

OUPW & COVID-19 NON HAWAI'I

Pworaus Auchea me Aninis ngeni Saam/lin me Ekkewe Famini

1 OUPW A EPPETI



Oupw a anisi eppeti noumw we monukon seni chommongun sokkun semwen. Ewe a kon tumwun, me wor ngunuwen mwongo ngeni monukon iei ewe minikin oupw (seni inenap), me oupw a wor chommong aninisin ren pekin apechokuna. An COVID-19 epwe fetan non chonun oupw usun ese fis, pwopwun pwe ese chommong pisekin pwarata (data) mi anisi me anetata.

2 SOPWEINO NE OUPW



Saam/iin repwe ekieki nge a torir ika a fen torir COVID-19 repwe sopwosopwono (ne oupwu) nge tumwunuochu nimenimochu: Pwopwutani ne oupwe (ewe semiriit) non ew awa mwirin an upwutiw, oupw chok non 6 maram, ewin mwongo non an 6 maraman, me sopwosopwono ne oupwu tori 2+ ier. Ika ewe inenap a kon apwangapwang/ ese pechokun me mi wor minik, awora ew formula ika minik mi eochu ngeni ewe monukon.

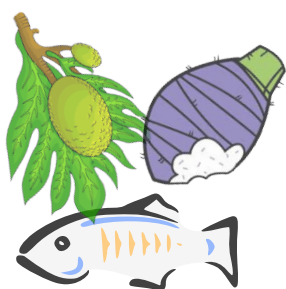
3 NAPANAPEN AMWONGO MI TUMWUN (SAFE)



Meinisin saam/iin a oupw nour repwe tonu peur mwan repwe atapa en monukon. Nimeti ekkewe pisekisekin ewe pom me titi iteitan mwirin eaea, me nimeti ekkewe pap/counter ra atapa.

Saam/iin ra nuku pwe a toriri/ika a fen torir COVID-19 repwe eaea pwonupwonun won mass fansoun ar oupwu (nour kewe). Katon ekkewe instructions (met kopwe feeri/fefferun) seni chon feeri ekkewe pisekisekin ewe pom me titi iteitan mwirin omw eaea. Ika emon inenap ese kon pechokun an epwe oupwu noun, epwe aunu non titi*, e eoch ika emon ese wor sainin semwen ren mi eaea pwonupwonun won maas epwe wisan aunu.

4 NGUNUEN MWONGO (NUTRITION)



Mwongo ekkewe mwongo mi apechokuna inis a auchea ren ekkewe inenap ir mi oupw me ekkewe kukkun semiriit. Ika mwo pwe epwe weires, akasenon fansoun ei pandemic/semwen mi chou fetan, achocho ngeni kopwe mwongo chommong foun ira me cheen ira fruit me vegetable, whole grain me protein. Mwongo epwe fresh (manaw), dried (pwas), tinned (non tin), ika frozen (mi fou). Achocho ngeni kosapw angei ekkewe minen un a watte suke non me mwongo a kon watte kirist, suke me sol non.

5 KOSAPW EAEA EKKEW E MINIK/ FORMULA ESE NEED (EOCH)



Ika esapw wor chonun oupw, ekkewe monukon ra tongeni angei/un unuman monukon kewe minik kapach ngeni/ika me nukun chonun oupw.

Kosapw amwongoni noumw we monukon (kukkun seni 1 ier) minik seni kou me ekkewe siwinin minik pwe ese feer fan itan monukon, apwe mi tongeni epwe afeingawa. Eisini noumw we tokter an aureur ren tumwunun minik me mwongo.

*Ika pwe ew titi mi nimeoch ese kawor, ka tongeni eaea ew kap mi nimeoch ika supun.

CHUUKESI



HMIHC
HAWAII MATERNAL & INFANT
HEALTH COLLABORATIVE

CREATED FOR MOTHERS & FAMILIES
HAWAI'I MATERNAL & INFANT HEALTH COLLABORATIVE
EARLY CHILDHOOD ACTION STRATEGY
[HTTPS://HAWAIIACTIONSTRATEGY.ORG/TEAM-1](https://hawaiiactionstrategy.org/team-1)

INFORMATION CURRENT AS OF 8/4/2020. SOURCES AND MORE INFO HERE:

[HTTPS://DOCS.GOOGLE.COM/DOCUMENT/D/1YSK6JY8LSVFSK9QJVO-UHGUQT4UKZYTQN77KGBZCCAG/EDIT?USP=SHARING](https://docs.google.com/document/d/1YSK6JY8LSVFSK9QJVO-UHGUQT4UKZYTQN77KGBZCCAG/EDIT?USP=SHARING)

ADDITIONAL RESOURCES

for Mothers & Families

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BREASTFEEDING

Click the links below!

- **Virtual perinatal support and community resources:** Healthy Mothers Healthy Babies Coalition of Hawai'i provides state perinatal resources, including telehealth/virtual support for mental health, lactation, smoking cessation, doula, safe sleep, new parent support, and childbirth education. Visit <https://hmhb-hawaii.org/>, email info@hmhb-hawaii.org, or call 808-737-5805.
- **Find lactation support on your island:** Breastfeeding Hawai'i maintains a list of resources around the state. <https://bfhawaii.org/index.php/lactation-support/>
- **Free two-way breastfeeding text support:** Nest Breastfeeding Peer Counselors and Lactation Consultants provide ongoing feeding and parenting support. Visit <https://nestfamilies.org/> or call/text 808-212-9324.
- **Free virtual parenting groups:** Family Hui Hawai'i supports parents through virtual groups and other resources. Visit <https://familyhuihawaii.org/>, email jade@familyhuihawaii.org, or call 808-230-7112.
- **National Women's Health and Breastfeeding Helpline:** Trained specialists can answer questions about women's health and provide breastfeeding support. Call 1-800-994-9662 (M-F, 3:00 AM - 12:00 PM HST), <https://www.womenshealth.gov/about-us/what-we-do/programs-and-activities/helpline>.
- **Breastfeeding support and advocacy for military families:** MOM2MOM Breastfeeding In Combat Boots supports military families, and they have a local chapter. <https://www.mom2momglobal.org/>
- **When breastmilk is unavailable:** Get info on safe infant formula prep and storage. <https://www.cdc.gov/nutrition/InfantandToddlerNutrition/formula-feeding/infant-formula-preparation-and-storage.html>

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FOOD SECURITY

- **Māna 'ai Food Distribution Program (O'ahu):** Delivers food and baby essentials to mothers in need (in 3rd trimester of pregnancy or with an infant 0-6 months old). Visit <http://www.hmhb-hawaii.org/mana-ai-food-distribution-program/>, email info@hmhb-hawaii.org, or call 808-737-5805.
- **Food Assistance (SNAP) and Financial Assistance:** Get information and apply online. <https://humanservices.hawaii.gov/bessd/1961-2/>
- **WIC (Women, Infants and Children):** <https://health.hawaii.gov/wic/>
- **Hawai'i Food Bank, including more than 200 food partner agencies (O'ahu & Kaua'i):** <https://hawaiifoodbank.org/help/>
- **The Pantry (O'ahu):** <https://thepantry.org/>
- **Maui Food Bank (Maui, Moloka'i, Lana'i):** <https://mauifoodbank.org/>
- **Activate Hawai'i Aid (Hawai'i Island):** <https://www.activatehawaiiid.org/>
- **Hawai'i Food Basket (Hawai'i Island):** <https://www.hawaiifoodbasket.org/>
- **Hawai'i Children Action Network, COVID-19 Resources Database (Statewide):** Find information about food, child care, health, and other resources with an interactive map. <https://covid19.hawaii-can.org/>