



**Anapanapen  
Foforun pekin  
Nimoch me tumunun  
epetin feiengaw**

Ren Aninis me Pesepes ngeni  
ekkewe chon tumunu semirit





# Basic Health and Safety Practices

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## Child Care Provider's Guide

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# Kapasen Akkom

Semirit ra uputiw fiti ar watten tufichin kaeo, mamarita me wateno mi wor non tupuwer. Ar kewe sine me met ra kaeo a chok anongongong won ekkewe chon tumunur ar repwe aiti me epeti feiengaw en inis, pekin nimoch me kaeo me non ewe neni ra marita me non.

Ewe Anapanap ren pekin nimoch me epeti feiengaw: Ourouren ewe chon tumunu semirit a foruta an epwe anis me aiti ngeni met mi wesen murino epwe fori, A wor ruu kinikin non, ewin 1) Pekin Nimoch oruwan 2) Epeti feiengaw. Ew me ew ekkewe kinikinin non a tichiki sokkun fofor me mokutukut kopwe fori fansoun om tumunu semirit ika ewe neni ke angang ngeni ne tumunu semirit won pekin nimoch pwan epeti feiengaw fiti afataochu pwata ra fakkun auchea. A pwan wor sotosopun aninis ren pekin tumunu semirit a nom nesoponon nouch ei taropwe an epwe anisuk. Ei taropwen aiti chon tumunu semirit a for me ren eweh Putain Humen Services non ei fonu Hawaiiifan pungun ewe annuk Faniten ekkewe neni ra tumunu ekkewe Monukon me semirit meinisin (IT Chapter 17-895) An Famini nenien tumun semirit (FCC chapter 17.891) Me ekkewe mwichen en chon tumunu semirit GCC/GCCH chapter 17.892.1) Ren nenien Tumunu. Pwan ekkewe sukun ra tumunu mwan me murin ekkewe nenien tumunu ra eita ngeni pwe (BAS chapter 17-896) me pwan ewe CSS chapter 17-798 usun a fen nipokupok me won ekkena ekkoch peich.

Non unusen ei taropwe, sa chok nounou ewe fos “chon tumun” chon tumunu semirit, ewe nenien tumun semirit ika nenien an semirit marita me kaeo ie. Meinisin ekkei fos ren chon tumun ika chon tumunu semirit sa chok nounou ngeni ewe aramas a wisen tumunu emon semirit a keran uputiw tori emon nimu ier. Ewe fos nenien tumun semirit me nenien an semirit marita me kaeo a wewe ngeni nenien tumun, sa tongeni ora ew imwen tumunun semirit, mi tongeni an epwe imwen chon ewe famini, ika imwen ewe semirit, ika imwen ewe chon tumun. Pwan sotosopun, ewe fos “in me sam” sap wan nounou ach sipwe kori ngeni chon ewe famini ika iowe a wisen ouwonam won nemenemen ewe semirit.

Om kaeo ngeni ne weweiti eaeen ekkei ourour non ei taropwen faniten nimochun me tumunu epeti feiengaw seni semirit, ka tongeni angangoch ne fori wisom ngeni ekkei semirit.



# Pekin Nimoch

Semirit ra pusin kuta ar repwe kaeo seni ar kewe 5Pekin mefi, atapa, tini kuna, rong, me nenni. Ra uputiw fiti ar tufichin mochen sineochu me kaeo usun ewe neni ra marita me non. Non ei kinikinin sa kan eita ngeni pwe ra kaeo seni ekkewe 5Pekin mefi, semirit repwe atapa, tini, nenni, ika pwan ani ekkewe pisek ra kuna atun ar kakaeo usun inisir, ika porausen inisir. Ika mo epwe auchea ei sokkun napanapen kaeo ngenir nge mi chok nimengaw epwe esenipa ngenir ar samaw.

Ren emon chon tumun semirit, epwe anganga wisan we mi auchea ne fori pwan sopweno an ewe semirit nenien kukunou me mamarita ne kaeo epwe chok nimenimoch. Nupen kopwe pisekin apiru ren anganga pekin nimoch, ekkewe semirit rap wan tongeni for met rap wan kuna pwe en mi fori. Nupwen ka pwan forata sokkun pekin nimoch ngeni ekkewe semirit ka aiti ngenir ar repwe tongeni fori me poweni nimoch non manawer.

## ***Ewer Pekin kinikinin nimoch a pachenong ekkei tetenin:***

- **TUMUNU NIMOCUN ME POCHOKUNEN EKKWE SEMIRIT**

- *Nenengeni ika ir mei pochokun iteiten ran*
- *Pekin Oppos*
- *Aimuono Ekkewe semirit mi urir ma tter pwe esap chouno ngeni ekkoch*
- *Pekin kaun saffe*
- *Pekin mongo mi or faitamin non me pekin taiso*

- **NIMOCUN INIS**

- *Awora pekin toton pau*
- *Napanapen peupeu tepukuro ika tukutukun pau*
- *Napanapen ach siwini osime ika pamper*
- *Napanapen nimenimen mi awesano nimengaw*

## NIMOCH

# Tumunu Semirit Repwe Pochokun

Pochokunen ewe semirit a auchea ngeni mamaritan me fefeitan emon semirit. Pochokunen ekkewe semirit a anapano auchea ren ar repwe sopweno ne mweteri ew kinikinin kaeo nge ra fakkun monota ngeni. Pokiten ar kewe immune system, ewe a anisi ne fiu ngeni monun samaw, ese mo kon nien pochokun tori ar repwe tori ier fisu ika wanu, iei popu mi auchea ekkewe kukkun semirit repwe pochokun pun esap aorato watten osukosuk. Ar kewe monun fiu ngeni samaw, mi chiwen apwangapwang, iwe a chok mecheres ngenir ar repwe samaw, a tongeni amangano ar pekin mamaritan inisir me ar kaeo. Epeti inisir ren angei ar kewe oppos ew anen tumunu ngeni semirit ar repwe pochokun. Angei oppos ew mettoch mi fakkun auchea, in me sam ra tongeni anisi nour kewe ne epeti senir samaw mi susu fetan menun me ekkoch osukosuken samaw.

Ew me nein ekkewe anen om kopwe anisi nimochun me pochokunen ekkewe semirit ka wisen tumunur, kopwe katon me nenengeni ika ir mei pochokun me nimoch iteiten ran. Kensa ni ekkewe semirit iteiten ran a anisuk om kopwe sinei ifa usun mesemeser me fororur atun ar pochokun, epwe amecheresi ngonuk om kopwe kuna sokofesenin ika a fis ngenir. Pwan ewe anen om, en ewe chon tumun kopwe tumunu ekkewe simirit repwe pochokun, resap samaw om kpwe kuna ekkewe sikkun samaw mi susu monun ika fen matter ekan soun tori semirit, kopwe eimueno ewe mi samaw seni ekkewe rese samaw pwan fiti fori pungun ounur safei. Saingonon pesei ngeni me osukuna ngenir repwe mongo ekkewe mongo mi och ngeni inis pwan pesei angangen taiso mie aworato pochokunen inisir me nonomur epwe pwan epeti semirit resap kitinup me ekkewe ekkoch sikkun osukosuken samaw. An ekkewe semirit pochokun me nimoch a chok anongonong wom ena chon tumun, om kopwe sinei me monota.



## TUMUNUN NIMOCHUN EWE SEMIRIT

# NENGENI POCHOKUNEN INISIN EKKWE SEMIRIT

### *Pwata a uchea?*

- Muttirin an ewe chon tumunu semirit epwe kuna an ekkewe semirit ra samamw epwe mecheres an epwe fori met epwe anisis me ekikisatiw an ewe semirit we samaw.

### Angangan:

1. Epwe akkom kensani ika cheki ewe semirit nupwen an a keran tour ngeni ewe nenien tummun nupwen fansoun ekewe sam me in ir mi chiwen nom.
2. Poputani ne nengeni ika mi wenewen mesen ewe semirit.
3. **NENGENI:** ika mi wor esisin me nikinikin samaw rer won:
  - *Ekesiwinin non mefian me mokutun*
  - *Ekesiwin non mokutun an fetan ika mi pwano an monunu*
  - *Mi uri ngutupwok, surusutiw mesan me pwotun me kinas.*
  - *Ren unuchan ika mi or tir, ika mi pwo ika nupuchon are parapar.*
  - *Ika mei soun chok akkotu me, akkuma ekis inisin ika fen soun komoch ekis tefeni inisin*
  - *Mus me feiseni*
4. **RONGORONG** ngeni met ekkewe semirit ra aporausa faniten nour kewe pwan ekkoch sakkun samaw non ewe famini. Rongorong ika mi wor met an ekkewe semirit osukosuk ren inisir pwe epwe pwarta pwe mi mefi apwangapwang:
  - *An ngungu*
  - *Nikekechiwe ika echichin*
  - *Torotor ren ngasangasan, mwesi me ngasangaset.*
  - *Nger non chior*
  - *Kichimor*



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## TUMUNUN NIMOCHUN EWE SEMIRIT

# NENENGENI POCHOKUNEN INISIN EKKWE SEMIRIT

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**5. ATAPA ika mi ke mefi pwe mi pwichikar ika apwangapwang esenipanen ese wor konik me chonun mongo non inisin:**

- *Inisin epwe chochon*
- *Inisin epwe watte pwichikar*
- *Unuchan a motonong nupwen kopwe iteni.*

**6. TINIA ika mei wor pong epwe pwarata pwe mei wor samaw ren:**

- *An ngasangas mi pongaragar*
- *Ngasangasan mi pongaw*
- *Pongawen an chuchu me pincho*

**7. Maketiw kunaom ren an an ewe semirit we Checkin Nimoch me pochokun iteiten ran (itan Appendix A) Ika en mi kuna esisinen samaw mi or ren ewe semirit, mi och kopwe fori ekkei mettoch mi tetenitiw me fan:**

- *Nepotutan ewe ran atun an ekkewe in me sam nom, aninis fengen me ekkewe in me sam met oupwe fori ngeni ewe semirit ami oupwe anisi, Ika ewe semirit epwe imuseni chienan kewe ren an epwe tumun, ngeni ekkewe in me sam rewpe eniwinano epwe asese non imwan. lei ewe annukun eimuono ewe semirit eni chienan pwe esap napeno ika chouno ewe samaw ngeni chiechian semirit.*
- *Ika ewe semirit mi samaw unusen ewe ran, esinengeni ekkewe in me sam, aninis fengen ika epwe ifa usun an tumunun ewe semirit mi samaw. Aimuono ewe semirit mi samaw seni chiechian kewe semirit pun esap choufetan ewe samaw ren epwe pwan ekukunano an epwe mweteri ekkewe ekkoch. Pesengeni ekkewe in me sam met repwe fori ika repwe uwei ngeni ewe tokter me mwen ewe semirit epwe niwiniti ewe nenien tumun.*
- *Iteiten fansoun kopwe kuna esisinen kawet me feiengaw won ekkewe semirit, kopwe esinei ngeni ewe putain Human Services usun mi affat me fan anuk Hawaii Reivsed Statutes 350-1.1 (Katon ena taropwe won Aporausia kawet me feiengaw ren semirit).*

HAR §17-891.1-21 (4), §17-891.1-23, §17-892.1-21 (3), §17-892.1-23, §17-895-22 (d), §17-895-23, §17-896-20 (c), §17-896-22 (b) (c)

## TUMUNUN NIMOCHUN EWE SEMIRIT

# PEKIN EPETIN SAMAW

### *Pwata mi auhea?*

- Epetin samaw a anisi ne tumunu semirit seni ekkewe samaw mi sasa monun.
- Angei oppos ew anen epeti an epwe choufetan e samaw mi enniw monun usun a fen punguno seni ekkewe sou sine non ekkei pekin safei.
- Ren an epwe unusoch manamanen ekkewe oppos, mi och semirit repwe angei ekkei epet usun a fen afat non ekkewe tetenin oppos seni ewe pekin Tumunu pekin samaw (Center for Disease Contron, ika CDS)

### *Foforun me Angangan:*

1. Kaeo pwan pwan sinei ochu met ekkewe pesepes seni ewe National Immunization Recommendations me State Immunization Requirements: Pwan no ngeni ekkei websites ren fateochun poraus:
  - *Centers for Disease Control and Prevention Guide; Ekkei neni ra anisi ewe pekin tumunu samaw: Ra pesei epetin samaw ren semirit ra keran chok uputiw tori ekkewe ier onu (6): [http:// www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf](http://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf)*
  - *An ei mun Hawaii kewe esinesin ngeni in me sam: ren Pekin Epeti samaw me Nimoch seni ekkewe sukun: <http://health.hawaii.gov/does/requirements-by-grade/school-health-requirements-brochures/>*
2. Fori ochu pwe om na napanapen Epeti Samaw non om na nenei epwe pwan fiti pungun an State kewe annuk.
3. Fori pwe ekkewe in me sam repwe sinei pwe mi wor om anuk faniten ekkewe pekin nimochun me epetin samaw ngeni semirit (awewe ren ekkewe epetin samaw, ren opposun TB, pwan chekin semirit) me mwen ar repwe makei iter ar repwe nom fan om we tumun epwe anisi aponuwetan ekkewe pekin nimoch me pochokun.
4. Feino ngeni ekkena taropwe ra wisen checki nimochun ekkewe semirit iteiten ran.
5. Angei om kaeo seni ekkena taropwen an semirit repwe kaimuo seni chiener kewe fansoun ra ani ekkewe samaw mi susufetan monun.



HAR §17-891.1-20 (1), §17-892.1-9 (6), §17-892.1-20, §17-895-8 (6), §17-895-20 (3), §17-896-19 (a)

## TUMUNUN NIMOCHUN EWE SEMIRIT

# EWE ANAPANAP REN EIMUONO SEMIRIT MI URIR SAMAW

### *Pwata a auhea?*

- Aimuono ekkewe semirit mi samaw an epwe akukunano ewe samaw esap chouno.
- Weweiti me sinei ekkewe esisinen ekkewe samaw mei tongeni sa seni emon ngeni emon semirit epwe anis met repwe fori ngeni tumunun ekkei semit.

### *Angangan me Foforon:*

1. Kaeo seni ewe taropwen kensani semirit iteiten ren ren om kopwe fori ewe chekin nimochun me pochokunen ekkewe semirit ka wisen tumunur.
2. Nenengeni ekewe esisinen samaw; Ren om kopwe sinei, pwan feino kaeo seni ewe taropwen ekkewe sakkun samaw mi susu monun ren semirit ren: <http://health.hawaii.gov/docd/dib/disease/#C>
3. Ika pwe mei wor esisinen samaw, nenengeni ika ewe samaw
  - *Esenipa ngeni ewe semirit esap kinamwe ne fori an kewe mokutukutun kaeo*
  - *A menei emon epwe wisen tumunu ewe emon mi samaw pun esap ekisano pwan angawano ami pochokun me ekkewe semirit.*
  - *Mi fen wate osupwangan an epwe achou fetanei ekkewe samaw mi aweires.*



*Ika pwe mi wor ew me nein ekkei mettoch a mak me asan en mi kuna pwe mi fis, iwe, ewe semirit mi samaw epwe imuno seni chiechian kewe semirit non ewe nenien tumun ese pwan nifinifin met sokkun samaw a tori ika uri.*

4. Anomu ewe semirit ikewe ie mi nimoch me esap feiengaw me ie, pwa ikena kopwe kuna me rongorongong ngeni me ie tori an in me sam repwe waroto.
5. Asinei ngeni ekewe in me sam met esisinen samaw ren ewe semirit pwan fiti ekkewe anukun samaw non ewe nenien tumun (awewe: kopwe esine ngenir repwe etto angei nour we semirit)

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## TUMUNUN NIMOCHUN EWE SEMIRIT

# EWE ANAPANAP REN EIMUONO SEMIRIT MI URIR SAMAW

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6. Ika ra war ekkewe sam me in, pesengenir pwe mi auchea repwe mutir wano ewe semirit ren noun we tokter epwe cheki me mwen an epwe niwin sefaniti ena nenien tumun semirit. Ika mi pwan namot, ngeni ekkewe in me sam echo taropwe ngeni noun ewe tokter. Non ei taropwe epwe afata kunokun a wor ewe esisinin samaw ren ewe semirit, met kunaom won ewe semirit me aukukun pwichikaran (kapas awewe ren an tempuchu a tori 101.5 pwichicahran kunok engon esop 10:30 nesosor) pwan met mi fis, me met ka for.
7. Kopwe nimeti meinisin ekkewe mettoch ren metochun non ewe neni fit nios ewe semirit e nounou ne urumot. Nimeti ngeni arukor epwe wesino paikingin.

HAR §17-891.1-23 (d), §17-891.1 (10), §17-891.1-21, §17-892.1-6 (15), §17-892.1-23, §17-892.1-24, §17-895-21 (d), §17-895-23 (a), §17-896-20, §17-896-22

## TUMUNUN NIMOCHUN EWE SEMIRIT

# AUNUN SAFEI

### *Pwata a auchea?*

- Aunun safei (ren ekkewe tokter mi mutate pwan ekkewe sia moni me won sanif) mi auchea ngeni pochokunen ekkewe semirit, nge mi pwan efeiengaw ika pwe ese pun fansoun un.
- Ekkewe nenien safei epwe nom non neni semirit resap tongeni tori me ia.

### Angangan:

#### 1. AKKOMWAN Napanapen kounun safei:

- *Kopwe nengeni och pwe ekkewe in me sam ra fen sain won ewe taropwen mumuta pwe nour kewe repwe unumi safei fansoun samaw (itan Appendix B)*
- *Nengeni metekewe a mak won ewe taropwen mumuta pwe epwe fatoch.*
- *Nukuono ekkewe safei seni non nenien isois ikewe ekkewe semirit mi tongeni tori me ia.*
- *Tonuochu poum (usun mi affat me non ewe taropwen Hand-Washing Procedure ren om kopwe sinei)*
- *Nounou tukutukun pai fansoun kopwe safeni non mesen me seningen ekkewe semirit*
- *Nengeni sefani iten ewe semirit, ika ewe pwinin maram won ewe safei mi chok och, kunokun me iten ewe safeit, ika ifa ukukun epwe unumi pwan met ewe tokter e ani ourour won ewe safei.*
- *Ngeni ewe semirit safei an epwe un ik eaea usun a fen maketi.*



#### 2. MURIN kaunun safei:

- *Maketi atun kunoku me pwinin maram atun ewe a angiei ewe safei pwan ifa usukun*
- *Wano safei non nenien isois ikena semirit resap tori me ia.*
- *Tonu ochu poum (usun mi affat non ewe taropwen Hand-Washing Procedure)*
- *Nenengeni ifa usun ewe semirit muri an unumi ewe safei. Ika mi wor met e mefi ren ewe safei, maketi met a mefi pwan mutir chok kokori/asinengeni ekkewe in me Samika fen kokori 911.*

HAR §17-891.1-23 (b)(1), §17-892.1-23, §17-895-23 (c), §17-896-22

## TUMUNUN NIMOCHUN EWE SEMIRIT

# PEKIN MONGO MI WOR FAITAMIN NON ME PEKIN TAISO

### *Pwata a auchea?*

- Non ekkewe 30 ier a no, semirit ir mei watte pauner ika kininup a fakkun watteno. Non 2012, a 10.2% ren ruu-ngeni-ruanu-ier semirit seni ekkewe famini mi kukkun ar moni tonong non Hawaii ra kon kitinup pwan 12.8% ra kon watte pouner.
- Semirit ra kon kitinup ra tongeni repwe ierin chok kitinup tori ar ierin watte a awora ngenir osukokuken samaw ren ekkewe semwenin suke, osukosuken chuu me nekupukupun chuu, semwernin ngasangas pwan tori semwenin kanser.

### *Foforun me Angangan:*

#### 1. Aitir repwe nom won kaukun an semirit mongo me un

- *Pesei ounu chonun oup tori 6 maram me aitir repwe sinei koukun mongo me un chonun oup me minik in non tin.*

#### 2. Amongoni ngeni ekkewe mongo me chonun un mi watte faitamin non

- *Apuru ekkewe sakkun mongo mi affat me non ewe taropwen mongo non Child and Adult Care Food Program (CACFP)*
- *Nikitano ekkewe mongo me minen un mi watte suke, son me ekkewe ekkoch mettoch mi kapach ngeni.*



#### 3. Pesei pekin taiso non sokkun urumot ren meinisin semirit pwan pachenong monukon me ekkewe semirit mi wor ar osukosuk.

- *Fori an ewe monukon epwe mokutukut fetan: awewe: fansoun epwe chapetiw, epwe mwetemwet, kukunu fetan, kik, we tonaw. Ar fanson momot non nenien mot me kon non purangko, epwe chok mochomoch, ika epwe fen wesino.*
- *Epwe mumuta an ekkewe semirit ra sinei fetan repwe urumot me kukunou non ukukun 60-90 minich iteiten wanu 8 awa.*
- *Semirit ra keran poputa ne kaeo non sukun epwe kawor ngeni 90-120 minich urumot iteiten 8 awa.*
- *Urumot non imw me nukun mi mokutukut, ekkewe urumot non me nukun ese nifinifin.*
- *Awora fansoun ar mour, pun nafangawen mour mi efisata samaw me wateno pouner.*

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## TUMUNUN NIMOCHUN EWE SEMIRIT

# PEKIN MONGO MI WOR FAITAMIN NON ME PEKIN TAISO

*continued from previous page*

### 4. Akukunano fansoun nenenong non ekkewe minen katon (tv, komputer, urumoten fidio, won fone me tablet)

- *Semirit a kukun seni ier ru epwe chok ekis ar nounun ekkewe soukun minen katon.*
- *Fansoun semirit repwe nounou ekkewe pisekin katon, repwe angei ar sine me kaeo seni, pwan ren pekin pomweni me fiti ne taiso.*
- *Kesap nounu ekkewe minen katon fansoun om mongo.*

### 5. Awora osukuna ekkewe pekin mongo/un mi faitamin ewe ran kapachonong fansoun mongo.

- *Wato sakkun porauseen mongo mi apochokuna inisich, poutano ekkena taropwen pesei mongo mi wate an uweian samaw ngeni ewe inis.*
- *Pesei repwe fiti ne fori angangan, apchenong non ekkewe mokutukutun, usun ar repwe for mongo, atake, neni ekkewe mongo, ika feino katon ekkewe atake.*

### 6. Apachanong ekkewe famini repwe pesei met ar kewe eoruni me ifa usun ar repwe fori mokutukutun inis epwe pochokun non pusin nonomun mi sakofesen.

- *Angang fengen me ekkewe in me sam ren won annukun pekin mongo me urumot an ekkewe semirit. Nengeni ifa aukukun ewe semirit tongeni me an sani ika mongon fonuwan*
- *Awora taropwen osukuna fefeitan ekkewe famine iteiten fansoun.*



Akawor seni ewe Pekin Tumunun anen semirit me ar pekin urumot

HAR §17-891.1-25, §17-891.1-13, §17-892.1-26, §17.892.1-13, §17-895-25, §17-895-12, §17-896-24, §17-896-13



## NIMOCH

# Nimenimen Inis

Punguochun nimenimen inis ew an ngeni epetin an esap chou fetan monun samaw- monun samaw seni bacteria me virus, - a forata ekkewe samwau mi susu fetan monun. Epeti samaw a fori an esap sasafetan ewe monun samaw seni emon ngeni emon. Nimochun inis ewe ach mochen epwe fis ach sipwe fori angangan pwe epwe wesino samaw me mwen an epwe choufetan.

## Ekkoch mettoch a aworato samaw:

- ARAMAS ir mei samaw ra uwei samaw ngeni ekkoch
- MONGO akaewin ekkewe mongo mi amas, mongo ese pung fororun me ese tumun nenien isoisan.
- KONIK neni a wate nono ie, awewe: ren ewe sink, imwen ngaseno, pisekin nimenim me, mangak ren totonun mas.
- MAAN

Fanten en ewe chon tumunu semirit, en ka kon kanengeni ekkewe semirit ke tumunur, epwe pusin nonom ren om kopwe awora tumunun nimoch epwe ew mi auchea me non om we nenien tumunun semirit pwe epwe ponuweta nimoch ren ir meinisin. Akochokuna epwe wor nimoch pun epwe anisi ekkewe semirit repwe pochokun pwan monota ngeni ar pekin kaeo.

Mi auchea angang epwe wor nimoch pwe ew eoruni non ewe nenien tumun iteiten ran. Ika ka fiti pungun ekkewe aurour ren pekin siwini osime mi nimengaw, toton pau, me poupou chechen pau, epwe epeti monun mawaw, nimeti me eaea ekkewe minen nimenim epwe awesano nimengawen samaw won ekkewe neni ka eaea, me ren noun semirit kewe nios ekkewe ra soun atapa, kese chok epeti nimengaw me samaw seni kemi me ekkewe semirit, nge ka pwan aiti ngenir pwe epwe ew eoruni repwe komochunuk non unusen manawer an epwe anisi nimochun inisir.

## NIMOCHUN INIS

# NAPANAPEN TOTON PAU

### *Pwata mi auhea?*

- Angangen tonton pau ina ena awein epetin samaw esap chou fetan monun ren sakkun samaw mi susufein monun. lei ei akawein foforun aukatiw an esap chou fetan samaw a fakkun mokukkun.

### *Angangan me Foforun:*

1. Okusu konik
2. Achochonu pau ngeni konik
3. Sopuni
4. Sopuni murin tonu non ukukun 20 seken. (ukukun nakatamen omw kopwe ani ewe kon “Happy Birthday” fan ruu) Kopwe fori pwe en mi tonu ochu non me nukun poum, non ukun poum me nefinen autun poum.
5. Chirano fan ewe konik mi kus non ukukun 10 seken.
6. Apwasa ngeni echok paper towel mi nimoch.
7. Akaunoi ewe konik ngeni echo ewe paper towel mi nimoch.
8. Moneno ewe paper towel non ew kapich mi chech ngeni kumi ika plastic.



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## NIMOCHUN INIS

# NAPANAPEN TOTON PAU

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### **Fan fitu fori:**

- *Fansoun waroto*
- *Mwen me murin mongo, fansoun atapa mongo me amongoni semirit*
- *Murin om feino eaa imwen ngasono/me siwini an semirit kewe osime murin ar ngaseno*
- *Murin om mor, mwesi ika murin om kanengeni ewe nein ekkewe chonun non inisin aramas (mong, cha, me mus)*
- *Me mwen om kopwe eaea ekkewe chepenin konik a murin an emon eaea.*
- *Murin om kukunou nukun*
- *Murin om atapa emon man me atapa nimengawan ren puse me mus*
- *Nupwen an fetepunupun poum*
- *Me mwen om kopwe feino ngeni imom*



HAR §17-891.1-34, §17-892.1-35, §17-895-31, §17-896-33

## NIMOCHUN INIS

# PEKIN PAUPAU

### *Pwata a auhea?*

- Tukutukun pau a wisen epeti ekkewe monun samaw mi susufetan monun.

### *Angangan me Foforon:*

1. Tonu angkom pau me mwen om kopwe nounou (kaotn ewe taropwen “Hand washing procedure)
2. Nounou ew pea mi nimoch. Aukuku fansoun om kopwe atapa ekkewe mettoch mi nimengaw: ekkewe mettoch a nom non om we nenien tumun: kesap atapa ekkew mettoch ren swichin tengki, komochun kapet, ren inisum: atapa potum, atapa noum kinas. Ekkena mei enimengawa poum kewe a tongeni pwan achou samaw ngeni ekkoch.
3. Siwin ekewe pau ika ra kon nimengaw ika kamw.
4. Pwinitau ewe me ewe ekkewe pau, tumunu kesap atapa ekkewe mettoch mei nimengaw.
  - *Komoch ewe pau non poum ka weita.*
  - *Eaea ewe efoch pau ne kinumuono ewe a nimengaw.*
  - *Eaea poum we ese chiwen paupau ne weita me won kumuchum feita, efinukau me non.*
5. Oturano non kapich kesap pwan nounou sefan ekkewe pau ka fen pin nounou



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## NIMOCHUN INIS

# PEKIN PAUPAU

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### 6. Tonu poum murin om nounou ekkewe pau, (katon ena taropwen toton pau)

#### ***Nounou pau ra namot non ekkei fansoun:***

- *Nupwen ka atapa chcha ika ekkewe nono mi wor chcha non seni ewe semirit, nupwen en mi kinas poum ika wor kiningawwom (awewe; ika ke safeni kinasen emon semirit, ika siwini ar osime mei nimengaw ren feiseni mi fiti chcha.*
- *Ika ke tonu ewe neni mi nimengaw ie ika pisekin semirit me ekkoch pisek mi wor nimengaw me chcha mi tup non chuchu, mus, me puse.*
- *Tumunu kiningaw mi sur me poichon.*
- *Awora tumunun aw me mas ren ekkewe pekin angangen safen, awewe ren ewe ekinasa won autuchun om kopwe angei kaukun an suke me pwan ekkoch.*

## NIMOCHUN INIS

# NAPANAPEN AN EPWE SIWIN OSIME IKA PAMPER

### *Pwata a auchea?*

- Angangen ach siwini ewe osime non ach forocho ewe akon auchea seni meinisin ran tumunu pekin samaw pwe esap susufetan monun ika pwe mi wor monun samaw ren puse me chuchu non ewe osime ika pamper.
- Siwinikisin ewe osime/pamper ren nimengawen chuchu me puse a epeti esap wor kiningaw won inisin ewe semirit nupwen epwe tam ar nom non ark ewe osime mei nimengaw.

### **Angangan:**

1. Tonu poum usun a afat non ewe taropwen toton pau.
2. Wato mettoch kewe kopwe eaea ne siwini ewe osime epwe chok nom unukum. Ikkei mei eteniti me fan:
  - *Echo minfon osime*
  - *Echo chechen ewe neni ka eaea ne siwini ewe semirit, ewe chech epwe tameseni afaran me pechen esap tongeni chochon ren konik, epwe motoutou non pwe esap mochuno nimengaw won*
  - *Taropwen nimeti ewe semirit epwe chochon,*
  - *Ew potoun ekkewe pisek mi nimengaw,*
  - *Ekkewe safei a epeti kiningaw ika pwe mi mumuta me ren sam me in pwe nour kewe repwe eaea epwe tou me non tukutukun fiti echo mangaku epwe eaea ne epiti ngeni.*
3. Uweata ewe semirit won ewe nenien siwin towaw seni mongo me ewe nenien for mongo. Poum epwe chok nom won ewe semirit nupwen a nom won ewe nenien siwin osime.
4. Nimeti ewe semirit:
  - *Epichi ewe osime, nikitano epwe nom fan ewe semirit.*
  - *Ekieta pechen ewe semirit om kopwe nimeti ngeni ewe nim mi chochon, seni fanmesan wano ngeni nukun sokurun.*
  - *Siwini om we totonun iteiten ka echuwa seni fan mesan tori nukun sokurun.*
  - *Wanong ekkewe toton mi nimengaw fengen me ewe osime mi pwan nimengaw oturano non ewe kapich mi chech non.*



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## NIMOCHUN INIS

# NAPANAPEN AN EPWE SIWIN OSIME IKA PAMPER

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### 5. Amarano ekkewe osime nimengaw me uf mi pun:

- *Annu ewe osime mi nimengaw kopwe numanong*
- *Ika mi wor uf mei nimengaw ren puse/chuchu, rie ewe pinastik ke isoni ekkewe pisek ie, isoni ikena ie ekkewe semirit resap tori me ie. Ngeni ekkew in me sam repwe wano non im atun ra etto angei nour kewe semirit.*

### 6. Siwinieta echo minafon osime won ewe semirit.

- *Wanong echo minafon osime fan ewe semirit.*
- *Eaea churukami ne epiti ngeni kepiten semirit ar eaea osime, poutano ewe churukami non ewe kapich.*
- *Pacheta ewe osime apachno.*
- *Tonu poum pwan poun ewe semirit.*
- *Awesano ne oufoufa ewe semirit.*

### 7. Tonu poum me poun ewe semirit (katon ewe taropwen toton pau)

### 8. Nimeti safeni won ewe nenien siwin osime.

- *Poutano ewe chechen won ewe nenien siwin non kapich.*
- *Nimetano ika mei wor pachangen nimengaw mi nom won ewe neni, nimeti ngeni safei (katon ena taropwen nimenim me safeni nimengaw)*

### 9. Tonu poum (katon ena taropwen toton pau)

### 10. Maketiwi ika mi wor osukosuken inisin ika unuchan me pinchon (kingaw won inisin, mi fet napanapen pinchon/chuchu, onuwan, pwanan me fan fitu an pincho/chuchu.

***Makei ewe sokkun osime e eaea:*** *non ewe nenien tumunun semirit, a chok pesei ewe sokkun osime/pamper ewe mi manun (awewe: polymers) ika pwe ese wor an ewe semirit osukosuk samaw, ika kingaw ren ei sakkun osime. Ika pwe ewe semirit ekan eaea mangak osime iwe mei pwan och epwe wor echo chechen non ewe osime ewe sokkun chech esap tonong konik non. Pwan ew me nukun ei, ika pwe ewe osime echo mangaku, iwe epwe pusin wor chechan me non epwe pachengeni nge ewe chech esap tongeni kusunong konik non. Ika pwe ei sokkun osime re eaea iwe, fanoun siwinin epwe ir me ruwacho ewe osime me ewe chech repwe siwin resap pwan eaea sefan non ei nenien tumun semirit. Kesap siwini me nimeti ekkei mangak osime mi nimengawen chuchu/puse non ei nenien tumun semirit. Kopwe wanong non ewe potow mi nukunukoch, isoni ikena semirit resap atapa me ian non ei nenien tumun semirit, ngeni ekkewe in me sam atun raw a repwe uwei nour we.*

HAR §17-895-30

## NIMOCHUN INIS

# NAPANAPEN NIMETI, ONUKUNUKU ME SAFENI EWE NENIEN TUMUN SEMIRIT

### *Pwata a auchea?*

- Enimenima me enukunuku, fiti safeni ekkewe neni me nios mi wesewesen namot ngeni ach sipwe akukunano fetanin samaw me ren ei nenien semirit.
- Fiti ekkewe pekin enimenim ren safeni an epwe epeti semirit me ekkewe chon tumunur resap ngasangaseri ewe poisen non ekewe safeen enimenim
- Chon chok ewe Putain US Environment Protection ra aitingeni ngeni kich ekkei sokkun safeen nimenim sipwe eaea. Ekkei safei ra ochungeni ach sipwe eaea ne nieno ekkewe monun samaw mi pwan och ese pwan afeiengaw ika osukosuk inisum ren om eaea ika ka fiti oponuweta eaeen.

### **Angangan:**

#### **1. Katon ika ewe neni ika ewe nios mi tufichin sipwe nimeti ngeni ekkei safeen nimenim:**

- *Kaao ekkewe fos:*
  - **NIMETI** wewen pwe sipwe tonao ekkewe nimengaw kich mi tongeni kuna. Tonano me tofi a enimeochu pwan awesano ekkewe nimengawen samaw iwe murin sia eaea ewe safei ne tonu a awesano nusun met mi nimengaw mi wor monun samaw non.
  - **TONU** ren safeeni wewen sa eaea ekkewe safei ne tonu tori an epwe wesino met aramas resap samaw ren a fichiti pekin aurour seni ach we pekin tumunu nimochun aramas nge ese wesen awesano meinisim nimengaw. Ei safei mi nimeti nimengaw a tufichin an epwe anisi ekkewe pisekin mongo (sepi, tukotuken mongo, manaita, sea mi chepenin), noun semirit nios ra nounou ne wanong non awer me ekkewe mesen titi e echipano semirit seni ar kechiw.
  - **SAFEENI** wewen eaea ekkewe safeit a wesewesen awesano mi nieno ekkewe monun samaw. Sa ochun ach sipwe eaea won ekkewe chepenin siwini semirit, won ewe chepen, asam me komochun ewe kapet me ewe nenien motun pincho me non unusen ewe imwen pincho.



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## NIMOCHUN INIS

# NAPANAPEN NIMETI, ONUKUNUKU ME SAFENI EWE NENIEN TUMUN SEMIRIT

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## 2. Katon ewe taropwen nimenim itan Appendix C

### 3. Amonata safeen nimenimen nimoch me nimen nieno monun samaw.

- *Nengeni ewe taropwen ei safei ika mei wor maken ewe EPA nampa won*
- *Watiw ewe EPA nampa a mak pwe nampan [http://iaspub.epa.gov/apex/pesticides/f?p\\_PPLS:1](http://iaspub.epa.gov/apex/pesticides/f?p_PPLS:1)*
- *Kopwe kuna met ena tichikin porausen ena safeen nimenim me fan, pwan echo taropwe a pwarata wee pwinin maram ewe pisek a mak me EPA. Tonong non ewe taropwe me asan epwe ngonuk taropwen mumuta eaea ewe safeen enimenim epwe pwan aiti ngonuk ika ew minenen a ochungeni nimeti pisekin mongo ika ekkewe a wesen awesano monun samaw.*
- *Fansoun ka eaea ewe sarasko:*
  - *Angei ewe nenian epwe simen esap chachak (awewe., ew ekkewe neni ese chachak)*
  - *Pacheta poum, paupau me mesemes ren epetin mas.*
  - *Eaea chongo.*
  - *Nofiti konik ngeni sarasko nge esap sarasko ngeni konik ren an esap pung*
  - *Tumunu fichi ewe room epwe kus asepan non*
  - *Kesap nofiti ika isoni ammonia ngeni sarasko ika ekkewe safei mei wor sarasko non.*
  - *Nofiti ew minafon sarasko iteiten ren: pacheta itan won me ena pwinin maram a for ika nofit non*



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**NIMOCHUN INIS****NAPANAPEN NIMETI, ONUKUNUKU ME SAFENI EWE NENIEN TUMUN SEMIRIT**

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**4. Eaea ochu pwe esap wor feiengaw ren om eaea ena sarasko ika ekkewe minen nimenim EPA a mutate:**

- *Ika mi pwano nimengaw iwe akkomen tonu ngeni sop me tonu ngeni konik me mwen kopwe ninata ena safei won.*
- *Ika ke eaea rume mei sprai, iwe fori pwe epwe watte met mi tou nge esap chok asepan.*
- *Nikitano epwe nom won tori ewe aukukun fansoun mi afat.*
- *Sprai ni atun an ekkewe semirit rese nom non ewe neni.*
- *Fori epwe kus asepan tori an epwe pwas iwe ka nimetano non ewe akukun kunok epwe nom non iwe murin mutanong semirit repwe tonong.*
- *Isoni meinisin ekkei safeen me pisekin nimenim ikena ie epwe nukunukoch me ie esap turuno me nino, non kapet esap tongeni suk ngeni semirit, ika ikena ie semirit resap tori me ie.*

HAR §17-891.1-34 (6), §17-891.1-36 (c), §17-892.1-35 (6), §17-892.1-38, §17-895-14 (d), §17-895-30 (a) (4), §17-895-32 (a) (c), §17-896-35



# Tumunu Feiengaw

Tumunu semirit seni feiengaw – forata ew neni mei tumun seni feiengaw me ekununano sokkun osukosuken weiweitan feiengaw – ewe an ekkewe watte angang repwe tumunur. Nupwen semirit ra mamarita, ra chok mochen sotuni sakkun mettoch mi minafo, re mochen saturni ifa usun ar repwe kuknou ngeni ra churi mettoch mi minafo ra keran kuna. Ekkei sokkun ekiek a mut ngeni repwe kaeo seni. Fan ekkoch a faneta won osukosuk, ra tongeni feiengaw ren. Pokiten semirit ra chok mochen kuta me fori ar mochen, iei wisen ekkewe watte rewe tumunur pwe resap feiengaw pwan pesengenir ar repwe kaeo. Akununano ekkewe mettoch mei efeiengaw epwe anisi semirit ar resap feiengaw.

Feiengaw ren rukono a pani semirit ngeni feiengaw me mano, kich mei pwan tongeni epeti. Ekkewe angangen epet rapwan tongeni siwin nupwen ewe semirit a sokono met e sani, a siwin ierin, me an tufichin kaeo. Tumunun epeti feiengaw seni emon monukon mi pwan sakoseni an emon epwene poputa ne kaeo pekin sukun. Mi auchea ekkewe chon tumun semirit repwe sopweno ne nenengeni ekkei semirit pwe rewpe sinei met epwe fori ren epeti sakkun feiengaw epwe torir.

Mi wor chomong sokkun tumunu ren nemeni pwan epeti ka en ewe chon tumun a kongeni fori. Mi pachenong nge esap chok ikkei, nengeni fichi ewe semirit ika mei wor esisinen kawet me eriafou mi wor won om kopwe fori makei porausan. Pwan ika mi auchea ewe semirit epwe nom non nenien mot an semirit nefon taraku, tumunu ochu ifa usun isoisen mongo, tumunuochu isoni ekkewe mettoch mei poisen me ninin man esap nom non nenien tumunun semirit, nengeniochu ekkewe nios ika mei fen ochungeni ierin ekkewe semirit me ar tufichin nounoun me pwan pusin om tufichin fori noum taropwen amonata non fansoun osukosuk pwan fiti ar nenien mour esap feiengaw me non.

## ***Ei pekin tumunun efeiengaw a pachenong ekkei mi nom fan:***

- **EPETI FEIENGAW NEFON TARAKU**
  - *Epeti feiengaw nefon taraku non an ewe nenien mot.*
  - *Taropwen nefon ewe taraku*
  - *Epeti osukosuken pwichikar*
- **EPETI FEIENGAWEN MONGO ME NENIEN ISOIS MONGO**
  - *Epeti feiengawen mongo*
  - *Feiengawen ekkewe mongo mi asemweni emon semirit*
  - *Epeti feiengaw ren chonun oup*
- **OCHUNGENI SEMIRIT**
  - *Ewe nenien tumun epwe for pwe epwe ochungeni ewe semirit*
  - *Epwe wor kein tumunu epeti feiengawen poisen*
  - *Epeti feiengawen non konik*
- **EPETI FEIENGAW REN EKKWE NIOS ME NENIEN KUKUNOW NUKUN**
  - *Epeti feiengaw ren ekkewe nios*
  - *Epeti feiengaw ren ekkewe nenien kukunou nukun*
- **FEIENGAWEN KAWET ME TUMUNUNGAW**
  - *Aporausa ika mei wor kunaom ren pekin nini, kawet ika tumunungaw ngeni semirit*
  - *Epeti esap nom non inisin ewe semirit ren kawatangaw.*
- **EPETI FEIENGAW FANSOUN MOUR**
  - *Epeti kokotun mour esap wor feiengaw non*
  - *Epeti feiengawen non ewe nenien mour*
- **MOKUTUKUT NON FANSOUN OSUKOSUK**
  - *Pekin safei me mokutukut ren angasa emon aramas ese chiwen ngasangas.*
  - *Amonata non fansoun osukosuk.*

## PEKIN EPETI FEIENGAW

# Epeti Feingaw Nefon Taraku

Tumunu feingawen semirit me nefon taraku (awewe, ren wa kukun me ekkewe wa mi watte) mi fakkun auchea. Ekkewe kukkun semirit ir mei mecheres repwe feingaw fansoun angewate ne pureiki, ika fansoun purofengen won taraku. Nupwen ekan fis ei sokkun iwe ra chok numifenengir ika ese pung foforon ar penit nefon efoch wa. Ka ngeni ewe semirit ewe watten epetin feingaw fansoun ka fini an we sea nefon taraku epwe maseoch ngeni ewe semirit me ewe wa iteiten fansoun an fiti. Ewe nenien mot epwe ekewin sapesapan nupwen ewe semirit a mamarita. Om fori ekkei ekkesiwin ren tumunun semirit non fansoun ar fituk ne sai won taraku a pwarata aukukun om tumunu senir feingaw. Ekkei semirit ra kaeo ar repwe epeti feingaw fansoun ar fiti taraku a ewe eoruni ngeni ar repwe fori fansoun meinisin.

Taraku a tongeni efeingaw ngeni semirit, ika mop we rese mokut. Mi wor efeingawen watte pwichikar nefon taraku a esenipa mano ngeni semirit nupwen sa nikitireno nefon taraku. Neran a men watte pwichikar nupwen sipwe nikitano non ekis mochomochon fansoun. A chok mecheres ngeni semirit pwan watte feingawen semwenin ngasangas me mwen ekkewe watte pokiten inisir mei fori pwichikar non inisir ese mwo wor ar tufichin tung pichikarer ika patano usun mi wor ren ekkewe mei mukono. Taropwen tumunoch won ewe wa a anisi semirit ar repwe tumun seni feingaw. Tumunun feingaw seni ewe semirit a pachenong om kopwe nengeni ochu wom we ika ese wor semirit ke nikitano nefon. Pwan fengen me om kesap nikitano emon semirit fansoun meinisin nefon wom taraku, kesap pwan nikitano wom ese kesip me nok pun semirit rete tonong nefon ese wor e nom rer ne tumunur. Semirit ra chok epinukunuku ewe watte repwe anisir ren ekkewe mettoch mei namot ngeni pekin epeti osukosuken nefon taraku iteiten fansoun meinisin.

## TUMUNUOCHU SENI FEIENGAW ME NEFON TARAKU

# EPETIN FEIENGAW NON AN SEMIRIT SEAN NEFON TARAKU

### *Pwata a auhea?*

- Fansoun meinisin nupwen kopwe forocho an semirit repwe tumun me non ar sea nefon taraku a epeti ewe semirit esap feiengaw (ika mano) non fansoun sa angemong ne pureiki ne kauno, pwan non fansoun akseten meinisin won wa mi mitir ika mang.

### **Angangan:**

1. Fini meni nenien mot a fichi ngeni ewe semirit ren choun, nonon, me ierin tori ewe wa epwe kan soun fiti. (nengeni ewe taropwen pekin tumunun semirit non ar kewe nenien motun taraku, Appendix D ika [www.safercar.gov](http://www.safercar.gov) me ekkoch)

- Ewe semirit epwe nom non ekkewe nenien mot mi nom fan anukun ew mun nap non Merika.
- Kosap tongeni eaea ew a minen nom ren 6 ier a no ika ew nenien mot a fen pin nom non aksiten (ika mwo ika mi chok och nge ese chiwen tumun) Ika pwe kese sinei porausen ewe nenien mot ika a ekis mok iwe kesap fakkun eaea.



2. Kaeo om kopwe sineiochu pacheta an semirit sea.

- Aneani unusen ewe taropwen ewe sea. Ika pwe mi ke mochen aninis ne pacheta, ke mochen emon kewe chon angang epwe katon ika mi pung, kopwe etino non ekkewe nenien cheki taraku, emon ekkewe mi angei noun taropwen pekin tumunu feiengaw ren taraku repwe katon ika mei pung. Nenien aninis ne nengeni ekkei pekin a nom non nenien safety ika pioing, me nenien putain kunukun ekkei.
- Nenien an semirit mot repwe nom won ewe sea murin me nukanapan. Emon upufo ika monukon kukun ierin seni ruu repwe sapengeni murin ewe wa, tori a tori ierir me pouner a pesepes seni ewe kompanien fori ewe sea.
  - Ka pwe kese tongeni anomu ewe semirit murin iwe ka chok amota won ewe sea mwan (ika pwe wom we ruofoch chok sea won, ika an semirit we sea ese tongeni kuch me murin we), ekinau ewe sea epwe kinengeni murin (Nengeni nampa #4)
- Aneani me fiti ewe taropwen ewe taraku mi pwarata ifa usun kopwe fori ewe sea me penit ika LATCH, ren an tumunun semirit non ar sea.

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## TUMUNUOCHU SENI FEIENGAW ME NEFON TARAKU

### EPETIN FEIENGAW NON AN SEMIRIT SEAN NEFON TARAKU

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3. Aneani unusen ewe taropwen epeti feiengaw seni semirit. Katon och ewe paipain ewe sea ika pwe epwe sapenengi mwan ika ngeni murin ewe taraku.
4. Kesap tongeni anomu ewe sea an semirit epw om mwan ika pwe pwe mi wor airbag non.

- *Ewe National Highway Traffic Safety Administration chon tumunu anukun ewe an ra pesei pwe ika kopwe anomu ewe semirit non anw we sea mwan nge en mi tongeni pusin onei ofei ren ekis chok fansoun, kopwe pusin akaunoi ewe air bag non unusen om we sai won ewe wa. Chemeni kopwe oneisefani ewe ika ka ekietiw ewe sea an ewe semirit.*



5. Chemeni kopwe nengeni ititin an ewe semirit we sea me mwen an epwe eaea.
6. Anopa ochu penitin ewe semirit iteiten epwe fiti taraki
  - *Mokuren ewe monukon epwe ukukun 2 inis (6 centimeters) etiw seni asen ewe nenien mot.*
  - *Forochu pwe ewe penit epwe tikiniong non ekkewe ekukun nge repwe nom won ika fan afaren ewe semirit.*
  - *Nengeni meinisin penit pwe mi ukukoch epwe nom won afarer we won pecher. Ewe penit epwe nopoch esap kinumunum. Ika ke weiti mesen poum iwe mi pwetete om weiti.*
  - *Aufoufa ewe monukon non pisek pwe pechen esap ponuweno ewe nenien nokun ewe penit. Ika mei patapat nukun, penitieno ewe monukon akkom, murin ponungeni echo kusan kusen fou (kesap oponu mokuren ewe semirit). Kesap peniti ewe semirit nge mi wor kus e nom fan ika won.*
  - *Ika ewe monukon epwe paingeni epek, (usun mi kan fis ngeni chommong monukon), kopwe numi echo ekkewe roron semirit ika chokukun toun kopwe nonguni ngeni asetana afaran. Kesap chei epin ewe monukon non nenian we ngeni ekkewe roron semirit pun ete angawano pochokunen ewe penit an epwe anisi ne asapatiw ewe monukon.*
  - *Ika mokuren ewe semirit e sumutiw, (usun mi kan fis ngeni monukon), katon paipain ewe nenien mot. Angei echo toun ika roron semirit nongun ngeni ewe nenien mot pwe epwe ekis chimweta (a eoch an epwe nom won 30-45 tikre)*
  - *Fori sefani ekkewe penit ika nupwen ewe semirit a pwan marinta.*
7. Aukuku fansoun an ewe semirit nom non ewe nenien mot, akaewin ika ese non non taraku. Ika a kon watte an kokon non ewe nenien mot, a tongeni akukunano an tufichin mokutukut me anisi ar repwe mochen fori mettoch mi namot ngeni ar repwe memarita ren pekin mefi pwan atapa me komoch mettoch.

HAR §17-891.1-12 (4), §17-892.1-12, §17-895-11, §17-895-17

## TUMUNUOCHU SENI FEIENGAW ME NEFON TARAKU

# NAPANAPEN ACH SIPWE SAI NEFON TARAKU

### *Pwata a namot?*

- Feiengaw en akseten nefon taraku a kon wata nian ren mano ngeni semirit nefinen ew ier ngeni engon me ruanu ier non fonuwen Merika. Annukun sai fetan me angangan, ir me ru ren non me nukun ewe taraku, a akukunano feiegawen semirit.

### **Angangan:**

#### **ME WEN SAI NEFON TARAKU REN SEMIRIT:**

1. Awora ewe annuk ewe ekkewe in me sam ra sinei pwan sainei, ei annuk a fan asengesin ewe semirit epwe fiti ewe taraku nupwen epwe nom non ei nenien tumun. Nengeni ena anukun Taraku me penit. Ei annuk epwe wor ekkei masowan mi tetenitiw me fan:
  - *Fitemon semirit me chon angang won ewe wa*
  - *Epwe wor pwan efoch wa epwe anisir non fansoun osukosuk.*
  - *Eaea penit me nenien motun semirit mi penit pwan ekkewe nenien mot ren ekkewe semirit ra ekis watte usun mei pesepe non anukun ei fonu Hawaii (<http://hawaii.gov/highways/safety-communities/child-passenger-safety/>)*
  - *Om touroch ngeni ekkewe aninisin safei, me ekkewe aramas kopwe kokorir faniten osukosuken ekkewe semirt, nour taropwen safei, me ekkewe phone namapa io kopwe korir faniten ekkei semirit.*
  - *Nampan ewe neisen, taropwen ewe taraku, me insurance fiti fengen me ewe chon unteng ika kasini ewe taraku.*
  - *Nakatamen an ewe fansoun sai non ewe taraku.*
  - *Angangen anisi pwe esap wor semirit epwe nometiw nefon taraku wesinon ewe sai ika epwe nom non me nukun ewe wa nge esap wor chon nom ren fansoun kap pisek seni ewe taraku ika ngeni ewe taraku (katon ewe annuk ren pekin epeti osukosuken pwichikar nefon taraku).*
2. **Katon och pwe ewe taraku kopwe wawa epwe och me pochokun pwan, epwe pwan wor taropwen mumuta ren sai won an me insurance.**
3. **Aneani ngeni ekkewe semirit ifa usun ar repwe fori ekkewe eppet in feiengaw non sai a nom non ekkewe anukun sai won taraku non fansoun semirit ra mamarita me wateno.**



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## TUMUNUOCHU SENI FEIENGAW ME NEFON TARAKU

# NAPANAPEN ACH SIPWE SAI NEFON TARAKU

*continued from previous page*

### **NON EWE RANIN SAI:**

1. Tesini ekkewe mecha won ewe nenien motun semirit, won ewe penit, me ekkewe kumi an epwe epeti feiengaw ika kar seni ekkewe semirit, eaea ekkewe roron semirit ne epweni ngeni ekkewe nenien semirit me nefon ewe wa ika pwe ewe wa ese sa ika mokut.
2. Uwanong ewe semirit/monukon non nenian we ikena esap wor taraku mi safetan.
3. Eaea ekkewe pisekin semirit mi epeti feiengaw anongonong won ierir mi pusin kawor non ewe wa. (Katon ena anukun tumunu feiengaw non an semirit nenien mot won taraku)
4. Awora emon epwe wisen nenengeni ekkei semirit fansoun ar nom nefon taraku.
5. Fori ewe noum taropwen kokori me aneani semirit fengen me katon mesan ngeni itan fansoun a tonong nefon ewe taraku.
6. Auku ukukun ewe asepan nefon ewe wa pwe epwe kinamwe ngeni ewe semirit
7. Fansoun ka tori ewe neni ke feino ie, ekietiw ewe semirit me ewe epek ese wor taraku ie kanengeni ewe pekin a nom ewe neni kopwe feino ie.
8. Kokori iten ekkewe semirit me kanton meser ngeni itan we fansoun ra tou me nefon taraku
9. Nengeni ochu unusen nefon wa ika pwe meinisin semirit ra tou.
10. Kosap tongeni nikitano emon semirit nefon ewe wa ina mo ika epwe chok mochomoch ika tam, ika mo epwe patapat ren apatapaten nefon ewe wa me asepanin nukun.



HAR §17-891.1-6 (8), §17-891.1-12, §17-892.1-5 (12), §17-892.1-12, §17-895-11, §17-895-17, §17-896-12



## TUMUNUOCHU SENI FEIENGAW ME NEFON TARAKU

# EPETI PEKIN OSUKOSUKEN WETTEN PWICHIKAR

### *Pwata a auhea?*

- Pwichikaren nefon taraku fengen me ekkewe semirit nefon ammen anukokus ren efisata feiengawen me mano.
- Osukosuken samawun fan watten tinen akkar me mano ren ewe watten akkar a tongeni or epetin

### *Angangan:*

1. Kosap nikitano emon semirit non ewe taraku nge esap wor chienan ren mochomoch ika nakatamen fansou. Ika mo pwe ewe mi apatapat nefon ewe wa ika mei chok suk asamachon.
2. Angang ngeni ne apeti akseten nupwen ka nikitano ewe semirit nofon ewe taraku.
  - *Makei echo noum taropwe, Nikiti ia kopwe kuna ochu me ie me mwen kopwe tour seni ewe wa*
  - *Nikiti omwe we pwes ika potou won ewe sea mwirin ren om kopwe chemeni omw we potou ka pwan cheki ewe sean murin me mwen om kopwe tou seni ewe taraku.*
3. Nokei asam me ewe nenien pisek murin me mwen om kopwe tou seni ewe taraku, isoniochu ewe kei pwe semirit resap tori.
4. Kesap mut ngeni ewe semirit epwe urumot nefon ewe wa ika etikanong ewe kien wa non ewe neniein ki.
5. Ika emon semirit ese nom, mutir chok kuta non ewe taraku ika non ewe nenien pisek murin.



**ACHEMA:** *Pacheta om epetin osukosuk, awora ewe anapanap nefinen ekkewe in me sam ka tumunu nour kewe, ren om kopwe korir ika ewe semirit ewe war ngeni ewe nenien tumunun semirit non ewe kunok mi affat nge ekkewe in me sam rese esinengonuk pwe epwe wor ewe ekewin ren kunokun ar waroto.*

HAR §17-891.1-31, §17-892.1-32, §17-895-34, §17-896-30

## PEKIN EPETI FEIENGAW

# Epeti Feiengawen Mongo Me Nenien Isoisen Mongo

Fori me amonata mongo iteiten ran a ewe metoch mi chok fisifis non iteiten ran ren emon semirit non ewe nenien tumun. Mi auchea nimochun me tumunun emon semirit an epwe nimoch ener kewe mongo repwe ani. Emon mi tongeni samaw an ani ekkewe mongo mi wor samaw non nupwen a ani och mongo nge ese sinei pwe mi nimengaw, ekkewe kukun semirit ra kon achichin ne torir sakkun samaw pokiten ar kewe epetin fiu ngeni samaw ra chok kukkun. Esap chok ekisatiw sakkun mongo repwe mongo, mi pwan kukkun ar tongeni fiu ngeni monun samaw mi foruta seni ekkewe mongo mi nimengaw a pwan ngeni an epwene ngawe ngenir ekkoch sakkun mongo.

Fansoun om ka tumunu ekkewe semirit, kopwe weweiti me pusin fori iteiten fansoun ren awora nimoch me tumunoch me eneniaochu ekkewe mongo me chonun opu n epwe tumunu esap nimengaw me koturuno sonapono fen pwan awateno samaw ren mongo mi nimengaw. Pacheta, ika ka kapas eis ngeni ewe famini ren met sakkun mongo mi wor osukosukan ngeni ewe semirit, repwe pwan anisiochu pwe ewe semirit esap angei ika ani ekkewe mongo mi ngaw ngeni, ei epwe tongeni anisi ewe semirit seni osukosuken ekkewe mongo ese ochungeni.

## TUMUNUOCHU ME EPETI FEIENGAW REN ENER MONG ME NENIEN ENER

# TUMUNUN MONGO

### *Pwata a auhea?*

- Foforochun angangen ewe mong me isoisan a akukunano an epwe wor samawen poisen non ekkewe mongo ika a ngaw.
- Ani ekkew mongo a ngaw a fakkun efeiengaw fen tongeni nieno kukkun semirit.

### **Angangan:**

#### **1. Tumunu amonota ren mongo epwe nimoch:**

- *Tonu poum me mwen pwan murin om kanengeni ekkewe mongo fansoun meinisin(katon ewe taropwen toton pau)*
- *Tonu me safeeni ekkewe neni me pisek ka eaea ne amonata ekkewe mongo (katon ena taropwen Nimenimen pisek)*
- *Epeti ekkewe nenien for mongo seni ekkewe man ren nikukutong me kakiros me pwan ekkoch.*



#### **2. Aimufeseni mongo mi kuk me mi amas.**

- *Amimuono ekkewe seni, fituk me monun neset seni ekkewe ekkoch mongo.*
- *Pipisek ekkewe pisekin kuk ren naif me manaita fansoun omw for mongo mi amas.*
- *Isois mongo nn ewe neni esap nich pun esap chufengen ekkewe mi amas me mi ipwet.*

#### **3. Kokuochu mongo:**

- *Amota ochu ewe mongo akaewin ekkewe seni, fituk, sokkun me monun neset ngeni fite aukukun fansoun kuk.*

#### **4. Anomu mongo ikena esap ngaweno me ia:**

- *Mongo mi kar epwe kar, mongo mi pat epwe pat.*
- *Kesap nikitano ekkewe mongo ipwot non ewe neni epwe tam seni ru awa*

#### **5. Eaea konik mi nimoch me won mongo**

- *Eaea konik mi nimoch ne nimeti me kuk mongo.*
- *Tonuochu foun ira me iesai ika kopwe ani nge ese ipwot.*
- *Kesap eaea mongo a mak nge a nuno fanoun om kopwe chiwen ani.*

HAR §17-891.1-35, §17-892.1-36, §17-892.1-37, §17-895-38, §17-895-39 (a) (b), §17-896-34

## TUMUNUOCHU ME EPETI FEIENGAW REN ENER MONGO ME NENIEN ENER

# OSUKOSUKEN SAMAW SENI MONGO

### *Pwata a auchea?*

- Osukosuken samaw feito seni mongo a tongeni efisata weires ren ach ngasangas, nipung, eningaw, mus, pwan kukunutiw fetanin cha ika fen mano mi tongeni fis ika kese mutir chok kuta met epwe wes ren.
- Semirit mi tongeni aewin toriir ei samaw seni ener mongo me non ewe nenien tumun, ina minne mi auchea kopwe weweiti napanapan an tori emon kopwe pwan sinei ifausun omw kopwe atawei osukosukan.

### **Angangan:**

#### **1. Nupwen emon semirit a keran makei itan non ewe nenien tumun:**

- *An we famini epwe wato taropwe seni noun we tokter epwe tichiki ekkei mettoch.*
- *Mongo mi ngaw ngeni ewe semirit*
  - *Esisin epwe pwarat pwe a osukosuk ewe semirit sipwene ne aunu safei*
  - *Esisinen samaw fan iten kaunun safei.*
  - *Iten safei, ukukun, me epwe ifa usun an epwe angei ewe safei/unumi*
- *Ika ewe family mi ngonuk ewe taropwen oppos ren EpiPen, ewe sam me in repwe aituk om kopwe sinei fororun.*
- *Ewe famini epwe pwan amasowa ewe taropwen mumuta angei safei (katon ena Appendix B)*



#### **2. Met kopwe fori ren epeti osukosuk en semwen ren mongo:**

- *Pacheta echo esisinen enen ewe semirit ren met mi ngaw ngeni non nenien for mongo pun chon angang repwe kuna fansoun tukotuk mongo.*
- *Kopwe ekiekin poutano ewe sakkun mongo seni ei neni pwe epwe ekisano osukosuk.*
- *Esine ngeni famini met sakkun mongo mi ngaw ngeni ekkew semirit ke tumunur, esinengenir pwe resap wato ekkew sakkun mongo mi ngaw ngeni ekkei semirit.*

## OSUKOSUKEN SAMAW SENI MONGO

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### 3. Nengeni ochu ekkewe esisin nupwen a osukosuk ewe semirit ren ewe mongo.

- *Momot ren ewe semirit fansoun mongo. Nenengeni ewe esisinen osukosuk epwe pwano won an mwesi, pung, nipung, parapar unuchan, nupuchon inisin, kior tunawan, ese chiwen tongeni fos.*
- *Rongorong me nenengeni ekkoch pwan esisinen osukosuk. Emon semirit mi tufichin fos epwe oronuk pwe:*
  - *A osukosuk awei*
  - *A osukosuk chon mongoi*
  - *Chon mongoi a pwerik a usus*
  - *Chon mongoi a kar/mwik*
  - *Mettoch a mochuno non chiorei*
  - *Tinawei a mei*
  - *A wor man non seniengei*

### 4. Met sipwe anisi ngeni ei osukosuk:

- *Mutir chok ne anunu safei usun mei afat me non ewe taropwen tumun.*
- *Mutir chok esinengeni ekkewe in me sam ika pwe epwe wor sokkun met ewe semirit mi atapa mi ngaw ngeni ina mo ika ese mo fen poputa an osukosuk.*
- *Ika ewe semirit a fen angei ewe safei itan epinephrine, mutir chok kokori 911.*
- *Uwei ewe annukun mi mak, ewe nampan tengwa, ewe nampan tengwa fansoun osukosuk, ekkewe safei mi och om uwei won om uwei ekkewe semirit.*
- *Kokori ewe 911 ika pwe mi auchea.*

HAR §17-891.1-25 (e), §17-892.1-26 (f), §17-895-25 (f)(g), §17-896-24 (h)

## TUMUNUOCHU ME EPETI FEIENGAW REN ENER MONG ME NENIEN ENER

# TUMUNUOCHU ISOISEN CHONUN OUP

### *Pwata a auchea?*

- **Forochu iosisen chonun oup mi fakkun auchea pun ika epwe ngaw iwe mi asemweni ewe monukon me semirit.**

### **Angangan:**

- 1. Ungutiw pwinin maram won ewe nenien chonun oup.**
- 2. Ekkewe chonun oup mi keran chok unguti epwe mutir chok isois non ewe nenien mi pat:**
  - *Wanong ewe nenien chonun opu nukanapen ewe nenien apatapat, esap won asam.*
  - *Eaea ekkei chonun oup 5-8 ran.*
- 3. Esap tam an epwe nom nukun ewe nenien apatapat.**
  - *Wanong ewe chonun oup non ew neni mi wor foun ais. Mi tongeni nom non tori ruanu awa ika pwe ese pwichikar seni 100 degrees.*
- 4. Isoni non ewe nenien isois mi affou:**
  - *Ka tongeni isoni ewe chonun oup non ewe nenien affou non ukukun ruu wik.*
  - *Isoni ewe chonun oup non ukukun 3-4 maram non ewe asamen ewe nenien affou epwe imuno.*
- 5. Etenano ewe chonun oup mi fou:**
  - *Etenano ewe chonun oup wanong fan ewe konik mi pwichikar*
  - *Kese tongeni etenano ewe chonun oup non microwave ika kuku won sitof.*
  - *Eaea ewe chonun oup a tenino non ukukun 24 awa.*
  - *Eaea ewe chonun oup a tenino ese chiwen pat, ka tongeni eaea non ew awa.*
  - *Kesap chiwen affou ekkewe chonun oup a fen tenino.*

HAR §17-895-39(a)(b)



## PEKIN EPETI FEIENGAW

# Epetin Semirit

Semirit ra kaeo mettoch seni ar tichiki sininata ne katon met masowen unukun mi namot ngeni anen ar kaeo. Nge an tichiki kapas eis ne katon me sininata met masowen unukun mei afeiengaw epwe tongeni tonong non watten aksiten ren feiengaw. A och ekkewe mwan meimuk repwe nomengeni semirit fansoun ar kukuou me pwe repwe epeti me ekukunano ekkewe osukosuken aksiten repwe tonong non pwan anisi ar kewe mochen me tufichin mamarita.

Pokiken an ekkewe semirit tufichin inisir mei kon watte seni ar tongeni weweiti me sinei, rese tongeni sinei ifa sokkofesenin mettoch mi tongeni efeiengawa inisir. En ewe chon tumun kopwe sinei ne epeti ekkewe chommong aksiten om kopwe sinei met semirit repwe tufichin fori nupwen ra fefeita me mamarita, kopwe sinei met sokkun mettoch epwe efeiengaw ngeni nonomun an semirit marita non ewe nenien tumunun semirit iwe ka tongeni fori sefani ewe neni pwe epwe kukunuo ekkewe osukosuk.

Fori ewe nenien tumun semirit me met masowen non epwe fakkun kinamwe esap wor osukosuk non ren om kopwe awora ekkei sakkun metoch epwe epeti feiengaw seni semirit. Check non me nukun ewe nenien tumun ika epwe kinamwe esap wor feiengaw ren meinisin. Tumunuochu ekkewe semirit fansoun kukunou ika met epwe pwan efeiengaw ngenir. Satuni ne kon won ewe simen, katon ika ifa usun an semirit nengeni ekkewe mettoch unukur usun an ka fen pomweni. Wano me epeti met epwe efeiengawer. Nengeni ekkewe semirit ka wisen tumunur pwe resap feiengaw me non me unukun konik. Chemeni pwe semirit repwe tongeni monum non ekis mo kukunun konik.

Me neir meinisin, an emon epwe wisen tumunur me anisir a kon ochuseni meinisin epetin feiengaw. Ew aksiten a chok mutir ne fis. Epeti me tumuni ikena ekkewe kien tumunu semirit seni feiengaw.

## METTOCH MI FOR FANITEN SEMIRIT

# ANEN EPETI FEIENGAW SENI SEMIRIT NON NENIEN TUMUN.

*Pwata a Auchoa?*

- Eaea ekkewe pisekin semirit mei mumuta me fori ekkewe pekin tumun epwe akukunano feiengaw ngeni semirit

**Angangan:**

1. Nenefetan non ewe nenien tumun semirit, katon met enom non ewe neni epwe tongeni efeiengaw ngenir. Nengeni ewe ie ewe semirit e nom ia, ka pwan totiwi won poum me pechem kopwe tofetan non ewe room, uweikuonong non nenien ewe semirit ika ifa usun ekiekir ren nenier ei. Met ke mefi pwe mi apwapwa ngeni om nengeni, pwan met mi mecheres om kopwe tori (nefinen ewe simen me 40 inis tekiata)
2. Poutano ika isonano ekkewe pisek mi efeiengaw ngeni ewe semirit. Tumunu pwe esap wor nikasuk ika pisekin fiu (sarun chunumei, pachinko, pekin man, ekkoch sokkun nikosuk, pwan ekkoch) repwe isosieno ika nokono me foun kewe repwe isoiseno pwan nokono non pwen ewe neni.
3. Tumunu nenien tonong me tou repwe nukunukoch me nenien tou fansoun osukosuk epwe maneman.
4. Apachata ekkewe minen tumunun feiengaw me won ekkewe pisekin angang, pisekin isoiso mongo me nenien mot me mour nenien pisek, pwan ekkewe nenien mot me isoiso pisek pwe repwe epeti feiengaw. Kapas aweve ren ekkei mettoch me tetenitiw me fan:
  - **NOKUN ME AMOCHUN EKKWE ASAM** ren kapet me ekkewe sisikin non imwen mongo me pincho, pwan ekkoch kinikin. Nengeni ekkewe nok me amochun asam watte ra tongeni pacheta mi pochokun epwe pochokun ngeni an semirit weiti me purei.
  - **TIT EPWE POCHOKU** ren unukun nato me room ika pwe epwe work feiengaw. Kut ekkena tit mei pochokun ese tongeni ta kai nge epwe mecheres an watte repwe suki me epungu.



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## METTOCH MI FOR FANITEN SEMIRIT

# ANEN EPETI FEIENGAW SENI SEMIRIT NON NENIEN TUMUN.

*continued from previous page*

- **PONUPONUN EWE SUKKUN ASAM ME NOKUN EWE ASAM** *won ewe asam. Tumunuochu ewe nokun asam epwe pochokun epwe pwan mecheres an emon epwe mutir suki non fansoun osukosuk.*
  - **ANISI FEIENGAWEN KAR REN KAR** *ren paip me ewe paipen tutu. Tumunu ewe konikin tutu esap pwichikar seni 120'f epwe tumunu ewe inis esap kar ren konik mi pwichikar.*
  - **OTUWOTUN EKKEI ME OTUWOTUN TARAKU MEI AFEIENGAW** *epwe pacheta non unusen ewe nenien tumunun semirit. Kataton patirin iteiten ier.*
  - **EPETIN ASAM MWACHO ME EWE AMI** *ren asamacho me won ekkewe tekia mei kauu seni ewe imw. Aukuku asamacho epwe sukuno ngeni ruanu inis ika kukun seni pachenong ekkewe mecha oponun ekkewe asam mwacho.*
  - **CHECHEN FAN MINEN AN ESAP MOKUT** *ren ekkewe nenien mot me pisekin non im. Ekkei asapasapan an esap mokutukut fen.*
  - **PONUPONUN EKKWE NENIEN FIFI** *ren pekin fifi. Epwe wor ponuponun ekkewe nenien puronongen fifi esap chok mecheres an semirit repwe omokutu pwan wanong on awer iwe ra chika ren.*
  - **EKKWE ASAM ESE WOR SENIN** *ren asam mwacho (ekkewe asam mwacho epwe weires ach sipwe komoch ika suki)*
  - **ANGKE** *ren ekkewe pisekin non im epwe wor omochumochun (awewe nenien tv, sanif, nenien puk, kapet, chepen, sisik me ekkewe sitof fifi) pwe epwe uta pos won semen ika fen won etip.*
  - **EKKWE SOKKUN EPETIN FEIENGAW UNUKUN NENIEN TUKKUN IKA NUKUN KONIK** *senata etip epwe epeti nepekin ewe nenien tukken ika nepekin konik kapach ngeni ewe tit ukukun 4 fit taman epwe kesipeno pwan nokono.*
5. Nengeniochu ewe nenien semirit iteiten ran pwe epwe nukunukoch met sokkun onukunukun epet ren feiengaw mi wor pwan ika epwe for sefan pwan forata minafon epeti osukosuk ren feiengaw en semirit nupwen ra mamarita, tameta me pochokunono.

HAR §17-891.1-31, §17-891.1-32, §17-891.1-36, §17-892.1-32, §17-892.1-33, §17-895-34 (1), §17-895-32, §17-895-35, §17-896-30, §17-896-31

## METTOCH MI FOR FANITEN SEMIRIT

# EPETIN EKKWE METTOCH MEI POISEN.

### *Pwata a auhea?*

- Epeti feiengaw seni unumi ngaseri ekkewe mettoch mei efeiengawa non inisich epwe fakkun auhea pwe epwe wor chon wisen aiti ngeni ekkewe semirit met repwe fori ina ena auhea akukunano ekkewe pekin feiengaw ngeni semirit.

### **Angangan:**

#### **1. KOPWE MONOTA:**

- *Sinei om kopwe anukunuku ekkewe minen nimenimen non im me safei epwe towawseni nenien semirti ika non kapet mi nok ika epwe wor ewe wor akokon semirit resap tongeni suki.*
- *Kopwe sinei pwe ekkewe safeit non ewe imw mi chok nom non porur kewe.*
- *Kopwe tungor pwan eaea ekkewe safeen non im, minen enimenim repwe non non nenien mi tumun seni semirit.*
- *Nupwen kopwe isoni ekkewe minen nimenim, kutta ewe nenien isois sokoseni ikewe ie a nom ewe mongo me safei ra nom ie.*
- *Kesap un safei nge ewe semirit mei kunok pun semirit ra chok napengeni apiru met watt era fori.*
- *Ngeni ekkewe safei wesetan iter kewe, safei esap ir okasi.*
- *Kopwe aneani iten ewe safei akkom, Safei esap ir Candy ika okasi*



- #### **2. Eaea ewe epetin poisen non imom we. Ew room fan ew, checki ewe taropwen aourour seni ewe epetin Time Pesticide Posion (katon Appendix E) om kopwe katon ewe me ewe rum ika mei wor ekkewe mettoch mi awora feiengawen unumi me ngaseri ekkewe minen enimenimen non imw.**

- *Atun om ka raunei ekkewe rum, kopwe eri meni pung me non ei taropwe:*

- #### **3. Ika ke ponuwen “apw” ngeni ew me nein ekkewe kapas eis non ei taropwe, Kopwe fiti ekkewe teten won penemwanum ren om kopwe anapano tumunun semirit.**

- *Nounou ei taropwen ne nengeni meni ekkewe safei me pisekin enimenim ewe semirit epwe tufichin tori.*

- #### **4. Ika ka mefi pwe a wor emon a feiengaw ren poise, mutir chok ne kokkori ewe nampan aninis 1-800-222-1222 ika 911. Isoni ekkei nampa unukun noum na tengwa.**

HAR §17-891.1-32 (6), §17-891.1-23, §17-891.1-29, §17-891.1-36, §17-892.1-33, §17-892.1-23, §17-892.1-30, §17-892.1-32, §17-895-32 (b), §17-895-23, §17-895-35 (9)(10), §17-896-22, §17-896-30, §17-896-31

## METTOCH MI FOR FANITEN SEMIRIT

# EPETI FEIENGAWEN KONIK

### *Pwata a auhea?*

- **Semirit ra tongeni monum non mo ekkewe konik mi nokukkun ren fiti chok inis inao ika mei wor nour taropwen pekin tukken.**

### **Angangan:**

- 1. Kesap tongeni nikitano emon semirit unukun ekkewe konik**
- 2. Ekieki ekkewe feiengawen epwe tori ewe semirit me unukun ewe konik**

- *Tumunu ekkewe sepi, nenien konik me pwekit isoni ikena ewe semirit esap tori me ie pwan ninano konik murin om wes ne eaea.*
- *Epungano ewe nenien pincho ekkewe nenien mot epwe pwan nok*
- *Apachata pwan fitu sasarin epet nepekin ewe nenien tukken pwan ekkoch nenien konik. Aueta pwan epetin ewe nenien tukken epwe 4 fit taman ewe tit epwe wor nokun epwe pusin nok won an.*

- 3. Ika pwe ewe semirit a nom unukun ika non konik, iei met kopwe fori ren anukun tumunu feiengaw**

- *Ewe a wisen akaiti ekkewe semirit epwe emon mei sinei CPR, epwe pwan wor ew phone epwe kanengeni ewe nenien tukken iteiten fansoun meinisin.*
- *Epwonueta ekkewe annuk usun pwe esap wor nikesasa.*
- *Emon semirit epwe tuken ika mo non ekkewe nenien tukken ese anonon, epwe wor emon epwe nom unukun epwe chok mutir ne eki. Ekkewe chon tumun repwe eani ewe “touch supervision” wewen ei pwe ekkewe semirit re tukken nge ewe chon tumun epwe chok kanengenir ne komoch ir me katon ir fansoun ar tukken.*
- *Ika mi wor an kewe ufoufen tukken an esap kokotiw, tumunu epwe ukukoch won, (ewe ufen tukken esap tufichin epwe turuu seni won mokuran murin om pwinitanong won) Ren ekkewe semirit 5 ier me kisiseni, ewe uf epwe wor ouwepi won ewe kana pun epwe anisi mokuren ewe semirit me mesan esap kokotiw fansoun an tukken.*
- *Nengeni ewe pinepinen ewe nenien tukken pwe mi nuk esap mok, epwe wor ekkoch angangen tumun ren ewe nenien kokusuno pwan pekin tumunu feiengaw ren ewe pisekin angang a apwasano konik.*
- *A auhea epwe wor emon mi angei noun taropwe non ewe pekin tumunu nenien tukken epwe nom:*
  - *won ekkewe piepi ika nenien tukken*
  - *non ekkewe nenien tukken ese anonon epwe cho 24 inis anononun.*



HAR §17-891.1-37, §17-892.1-39, §17-895-40, §17-896-36

## PEKIN EPETI FEIENGAW

# Tumunu Feiengaw Ren Nios Me Ekkewe Nenien Kukunou Nukun

Kukunow mei auchea ngeni mamaritan emon semirit. Kukun semirit a ochungeir ar repwe wor ar fansoun kukunou epwe chomong sakkun, tumunun nios me pisek epwe anisi ar ekiek. Nios a kon auchea non manawen ewe semirit nge ren ar repwe kukunou ngeni sipwe tumunur ren.

Ekkewe nenien for nios mei wor ark ewe taropwe a pacheta won ewe nios epwe aiti ifa usun tumunun nounoun ewe nios mi pachenoch ekkoch me nukun afata fite ierin semirit repwe nounou ewe nios. Ren ekkewe chon tumun, ami angang oupwe fini ochu ekkewe nios me pisekin kukunou nukun imw resap wor feiengawan ngeni ekkei semirit, ekkewe epwe ochungeni mamaritan ewe semirit iei ei awein pekin tumunu feiengaw seni ekkewe semirit. Ifa usun nounoun ekkewe nios me nenien kukunow, me tumunu ochu ekkewe semirit nupwen ra kukunou a fakkun namot ngeni ach sipwe anisi tumunu ekkewi semirit seni feiengawen ekkei nios me nenien kunou. Kopwe sinei met kopwe kut me moni pwe repwe nounou ika pipisek, pwan sinei ia kopwe isonir ochu ia, akaiti semirit ifa usun nounoun ekkei niosir meinisin ekkei ammen fakkun anisi epeti feiengaw pun epwe wor pwapwa fansoun ar urumot.

## EPETI FEIENGAW REN NOUR KEWE NIOS ME PISEKIN KUKUNOU NUKUN IM

# TUMUNUN FEIENGAW REN EKKEWE NIOS

### *Pwata a auchea?*

- **Finiochu meni nios, tumunu ekkew nios, me tumunu ne aiti ngeni met epwe fori ren ekkewe semirit non ar kukunou me urumot a ewe anen epeti soukok ren ar nounou nour kewe nios.**

### 1. Fansoun kamo nios:

- *Finiochu ekkewe nios. Ekieki ierin ewe semirit, met ekan sani, me aukukun an tongeni (katon ewe taropwe won Kids' Sake: Think Toy safety by Knowing Toy Danger seni ewe office in Consumer Product Safety Commission in Reference list ren om kopwe fat)*
- *Kuta ekkena mi nomotam pwan pochokun epwe anongonong won ierin emon semirit.*
- *Nengeni ochu ifa usun nounoun me met mi afeiengaw ika mei fatoch ifa usun nounoun – ngonuk, me ika mei ochungenuk, ngeni ewe semirit.*
- *Kopwe aneani ekkewe makken won, epwe afata ngonuk ika a tufich ren menni ier "Ika e ora ese ochu ngeni ier kukkun seni 3" Pwan nenengeni ekkena auchean kapasen wor ren ika ese tongeni kar ren ekkewe ekkoch mi fiti mangak me niosun ningio ika pwe e pwan ora pwe mi tufich sop ngeni met sakkun sop.*
- *Suki ewe nios me non tukutukun, mutir chok poutano tukutukun kewe kumi.*



### 2. Fansoun tutumun ewe nios:

- *Awora fansoun me fansoun kopwe katon ewe nios ika a ta me efeiengaw. Ika a ta me mok ew nios epwe mutir fori ika ese chiwen ochun for, mutir chok oturano.*
- *Pepani ika amotou ekkewe nios ira ika pwe mi ken ika ekkewe a metatar.*
- *Nenengeni ekkewe nios nukun fan ekkoch ika a parang ika a apwangapwang pun a tongeni efeiengaw.*
- *Aiti ngeni ekkewe semirit repwe esinengonuk ika a ta ika mok nour kewe nios.*
- *Aiti ngeni pwe ika ew nios a mok ika ta iwe a efeiengaw an epwe chiwen kunou ngeni*
- *Oturano ekkewe nios me nenien urumot mi mok me mi ta.*

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## TUMUNUN FEIENGAW REN EKKWE NIOS

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### 3. Nupwen ka isoni ekkewe nios

- *Aiti ngeni semirit pwe nupwen rawes ne nounou ekkewe nios, repwe nukuono non nenian pun rete turuno won, isoni ochu pun kopwe epeti feiengaw.*
- *Nengeni ekkewe porun nios me ekkewe sisik ka isois nios ie pwe esap wor feiengaw ren. Wanong nios non neni epwe wor epungun esap turuno me turutiw won semirit. Ren sopusopun pekin tumun seni feiengaw, epwe wor pwang non ren nenien kusun asepan.*
- *Tonu me safeeni ekkewe nios me mwen om kopwe nukuono (katon taropwen Cleaning, Sanitizing me Disinfecting ren om kopwe fat)*
- *Katon me nenengeni iteiten ochu ekkewe nios mi nom nukun. Ran me omurenipwin repwe fori an epwe parang iwe a ataeno ekkei nios iwe ra aworato feiengaw.*



### 4. Fori wisom, aiti ngeni semirit fansoun meinisin repwe kukunou fiti nounou nios pwe mi auchea epetin sokkun feiengaw ren aksiten:

- *Katon pwan ereni ewe semirit ifa usun an epwe kunou ngeni ekkewe nios me ekkoch me aukatiw an kunou ngeni ewe nios ika epwe wor osukosuk ren feiengaw.*
- *Nengeni menni nein ekkewe nios ika pisek ewe semirit akon pwapwaiti an epwe kunou ngeni pwan ifa usun an nounou, eniwini usun ar repwe nounou ekkei nios met mi och repwe fori me met ese och.*

HAR §17-891.1-32 (10), §17-891.1-15, §17-892.1, §17-892.1-33 (8), §17-892.1-15, §17-895-14 (d), §17-895-35 (8), §17-896-31 (7), §17-896-15

## EPETI FEIENGAW REN NOUR KEWE NIOS ME PISEKIN KUKUNOU NUKUN IM

# EPETIN FEIENGAW REN NENIEN KUKUNOU ME URUMOT NUKUN

### *Pwata a auchea?*

- Raunei ewe nenien urumot om kopwe sinei pwe mei pochokun me tumun ren an epwe ekisano feiengawen non ewe nenien kukunou.

### **Angangan:**

- 1. Aitiochu ewe semirit an epwe pipisek ekkewe pisekin kukunou me meni ewe nenien kukunou a ochu ngeni ierin ren an esap feiengaw.**
- 2. Nengeni ochu pwe epwe esap efeiengaw ikewe a nom ie ren fan me nepekin meinisin ewe nenien kukunou.**
  - *Eppwen ngeni fetin, pi me kieki mi kumi a anisi epwe mongumong ren fansoun turutiw. Ewe neni epwe epwen esap kukun seni 12 inis anononun pwe tota won 6 fit epekin me nepekin ewe pisekin kukunou.*
- 3. Iteiten ran kopwe akkom nengeni ekkewe pisekin urumot repwe nukunukoch me pochokun me mwen om wau ekkewe semirit repwe pipisek ne kunou me unumot. Ikkei ekkei pisekin urumot kopwe nengeni mi tetenitiw fan:**
  - *Purangko epwe towaw seni ekkewe pisekin kukunow pwe ete purei ewe semirit ika pwan efoch ekkewe purangko. Epwe chok ruofoch purangko repwe 24 inis towaw fesen. Nenien emon kukun semirit won ewe purangko epwe nom non nenien mot usun pwekit.*
  - *Nikasosor epwe angke won ewe nenien komochun fetan ika nepekin ewe nenien fetan. Esap wor pwangen nefinen ewe nenien nikasosor me ewe neni e fotetiw won.*
  - *Nenien kukunou pap mi satiw/sata, mi pacheta won spring a ochun ngeni semirit kukkun. Ekkei sakkun nenien urumot sia kan wanong taia fan pun ekkewe semirit repwe changetiw won pun nge repwe metek me feiengaw*
  - *Nenien kunou mi morokuku an sa epwe wor me och nenien kamoch won, iwe ewe e kun won epwe manaman esap wor met mi ken epwe epeti.*



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## EPETIN FEIENGAW REN NENIEN KUKUNOU ME URUMOT NUKUN

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- *Nenien kukuno ren tota asan esap tameseni 32 inis ren ekkewe semirit ra fefetan. Ekkewe nato mei pengesino me asan, esap nuseni 60 inis ren semirit ukukun 4 ngeni 5 ier. Nengeni ekkewe nato me kamochun ewe nato pwe ir mei pochokun pwan awora efoch epetin fetan ika epet epwe pweni ewe nenien kunou.*
- 4. Tumunu esap wor ekkewe mecha mei ken mi afeiengaw usun ekkewe mesen S nenien eitiw. Ika pwe mei efeiengaw kesap mut ngeni ewe semirit epwe kukunou.**
  - *Fori ekkewe nios me pisekin kukunou nukun epwe nukunukoch pwe esap afeiengaw ikaesinei ngeni ekkewe chon fori angangen ekkei nenien kukunou.*
- 5. Oufoufa ewe semirit ren an epwe kukunow nukun. Weitatiw akkawen ewe uf ika senin uf ekkena repwe tongeni mochunong non ewe nenien urumot. Tumunu ewe semirit esap nom fan akkar mi wesewesen pwichikar.**

HAR §17-891.1-15 (e), §17-891.1-32 (2), §17-892.1-15 (e), §17-892.1-33 (2), §17-895-14 (e), §17-895-35 (2), §17-896-31 (2)



## PEKIN EPETI FEIENGAW

# Awata Me Tumunungaw Ngeni Semirit

Mi auchea ekkewe kukkun semirit repwe mefi pwe ir mei tumun seni feiengaw ren ar repwe tufichin mamarita me kaeo. Semirit ra achocho ika pwe ekkewe chon tumunur mei anisi fefeitān mamaritan ar keae non ar peser tumunur aitir me chacharir. Nge ika ekkewe semirit ra chok nom non ar riaffou ren ekkewe chon nom rer ir mei awater, amangawer, eriaffour pwan achomanawer, iwe repwe fen ngaweno non ar nonom. Iwe met kei e fisingenir repwe mefi osukosukan pwan nonom rer tori fansoun nakatam.

Watten kawet ngeni ewe semirit, usun a pwata non ewe taropwen semwen ren Shaken Baby Syndrome, mi tongeni fori epwe ngawono ika mano tupuwan ika fen mano. Meinsin ekkewe sakkun kawet me eriaffou ngeni semirit mi angawano mamaritan inisin me ekiekin ewe semirit. Soposopono ne eriaffou semirit epwe esenipa an epwe riaffou iwe epwe angawa no an mamarita ne kaeo an we monun fiu ngeni samaw epwe ataeno tupuwan an esap marino. Ekkewe semirit ir mei pen riaffou me nekukunur repwe urusamaw me osukosuk ika ra marita tori ar ierin emon watte. Ekkei sakkun osukosuk epwe pachengong unumong sakaw, riaffou me weires, angei maruo me ekkoch, rese mon aner me mongo mong, kitinup, mocheisou, un supwa, angeiano manawan, me pwan ekkoch sakkun samaw.

Tumunu me aucheani nonomun semirit pwe esap wor ekkei sakkun ren eriaffou me niningaw ngeni epwe wisen meinsin ne angang fengen pun epwe ponuweta. Emon semirit ese pwan nifinifin ierin epwe riaffou ren sakkun kawet me eriaffou epwe tonong non. Pokiten ami ekkewe chon tumun esap pwan ami wisemi oupwe etikinou ika kutta porausen ekkei sokkun, mi chok auchea pwe en mi sinei ekkewe esisinen kawet ika riaffou an emon epwe eriaffou pun wisom kopwe esinei ngeni ewe Putain Human Services fan pungun annukun awaii a nampani HRS 350-1.1 ika ke mefi pwe ewe semirit mei pen kawet me ese tumun.

## PEKIN AWATA SEMIRIT ME TUMUNUNGAW NGENIR

# ESINESIN WON EWE ANAPANAPEN KAWET IKA TUMUNUNGAW WON EWE SEMIRIT

### *Pwata a auhea?*

- Chon tumun repwe esinsin won met kunaer ika ewe semirit mi pen kawet me tumunungaw usun mei afat me non ewe anukun Hawaii Revised Statutes 350-1.1
- Esinaochu ekkewe esinen kawet me esinesin won ekkei sokkun pekin tumunungaw me kawet pwan ina anen ach sipwe tumunu ekkewe semirit.

### *Angangan:*

1. Ika ke kuna ekkoch esinen kawet, ika kirikiring ren kapasingaw, me eriaffou ika tumunungaw, ika emon semirit e oronuk pwe e kawet ren emon, kopwe maketiw ena fansoun pun kopwe isoni poraus ke angei me ren ewe semirit pwan pusin met kunaom. Maketiw pwinin maram me kunok. (Pwan ren ekkoch porus won ekkewe esisin me napanapen met ewe semirit mei mefi me tonong non, kopwe katon ena taropwe itan Understanding Child Maltreatment a kawor seni ew nenien Epeti sakkun samaw itan Centers for Disease Control Prevention Center for Injury Protection and Control)
2. Ika en mei kuna esinen kawet me riaffou ren ewe semirit, kopwe mutir chok esinei ngeni ewe neni a mesemes won ei sakkun. Angei poraus, kokori ewe Putain Human Services non ei fonu Hawaii:
  - *Kokko me Oahu: 832-5300 (mi chok suk non 24 awa)*
  - *Kokko me non ekkewe unukun 1-800-494-3991 (ese kamo mi suk tori 24 awa)*
3. Non fansoun atapwanapwan en osukosuk ren kawet kokori **911**

HAR §17-891.1-13 (3)(E), §17.892.1-13 (4)(E), §17-895-12 (2)(F), §17-896-13 (2)(E)

## PEKIN AWATA SEMIRIT ME TUMUNUNGAW NGENIR

# ANISI EPETI EWE SAMAUN NOM NON INISIN SEMIRIT

### *Pwata a auhea?*

- Ei semwenin Nomonon non inisir mi tongeni ach sipwe epeti ren ekkewe kawet ren emon semirit: Sipwe weweiti ifa usun an ei samaw a wor, ifa usun ach tongeni epeti, me ekkewe watten osukosuk nupwen epwe fis ei ekkei meinsin epwe anisi akukunatiw ei samaw itan SBS (Shaken Baby syndrome).
- Meinsin semirit ir mei kechiw nge watenon an emon semirit epwe kechiw ukukun chom 2 -3 awa non ew ran nge ekkoch ra kechiw kukun pwan ekkoch ra kechiw watte seni ei aukuk. Mi kan wor popun ar kechiw ar repwe ngonuk ar mochen (awewe ren ar repwe mongo, mour ika siwin ar osime).

### *Angangan:*

1. Nupwen emon semirit a kechiw, kopwe tumunu ngeni an kewe mochen: Katon ika ewe semirit a echik ika a nimengaw an osime.
2. Katon ika ewe semirit mi samaw mi mochen om kopwe anisi.
3. Satuni sakkun anen an epwe ekinamwei ewe semirit.
  - *Echiwechiw ika asawa ewe semirit.*
  - *Atutui*
  - *Anounou ngeni nios epwe osuno ren*
  - *Wano ewe semirit epwe no nukun fiti wan we nenien semirit ika fiti taraku*
  - *Kon ika fos ngeni*
  - *Ngeni mesen titi epwe kinamwe ne nunuwon.*
  - *Totofi ika episipisi ewe semirit.*



## ANISI EPETI EWE SAMAUN NOM NON INISIN SEMIRIT

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**Ika pwe meinisin ekkei ese ekinamwei ei semirit, nge ka mefi om riaffou me song chechemeni pwe KESAP wichiki ewe monukon.**

- *Akonatiw won sokurun non nenian we.*
- *Ekis asese- Ika ka fori meinisin ekkei a wes meinisin met ewe semirit e mochen*
- *Anamwa ewe semirit iteiten 10-15 minich*
- *Chechemeni pwe ese wor ngawen an semirit repwe kechiw- ew mettoch meinisin semirit mi fori ese wor ngawen an kechiw.*
- *Ika en mei chok chiwen song ika netipengaw, ereni emon epwe anisuk, kokori ekkewe in me sam, chiechiom, ika chon an ewe semirit famini, tungor repwe anisuk ne tumunu ewe semirit pwe kopwe mo ekis asese.*
- *Poraus ngeni inen me semen ekkewe semirit pwe kopwe sinei ika ir mei pwan mefi ika kun mei e mi fis ngeni ei semirit ach sise tongeni chachari an kechiw. Ika pwe ewer, iwe oreni ewe in me sam repwe kokori nour we tokter pwe repwe sinei ika mei wor osukosuken samaw ren ewe semirit ren an nikekechiw.*



HAR §17-891.1-13 (3)(E), §17-895-12 (2)(F)

**PEKIN EPETI FEIENGAW**

# Tumunu Mour

Monukon me kukkun semirit a watte ar fansoun mour. Mi auchea ngeni nonomun ar mamarita me pochokunen inisir. Sinei ifa usun tumunun semirit non fansoun ar mour mi wesen auchea ngeni ekkewe chon tumunur akaewin ekkewe ra tumunu monukon.

Ititin emon semirit ne mour (awewe, chapeno nge mour ika mour nge pereinging) mi awateno ewe ew osukosuken mour a iteni pwe Side Infant Death Syndrome (SIDS) ika osukosuk fansoun mour. Ika ewe semirit a mour nge seneta a ekisano ewe sakkun semwen e fis ngeni semirit fansoun arm our.

Ekkewe chon tumun repwe pesei tumunun semirit fansoun mour ika re oturano ekkew nenien mour mei mongumong, usun pinu niosun ningio, kus mei manun, me ekkewe epetin semirit non neien arm our pwan nengeni fichi pwe ewe nenien tumun me nefon efoch wa esap wor chon unumi supwa, ekietiw emon semirit an epwe mour non neni mi kinamwe me ese wor feiengaw ie, won an we kiekien mour, an nenien kukunou, kesap ekietiw ewe semirit epwe mour non nenien mour ren ekkoch pwan. Epwe pusin imuno won an nenien mour. Ekkei sokkun mokutukut a ekukunatiw feiengawen ewe semirit non fansoun an mour pwe esap pineno ngasangasan, possus, forono chioran.

## EPETIR SENI FEIENGAW NON AR MOUR

# NAPANAPEN MOUR ESE EFEIENGAW

### *Pwata mi auchea?*

- An emon semirit mour mi itingaw mi tongeni awateno anen an ewe semirit epwe feiengaw ren mano fanoun an mour.
- Ekkoch kukun mettoch mokutukut a tongeni fori ew watten angang ne ekisatiw mano ren semirit fansoun an mour.

### **Angangan:**

1. **Iteiten fansoun kopwe akonatiw ewe semirit (a kisikis ierin seni 12 maram) epwer seneta fansoun an mour neran pwan nepwin. Ei sokkun napanapen mour a epeti feiengaw ren emon semirit.**
  - *Semirit re mour seneta rese mano non ar mour nap seni ekkewe ra kon chapeno me kon pereinging.*
  - *Iteiten fansoun mour kich mi nengeni mi pachenong. Semirit ra eoreni mour seneta fansoun ra mour neran murin ra chapeno, a pwan watte ar repwe tori ewe samaw in semirit fansoun mour (SIDS).*
2. **Akonatiw semirit won ekkew neni mei pochoku, usun won ewe nenien mour an semirit, mi chech ngeni echo kus mi mei (katon ena annukun Crib safety ren om kopwe weweiti) an epwe ekukunatiw ewe sakkun samaw un mano monukon ra ani fansoun mour.**
  - *Nenien mour mi pochokun me ekkewe chech mi mmei ese kinumunum, me nenien an monukon kukunou (sipwe uwei fetanei pwan ekkewe nenien kukunou nukun mi mecheres ach eki fetanei).*
  - *Kesap ngeni ewe monukon epwe kon non ewe nenien mot, nenien keki, purangko, pwe nenien an semirit mour.*
  - *Kesap akonatiw ewe monukon won ekkewe neni mei mongumong usun won ekkewe nenien mo, won pinu me kus mei manun, kus mei usun unen maan, me ekkewe blankets.*
3. **Ekinano ekkewe metoch mei mongumong ren nios, chechen bed wano seni an monukon nenien mour. Ei mi pachenong pinu, kus mei manun, ftong, kus mi usun unen maan, pinun refiref. Ekinano ekkei mettoch seni ewe monukon ete pineano an nenien ngasangas.**
4. **Esap wor epwe unumi supwa non nenien tumun semirit. Semirit ra mour non otuwotun supwe me non ren ekkewe ra unumi supwa, ir mi tongeni mano fansoun mour.**
5. **Amouru semirit epwe imuseni meinisin nge epwe chok kanengeni ikena meinisin ra mour ie. Ew nenien mour nge emon semirit, ew nenien kukuou nge emon semirit. Ren ach sipwe epeti an emon epwe chouni ewe monukon, esap mour ren ekkewe semirit me watte won ar nenien mour.**



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## EPETIR SENI FEIENGAW NON AR MOUR

# SAFE SLEEPING PRACTICES

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6. Ngeni ewe monukon (watte seni ewe maram) ewe mesen titi an epwe ekinamwei- esap pwan pacheta won san- ren fanoun mour neran pwan nepwin pwe epwe akukuatiw ewe semwen semirit ra ani fansoun mour itan SIDS.
  - *Kesap ousesi ngeni ewe mesen titi an epwe tumuri.*
  - *Ika e turtiw me non awan fansoun mour, kesap pwan ekesiwini.*
7. Kesap mut ngeni ewe monukon epwe kon pwichichar fansoun mour. Ika a kon pwichikar iwa a pwan mecheres ewe monukon epwe mano fansoun mour.
  - *Oufoufa ewe monukon non uf mei chechak (esap nap seni echo, usun emon watte epwe mochen ufouf fansoun an mour pwe epwe kinamwe) ukukun asepan non ewe room epwe chok ukukun an emon watte epwe kinawe me non. Echo ekkewe ufoufen mour usun tuuk a och fansoun mour. Ika ka kuna monukon a kon pwichikar ika monon, ika mwiengas, wewen pwe akon mefi pwichikar.*
8. Poutano ekkewe pisek ekan ora mi akukunano ewe semwenin mour ren semirit itan, SIDS. Meinsin ekkei pisek ese mo kon punguno ika mei wesen anisi tumunu feiengaw.
9. Nenengeni ewe semirit ren inisin pwan ren ngasangasan fansoun meinsin nupwen ar repwene mour, ar ra mour, me atun ar ra neon. Kesap nonguni om epinukunuk won ekkewe pisek ra ora mi och ren tumunun ewe samaw SIDS pun ese mo kopunguno. In me sam repwe ekieki ekkoch pwan mettoch ach sipwe eaea ne tumunu ekkewe semirit ren ekkoch wewe, repwe poraus ngeni nour kewe tokter
10. Awora fansoun ewe semirit epwe chapeno nupwen fansoun ese mour nge epwe worchon nenengeni pwe esap pineno an ngasangas. A murino an emon monukon epwe kon fan (3-5 minich) non ew ran. Nupwen ewe semirit a mamarita, a ani pwapwa fansoun an chapeno ka pwan tongeni atamano fansoun. Tumunu ochu pwe kesap mut ngeni ewe monukon epwe mouruno nge mi chapeno.
 

**FANSOUN CHAP**, a auchea pun a tongeni fori ekkei mettoch mi tenitiw fan:

  - *Anisi an esap chepep epinukun ewe monukon.*
  - *Epochokuna uwen ewe monukon me afaran iwe ewe monukon a tongeni poputa ne mot, tonaw, me fetan.*
  - *Anisi an ewe monukon emwekutu inisin (a eaea inisin ne mokut fetan pwe epwe fori mettoch)*
11. Nenien mour epwe siwin murin an emon semirit mour won. Ika e kon non kieki, epwe tonu me mwen emon epwe pwan kon non. (Nengeni ena taropwen nimenim itan Cleaning, Sanitizing, and Disinfecting ren om kopwe fat).

HAR §17-891.1-15, §17-891.1-41, §17-891.1-42, §17-895-14, §17-895-45, §17-895-46

## EPETIR SENI FEIENGAW NON AR MOUR

# TUMUNUOCH ME NON EWE NENIEN MOUR

### *Pwata a auchea?*

- **Nenien mour an semirit rese fiti ewe minafon annukun munnap ra wato feiengaw ngeni ekkewe semirit. Nenien mour an semirit ekkewe ese pung kapachan ika mei wor peirakin ese nom, mei masasan, mi ta mechan, mi ta pechen mi efisata mwochuno non, posus, ika forsano, nupwen ewe monukon a mochuno non.**

### **Angangan:**

#### **1. Nengeni ochu ewe nenien mour ren pekin tumunu feiengaw ren semirit mi pachenong ekkei mettoch mi tetenitiw fan:**

- *Ew nenien mour mi mei chechan pun ewe semirit esap mwochuno nefinen ewe ftong me ewe mechan.*
- *Esap wor sukuru, mecha ika pwan ekkoch pisekin mi turuno, masasan, me mok ika mi mwan an pacheta me won ewe nenien semirit me ewe irouran.*
- *Peinitin esap mok ika etik.*
- *Esap wate seni 2 3/8 inis (usun nonnon ewe tinen soda) nefinen mechan refiref*
- *Esap chomong seni ruofoch autun aramas epwe tongeni kuch nefinen ewe ftong me nepekin me fachikin.*
- *Esap wor epwe turuno me nein ekkewe mechan refiref.*
- *Urouran non ewe pokuku epwe 1/16 inis esap tufichin amochu ufen ewe monukon.*
- *Esap wor kupukupun ewe pap me asen mokuran ika uchuwen pechen pun ete emochu mokuren ewe monukon.*
- *Esap wor etipan epwe chok sukutiw ika ese wor amochun an esap mokut pwe epwe epeti ewe asaman mi sukutiw an semirit resap tou me non usun mi affat me non ewe annukun Consumer Product Safety Commission (CPSC).*



#### **2. Nengeni ewe annuk ren Consumer Product Safety Commission (CPSC) katon ewe website ren minafon ekesiwin annuk ren ewe nenien mour an semirit: [www.cpsc.gov](http://www.cpsc.gov)**

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## EPETIR SENI FEIENGAW NON AR MOUR

# TUMUNUOCH ME NON EWE NENIEN MOUR

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### 3. Epeti aksiten:

- *Kopwe pusin eaea echo chechen ewe ftong epwe mei me saisoeh won ewe ftong epwe pwan for faniten ewe ftong*
- *Kesap anomu ewe nenien mour ren san mi senitiw seni asamacho, katen, ika ekkewe sokkun ponupoun asamwacho. Monukon ra tongeni fitinong non ewe san pwan mano.*
- *Kesap pacheta nikamoun won ewe nenien mour pun ete forusi uwen ewe monukon.*
- *Ekinatiw ewe ftong me mwen an ewe monukon epwene tongeni momot won an. Ewe ftong epwe chapapetiwi ika ewe monukon a tongeni pusin uta.*
- *Etiwata noun semirit nios (nios mi tongeni etit me nios mi pusin pacheta won ewe nenien mour) won an we nenien mour atekiata pwe esap tori.*
- *Etatiw ekkewe nios mei itiwetiwi won ewe nenien mour atun an ewe semirit a tongeni pwata won poun me pechen (ika atun ewe semirit a tori 5 maram) Ekkewe nios ra tongeni efeiengawa ne forei uwan.*
- *Ika ewe semirit a tameseni 35 inis, esap chiwen nom non an we nenien mour, ika atun an ewe semirit a watte seni ika mokutukut fetan a tongeni tori ekkewe okkukun ewe nenien mour pwan tongeni tou pusin me non. Non ei atun ewe a och ewe semirit epwene no mour non kieki ika won nenien mour ese wor titin.*

HAR §17-891.1-41, §17-891.1-42, §17-895-45, §17-895-46

## PEKIN EPETI FEIENGAW

# Mokutukutun Fansoun Atapwanapwan

En ewe chon tumunu semirit, ka sinei pwe met a kon auche non wisom om kopwe tumunu semirit seni feiengaw. Nge ika mo en mei aponuweta ekkewe tetenin ourour meinisin me non ewe nenien semirit, mi or fansoun osukosuk mi weiweita ren asiten me feiengaw ika ekkewe osukosuk forien aramas me pusin masowen ei fonufan mi tongeni fisita. Non ekkei fansoun weweitan osukosuk, semirit rese weweiti met a fis pwan inisir me ekiekir rese tongeni pusin tufichin anisir. Non ekkei sokkun fansoun epwe wor pusin monota me kokotun ekisano feiengaw me aninis pwe epwe wor mosonoson me tumun ren ekkewe semirit.

Forata, katon sefan, me fori ekkei napanapen fansoun weiweitan osukosuk me mwen epwe fis, a tongeni anisuk om kopwe sinei met sakkun mettoch epwe wor, met kopwe fori, pwe kopwe anisi ekkewe seirit pwan pusin anisuk pwe ousap feiengaw, pwan anen om kopwe esine ngeni ar kewe famine minneka nour kewe ka tumunur. Om kopwe sinei met kopwe fori, ka tongeni mutir chok finata ne fori wisom mi auchea non ei fansoun atapwanapwan.

## NON FANSOUN ATAPWANAPWAN ME OSUKOSUK

# NAPANAPEN SAFENI / ANGASA

### *Pwata a auhea?*

- Esina napanapen riaffou me pwan tongeni ne fori angangeni safeni me CPR ika angasa sefani won emon semirit mi wewengeni amanawa emon aramas.

### **Angangan/Foforun:**

#### **1. Ren pekin safeni a pesepes ren ekkei pekin feiengaw mi tetenitiw fan:**

- |                            |                              |
|----------------------------|------------------------------|
| ▫ <i>Feiengawen mas</i>    | ▫ <i>Feiengawen mokur</i>    |
| ▫ <i>Kupun ika sik chu</i> | ▫ <i>Poisen</i>              |
| ▫ <i>Kuwen man</i>         | ▫ <i>Mamasaroch</i>          |
| ▫ <i>Kar</i>               | ▫ <i>Kus cha me non pwot</i> |
| ▫ <i>Kinasen inis</i>      | ▫ <i>Feiengawen ngi</i>      |
| ▫ <i>Chechech</i>          | ▫ <i>Pwichikar</i>           |

#### **2. Mutir chok nengeni/katon ifa usun ewe semirit mei feiengaw**

- *Fori ekkew sinei ka kaeo me non om First Aid me CPR pwe kopwe katon ka anisi ewe semirit mei feiengaw.*
- *Kopwe nounou chechen pau ika pwe ewe semirit mei kus chan. Katon ewe annukun chechen pau (Gloving procedure).*
- *Eaea om we porun safeni (First Aid) katon ewe taropwen First Aid Checklist ika itan Appendix F pwe kopwe kuna met kopwe amosowa ngeni.*

#### **3. Ika ka anisi ewe emon semirit mei feiengaw, kopwe pwan chemeni ekkewe rese feiengaw pwe ir mei nom fan om tumun.**



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## NON FANSOUN ATAPWANAPWAN ME OSUKOSUK

# NAPANAPEN SAFENI / ANGASA

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4. Kokori 911 ika ewe semirit mei watte an osukosuk a ochun epwe kawor ngeni pekin aninisin safei.
5. Esine ngeni inen me semen ewe semirit pwe a feiengaw pwan met kewe ka fori ne anisi.
6. Kokori emon chienom ne tumunu ekkewe semirit ika en mei menei aninis ne tumunu ekkewe semirit.

**PORAUS WON EKKWE PEKIN KAEO MI MUMUTA WON PEKIN ANGASA SEMIRIT:**

- <http://www.redcross.org/take-a-class>
- <http://www.heart.org/HEARTORG/>

HAR §17-891.1 (6), §17-891.1-21, §17-891.1-22 (i), §17-892.1-6 (9), §17-892.1-21, §17-892.1-22, §17-895-6 (12), §17-895-21 (a), §17-895-22

## NON FANSOUN ATAPWANAPWAN ME OSUKOSUK

# AMONATA NON FANSOUN OSUKOSUK

### *Pwata a auhea?*

- Ekkewe osukosuk esap forien aramas me atawanapwan osukosuk ra attong ataan, mi atai pisekin aramas, afeleingaw ngnouk pwen ngeni ekkewe semirit ka wisen tumunur. Om amonata non fansoun osukosuk epwe anisuk ne aiti ngonuk pwe en mei mutir ne monota non fansoun osukosuk mei atapwanapwan.

### *Angangan:*

1. Ekieki ewe neni a nom ie om we nenien tumun ika epwe met sakkun osukosuk esap forien aramas me forien aramas epwe atai om we angang (awewe, nopwopo, chechin fonu, auniar, me nopopo pwan ekkoch napanap mei eniweniw) Katon ekkei pekin kopwe kuna sakkun aninis me won:
  - *Putain Emergency Management:* <http://www.oahudem.org>
  - *Federal Emergency Management Agency:* <http://www.fema.gov/>
  - *Emergency Preparedness seni Putain US Homeland Security* <http://www.ready.gov/>
  - *Hawaii State Chapter of the American Red Cross* <http://www.redcros.org>
2. Nengeni ika om ei neni epwe tongeni pochokun ngeni ekkei fansoun mi afeleingaw.
3. Awora ewe anapanap ren non fansoun osukosuk epwe aiti ngeni kich met sipwe fori non ekkei fansoun usun met a afat non ena ewin kinikin Step 1 (nengeni ena Appendix G ren Sample Emergency preparedness plan)
4. Fori echo ourour fansoun atapwanapwan tou seni ewe nenien tumun epwe pesei ena kokot (katon appendix H ren Emergency Supply Tool Kit) Kopwe kan nenengeni om na nenien amonata pun esap wor nein ekkewe safei ese chiwen ochun kopwe eaea anongonong won ewe pwinin maram ka tufichin eaea.



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## NON FANSOUN ATAPWANAPWAN ME OSUKOSUK

# AMONATA NON FANSOUN OSUKOSUK

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5. Esine ngeni ekkewe in me sam ewe otot a nom on nour we booken anukun ei nenien tumun ika echo taropwe ren ar repwe sinei. Tumunu ochu pwe meinisin famini repwe angei nour kapi ei taropwe.
6. Isoni echo kapin ewe kokotun non osukosuk epwe nom non rem om kopwe nengeni pwan pacheta echo ika ia in me sam repwe kuna me ia.
7. Asosot ne fori om kei anapanapen non fansoun osukosuk fiti ekkewe semirit ka tumunur pun rewpe sinei met repwe fori.



HAR §17-891.1-30, §17-892.1-31, §17-895-33, §17-896-29



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# Appendices

# Appendix A

## SAMPLE DAILY HEALTH CHECKLIST

CHECKLIST FOR A HEAD TO TOE CHECK	NO	YES, COMMENTS
Shows a change in behavior or mood: less active, less energy, more sleepy, easily irritated		
Looks different from normal		
Complains of not feeling well		
Has itchy skin or scalp		
Is pulling at ear		
Has drainage from the eyes		
Has a runny nose		
Is coughing severely		
Has skin rash or discoloration		
Has drainage from an open sore		
Has unusually warm or flushed (red) skin		
Eating or drinking more or less than usual		
Is vomiting		
Has abnormal stools: white bowel movement, gray bowel movement, diarrhea, or unusual odor		
Is not urinating		
Is off balance or walks unevenly		

*Adapted from North Carolina Child Care Health & Safety Resource Center*

# Appendix B

## SAMPLE CONSENT FORM FOR THE ADMINISTRATION OF MEDICATION

I, (print name) \_\_\_\_\_, authorize \_\_\_\_\_  
to give my child \_\_\_\_\_ the prescribed dose of medication as follows:

Name of Medication: \_\_\_\_\_ Dose: \_\_\_\_\_

At the following time(s): \_\_\_\_\_

On the following date(s): \_\_\_\_\_

Prescribed by Dr. \_\_\_\_\_

Further, I agree to hold harmless and indemnify \_\_\_\_\_ (name of care provider or center) \_\_\_\_\_ for any charges or damages not covered by insurance, arising out of mistakes in administering the medication.

Parent (signature): \_\_\_\_\_ Date: \_\_\_\_\_

Date of prescription: \_\_\_\_\_ Name of prescription: \_\_\_\_\_

**Medication must be in its original container.**

*Long term medication must be renewed every 3 months.*

Possible side effects if any: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Physician's Name: \_\_\_\_\_

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### For Care Provider to Complete

Date prescription was filled (must be current): \_\_\_\_\_

Physician's directions for use: \_\_\_\_\_

Child's own name on label: \_\_\_\_\_

### Record of Dispensation

DATE	DAY OF THE WEEK	AUTHORIZED STAFF'S SIGNATURE	TIME ADMINISTERED
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

# Appendix C

## ROUTINE SCHEDULE FOR CLEANING, SANITIZING, AND DISINFECTING

AREAS	BEFORE EACH USE	AFTER EACH USE	DAILY (At the End of the Day)	WEEKLY	MONTHLY	COMMENTS
<b>FOOD AREAS</b>						
Food preparation surfaces	Clean, Sanitize	Clean, Sanitize				Use a sanitizer safe for food contact
Eating utensils & dishes		Clean, Sanitize				If washing the dishes and utensils by hand, use a sanitizer safe for food contact as the final step in the process; Use of an automated dishwasher will sanitize
Tables & highchair trays	Clean, Sanitize	Clean, Sanitize				
Countertops		Clean	Clean, Sanitize			Use a sanitizer safe for food contact
Food preparation appliances		Clean	Clean, Sanitize			
Mixed use tables	Clean, Sanitize					Before serving food
Refrigerator					Clean	
<b>CHILD CARE AREAS</b>						
Plastic mouthed toys		Clean	Clean, Sanitize			
Pacifiers		Clean	Clean, Sanitize			Reserve for use by only one child; Use dishwasher or boil for one minute
Hats			Clean			Clean after each use if head lice present
Door & cabinet handles			Clean, Disinfect			
Floors			Clean			Sweep or vacuum, then damp mop, (consider micro fiber damp mop to pick up most particles)
Machine washable cloth toys				Clean		Launder
Dress-up clothes				Clean		Launder
Play activity centers				Clean		
Drinking Fountains			Clean, Disinfect			
Computer keyboards		Clean, Sanitize				Use sanitizing wipes, do not use spray
Phone receivers			Clean			

*continued on next page*

# Appendix C

## ROUTINE SCHEDULE FOR CLEANING, SANITIZING, AND DISINFECTING

*continued from previous page*

AREAS	BEFORE EACH USE	AFTER EACH USE	DAILY (At the End of the Day)	WEEKLY	MONTHLY	COMMENTS
<b>TOILET &amp; DIAPERING AREAS</b>						
Changing tables		Clean, Disinfect				Clean with detergent, rinse, disinfect
Potty chairs		Clean, Disinfect				
Hand washing sinks & faucets			Clean, Disinfect			
Countertops			Clean, Disinfect			
Toilets			Clean, Disinfect			
Diaper pails			Clean, Disinfect			
Floors			Clean, Disinfect			Damp mop with a floor cleaner/ disinfectant
<b>SLEEPING AREAS</b>						
<b>Bed sheets &amp; pillow cases</b>				Clean		Clean before use by another child
<b>Cribs, cots, &amp; mats</b>				Clean		Clean before use by another child
<b>Blankets</b>					Clean	

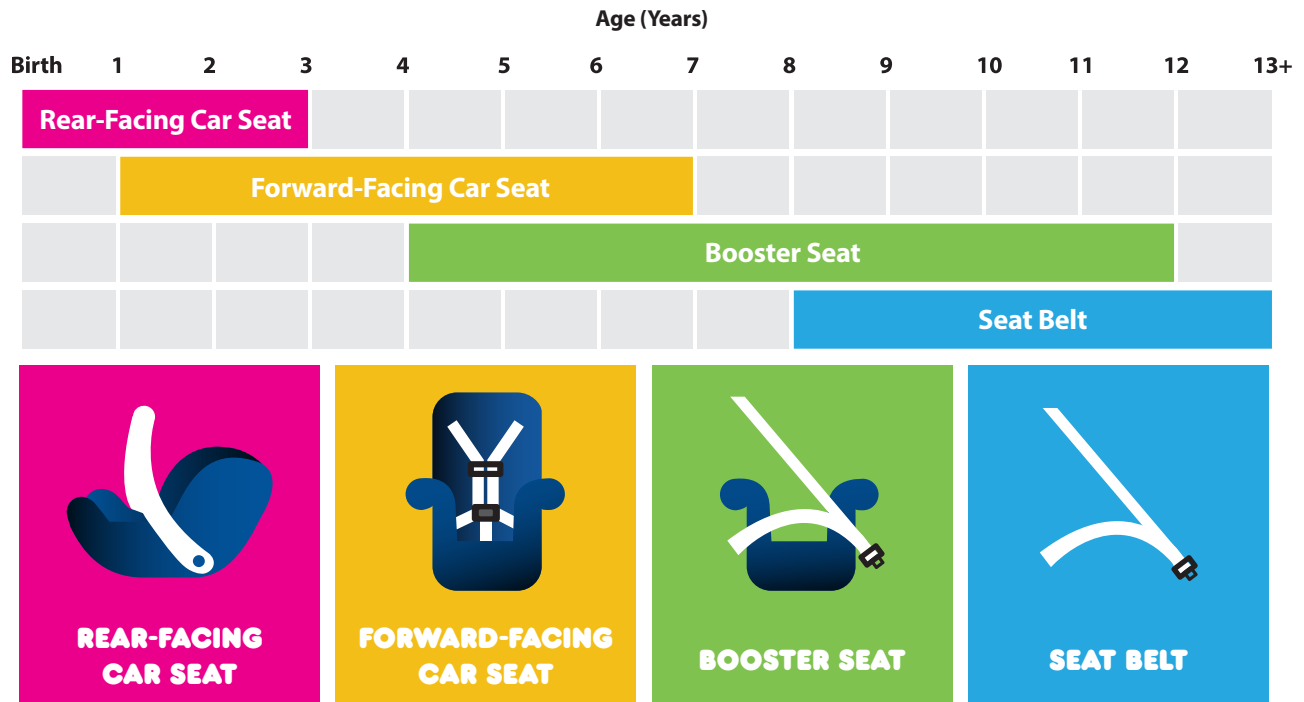
*Adapted from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, Third Edition*

## Appendix D

# CAR SEAT RECOMMENDATIONS

## Car Seat Recommendations for Children

There are many car seat choices on the market. Use the information below to help you choose the type of car seat that best meets your child's needs.



- Select a car seat based on your child's age and size, choose a seat that fits in your vehicle, and use it every time.
- Always refer to your specific car seat manufacturer's instructions (check height and weight limits) and read the vehicle owner's manual on how to install the car seat using the seat belt or lower anchors and a tether, if available.
- To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements.
- Keep your child in the back seat at least through age 12.

Adapted from [www.safercar.gov](http://www.safercar.gov)



# Appendix E

## POISON PROOF YOUR HOME: ONE ROOM AT A TIME PESTICIDE POISON PREVENTION CHECKLIST

### Pesticide Poison Prevention Checklist

Questions	Action Steps	
<b>Bathroom</b>		
Did you inspect the bathroom and move toilet bowl cleaners, medicine, cosmetics, tile cleaners, bathroom deodorizers, mouthwash, and other personal hygiene products out of reach from small children in a high, locked cabinet?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> <li>Re-close containers if interrupted during an application (e.g. phone call or doorbell). Make sure all harmful containers are fully sealed and out of a child's reach during temporary absence.</li> </ul>
Are all medications and pesticide products, such as bathroom cleansers and mouthwashes, tightly sealed with child-resistant caps?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> <li>Read the Label First. Follow all directions exactly as they are written on the label, including any noted precautions and product restrictions.</li> </ul>
<b>Bedroom</b>		
Did you store items like mothballs, cosmetics, hair sprays, colognes, nail polish remover, and medicine products in a locked cabinet away from a child's reach?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> <li>Mothballs should be hung in containers. If such products are used in closets or chests, they should be stored out of children's reach.</li> </ul>
<b>Living Room</b>		
Have you placed all ant or roach baits and rodent pellets out of children's reach?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> <li>Place roach and rodent baits in areas where children can not touch them. If possible, place rodent bait in a tamper-resistant bait station.</li> </ul>
<b>Kitchen</b>		
Did you store hazardous products like bleach, bug spray, drain cleaners, ammonia, floor wax, furniture polish, and disinfectants up high in a locked cabinet?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> <li>If items cannot be moved up high, install safety latches on lower cabinets to keep children out.</li> </ul>
Did you store household cleaning products, such as dishwashing detergent, disinfectants, oven and window cleansers, and drain cleaners in a place away from food?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> <li>Pesticides and foods should never be stored on the same shelf as pesticides may be mistaken for food.</li> </ul>
Are all kitchen cleanser, drain opener, and ammonia substances in their original containers?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> <li>Keep all substances in their original containers. Using beverage bottles or cans for storing cleaning liquids and other household mixtures is very dangerous and may be mistaken for a drink. Plus, labels on original containers give first-aid information in case of accidental poisoning.</li> </ul>
Are all cleaning liquids and medicines properly sealed?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> <li>Keep potentially hazardous cleaning products and medicines properly closed while using, even if a container is briefly left unattended.</li> </ul>
<b>Garage</b>		
Did you store gasoline, kerosene, car wax and soaps, weed killers, pesticide sprays, paint, windshield washer fluid, and anti-freeze substances up high out of the reach of young children?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> <li>Poisonous anti-freeze tastes sweet to dogs and cats—clean up spills and leaks immediately.</li> </ul>
Have you stored all hazardous fluids and pesticides high in a locked cabinet where children can't gain access?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> <li>Store all hazardous fluids and pesticides high in locked cabinets where children can't gain access.</li> </ul>
<b>Laundry Room</b>		
Are chemicals and laundry detergents or softeners out of the reach of young children?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> <li>Using bottles and cans for storing detergents can be dangerous. Also, labels on original containers provide critical first-aid instruction in case of accidental poisoning.</li> </ul>
Is the bleach container closed properly?	<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> <li>Keep all laundry and cleaning substances in their original containers.</li> </ul>
<p><b>For more information on pesticides or pesticide poisoning prevention, refer to EPA's Pesticides Program Web site at <a href="http://www.epa.gov/pesticides">www.epa.gov/pesticides</a>, or call the National Pesticide Information Center at 1-800-858-7378.</b></p>		

# Appendix F

## FIRST AID CHECKLIST

*Your first aid kit should contain:*

- 1. Disposable nonporous gloves (latex free recommended)
- 2. Scissors
- 3. Tweezers
- 4. A non-glass thermometer, “baby safe” version if infants are being cared for
- 5. Bandage tape (latex free)
- 6. Sterile gauze pads
- 7. Flexible roller gauze
- 8. Triangular bandages
- 9. Safety pins
- 10. Pen/pencil and notepad
- 11. Cold pack
- 12. Current first aid guide
- 13. Liquid soap (to be used with water) or moist towelettes for cleaning wounds
- 14. Hand sanitizer (not to be used on children under the age of 24 months) to be used if no water is available
- 15. Adhesive strip bandages
- 16. Plastic bags for disposal of cloth, gauze, and other materials used in handling bodily fluids
- 17. Emergency phone numbers, including phone numbers for parents and legal guardians

# Appendix G

## SAMPLE EMERGENCY PREPAREDNESS PLAN

**PURPOSE:** This plan establishes emergency procedures to be followed during the time I am in charge of individuals under my care. The plan covers fire, tsunami, flooding, earthquake, hurricane/tropical storm, and other hazards as deemed appropriate.

### 1. FIRE:

- a. The signal for fire is:

---

We will leave according to the posted evacuation plan and proceed to:

---

We will return to the facility when given permission by the Fire Department.

- b. Should the facility be damaged by fire, we will be housed temporarily at:

---

We will call all families for further information and action.

- c. Drills will be held periodically.

### 2. TSUNAMI:

I will take the following actions based on the Tsunami Evacuation Zone Maps.

The facility IS NOT in the Evacuation Zone. We will not evacuate when a tsunami watch or warning is issued.

The facility IS in the Evacuation Zone. The following procedures have been adopted:

- a. TSUNAMI WATCH - We will immediately begin preparing for the issuance of a Tsunami Warning and evacuation.

- b. TSUNAMI WARNING - When we hear the sirens, we will begin to evacuate and continue to monitor official emergency broadcasts.

- c. If a Tsunami Warning is issued, we will evacuate to:

---

- d. We have prepared survival kits and will take them with us when we evacuate. We will attempt to call all families once the official "All Clear" is announced.

### 3. HURRICANE/TROPICAL STORM:

- a. WATCH: We will monitor the storm and make preparations to evacuate in the event a Warning is issued. Watches are typically issued far enough in advance to allow time to close the facility in an orderly manner, or to remain closed if we are not yet open for the day.

- b. The Hurricane/Tropical Storm public evacuation shelter closest to this facility is:

---

*continued on next page*

# Appendix G

## SAMPLE EMERGENCY PREPAREDNESS PLAN

*continued from previous page*

### 4. EARTHQUAKE:

- a. If we are inside when an earthquake occurs, we will stay inside and immediately take cover under desks or tables, in supported doorways, etc.
- b. If outdoors, we will stay outdoors and move toward the open field that is away from electrical lines, tall buildings, and trees.
- c. If the facility is not damaged, we will remain in place and listen for official emergency instructions. I have made necessary preparations for us to survive in place for up to 72 hours without outside assistance.
- d. If the facility is damaged, we will gather our survival kits and attempt to move to shelter at:  
\_\_\_\_\_

### 5. FLOODING:

- a. If instructed by civil authorities to evacuate or if water begins to rise around the facility, we plan to gather the survival kits and immediately move to higher ground at:  
\_\_\_\_\_

### 6. OTHER HAZARDS:

- a. If instructed to shelter in place (e.g., due to airborne hazardous materials, terrorist threat, or other community emergencies), I will close and lock all windows and doors, and evacuate everyone to a room in the center of the site farthest from the outside and keep a low profile. I will await further instructions from authorities.
- b. If necessary to evacuate the facility, we will use the following evacuation plan and move to the designated shelter or another shelter as directed by civil authorities. I will attempt to contact the families as soon as possible. In the meantime, I urge families to listen to official emergency broadcasts for more information.

### EVACUATION PLAN:

<b>Evacuation routes/exits:</b>	_____ # of doors on ground level _____ # of windows on ground level _____ Exit over stairs will be required
<b>Evacuation infants/toddlers:</b>	State how you will get non-mobile infants out safely
<b>Notification:</b>	<ul style="list-style-type: none"> <li>▫ Once all children are evacuated:</li> <li>▫ 911 will be called</li> <li>▫ Parents will be notified</li> </ul>
<b>Emergency kits/Information:</b>	State where the kit and family contact information is stored
<b>Evacuation sites:</b>	<ul style="list-style-type: none"> <li>▫ In neighborhood: _____</li> <li>▫ Out of neighborhood: _____</li> </ul>
<b>Transportation to evacuation locations:</b>	<ul style="list-style-type: none"> <li>▫ By car with (#) _____ car safety seats</li> <li>▫ On Foot</li> </ul>

*Adapted from Hawai'i Department of Emergency Management*

# Appendix H

## EMERGENCY SUPPLY TOOL KIT

### Emergency Supply Tool Kit

	Short Term Emergency	72-Hour Emergency
<b>8 Basic Supplies</b>	<b>Evacuation Backpack</b>	<b>Sturdy, waterproof, covered container with a cover</b>
Important Papers	<input type="checkbox"/> Emergency information on each child in a small notebook or on child identification cards <input type="checkbox"/> Emergency plans and number <input type="checkbox"/> Medical Releases <input type="checkbox"/> Relocation site agreements and Maps	<input type="checkbox"/> Emergency Transportation Permission
Water	<input type="checkbox"/> One gallon of water for every four children/staff	<input type="checkbox"/> ½ gallon of water per child and 1 gallon per adult
Food	<input type="checkbox"/> Non-perishable food items such as granola bars and crackers <input type="checkbox"/> Formula for infants <input type="checkbox"/> Disposable cups	<input type="checkbox"/> Non-perishable food items such as canned fruit and meat <input type="checkbox"/> Appropriate eating utensils <input type="checkbox"/> Special food for infants <input type="checkbox"/> Non-electric can opener
Clothing& Bedding	<input type="checkbox"/> Aluminum safety blankets <input type="checkbox"/> Pair of work gloves	<input type="checkbox"/> Change of clothes per person, especially socks <input type="checkbox"/> Extra bedding/blankets
First Aid	<input type="checkbox"/> Small First Aid kit <input type="checkbox"/> Any needed medications	<input type="checkbox"/> Large First Aid kit <input type="checkbox"/> Any needed medications
Sanitation	<input type="checkbox"/> Diapers and wipes <input type="checkbox"/> Toilet paper <input type="checkbox"/> Hand sanitizer	<input type="checkbox"/> Additional diapers and wipes <input type="checkbox"/> Additional toilet paper and emergency toilet facilities, if possible <input type="checkbox"/> Hand soap <input type="checkbox"/> Paper towels <input type="checkbox"/> Plastic bags (varied sizes) <input type="checkbox"/> Feminine supplies
Comfort and Safety	<input type="checkbox"/> At least one age appropriate play activity <input type="checkbox"/> Flashlight with batteries <input type="checkbox"/> Pencils <input type="checkbox"/> Blank paper or notebook	<input type="checkbox"/> Several age appropriate play activities to rotate <input type="checkbox"/> Extra keys <input type="checkbox"/> Matches and candles <input type="checkbox"/> Duct tape and plastic sheeting (for sheltering-in-place) <input type="checkbox"/> Utility knife
Communication	<input type="checkbox"/> Weather radio and extra batteries <input type="checkbox"/> Charged cell phone or calling card	<input type="checkbox"/> Walkie-talkie <input type="checkbox"/> Cell phone <input type="checkbox"/> Signal/flare

- Decide which supplies are a priority. Request donation from families and community. Date your supplies and keep an inventory.
- Yearly or every six months: Rotate your food, water, and medical supplies in your daily operations before expiration date. Update important papers; check sizes of clothing and age appropriateness of activity.

Adapted from Family Child Care Emergency Preparedness Guide

# Learning to Grow Project

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## Learning to Grow Project

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