







# Putsikninis tilahwa kidika nanitdaknin sipki:

-  Mâ bâni kau pananbas ukwi saran laihnin.
-  Nananghtak putnin as yûs yamninki dawak takpas yak bik.
-  Pâ as wing kâwa pâni kau sak atninki.
-  Sau yak susuih tuhnin awaski.
-  Kalbukutnin yakat dawî kal isamhnin yakat takpas putninki.
-  Mâ tingki was dawî sup kau suhninki.



# Yul bayakna dauh as yak dawî ramhyah put sikninis kidika

## YUL BAYAKNA DAUH

Putsikninis kidika muih yak wakaihwak, yaka awaskat tingni kalawa kamananh kau kal laihwi sikninis kidika.

Muih putsiknis dâwa kidika sulani kaupak sait kau tus atninki.

Muih putsiknis dâyang balna kidika cloro wasni kau plitni suhnin yaka awaskat plit kaswi rumhnin balna kau dîkasninki.

Putsiknis dâyang balna asninana yakat putsiknins muihni kâwibanghnaki.

Muih yal as muihkaruk kat pananbas uknin awaski.

## RAMH AS KI

Adika yamahni kuduh kalwakaihna as kau, umna yaka awaskat tingni kalawa munah kal tilahwaski.

Muih as putnisikninis laihna kidika sip awaski alas tus atnin. Sulani dawî parnina balna munah laih ninin lalauwak sipki pananbas dâwi danhyamnin. Nit awaski cloro wasni kau suhnin dawak bik plit kaswi rumhnin balna kau yûsyamnin.

Sulani as balna uk plitnina sup dawî was karak susuhwa kapat suhninki.

Di kansomshan jormz noh stie stikop aan di kluoz soh ih noh paas bai dah kaina wie.

Dem noh niid fa bonop niida wash apaart.

Muih yal as muihkaruk karang bik pananbas ukwi kiuninki ais ukwa kaput putsikninis pananbas uhukwa kaput palni sarang laihwi.

Muih muihkaruk kat pananbas ukwas dawa tayamni baises kau laih sangnika dawak bibi yak bik yamadanghniki ambukmunin batanharang tayamni.



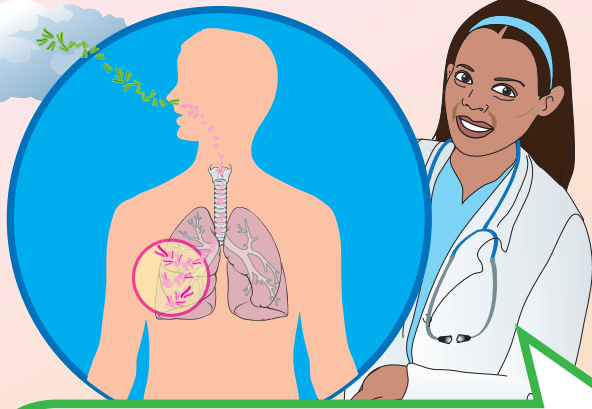
# Putsikinis kidika... Pananbas kau mai yamwi



Putsiknis kuduh dauh yulni awaski... sipki maiyamnin panabas kaladak ukwa munah

# Putsiknis kuduh...

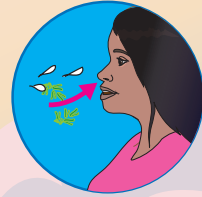
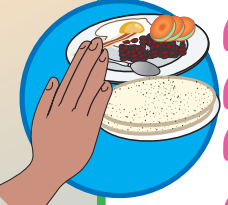
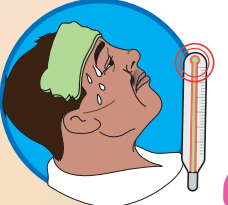
yâmah as kalyamnin sipki pananbas kau



Putsiknis kuduh laiwhi muihni ayangni as pakwa kidika Bacilo Koch ta yakaupak, laiwhi yaka bik sipki baisa kau nanitdaknin mai laiwhas tanitkauh dawak baisa kau mai laiwhih yak yamni pananbas ukdarang kat mai yamwi.

## Ampat mâ yâwa yaka putsiknisis dûda tayamni

- Bukut manah mâ salap minit kau arungka bayakwa tayamni.
- Yâmah dawi pukta yak mai walahwi
- Dîkaskih mâyawas ki.
- Sirihni arakni kaldî.
- Mai suhni, lulungni dawak dîyamkih mâyawaski, kalwarau mai yâwi.



## Amput putsiknisis kidika mai tilahwa yaka?

- Susuihni was kalbukutwa munah, kal isamhwa yaka awaskat susuih tuhwa munah put siknisis dûwa muihni yaka.
- Muih putnisiknis dûwa susuihni was buiwak urupna kat, yâmahni dis dai bik kal tilahlahwi.
- Muih VIH dûwa yaka awaskat âni yak sukar dûwa yakat bik kal tilahwi muihni parasnidis yulni.

## Mâ salap minit kau arungka minit yak mâ bukutwak

Mâ salapminit kau arungka mâ bukutwa kat sirihni palni panabas ûni as kau yawah sipki putma siknisis atnin.

## Yamni palni baisa kaupak amanglâna kidika yamnini mâyawî:

- Siknisis baisa kau sirihni laiwhi talna as.
- Putsiknisis kidika kaladak muih uk yak laiwhin awas pat yamninki.
- Baisa palni kau pananbas ukninki siknisis kidika baisa nuhâwas tanit kauh.

# Yâmahni pananbas yamni minit talwa yamni kau laiwhi (TAES) (isnipayul yulnin tunan balna)

Putsiknisis kidika baisa kau amang lâna kat sipki pananbas kalanin dawak bik sipki kalyamnin.

Adika panbas bauniman nuhni yaklau mâ yâwi pananbas bitik kau minit dispalni, muih putsiknisis dûwa yakat.

Yâmahni pananbas yamni minit talwa yamni kau laiwhi (TAES) [isnipayul yulnin kau tunan balna] Kidika laiwhi muihwakdis tunan wauhwa balna mâ yayâwi, kaput bik muih kidika ramh yakat ukwi kiunin ki panabas balna tayamni kat dawak yamni palni ukwi sarang laiwhninki.

