

KANINNIN & COVID-19 ILO HAWAII

Melele im Resources ko nān Māma
im Baba im Baamle ko



1

KANINNIN EJ BÖBRAE

Kaninnin ej jibañ böbrae niñniñ eo nejim jen elōñ kain nañinmej. Men eo emman tata, eļap ōn ie nān juon niñniñ ej dānnin tūttin jinen, im kaninnin elōñ kain emman ko ie nān ājmour. Leto letak COVID-19 ilo iien kaninnin ealikkar ke eban, pedped ion jejjo data ko rōpād.

2

WONMAANLOK WOT IM KANINNIN



Mama ro rōmaroñ /rōnañinmej in COVID-19 rej aikuj wōnmaanlok wōt kin wāween kaninnin im buñtōn ko nān kōjparok erre: Jino kaninnin ilowaan 1 awa ālikin ļotak, kaninnin wōt ilo 6 allōñ , jino mōñā mōñā ben ko ilo 6 allōñ, im wōnmaanlok wōt im kaninnin bar 2-jima iio. Eļaññe ejjab lukkuun emman an jinen mour im ejjelok milūk jen ro rej donate, leļok formula eo me emman nān niñniñ .

3

WAWEEEN KANINNIN EO EJJELOK JORAAN NAE

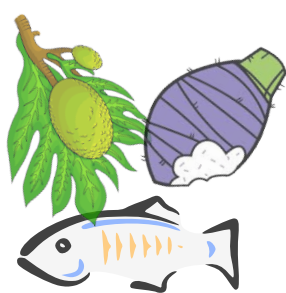


Aolep mama ro rej kaninnin rej aikuj kwaļ peier mokta jen air jibwe niñniñ eo. Karreoiki mōttan ko an pump eo im bato ko ālkin kōjerbali, im karreo aolep ion ijeko kar jibwi.

Mama ro rōmaroñ /rōnañinmej in COVID-19 rej aikuj kōᅇak māj (mask) eo ilo iien kaninnin. Lale kōmmelele ko jen manufacturer eo ikijjeen karreoiki mōttan ko ilo pump eo im bato ko ñe emōj kōjerbali. Eļaññe jinen ejjab lukkuun emman an mour nān kaninnin, bato* emaroñ mōñā jene, emman ļok ne jen juon eo ejjelok kōkkaļle in nañinmej ippān im ej kōᅇak māj (mask) eo.

4

NUTRITION



Mōñā mōñā ko rōüne eaorōk nān kōra ro rej kaninnin im ajri jidik ro. Meñe emaroñ apañ, eļap tata ilo pandemic in, kajjioñ bwe en ļap am mōñā leen wōjke ko, whole grain, im protein. Kain mōñā ko rōmaroñ kāāl, mōrā, pad ilo tin, ak kwōj. Kajjioñ jab bōk dān ko rōtōñal im mōñā ko eļap kūrj, tōñal, im jōļ ie.

5

KAJION JAB BÖK FORMURA KO RÖJJAB MENIN AIKUJ



Eļaññe ejjelok dānnin ittin kōrā eo, niñniñ eo emaroñ idaak milūk ko limen ajri ekoba ļok/ ijellokun dānnin ittin jinen. Jab naajdik niñniñ eo nejum (<1 iio) milūk in kau ak milūk ko raar jab kōmman nān ajri ro, bwe rōmaroñ in kōuwōtata. Kajjitōk ippān Taktō eo am kin formula ko rōkkar im kapilōk ko ikijjeen mōñā.

*Eļaññe ejjelok bato erre, juon cup ak jibuun erre emaroñin jermal.

MARSHALLESE



HMIHC
HAWAII MATERNAL & INFANT
HEALTH COLLABORATIVE

CREATED FOR MOTHERS & FAMILIES
HAWAII 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/1YSK6JY8LSVFSK9QJV0-UHGUQT4UKZYTQN77KGBZCCAG/EDIT?USP=SHARING](https://docs.google.com/document/d/1YSK6JY8LSVFSK9QJV0-UHGUQT4UKZYTQN77KGBZCCAG/EDIT?USP=SHARING)