OUPW & COVID-19 NON HAWAI'I

Pworaus Auchea me Aninis ngeni Saam/lin me Ekkewe Famini

1 OUPW A EPPETI

Oupw a anisi eppeti noum we monukon seni chommongun sokkun semwen. Ewe a kon tumwun, me wor ngunuwen mwongo ngeni monukon lei 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, nopwopun pwe ese chommong pisekin pwarata (data) mi anisi me anetata.

2 SOPWEINO NE OUPW

Saam/lin repwe ekieki nge a torir ika ifa ten torir COVID-19 repwe sopwosopwono (ne oupwu) nge tumwunuochu nimenimochu: Pwpwutani ne oupwu (ewe semiriit) non ew awa mwirin an upwutw, oupw chok non 6 maram, ewin mwongo non an 6 maraman, me sopwosopwono ne oupwu tori 2+ ier. Ika ewe inenap a kon apwangawbang/ ese pechokun me mi wor minik, awora ew formula ika minik mi eochu eweni eweni eweni monukon.

3 NAPANAPEN AMWONGO MI TUMWUN (SAFE)

Meinisam saam/lin a oupw nour repwe tonu peur mwan repwe atapa en monukon. Nimeti ekewwe pisekisekin ewe pom me titi iteitan mwirin eaaea, me nimeti ekewwe pap/cunter ra atapa.

4 NGUNUEN MWONGO (NUTRITION)

Mwongo ekewwe mwongo mi apekchokuna inis a auchea ren ekewwe inenap ir mi oupw me ekewwe kukkon semiriit. Ika mwos pwe pwe weires, asakessen fansouw eipandemic/senwmen mi chou fetan, achocho ngeni kewwe mwongo chommong foua ne cheen ira fruit me vegetable, whole grin me protein. Mwongo epwe fresh (manaw), dried (pwas), tinned (non tin), ika frozen (mi fou). Achocho ngeni kosapw angei ekewwe minen un a watte suke non me mwongo a kon watte Kirist, suke me sol non.

5 KOSAPW EAEA EKKEWE MINIK/ FORMULA ESE NEED (EOCH)

Ika esapw wor chonun oupw, ekewwe monukon ra tongeni angei/un unuman monukon kewwe minik kapach ngeni/iku me nukun chonun oupw. Kosapw amwongoni noum we monukon (kukkon seni 1 ier) minik seni konu me ekewwe siwin minik pwe ese feer fan itan monukon, apwe mi tongeni epwe afeingawa. Eisini noum we tokter an aureren ren tumwunin minik mi mwongo.

*ika pwe ew titi mi nimeoch ese kawor, ka tongeni eaaea ew kap mi nimeoch ika supun.
ADDITIONAL RESOURCES

for Mothers & Families

1 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, doulas, safe sleep, new parent support, and childbirth education. Visit https://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. http://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 http://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, 8:00 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/


2 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/ or call 808-737-5805.


- 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.activatelahawaiiaid.org/

- Hawai‘i Food Basket (Hawai‘i Island): https://www.hawaiifoodbasket.org/