chon safei ar repwe tini ngonuk ekkewe sou silelap ren pekin oupw.
- Kutta ekkewe mwichen allis ren pekin oupw ikewe ke nom ie.

Fan ekkoch menukol rekan kechiw me rese tongeni chipelo ina mwo ika en mi resin achipar. Melipw an noum ewe menukol kechiw nge mi eoch ngeni an epwe fen kechiw, ina popun tumunu fichi omw kopwe kinamwe kosapw osukosuk. Ika pwe en mi mefi weires, iwe tungor allis.

- Lupwen menukol re kechiw, iwe melipw ra achik, melu, niit ar repwe meur, ika mochen kopwe pwekir.
- Lupwen noum ewe menukol epwe melu melipw epwe mochen kopwe pweki ika amwokutu fetalei.



Poraus ngeni, Arap ngeni ika Attapa Noum ewe Menukol.

Kosapw kon pwal aweiresuk lupwen omw kopwe kaeo ngeni met kopwe fori ren met noum ewe menukol e niit ika mochen. Ekkoch menukol rekan chipelo lupwen kopwe achuchular, amwetar, kol ngenir ika fen epwe wor ekkoch ngingi mi pwetete epwe kokol, nge ekoch rekan chek mochen repwe fanefanelo.

Pwapwa fengen me mwasangasang fengen mi eoch ngonuk me noum ewe menukol. Kokol, alea book, me urumwot ngeni noum ewe menukol epwe allisi an epwe akinamwei noum ewe menukol, fori ar epwe mefi tumun, me alisi an ekiekir epwe marita.

Sotuni:

- aleani
- nelong lon eu kilas
- atik kol
- iwel fengen won simelin imwom
- urumwot ngeni ren peek-a-boo
- forata ekkoch ngingii ngeni noum ewe menukol.

Atapa noum ewe menukol me achipar ren omw pwekir ika foropachei mi murine ngeni noum ewe menukol. Nge eu chek, mi auchea kopwe ngeni fichi met noum ewe menukol epwe aiti ngonuk ren omw kopwe silei ifa ukukun an sani omw kopwe atapa ika pweki.

Pekin allis



- Omw Ewe enien Safei
- Rena allis mi kawor 24-awa faniten met en mi me ian repwe tongeni kutta ngonuk allis kokori ewe Washington Recovery Help Line (Nampan Allis An Washington) ika ewe putain allis ren pekin ekiek mi nom ikewe ka nom ie warecoveryhelpline.org
- National Suicide Lifeline suicidepreventionlifeline.org
988 (ren chon neuneu TTY tikki 711 iwe 988)
- La Leche League (allis faniten oupw) llli.org
- March of Dimes Weiresin Ekiek Mwirin Neuneu marchofdimes.org/pregnancy/postpartum-depression.aspx
- Perinatal Support Allis perinatalsupport.org/for-parents
- Period of Purple Crying purplecrying.info

Ika ke mochen tingor kapin ei taropwe non ew pwan sakkun nikinik, keeri 1-800-525-0127. Ren kastemer mi pung selinger ika weires ar rongorong, kose mochen kokori 711 (Washington Relay) ika fen mak ngenir non email ngeni ewe civil.rights@doh.wa.gov.