Mwe Fahkwack Yohk Srihpac ac Mwe Kahrsruh nuh sin Pahpah ac Ninac ac Sucu

1 KATITI EL KARHUINGANWAC NG
Katiti el kahrsruh karihngihn ahwwowo nuhtum an liki kain in mas puhs. Sronin titti luhn ninac pa mwe mongo fal wo omeet nuh sin ahwwowo, ac kahrsruh na yohk katiti el oraclah nuh ke kuh luhn mahnho. Ke mwe etuh sihhsihrk oasr yohrohshr uh, kuht kahlwem kac muh tiac kuh in fahsrehlihk ut ke sronin titti mas COVID-19 se inge.

2 SIKALENI IN KATITIT
Ninac se enuhu in akhflye katiti na ac tiac tui finne motkoeyuck kuh kahlwim eh mek weac mas COVID-19 tuhsruhktuh elan karihngihn in nwacsnwacs: Katiti el ke ao se na omeet el tuhfahna isuslac, katiti muhkwena ne ke el malwhim 6, khhtacal mongo kwewke ke el malwhim 6, na sikaleni in katiti ne ke el ahluhkwelah yac 2 matwac. Fin ninac se el arulacna muhnahs in katiti ac waengihn pac kahsreyacn sronin titti sahyac nuh sel ahwwowo, na kom kitacl formula (titti kar ke suhfhah) ma e wo sef nuh sel.

3 OHIYACN KATITI WO SEF KUH TIAC SENSEN
Ninac katiti nuhkewa enenuh in owo po met liki elos mwukuikui kac al oohwall. Ollah in nwacsnwacs pump (mwe pam) ac suhfhah nimac an tukan el tari kac, na ahkwacsnwacsyleah kewa fin acn com puhsral ku kahlihmihn an.

Ninac muh motkoeyuck kuh kahlwim muh weac mas COVID-19 enenuh in orekmahkihn mask (mwe lihsrlihsr muhta) ke pacl se el katiti uh. Tukan el tari ke pump (mwe pam) ac suhfhah nimac an na kom oohlah in wo etahi oacna atac se sihmlac ke pwephuh an. Fin ninac el arulacna muhnahs tiac kuh in katiti, el kuh in titti suhfhah*, tuhsruhktuh e wo mwet se kahrsruh kitacl an in tiac pac mas ac elan orekmahkihn mask (mwe lihsrlihsr muhta).

4 MONGO FAL MA USE KUH
Yohk sihpac ninac katiti se ac tuhlihk sihhsihrk nahtuhl in kang mongo fal ma sang kuh nuh selos. Finne upac nuh sum, yohk na ke koluclac luhn pucl uh ke sihphenn mas, sihkh kuhiym in mongo fukun sahk in yohk, wi whole grains (faitac ke ma ma mongo), ac ikoac. Mwe mongo inge kuh in ma fresh (sasuc), ma ayuck ne puhlaamiah, ma ke tin, kuh ma frozen (frisiyucki lun aes).

5 SENSEKIHNI LIKI MIL MA TIAC FAL
Fin waengihn sronin titti in sang kihnacht aclawowo na kom kuh in tahfahlah kuh alyoal ke titti kar ke suhfhah. Nimet kihnacht aclawowo (matwac fuhrs liki yac se) sronin titti luhn kaho kuh ke sronin titti tiac fal nuh sin ahwwowo, ma inge kuh in mwe sensen nuh sel. Soklah sel taktuh ma lah piac formula (titti kar ke suhfhah) wo uh na wi kahs in kahrsruh lalos nukh ke atanq mongo lai an.

*Kuh pac in orekmahkihn kuhup sung sunap nwacsnwacs fin waengihn suhfhah in tiac nwacsnwacs ahklihah.

KOSRAEAN

Hawaii Medical Material & Infant Health Collaborative
Kosraean

CREATED FOR MOTHERS & FAMILIES
Hawaii Maternal & Infant Health Collaborative
Early Childhood Action Strategy

HTTPS://HAWAIIACIONSTRATEGY.ORG/TEAM-1

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KOSRAEAN
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/ 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.

- 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, 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/

- When breastmilk is unavailable: Get info on safe infant formula prep and storage. www.cdc.gov/nutrition/infantandtoddlernutrition/formula-feeding/infant-formula-preparation-and-storage.html

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/, email info@hmhb-hawaii.org, 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.activatehawaiiaid.org/

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