



Gobierno de Reconciliación
y Unidad Nacional

El Pueblo, Presidente!

Ministerio
de Salud

Pusa siknis ba... sipsa rawaia



Pusa siknis ba...
sipsa rawaia **saika di ba wal**

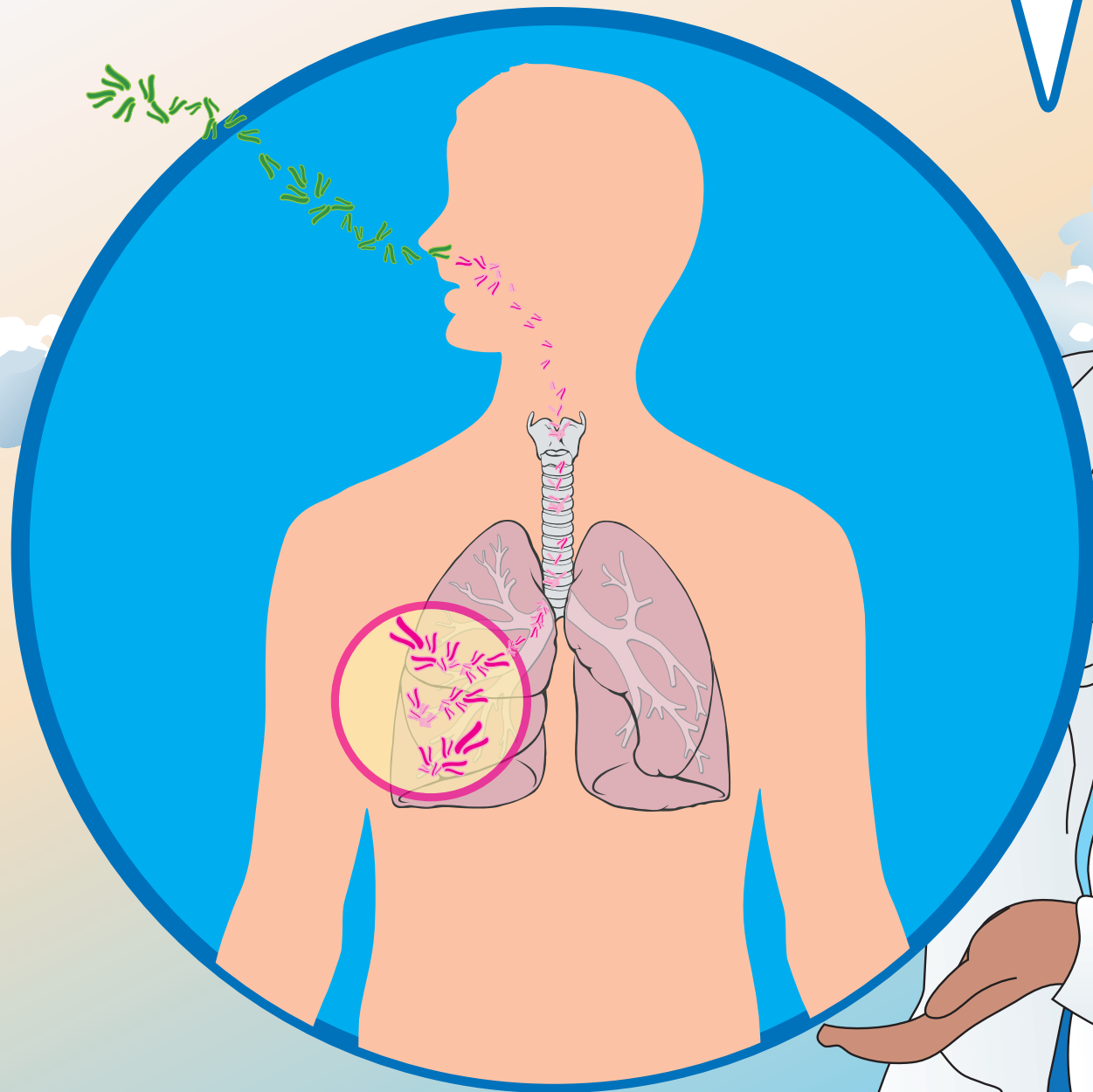
Pusa siknis ba...

sipsa rawaia

Pusa siknis ba yula kumi wal takisa uplara nanira, kau makisa bacilo koch, sipsa kaina kahbaia saika di dang daukbia kaka rait pali nahki mai win ba kat pali. Naha sikniska ba kau pali upla pusara ambuk munisa, baku sin ai wina walara sin ambuk munaia ba wal sipsa ikaia upla nanira.

Pusa siknis ba...

sipsa rawaia



Pusa siknis

nahki won dauki ba nû takaiasa

Rait pali pusa siknis mai dauki ba nah nani sa:

 Pat yua 14 pura siahka wal kuhbisma kaka.

 Rihka bara timia ra lamtika plapi kaka.

 Plun pin mai daukras kaka.

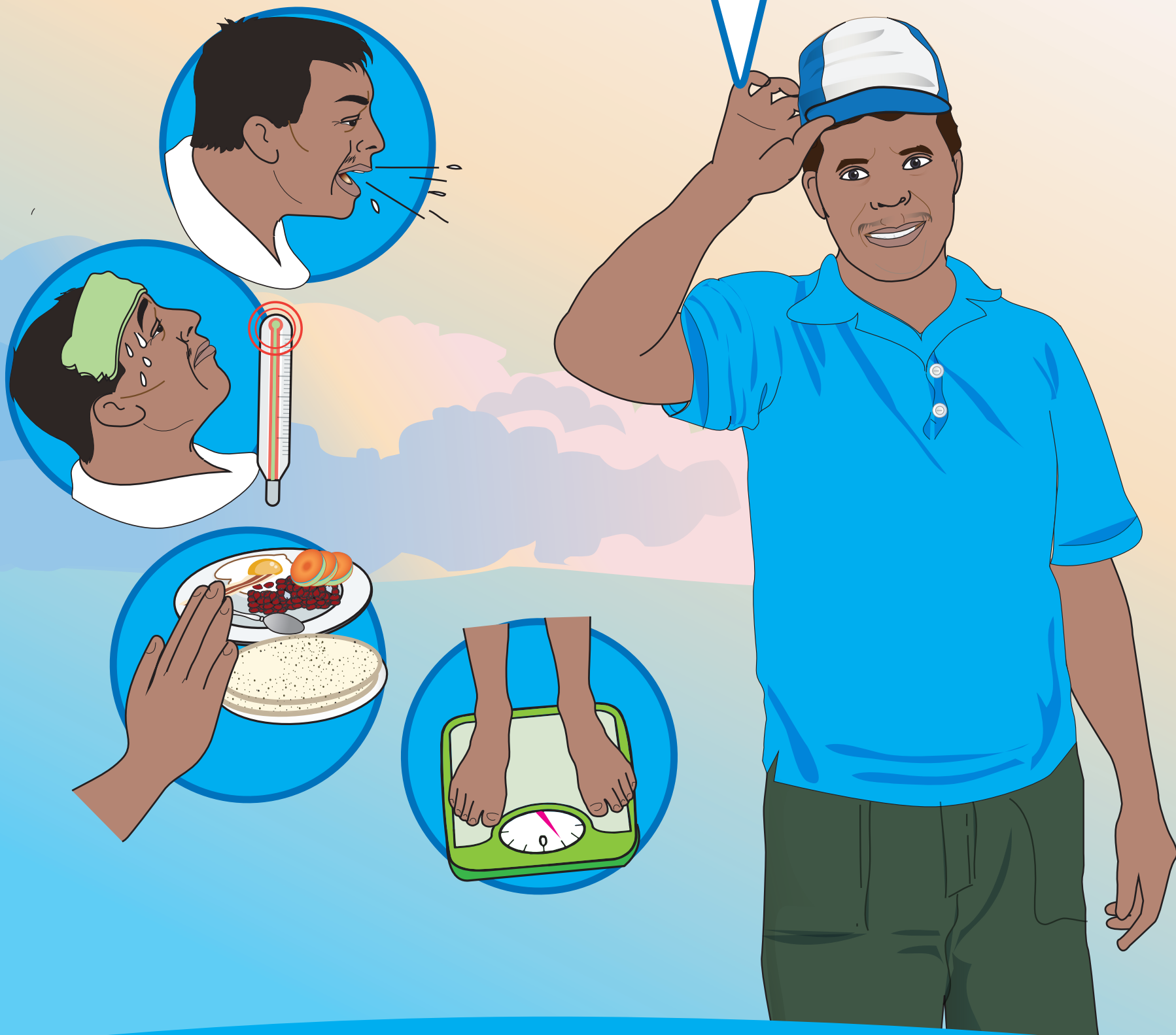
 Biawi kaka.

 Suapi bara aiwina ba sip diera daukras muni kaka.

Naha pusa sikniska ba taki taim ra, sipsa tawa pali kati ailal palira, baku bamna upla manis pali aisisa tanka nû takras, nahki dauki ba bara aspitalra uba letra saika pliki daktar ra wi bangwisa.

Pusa siknis

nahki won dauki ba nû takaiasa



¿Nahki ra upla walara luwi ba **pusa siknis kana?**

Pusa siknis ba luiwisa upla an uplara yabal laya yuya sirpi pasara srikwi takaski ba ai kuhban bara trisamkuia taim, yabal laya tuhbi ba wal upla lama siknis bri ba wal.

Upla kumi naha yabal laya nani pasa wina aubi ai pusara diman kaka sipasa witinra alkaia.

¿Nahki ra upla walara luwi ba
pusa siknis kana?



Nahki upla sikniska alki ba pusa siknis/VIH/ Sugar sikniska nani ba

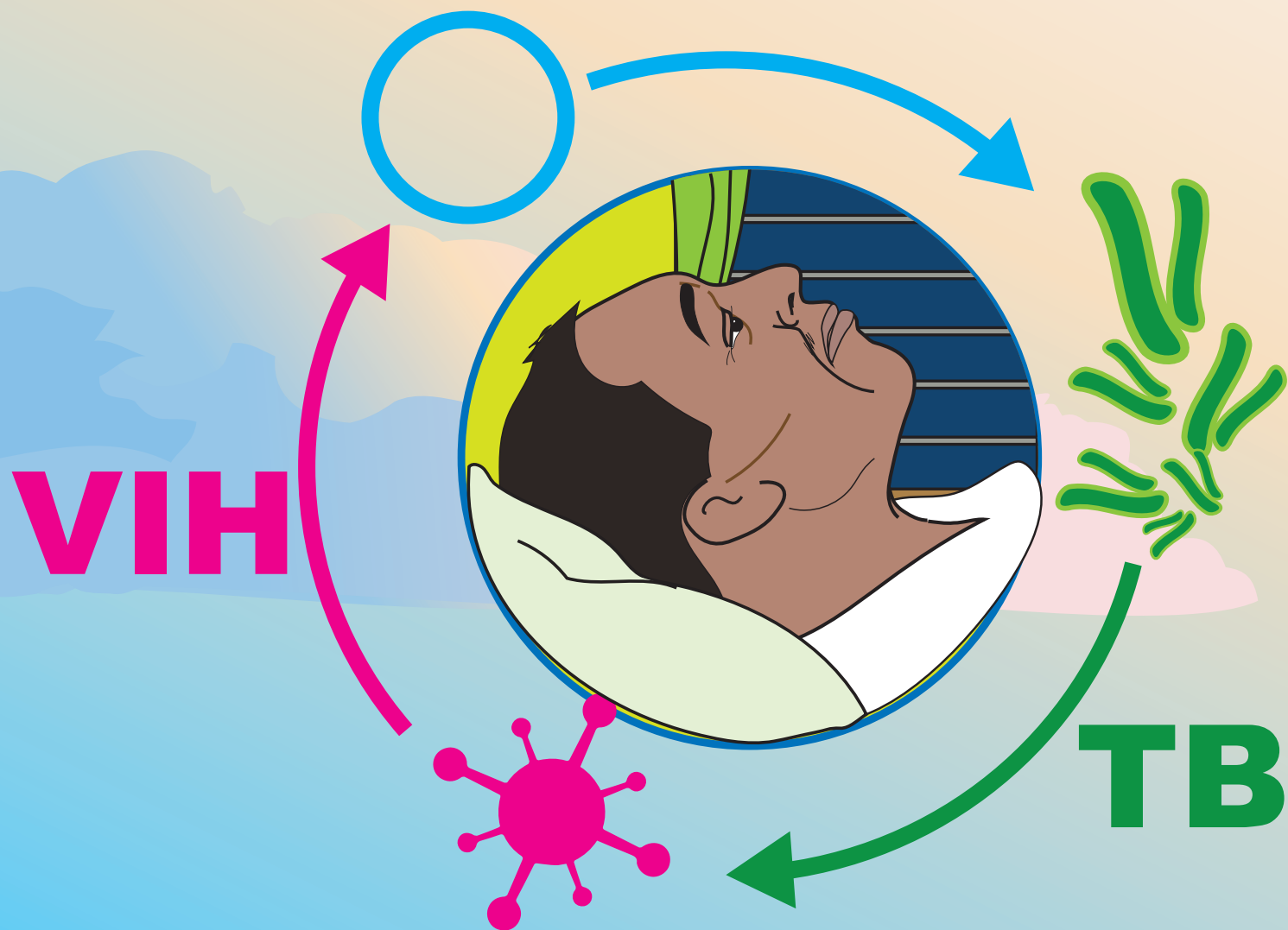
Naha VIH ba upla winara sauhkisa suap lupia takisa ai kankahbaia sin tiwisa, naha VIH bri uplika naniba sipsa pura luwaia 50 porsink pura, lama siknis alkaia.

Naha pusa siknis ba kau karna takisa ai kankahbanka apu takisa ba wal VIH bri ba kau pali saura munisa bara diabetes bri uplikara sin.

Sugar uplika nanira sin. Upla biawi kira naniba sin sipsa lama siknis kau pali alkaia kan ai kankahbaia ba mayara taim alkisa pain pali.

Nahki upla sikniska alki ba
pusa siknis/VIH/ Sugar
sikniska nani ba

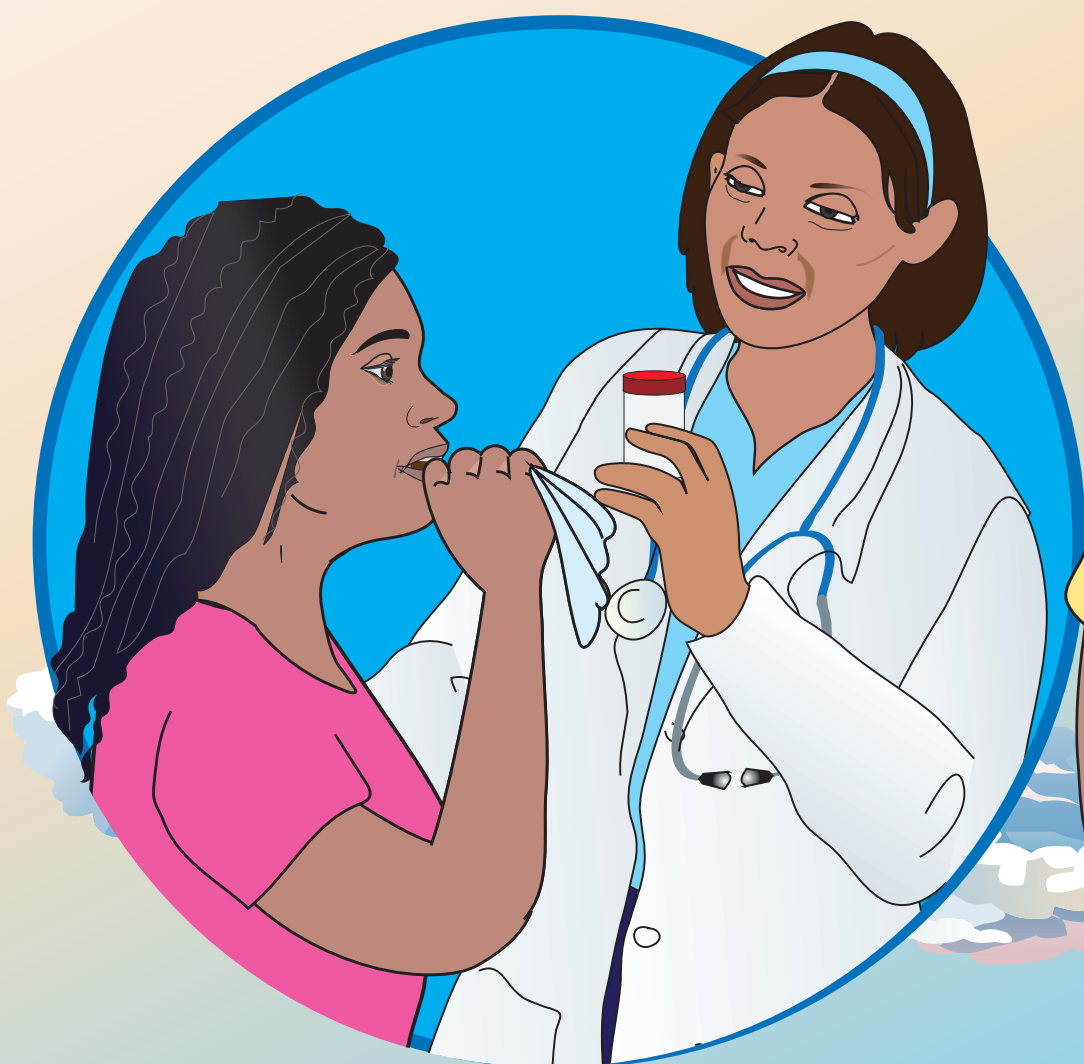
Diabetes



Naha Siknis ka yula wal

Aspital uplika kumi alki kaikaia wisi lakuya ba wal, kan pusa siknis nani baku muni ba wal. Naha Siknis ka yula ba daukisa mana luha kira pali, naha tala ami kaikiba uplika nani buwi, SILAIS ministro ka buwi aspital tara bara sirpi nanira sin, baha ba alki kaikaiasa satka wal ra, yabal laya tuhban ka kum, bara yabal laya ai karma wina saki ba wal sin daukisa.

Naha Siknis ka yula wal

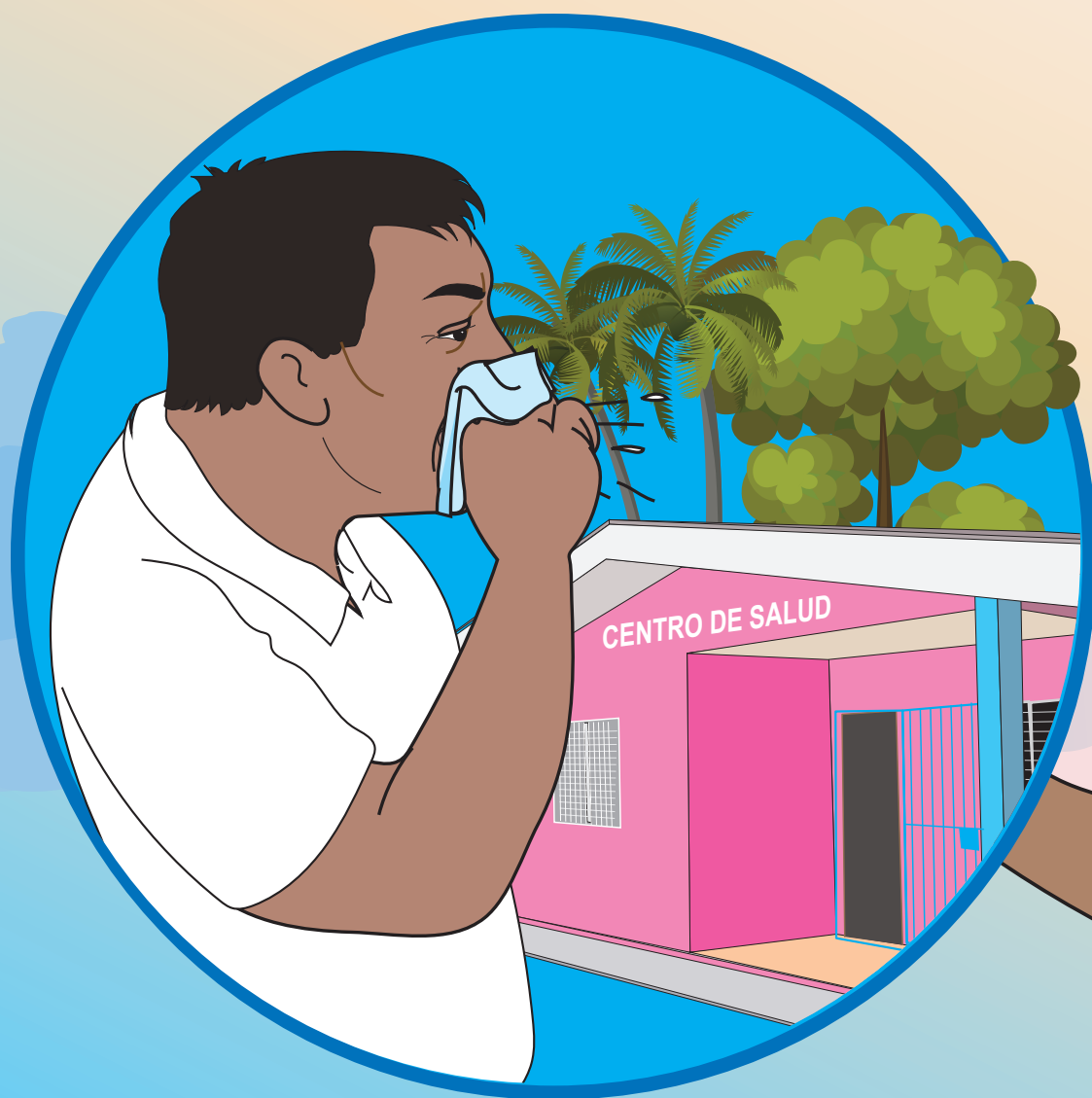


Yua 14 pura siahka **wal kuhbi kaka**

Upla kumi siahka wal yua 14 pura alki kaka ai winka puhbi pat sipa kulkaia pusa sikniska alkuya, bamna siahka yua 14 luwi auya taim ba pat pusa siknis talia takisa.




Rait pali pain kabia sa upla yua 14 pura alki ba siahka wal kuhbi uplika ba, witin yakan lukbia pat lama siknis alki baku, bara aspital ra isti pali wabia daktar pankira nani ba buwi laki kaikbia wisi.

Yua 14 pura siahka
wal kuhbi kaka

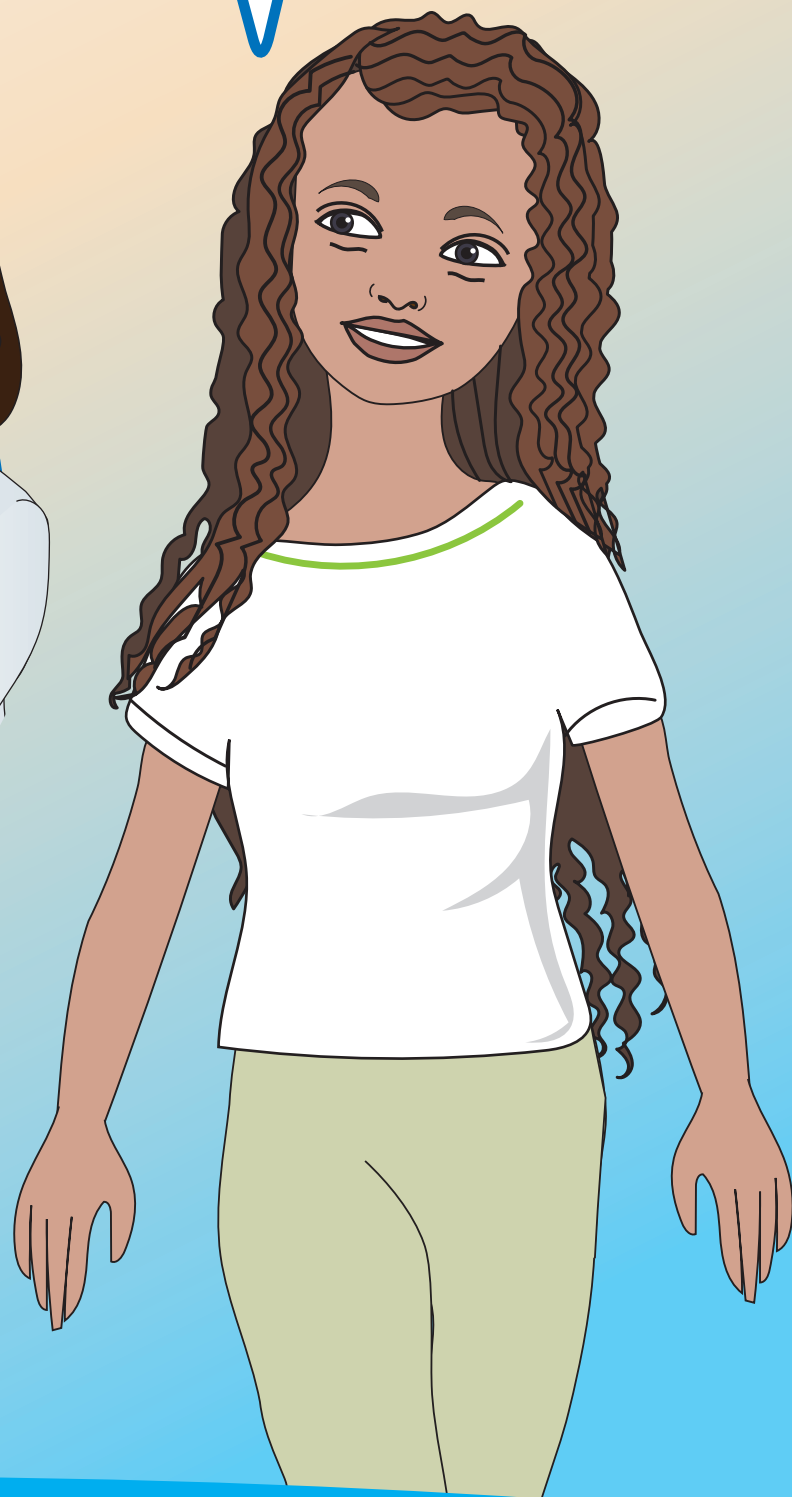


Kau pali nû takanka...
alki kaikanka pain daukaia sa upla ai
winka yamni briras nanira

Upla sikniska kau wina pali nû takanka ai wingka
puhbi wal ba:





-  Sikniska pali kau wina alki kaikaia ba.
-  Pusa siknis ba kankahbaia sa upla walara kau
alkras kainara.
-  Kau wina saika di kaiasa sikniska kau pali ai
winara sauhkras kaina ra.

Kau pali nû takanka...
alki kaikanka pain daukaia sa upla ai
winka yamni briras nanira

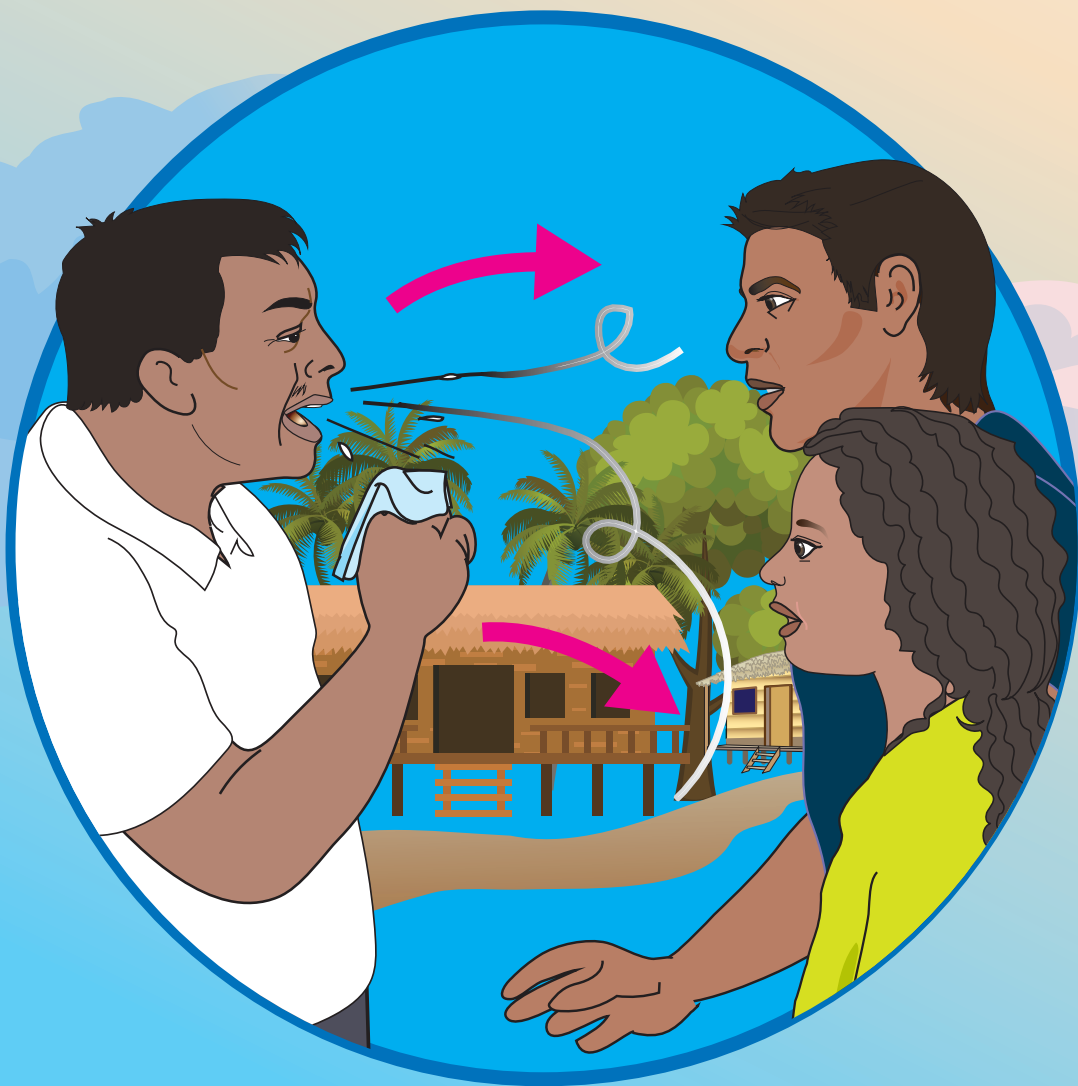


Nû takras kabia kaka, sipsa upla walara naha **siknis luwi alkaia**

Yawon upla nanira kauni nû takaras ai sikniska ba ai winka puhbi wal laki kaikras kaka naha na sipsa:

-  Pusa siknis uplika nani ba kau alal takbia sa.
-  Tawan naira kau pali drawisa apia kaka luwisa siknis ba.
-  Tawan uplikara, pamali, panika nani ra sipsa alkaia siknis kana.
-  Upla pusa siknis ba sipsa upla walara lamara kabia kaka naha nani sin alkaia 10 wina 15 kat mani kumi ra.

Nû takras kabia kaka,
sipsa upla walara naha
siknis luwi alkaia



Salud promotor ka nahkimuni baka sipsa kaikaia ai **winka puhbi ba wal**

Salud promotor ka bara tawan uplika ba aslah takanka sipsa ai watska kaiasa ai winka puhbi ba suapni baku kaka tawon wina maka blikaiasa aspital kumira lama siknis ka alki kaikaia dukiara.

Salud promotor ka nahkimuni
baka sipsa kaikaia ai
winka puhbi ba wal



Salud ra wark taki uplika baku ba plikaia sa upla ai winka prahni **mumi nani ba sakaia dukiara**

Baku sim natkara, salud ra wark taki uplikaba, baku plikaia sa upla ai winka prahni prahni mumi nani ba sakaia dukiara, naha satka uplika ba daktar ra auya nanira satka ailalra alki kaiasa, baku tawonra kaiki auya taim nanira bahara alki kaikaia sa sipsa lama sikniska dukiara.

Salud ra wark taki uplika baku ba
plikaia sa upla ai winka prahni
mumi nani ba sakaia dukiara



Siknis ka yula wal ai winka puhbi prah **prah nanira alki kaikaia sa**

Ani uplika siahka wal auya taim aspital ra siknis ka yula ba daukaia sa uba ai kuhbi kaka, doktor ba painkira laki kaikaiasa siknis uplikara, ba wina alki kaikanka kaiki dia muni ba kler takuya wal sika siknis ba latan kaikisa.

Pusa siknis ba rait takuya taim, doktor bui wisa maka isti pali tâ krikaiasa saika nani ba yusmunaia, baku sin alki kaikanka ba rait apia kaka doktor bui sumalkankabia nahki witin ai wina main kaikaia ba.

Siknis ka yula wal ai winka puhbi prah
prah nanira alki kaikaia sa



Pusa siknis ba sipsa rawaya saika dibia kaka

Tawan uplika nani lukankara lika, ban barasa lama siknis ba siknis kumi sip rauras bara baku sin upla manis pali lukisa baha sikniska ba, pat tiwan naha wina baha lukaia apiasa.

Pusa siknis ba kau wina nû takanka ba sanska painkira sa sipsa maka pali saika yarka naha siknis ba wina pain takaia, baku sin, upla walara albiara sia kankahbisa, kau wina.

Salud lalkatara buwi saika yaban kabia upla lama siknis bri bara, mana luha kira upla wina pain takbiara dukira.

Pusa siknis ba sipsa rawaya saika dibia kaka



Salud uplika kumi yabisa saika nani bara pura **kaikisa di uplika nanira**

Salud uplika kumi yabisa saika nani bara pura sin kaikisa di uplika nanira, salud promotorka naniba, baku sika yu bânii saika di kabia dukiara yula kahbaia, bara natka ba kat pali. Naha na saika wal pain pali ai sikniska wira rawaia lukisa kaka baku sin witin nanira nahki ai saika di ba wina suiras pali, baku maka pali pusa siknis ba apu daukakaia sa.

Baku sin daktar buwi upla pusa siknis wina pri wiaia ba 6 mont praiska luwayasa ai saika di ba wina alki kaikan 3 (yumpa ba) siknis apu takaia sa alki kaikanka kumira, naha 4 mont las nanira ai saika di kan pyuwara.

Salud uplika kumi yabisa
saika nani bara pura
kaikisa di uplika nanira



Maka pali tâ krikaia sa **ai saika diaia sa**

Maka pali tâ krikaia sa ai saika diaia sa, isti pali upla ai lama sikniska nû takuia ba wal, kasak pali lukaiasa naha sikniskana sipa rawaia, rait pali ai saika di danh takuya baha natka nani ailal sa ai familika nani buwin helpmunan kaka sipa baku alkaiasa.

Maka pali tâ krikaia sa
ai saika diaia sa



Rait pali pura kaiki kaka saika wal sipsa kaina was kaia **(TAES)**

Naha siknis ka yula ba daukan taim rait takuya kaka apia kaka natka wala wal dauki nû takankaka upla ba pusa siknis bri kaka witin istikira ai saika diaiasa kasak pali pura kai kira kasak pali (TAES) naha sika rait pali peisant yabisa upla siknis naira.

Saika di dang daukras kaka sipsa iste pali prura mata waia alki takaskras kira. Upla manis pali wira bitar ai dara walan taim pat lulki suisuya ai saika kataba. Aihkika ba witin ai sikniska bukisa bara isi apia kabia rawaia kan pat Saura pali munbiasa ai wira bara saika nani ba yamni help yabia apiasa.

Rait pali pura kaiki kaka saika wal
sipsa kaina was kaia
(TAES)



Saika wal nata

alkan taiom ba

Naha TAES, kasak pali alki takaskisa bara yarka upla pusa siknis uplika ba ai saika di danh daukaia ba, daktar bui nahki win ba kat pali dauki kabiasa bara ai taimka sin kat pali wayasa.

Upla pusa siknis bri nani ba ai saika aitani kat briaiasa, witn nani rawaya dukiara, kan sin sip apiasa lustiwaia apiasa baku sin saika diaia want apia wibiara bah aba sipsa ai wina saura takaia, ais sikniska ba witinra, baku lika sipsa sikniska upla walara yarka alkras kabia sika, pamili kam bilra, painikam, bara tawan kam bilra sin.

Saika wal nata alkan taiom ba



Pusa siknis upla walara luwaya **apia kankahbaia sipso**

Ai pleska ba sin help munisa kankahbaia ai wina ra sin, bara baku lika, kankahbisa naha sikniska kau upla walra albia apia sa. Pusa siknis bri uplika ba upla saunra yarka luwisa. Naha natka kankahbanka lika naha nani sa:

 Saika ba yu bânira di kaiasa danh daukaya kat painkira pali.

 Nitsa yusmunaia maskarit ai bila bara kakmara prakaiia dukiara.

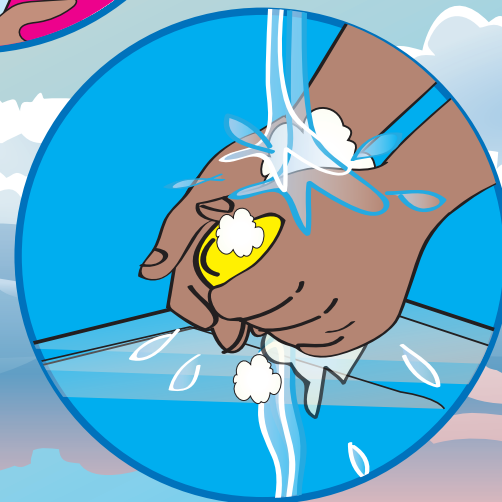
 Ai pleska ba pasa pain pali dimi kaisa.

 Tasbara yabala tuhbaia apia.

 Ai bila prakaiasa trisamkaiara bara kuhbaiara sin.

 Ai mihtara li wihki suo wal sihbaia sa.

Pusa siknis upla walara luwaya
apia kankahbaia sipisa



Ai rayaka **satka ba**

Upla ai pusa siknis ai raya kaia satka ba naha satka alkaia kaka naha nani daukaiasa:

 Ai pata ba painkira sa yamni pali pi kaia ba.

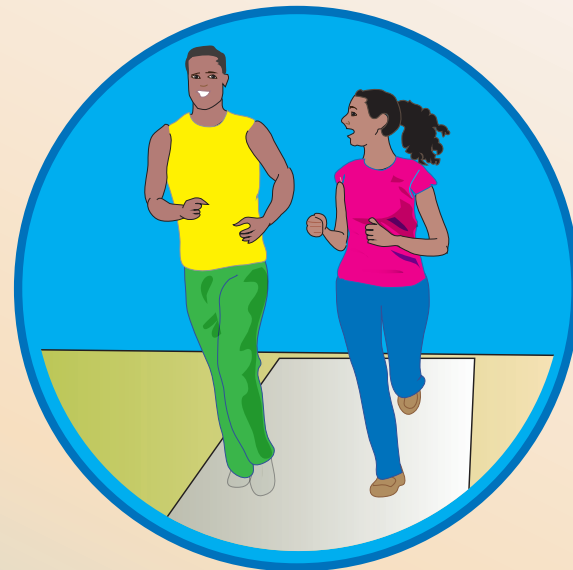
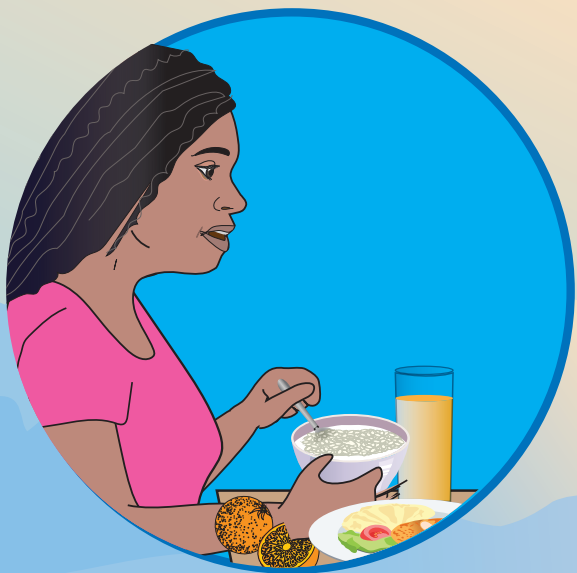
 Plun pi ai asa pain pali uya pali pura luwa api asa.

 Won wina ra praktis naniba daukaiasa.

 Sipsa yawon 8 awer yu bânira.

 Painkira wan wina main kaikaiasa.

Ai rayaka **satka ba**



8
HORAS



Saitra lakaia sa uya **kulkras nani ba bara** **taski kulki ba sin**

Taski kulki ba

Yawon upla siknis ra taski kulki ba bara wan sinska nani ba, bara kulkisa tawan upli ka nani ba aiska baku ai sikniska ba apia kaka pamali kam nani ba sin.

Mayara kulki yaba

Won wina kulkan laka ba sakuna naha lika mayara lukanka ba lika wan daukanka nanira sip alki takaskras ba wan lukanka bak taki aulasa naha na bara kulki ba sin. Mayara kulki upla nanira kulkanka yaras bamna ai raitka nanira sin work pliska nanira bara lâ luwi kira ai raitka nanira ai sanska naina ba sin.

Saitra lakaia sa uya
kulkras nani ba bara
taski kulki ba sin



Kulkanka bahwi wihki diara rait ba naha **pusa siknis ba dukiara**

KULKANKA BAHKI

Upla walara alki blaki ba wal, kia wali apia kaka upla siknis ra ai mihta ni alki ba wal sikniska ba luisa siknis apuwina.

Upla pusa siknis ba ai pamalika an ai panika nani wina laura kaiasa.

Upla pusa sikniska cloro ai pletka ra sikbaia apiakaka plet pih lulkaia nani ba yusmunaia.

DIARA RAIT BA

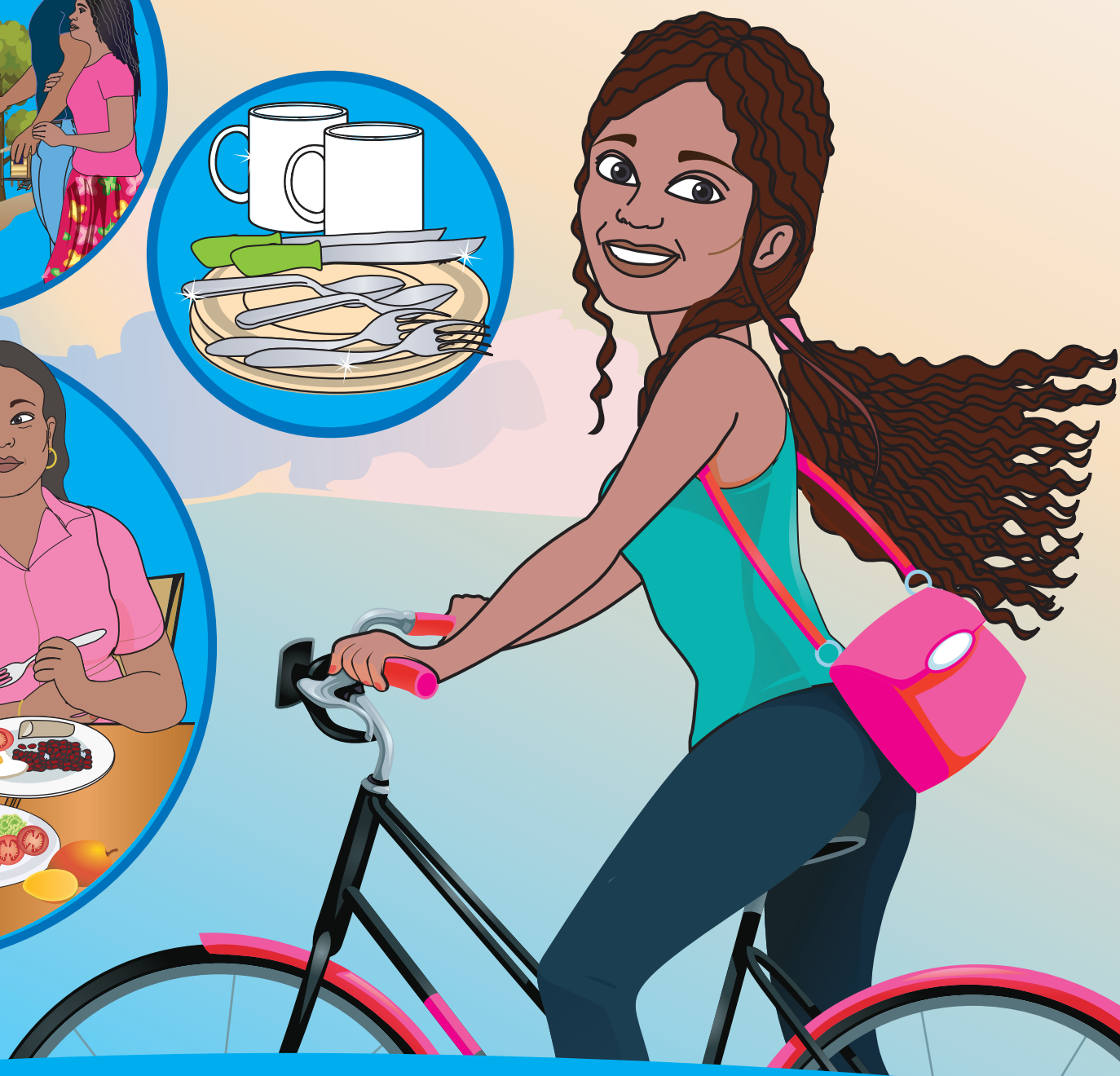
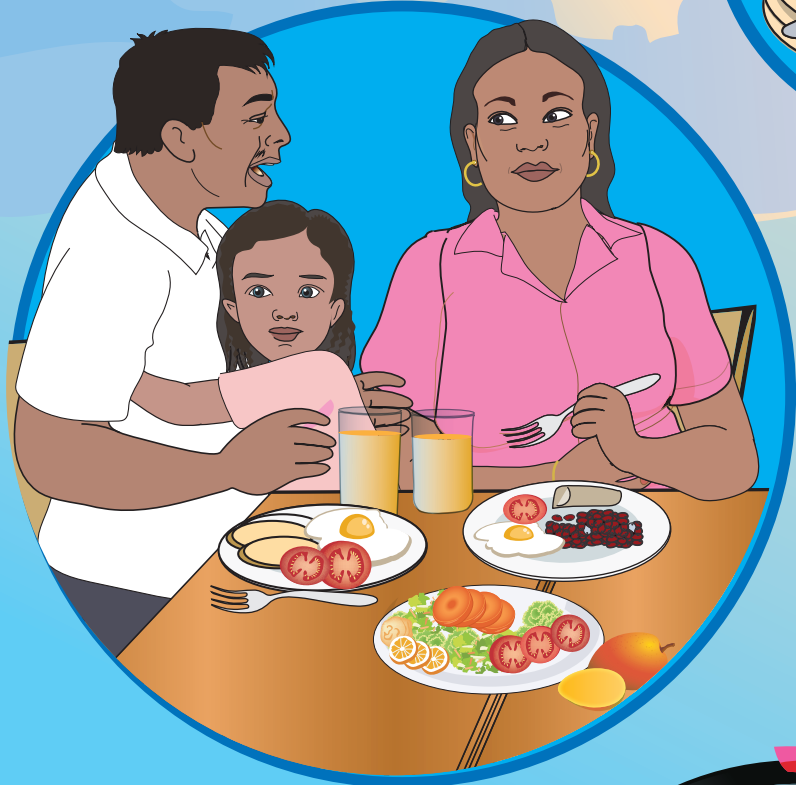
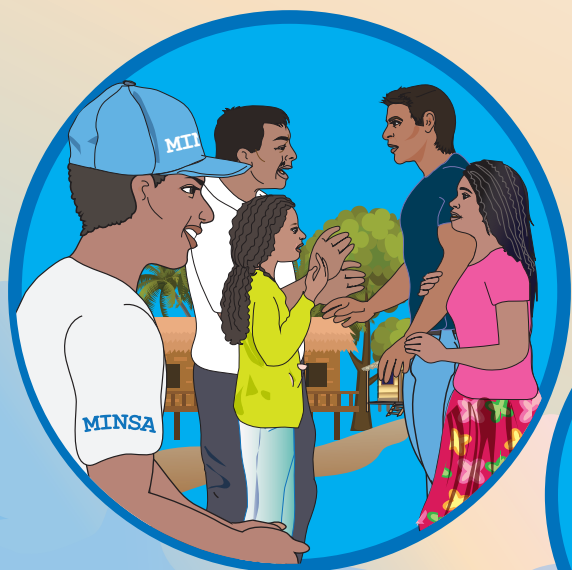
Naha sikniska upla walara luras alki blaki ba wal, kiawali apiakaka ai mihta alki ba wal sin.

Upla pusa siknis bri ba ai pamilika wina laiura kaia apia sa. Ai familika an ia panika nani helpka wal sipsa ai saika di dan daukaia help munanka painkira ba wal.

Nit apiasa ai pletka cloro wal tuskaia an sin yusmunaia apia sa pih lulkaia plet ka wal.

Sipsa sikbaya sup wihki li wal wan pamali wal ai pletka tuski ba wal asla pali.

Kulkanka bahwi wihki diara rait
ba naha
pusa siknis ba dukiara



Kulkanka bahwi wihki diara rait ba naha **pusa siknis ba dukiara**

KULKANKA BAHKI

Pusa siknis bri nani ba ai kualka nani ra yula dimi yukuwisa baku bamna sipsa kualka naniba saitra saki yauhbaia.

Mairin kuihra kumi sip apiasa pusa siknis saika barih diaia.

DIARA RAIT BA

Pusa siknis yula ba kaula ra dimi takaskras baku bamna kuala ba wal sip upla walara luras pusa yula ba.

Nit apiasa ankaia, saitra saki yauhbaia sin apiasa.

Mairin kuihra kumi, kauni pain sa pusa siknis saika diaia, daktar bui dia win ba kat pali di kaia.

Pusa siknis bri si saika diras kaka kau saura ia wina mapara yapti baku an sin bibi aisubi takan ra sin takisa.

Kulkanka bahwi wihki diara rait
ba naha
pusa siknis ba dukiara



Help munaia bara lukanka aslah kira

Lukanka aslah pali yawon iwi nanira daknira daukaiasa famali baku, apia kaka tawon uplika baku, baku natkara yawon aslah kaiara iwaya dukiara bara aslah bûwaya an aslah kaiara wan trabil kaba ani ani kabia sin.

Pusa siknis bri uplika nanira, sipsa mayara iwaya sipsa baha sikniska nani ba kuna famalika nani ba bara tawon uplika nani buwi karna taki aslah bara kupia kumi laka ni wark daukbia kaka, sipsa naha sikniska na pura luwaya.

Help munaia bara lukanka aslah kira



Dakni buwi help munania ba

Upla ai lama sikniska nani ba, pamalika, ai panika naniba an tawa nka uplika buwi kupia bukaiasa witin ai saika ra dibiara help munaya wisi yula kahbi kaiasa ai warka dauki ba sut kira ra naku natkara sipkabia sikniska kava wala lubia apia dukiara painkira ba.

Dakni buwi help munania ba



