




**Utōn Kōmman  
ikijjien Ājmuur  
im Safety**

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Guide nān Ro me Rej Kōjparok Ajri

 **Learning to Grow**  
MAKING A DIFFERENCE TOGETHER





# Utōn Kōmūman ikijjien Ājmuur im Safety

## Guide nān Ro me Rej Lale Ajri

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Kōmij Kile

Kōm ekōhāan in leʻōk am kaḡḡoolol nān armej rein me rej ʻoor im rekar jipaḡ kōm ilo am kōddek Utōn  
Kōmūman ikijjien Ājmuur im Safety: Guide nān Ro me Rej Lale Ajri.

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# Ennaan eo Mokta

Ñe ajri rej lotak, ebwe an jap maroñ ko aer im elōñ aer maroñ in ekkatak, wōnmaanlōk im eddekłok. Rej atare ro jineir, jemeir im ri-lale ro bwe ren lełok juon mejan ej safe, elōñ ājmuur im ej kōddeklōk er bwe ren eddek im lukkuun mour.

Emōj kōmmanwaj Utōn Kōmman ikijjien Ājmuur im Safety: Guide ñan Ro me Rej Lale Ajri āinwōt juon guide ñan kōmman ko remmantata ikijjien ājmuur im safety. Emōj ajeji manual in ñan ruo kōtaan: 1) Ājmuur im 2) Safety. Kajjojo kōtaan kowałok. tipdik ko ikijjien ejejjet kōmman ko im kilen me kwōmaroñ in kütien ilo mejan lale ajri eo aṃ ñan jipañ bwe ajri ro me kwōj lale bwe ren ājmuur im safe wōt, im ej kōjenolōke etke kilen kein rełap aorōk. Barāinwōt, kōm ekar kōpoołe menin bōk jipañ im jambool form ko ilo Peij in Dāpijek ilo jemlōkin manual in. Manual in ej kōmman reference ñan Department of Human Services Hawai'i Administrative Rules (HAR) kōn Infant and Toddler Childcare Centers (Jikin Lale Niñ niñ im Ajri Dik, IT Chapter §17-895), Family Child Care Homes (Baamle Imōn Lale Ajri, FCC Chapter §17.891), Group Child Care Centers and Group Child Care Homes (Imōn Lale Jarin Ajri im Jikin Lale Jarin Ajri, GCC/GCCH Chapter §17.892.1), Before and After School Care Child Care Facilities (Jikin Lale Ajri Mokta im Ālikin Jikuul, BAS Chapter §17-896), im Child Care Services (Jipañ ñan Lale Ajri, CCS Chapter §17-798.3) āinwōt kowałok ilo naan ko itulał ilo peij ko rekkar.

Ilo aolepan manual in kōmij kōjberbal naan ko “ri-lełok kōjparok” ak “ri-lełok kōjparok ajri” im “mejan kōjparok ajri” ak “mejan kōjparok.” Naan ko “ri-lełok kōjparok” ak ri-lełok kōjparok ajri” ej kowałok kōn juon armej me ej lełok kōjparok ñan juon ajri ikōtaan iien lotak im 5 an iiō. Naan ko “mejan kōjparok ajri” ak “mejan kōjparok” rej kowałok kōn ijo im rej lełok aer kōjparok ie; ijin emaroñ in juon jikin kōjparok ajri, imōn ri-lełok kōjparok eo, ak ṃweo imōn ajri eo. Naan kein rej kowałok kōn jabdewōt uwaan baamle ak ri-lale me ej bōk eddoin ajri eo.

Ilo aṃ kammineneik eok make ikijjien naan kein, mejele kaki, im kōjberbal menin kōmman kein ikijjien ājmuur im safety, kwōnaaj jipañ ajri ro me kwōj kōjparok bwe ren safe, ājmuur, im pojak ñan jeraamman!



# Ājmuur

Ajri rejelā ito-itak im rej eñjake ñan ekkatak ikijjien laj eo aer. Ñe rej lotak elōñ aer kōñaan in ito-itak im bōk kajoor iioon mejan eo aer im bōk kuñaer ilo aer make ekkatak. Ilo kilen kein, me je ñaetan ekkatak jān eñjake, ajri renaaj uññūri, eñjake nemān, kōjerb al loññer ak mei men ko me rej loe ñan bōk bar mejeje kaki. Meñe elap aorōk men in ilo an ajri reddik ekkatak, ebar lōñ an maroñ in keepaak er ñan kij (germ) ko im naññmej ko me remaroñ in bōk jān kij ko.

Āinwōt juon ri-leļok kōjparok, kwōj bōk juon kuñaam me elap aorōk ilo am kōmñane im dāpiji mejan ko im ej safe an ajri ito-itak im ekkatak ie. Ñe kwōj kowaļok wāween kōmñan emñan ekkar ñan erreō im juon wāween mour ājmuur, enaaj ekkālōk an ajri kōñaan bar kōmñane. Ñe kwōj kōmñane elōñ iien an ajri maroñ in kōnono ikijjien im kōmñane manit im mejādik kein ājmuur, kwōj jipañ ñan katakin er wāween ko reaorōk ñan bōk er make ilo ājmuur ñan aer mour.

## **Unit Ājmuur in ej kōpooje mejeje kein:**

### • **DĀPIJ AN AJRI ĀJMUUR**

- *Jāāk an Ajri Ājmuur Aolep Raan*
- *Wā ko*
- *Kilen Kōjepel Naññmej in Ajri Rekkā*
- *Leļok Wūno*
- *Ōn im an Ānbwin Emñakūtkūt*

### • **ERREO**

- *Kilen Amin Pā*
- *Kilen Kōmñan Tebukro*
- *Kilen Jānij Kaļ*
- *Karreo, Kaietļok Kij, im Kōkkure Kij*

## ĀJMUUR

# Dāpij an Ajri Ājmuur

Elap aorōk ājmuur eṃṃan n̄an an juon ajri eddek im wōnṃaanl̄ok. Ajri me re ājmuur rej ekkatak im epidodoḷok aer maroñ in wōnṃaanl̄ok n̄an “kilen ko ālikin” me reḷap aorōk ilo aer eddek. Kōnke system in bōbrae (immune system) ko aer—me rej jipañ er ilo aer jelṃae nañinmej im anilen—rejañin eddektata ṃae an tōprak jiljilimjuon ak ruwalitōk an iio, ad dāpiji ajri reddik ilo ājmuur epen jet ien. System in bōbrae ko aer rejāmin rūttoḷok im ej kōṃṃan bwe eḷapḷok kauwōtata n̄an er ikijjien bōk nañinmej me remaroñ in kōrruṃwiji aer eddek im ekkatak. Wā ko rej juon kein jerbal n̄an dāpij ajri ilo ājmuur, ej men eo eaorōktata me jineir im jemeir remaroñ kōṃṃane n̄an kōjparok ajri ro nājeir jān nañ inmej ro remaroñ in bōk jān kij ko im men ko eppokpok me rej loor.

Juon iaḷ n̄an jipañ ājmuur ilo ajri ro me kwōj kōjparoke ej ilo aṃ jāāk ājmuur ṃōkaj ilo kajjojo ajri aolep raan. lien jāāk ājmuur aolep raan in enaaj kōṃṃan bwe kwōn kile nemāmier im ṃwilier ekkā, bwe en pidodoḷok aṃ naaj kile oktak ko n̄e rej waḷok. Bar wāween aṃ, āinwōt juon ri-leḷok kōjparok ājmuur, kōjparok ajri ilo ājmuur ej ilo aṃ ekkatak eḷapḷok ikijjien nañinmej in ajri rekkā im n̄āāt eo im kwōn kōjepel ajri renañinmej jān ro jet, im loor kilen rejimwe n̄an leḷok wūno. Āliktata, aṃ rōjañe im kowaḷok wāween ṃōñā men ko reṃṃan im kōṃṃakūt ānbwin (exercise) ej jipañ ilo aer kōṃṃan ṃantin mour re ājmuur im emaroñ. In bōbrae an ajri kilep im men ko repen ekkar n̄an ājmuur me rej loor. An ajri ājmuur eṃṃan ej atare eok āinwōt ri-leḷok kōjparok eo aer bwe kwōn jeḷā im pojak.



## KŌJPAROK AN AJRI PĀD ILO ĀJMUUR

# JĀĀK AN AJRI ĀJMUUR AOLEP RAAN

### *Etke Eaorōk?*

- **Aṃ ṃōkaj ilo aṃ nañinmej ilo juon ajri inaaj jipañ an ri-leḷok kōjparok eo bwe en kōṃṃan men ko rekkañ ñan jipañ an ajri eo aikuḷ ekkañ ñan ājmuur im enaaj kadikḷok an nañinmej eo etal ñan ro jet.**

### **Kilen:**

1. **Kōṃṃan Jāāk-Ājmuur-Aolep-Raan eo ñe juon ajri ej kab tōkeaktok ilo meḷan kōjparok ajri eo aṃ im jineṃ im/ak jemen ej pād wōt. Kwōn maroñ in kōṃṃan juon Jāāk-Ājmuur ilo jet iien ilo raan eo, ekkañ ñan aikuji.**
2. **Jino ilo aṃ pād wōt ilo aitokin mejen ajri eo.**
3. **PUKOTE kakōḷḷe ko an nañinmej:**
  - *Men ko oktak ilo taṃṃwin ak ṃwilin*
  - *Eoktak an eṃṃakūtākūt ak eṃōjṃo, ak epen an eṃṃakūtākūt*
  - *Euwur bōtin, etōor dān jān mejen, loḷilñien, ak bakke repeḷḷok*
  - *Men ko oktak ilo kilen, āinwōt lennab, ebbōj, eboke, ak ebūrōrō*
  - *Kwekwe, kankan juon ṃōttan ānbwinnin ak jibwe juon ṃōttan ānbwinnin*
  - *Eṃṃōj ak eilok loje*
4. **ROÑJAKE men ko me jinen im/ak jemen ej kowaḷok ikijjien ajri eo ak nañinmej ko jet ilo baamḷe eo. Roñjake abṃōḃō ko im/ak keroro jān ajri eo im ejjab ekkā kōnke enaaj bōlen kowaḷok ke ejjab eṃṃan an eñjake:**
  - *Eññōrñōr*
  - *Ej pād wōt an jān ak ej abṃōḃō ilo wāween ejjab ekkā ippān*
  - *Ekaḷo an emmenono, ṃaje, epen emmenono*
  - *Eppoñ*
  - *Pokpok*



*continued on next page*

## JĀĀK AN AJRI ĀJMUUR AOLEP RAAN

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### 5. UŌNŪRI nān eñjake nē eoktak kilen im naaj bōlen kowaļok piba ak eṃōrā:

- *Etutu jiddik*
- *Ejjab ekkā an bwil*
- *Kilen ejaje rōqol ālikin aṃ jipede jiddik*

### 6. BWIIN me rejjab ekkā im renaaj bōlen kowaļok juon nañinmej iuṃwin:

- *Bwiin emmenono nē etōñal, āinwōt leen wōjke*
- *Enana bwiin loṃi*
- *Eoktak rawūt ak bwiin kūbwe*

### 7. Jei men ko me kwōj kile ilo Laajrak in Jāāk ikijjien Ājmuur Aolep Raan (lale Appendix A). Nē kwōj loe jabdewōt iaan kakōļe ko itulōñ, ajri eo enaaj bōlen nañinmej im kwōnaaj bōlen aikuļ in kōṃṃan men kein me rej ļoor, nē ekkar:

- *Ilo jinoin raan nē jinen im/ak jemen rej pād wōt: peek ippān jinen im/jemen im kōṃṃan juon plan in kōṃṃan nān jipañ an ajri eo ājmuur . Elaññe ajri eo ej aikuļ in jepel jān jikin kōjparok, ba bwe jinen im/jemen ren bōk ajri eo nān ṃweo im kōṃṃan ekkar nān menin aikuļ ko an ikijjien ājmuur (lale Kilēn Kōjepel Nañinmej in Ajri Rekkā menin jipañ eo).*
- *Elaññe ajri eo ej bōk nañinmej ioļapān raan eo, kōjjeļāik jinen im/ak jemen im peek ippān doon ikijjien wāween kōjparok ajri eo. Kōjepel jabdewōt ajri me enañinmej ak enaaj bōlen leļok nān ro jet bwe en dikļok aer epaake. Rōjañe jinen im/ak jemen ke renaaj bōlen aikuļ in kōnono ippān an ajri eo ri-leļok kōjparok ājmuur mokta jān an maroñ in rōqol nān jikin kōjparok ajri.*
- *Jabdewōt iien im kwōj eñjake ke elōñ apañ in kōkkure ak kōjool ajri, kwōj aikuļ in baeļ juon ripoot ippān Raan Jipañ ikijjien Armej, im ļoore Hawai'i Kien ko Kōkāl §350-1.1. (lale Aṃ Ripoot Apañ in Kōkkure ak Kōjool Ajri menin jipañ).*

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)

## KŌJPAROK AN AJRI PĀD ILO ĀJMUUR

# WĀ KO

### *Etke Eaorōk?*

- Wā ko rej jipañ in bōbrae an ajri bōk nañinmej ko remaroñ in bōk jān kij ko.
- Wā ko ej wāween bōbrae an elōñ nañinmej ko me reḷap kauwōtata ito-itak im rej safe im eḷōj kaḷool kōn science.
- Bwe en wōr tokjān wā ko, elap aorōkin aer bōk wā ko ekkar nān schedule in wā me Jikin bōk Kajoor iioon Nañinmej (CDC) eo ej leḷok.

### *Kilen:*

1. Kamminene eok make kōn Menin Rōjañ ikijjien Wā an Aelōñ eo im Menin Aikuj ko ikijjien Wā an State eo. Lale website kein nān bōk meḷeḷe ko:
  - *Jikin bōk Eddo lioon im Bōbrae Nañinmej, Wā ko Rōjañe nān Ajri ro jān ḷotak nān 6 liō <http://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf>*
  - *An State eo Hawai'i Kōjjeḷā Eaorōk nān Jinen/Jemen Ajri: Menin Aikuj ko ilo Public Jikuuḷ ko <http://health.hawaii.gov/docd/requirements-by-grade/school-health-requirements-brochures/>*
2. Kaḷool ke menin aikuj ko ikijjien wā ilo būrookraam eo aḷ rej jiwewe ekkar nañ men ko kakien ilo state eo.
3. Kaḷool ke an jinen/jemen ajri eo rejeḷā kōn policy eo aḷ ikijjien jeje ko kōn ājmuur (āinwōt wā ko, kaalikkar jān TB, im etal ānbwin) mokta jān aer kaddeḷoñ iuwwin aḷ kōjparok er nān kapen aer ḷoore menin aikuj ko aḷ.
4. Lale Jāāk an Ajri Ājmuur Aolep Raan menin jipañ eo nān kōḷḷmane juon jāāk-ājmuur nān ajri eo me kwōj kōjparoke.
5. Lale Kilen Kōjjeḷ Nañinmej in Ajri Rekkā nān kōppeḷaake ta eo kwōn kōḷḷmane ñe kwōj eñjake ke eḷōj an juon ajri kepaake ak bōk juon nañinmej me emaroñ in bōbrae kōn wā.



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)

## KILEN KŌJEPEL NAĪNMEJ IN AJRI REKKĀ

### *Etke Eaorōk?*

- Aṃ kŏjepel ajri me renaĪnmej jĀn ro jet ej kadikŏk en naĪnmej ito-itak.
- Aṃ meŏeŏe kakŏŏe ko an naĪnmej in ajri rekkĀ ej jipaĪ eok ilo aṃleŏk wāween kŏjparok nān ajri me ekkar.

### *Kilen:*

1. Lale Jāāk an Ajri Mour Aolep Raan menin jipaĪ nān kŏṃṃane juon jāāk-ājmuur nān ajri ro me rej pād iuṃwin kŏjparok.
2. Pukot kakŏŏein naĪnmej. Nān bŏk bar meŏeŏe, lale peba in meŏeŏe ko ikijjien naĪnmej in ajri rekkĀ ilo <http://health.hawaii.gov/docd/dib/disease/#C>
3. Nē elōn kakŏŏein naĪnmej, kŏppeŏaak nē naĪnmej eo ej
  - *Bōbrae an ajri eo bŏk kuṃaan im ejjeŏk abṃōṃō ilo menin kŏṃṃan ko*
  - *Aikuj kŏjparok ke eŏapŏk jān kwōmaroĪ in leŏk ijellŏkun kwōn kadikŏk safety im ājmuur eo an ajri ro jet im kwe make.*
  - *Likūt uwōta in leto-letak nān ro jet naĪnmej ko me rekauwōtata*

Nē jabdewōt iaan menin joĪak ko itulōn rej pād, kwŏj kŏjepel ajri jān ajri ro jet me kwŏj kŏjparoke, jekdŏṃn naĪnmej kain rot.
4. Likūt ajri eo ilo juon jikin me ej erre im ejjeŏk uwōta, im ej kwōmaroĪ in loe im roĪ men ko ie, ṃae an jinen/jemen tŏkeaktok.
5. Kŏjjeŏaik jinen im/ak jemen ajri eo kŏn kakŏŏein naĪnmej im ŏor policy in ājmuur ko aṃ, (āinwōt kajjitūkin er bwe ren itān bŏk ajri eo nājeir).



## KILEN KŌJEPĒL NAŪINMEJ IN AJRI REKKĀ

*continued from previous page*

6. Nē jinen im/ak jemen ajri eo rej tōkeaktok, rōjañ er ke renaaj bōlen aikuj in kōnono ippān an ajri eo ri-leļok kōjparok-ājmuur mokta jān an nājeir maroñ in roḡl nān jikin kōjparok ajri. Elaññe kwōj aikuji, leļok nān jinen/jemen juon ennaan jeje me emaroñ in leļok nān an ajri eo ri-leļok kōjparok-ājmuur. Ennaan eo en kōpoole iien an kakōļle ko kar ijjino, men ko im kwaar kile im iien ko (āinwōt bwilin 101.5°F ilo 10:30 jibboñ) im jabdewōt men ko kwaar kōmḡmane im iien eo im kwaar kōmḡmane.
7. Kapen ke emōj karreoik im Kōkkure Kij ilo aolepan iioon ko, menin jermal, im menin ikkure ko me ajri eo ekar kōjermal mokta jān an ro jet kōjembali (lale Kilen Karreo, Kaiietļok Kij, im Kōkkure Kij menin jipañ).

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

## ADMINISTERING MEDICATION

### Etke Eaorōk?

- Wūno (an taktō leļok ak iioon-tebō[-eo) emaroñ in [ap tokjān nān an ajri eo ājmuur im eṃṃan mour, ak ebar maroñ I kauwōtata ñe ejjab jīṃwe aṃ leļok.
- Aṃ kōttōn wūno en ilo juon jikin me ej safe im ajri ro reban deļoñe.

### Kilen:

#### 1. MOKTA jān aṃ leļok wūno:

- Kaṃool ke eṃōj an jinen/jemen kadedeļok Form in Kōmālim nān Leļok Wūno (lale Appendix B).
- Jāāk aolepan mejeje ko ilo form in kōmā lim eo nān kaṃool an jejjet.
- Bōk aolep wūno jān juon jikin kōttōn me ajri reban deļoñ ie.
- Lukkuun aṃwin peiṃ (lale Kilen Aṃwin Peiṃ menin jipañ nān bōk bar mejeje).
- Kōjērbal tebukro ko ejeļok-latex ñe kwōj likūt wūno nān ejejjet jikin (topical) ak dān nān māj ak lqjilñi.
- Bar jāāk im kaṃool etan ajri, raan in an wūno expire, awa, etan wūno eo, joñan (dose), im an kōmmejeje ko an taktō eo bwe ren pād iioon wūno eo.
- Leļok wūno nān ajri eo ekkar nān an taktō eo kar ba.



#### 2. ĀLIKIN aṃ leļok wūno:

- Jei iien im raan im kwaar leļok wūno eo im joñan.
- Likūt wūno eo ilo jikin kōttōn me ajri ro reban deļoñe.
- Lukkuun aṃwin peōṃ (lale Kilen Aṃwin Pā menin jipañ nān bōk bar mejeje).
- Lale an ajri eo uwaake wūno eo. Ñe elōñ jabdewōt an uwaak, jei uwaak eo an im kūrī/ kōjjeļāik jinen/jemen ajri eo im, ñe kwōj aikuji, kūrī 911.

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

## KŌJPAROK AN AJRI PĀD ILO ĀJMUUR

# ŌN IM AN ĀNBWIN EMŪMAKŪTKŪT

### Etke Eaorōk?

- Emōj an wōrloq ruo kōtaan an ajri kanooj in kilep (obese) ilo iio ko 30 im rej kab mootloq. Ilo 2012, 10.2% in ajri ro me rej ruo-nan-emān aer iio jān baamle ko ilo Hawai'i im edik wōhaer rekar kanooj in kilep im bar 12.8% rekar jiddik kilep (overweight).
- Ajri ro lukkuun kilep ekkāloq aer pād wōt im lukkuun kilep māe aer rūtto im bōk apañ ikijjen ājmuur kōpooje tōñal kain 2, nañinmej in emmenono, im jet kain cancer.

### Kilen:

#### 1. Kōjerbal wāween ḡakijen niñniñ me rej positive im rej jipañ er

- Kōjerbal ninnin wōt māe 6 an allōñ im kōjerbal wāween ḡakijen kōn bato koobra kōn milik in kōrā ak formula an niñniñ me ej iron-fortified

#### 2. Lejoq kijeer im limoir ōn wōt

- Pedped in ḡōñā im ḡōñein kōtaan awa ko kijeer en guideline ko ilo Child and Adult Care Food Program (CACFP, Būrookraaḡ in ḡōñā ñan Kōjparok Ajri im Rūtto).
- Bōbrae ḡōñā im kein idaak me emōj kakobaik jukwa, joqol, ak kein kōjparok (preservative) ko.



#### 3. Rōjañe an ānbwin emūmakūtkūt ilo an aolep ajri ikkure, kōpooje ajri im niñniñ ro im elōñ aer aikuj me rejenoloq

- Likūt niñniñ ro ijoko me rej rōjañ aer emūmakūtkūt, kōpedo, ekeke, kōddāpilpil, ijjuur, tō balbal. Aer jojoq iien ijoko me rej kadikloq aer emūmakūtkūt en kadu wōt ak bōbrae wōt.
- Kwōn kōḡḡan bwe ajri reddik (toddler ro) ren jojoq 60-90 minit ilo juon 8-awa raan ilo ikkure emūmakūtkūt ebwe ñan ejaḡ.
- Kwōn kōḡḡan bwe ajri ro preschool ro ren bōk 90-120 minit ilo juon 8-awa raan ilo ikkure emūmakūtkūt ebwe ñan ejaḡ.
- Ikkure emūmakūtkūt ej kōpoojoqkkure iloan im nabōjin em, emōj plan (āinwōt karōke), im ikkure bajjek.
- Schedule iien aenōḡḡan ñan kiki ak kakkije, kōnke aer jab bōk kiki ebwe ej koba ippān kilep me ejjab ājmuur.

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## ŌN IM AN ĀNBWIN EŲŲAKŪTKŪT

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### 4. KōŲŲan jemŲŲokin awa iŲaan screen ko (āinwōt tipi, computer, ikkure video, smartphone/tablet).

- *Ajri ro me edikŲŲk jān 2 aer iiō ren bōk ekanooj in dik ak ejjeŲŲk iien iŲaan screen ko.*
- *Ŋe elōn an ajri iien iŲaan screen ko, kwōn kōjerbali nān leto-letak ippān armej ro jet, jeŲŲŲŲkjeŲ, ak nān rōjañ an ānbwinnir eŲŲakŲtkŲt.*
- *Bōbrae screen ko ilo iien Ųōñā ak Ųōñein kōtaan awa.*

### 5. LeŲŲk iien ekkatak kōn Ųōñā ōn jān iien nān iien ilo aolepan raan, kōpool iien Ųōñā im Ųōñ ein kōtaan awa.

- *KowaŲŲk ennaan kōn Ųōñā ōn. Bōbrae pija im naan in wiakake (marketing) im menin jeŲŲŲŲkjeŲ me elōn brand ko me rej advertise kōn Ųōñā ko me rejjab ōn.*
- *Rōjañ bwe ren bōk kuŲaer ilo menin kōŲŲan ko me rej kōjerbal pāer, āinwōt kōŲŲan Ųōñā, edjoñ, im loŲŲk jikin kallib ko.*

### 6. Bōk baamŲe ko bwe ren jipañ wāween mour eōn, im rej itok jān elōn kain Ųanit ko

- *Jerbal ippān jinen/jemen nān kōŲŲan plan im policy ko ikijjien ōn im an ānbwin eŲŲakŲtkŲt. ŲōmŲak kōn marōn eo an ajri eo, an kōŲaan, im Ųanit ko an Ųe kōmij karōke iien Ųōñā ko.*
- *LeŲŲk menin ekkatak ikijjien mour eājmuur nān baamŲe ko elōn iien ko.*



Kar bōk im ukōte jān Guideline ko nān Ājmuur ikijjien Ōn im KōŲŲakŲt Ānbwin ilo Melan Kōjparok Ųōkaj im JeŲŲŲkjeŲ an Hawai'i

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



## ĀJMUUR

# Erreo

Erreo me ej eṃṃan ej āinwōt juon ki n̄an bōbrae an kij (germ) ko ito-itak—bacteria ko, virus ko, āierlōk wōt—me remaroñ in leto-letak nañinmej ko me jemaroñ in bōk j̄an kij ko. Melelein erreo eṃṃan ej jitōñe menin kōṃṃan ikijien erreo ijoko ki im ilo iien ko rekkañ n̄an joḷok kij (germ) ko mokta j̄an aer kallōñlōn.

Wūnin anilen rekkā:

- *ARMEJ me eṃōj bōk ak rej bōkto-bōktak juon nañinmej*
- *ṀŌÑĀ KO eḷaptata n̄e rejañin kōmaat ak ṃōñā ko ejjab j̄iṃwe aer kōṃṃane ak kōttōn*
- *AEBŌJ im/ak ijoko me rej aini dān moor, āinwōt sink ko, toilet ko, kein karreo, nuknukun karreo iturin māj*
- *MENIN MOUR*

Āinwōt juon ri-leḷok kōjparok, kwōnaaj kepaake ajri ro me kwōj kōjparok er, im ej eddoōṃ bwe kwōn jitōñe erreo āinwōt juon menin aorōk bwe kwōj kōṃṃane im dāpiji juon meḷan ekkatak me eājmuur n̄an aolep. Aṃ kōjberbal erreo eṃṃan aolep iien ej jipañ n̄an kōjparok bwe ajri ren ājmuur, remaroñ, im pojak n̄an ekkatak.

Eḷap an aorōk aṃ kōjberbal ṃantin erreo reṃṃan aolep iien ilo aolepan kajjojo raan. Meñe kwōj loore kilen kōṃṃan kaḷ, aṃwin pā, im kōṃṃan tebukro rej̄iṃwe, ak karreo, mane kij, im kōkkure kij iioon men ko im kein ikkure ko me ajri ro rej uññūri, kwōjjab kōjparok aer make ājmuur wōt (im aṃ); kwōj katakin er ṃanit ko reājmuur me renaaj pād wōt ilo aolepan aer mour n̄an aer make ājmuur eṃṃan.

## KARREO

## KILEN AŪWIN PĀ

*Etke Eaorōk?*

- Eļap aorōkin aŷwin peōŋ āinwōt jinoin aŷ bōbrae an kij (germ) ko me rej kōŋŋan nañinmej im rejelā ito-itak; ej iaļ eo eļaptata an kajoor ñan

*Kilen:*

1. Kōŋŋan dān.
2. Katutuuki peōŋ kōn dān
3. Likūt joob
4. Aŷwin peōŋ im ļap joobi peōŋ iuŋwin 20 second ko (toan iien in al “Happy Birthday” ruo kōtaan). Kapen ke elōñ joon iioon im ilowaan peōŋ, iuŋwin akkiin peōŋ, im ikōtaan addiin peōŋ.
5. Kwale peōŋ iuŋwin dān me je toor iuŋwin ejjab kaduļok jān 10 second.
6. Kōŋrāik peōŋ ilo juon tōļ peba erreo im kwōmaroñ in joļoke.
7. Kōjbal tōļ peba eo ñe kwōj kune aebōj eo.
8. Joļok tōļ peba eo ilo juon jikin jōkpej me elōñ kilen būļajtiik, im kein kalbubuuk.



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## KARREO

## KILEN AMWIN PĀ

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**Emmakijij:**

- *Ñe kwōj tōkeaktok*
- *Mokta im ālikin ṁōñā, jibwe ṁōñā, ak ṁakijen juon ajri*
- *Ālikin kōjberbal toilet, kōṁṁan kaḷ, ak jipañ an juon ajri kōjberbal toilet.*
- *Ālikin aṁ pokpok, ṁaje, ak uññūri dānnin ānbwin (euwur bōtin, bōtōktōk, eṁṁōj)*
- *Mokta im ālikin aṁ kōjberbal tebōḷ in aebōj me elōñḷok jān juon armej me ej kōjberbali*
- *Ālikin ikkure inabōj*
- *Ālikin jibwe menin mour nājnāj, ak kūbween menin mour*
- *Jabdewōt iien im kwōmaroñ in loe ke ettoon pein*
- *Mokta jān an rōḷ ṁan ṁweo iṁōñ*



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

## KARREO

## KILEN KŌMŪMAN TEBUKRO

*Etke Eaorōk?*

- Tebukro rej leʻiʻok kein bōbrae me ej kōjparok ʻnae kij ko me rej kōmūman anilen.

*Kilen:*

1. Aʻmwin peōm mokta jān aʻm kōmūman tebukro ko (lale Kilen Aʻmwin Pā nān bōk bar meʻeʻe).
2. Kōmūman tebukro ko rerreo. Kaietʻok iien in kōmaroñ “karreo jān uññūr”: Jab uññūri iioon men ko ilo meʻan eo (āinwōt kein kōmūman meram, kein jibwe kōjām in kabenet ko) ak kwe make (āinwōt uññūri bōtiʻm ak kōmūman aʻm mājmāj)
3. Jānij tebukro ko ilo iien kōjērbali nē rejorrāān ak kanooj in ettoon.
4. Kōjparok ilo aʻm bōk kajjojo tebukro jān peōm, bwe kwōn jab uññūri iioon men ko ettoon:
  - *Jibwe tebukro eo moktata im tumi jān peōm*
  - *Kōjērbal pā eo juon, me elōñ wōt an tebukro, nān kōmūman juon bōq! jān tebukro ettoon.*
  - *Kōjērbal pā eo me ejjeʻok tebukro kiiō, (pā erre eo) nān tumi tebukro jān iuʻmwin pā (wrist eo), im kōmūman bwe itulowaan etulik.*
5. Kwōn kajju im joʻok tebukro ko rettoon ilo juon jikin joʻkpej būʻajtiik me elōñ kein kalbubuuk. Kwōn jāmin karreo ak bar kōjērbal tebukro-disposable.



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## KARREO

## KILEN KŌMŪMAN TEBUKRO

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### 6. Aṃwin peōṃ ālikin aṃ kōjērbali tebukro-disposable (lale Kilen Aṃwin Pā nān bōk bar mejeje).

#### **Rej rōjañ aṃ kōjērbal tebukro ilo iien im mejan kein:**

- *Ñe elap aṃ maroñ in uññūr bōtōktōk ak dān jān ajri me elōñ bōtōktōk ilowaan, eļaptata ñe elōñ kurar ṃwilaļ ak bakke ilo peōṃ (āinwōt ñe kwōj kōjērbal first aid nān an juon ajri kurar, ak jānij kaļ im eilōk lqjien im elōñ bōtōktōk ilo kūbween)*
- *Karreoik iioon men ko ak jibwe nuknuk im ṃweiuk ko me eṃōj kattoonon kōn bōtōktōk ak dānnin ānbwin, āinwōt eṃṃōj, rawūt, ak kūbwe*
- *Kōjparoke lennab me ej toor ak jikin ṃwijiti ānbwin*
- *Leļok kōjparok nān lqñin ak mejen im kilen wūnook rejenolōk, āinwōt bōk bōtōktōk jān addiin pein nān joñake jukwa ilo bōtōktōk, āierļok wōt.*

## KARREO

## KILEN JĀNIJ KAĻ

*Etke Eaorōk?*

- Aṃ jānij kaļ ilo juon wāween erre eo ej juon iaan iaļ ko me eļaptata aorōkin nān bōbrae an kij bacteria im menin anilen me rej mour ko jet, im rej pād ilo kūbwe im rawūt, bwe ren jab ito-itak.
- Nē emmakijkij jānij kaļ im ebwe kōjparok kilen ej bōbrae an ajri eo bōk menin kaabḥḥḥ kilen me remaroñ in bōk nē eto aer epaak rawūt im kūbwe.

**Kilen:**

1. Aṃwin peōṃ (Iale Kilen Aṃwin Pā menin jipañ nān bōk mejeje).
2. Aolepan menin kōjberbal ko ren pād ilo jikin im kwōmaroñ in jibwe ilo jikin jānij kaļ. Kōpool men kein:
  - Juon kaļ me ejañin kōjerbale
  - Peba me ejaje jorom dān im ebwe an kilep nān kalbubuuk iioon jikin kōṃṃan kaļ jān aeran ajri eo nān aitokļok jān neen ajri eo ak juon iioon me ej bōbrae dān, ejaje jorom, im emeoeo, me ejjab aujiid bwidej im epidodo kḥkkure kij iioon
  - Wipe ko (peba in karreo niñniñ), nuknuk me eṃōj tutu jiddik, ak tḥḥl peba retutu
  - Juon pāāk būļajtiik nān jabdewōt nuknuk ko rettoon
  - Likūt bwe en mijel jabdewōt kain kapit in kaļ ak bar jabdewōt menin kōjparok kil, ak kō jberbal nē elōñ an jineṃ/jemen kōmālim nān bōbrae im wūnook lennab, im bōk jān nien ilo aṃ kōjberbal juon ṃōttan menin joļok āinwōt peba in kōṃṃan kilen me ejaje jorom ak tissue nān māj/toilet
3. Likūti ajri eo iioon juon jikin jānij me erre eo, im ettoļok jān jikin ṃōñā ak kōṃṃan ṃōñā. Ilo aolep iien kwōn jibwe ajri eo kōn peōṃ nē ej pād iioon jikin jānij eo.
4. Karreo ajri eo:
  - Jelōte kaļ eo, ak kaļ eo ettoon en pād wōt iuṃwin ajri eo.
  - Kotake neen ajri eo, āinwōt kwōj aikuji, nān kōjberbal wipe-disposable ko nān karreoik ajri jān ituṃaan nān itulikin.
  - Kōjberbal wipe-disposable ekāāl kajjojo kōtaan im kwōj katutuuki (wipe) ajri eo.
  - Likūt wipe-disposable ko rettoon ilo kaļ eo ettoon ak ilo juon kein jḥkpej me elōñ kilen bū ļajtiik, im elōñ kein kalbubuuk.



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## KARREO

## KILEN JĀNIJ KAĻ

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**5. Bōk kaļ im nuknuk ko rettoon:**

- *Limi bwe jikin ettoon ilo kaļ eo en ilowaan.*
- *Ñe nuknuk ko rettoon, kanooj in lukwōje pāāk bŭļajtiik me kwaar kōttōn nuknuk ko ie, im kōttōn ilo juon jikin im ajri ro reban jibwe ie, im jilkinļok ippān jinen/jemen ñe rej bōk ajri eo.*

**6. Kōḡḡman juon kaļ erreu iioon ajri eo.**

- *Likūt juon kaļ erreu im jañin kōjerbal iuḡwin ajri eo.*
- *Kōjerbal juon tissue ñan likūt jabdewōt kapit in kaļ, im joļok tissue eo me eḡōj kōjerbale ilo juon jikin jōkpej me elōñ kilen bŭļajtiik im elōñ kein kalbubuuk.*
- *Kōḡake kaļ eo.*
- *Karreu peōḡ im pein ajri eo kōn ruo wipe-disposable.*
- *Kadedeļok aḡ kōḡḡman an ajri eo nuknuk.*

**7. Aḡwin peōḡ im pein ajri eo (lale Kilen Aḡwin Pā menin jipañ).**

**8. Karreo im kōkkure kij iioon jikin jānij kaļ.**

- *Joļok kilen peba eo ilo juon jikin jōkpej me elōñ kilen bŭļajtiik, im elōñ kein kalbubuuk.*
- *Bōk jabdewōt bwidej me kwōj loe im kōkkure kij iioone (loe Kilen Karreo, Kaiietļok Kij, im Kōkkure Kij menin jipañ eo).*

**9. Aḡwin peōḡ (lale Aḡwin Pā menin jipañ).**

**10. Jei jabdewōt men ko me rejjab ekkā ilo wāween kilen ak kūbween (lennab; nemāmein kūbween eoktak, kalor, bwiin, ak joñan an emmakikij) ilo juon bok in rikōḡt (log) ñan kowaļok kajjojo raan ippān jinen/jemen ajri eo.**

**Juon ennaan ikijjien kaļ rot kwōn kōjerbale:** Ilo meļan kōjparok ajri, rej rōjañe aḡ kōjerbal kaļ-disposable wōt me rej kōḡḡman jān men ko me rejeļā jorom (āinwōt polymer ko) ijellokun elōñ an ajri eo wūnin ekkar ñan wūno/ājmuur me ej kōmḡ an kōjerbal kaļ-disposable (āinwōt an uwaak me rekadōk). Elaññe ej kōjerbal kaļ nuknuk, en wōt an kaļ eo kilen ilowaan me ejeļā jorom im aolepan ej pād ilowaan juon kein kalbubuuk iioone me ej kōḡḡman jān juon men me ejeļā bōbrae dān (waterproof). Bar juon menin ekkāālel ej aer kōjerbale kaļ nuknuk ko me rej kobaik juon men me ejeļā bōbrae dān im ej pād ippān men nuknuk eo. Elaññe rej kōjerbal juon kaļ nuknuk eo im ejepeļ kilen, kwon jānij kein kalbubu iioone im kilen ilowaan ippān doon ilo juon wōt kōḡaan āinwōt juon wōt men eo im kwōn jab bar kōjerbale ilo ḡweḡe inḡōn kōjparok ajri. Kwōn jab kōḡḡmane jabdewōt kain karreo ak joļok kobban kaļ ko nuknuk ilo ḡweḡe inḡōn kōjparok ajri. Kwōn limi aolepan kaļ nuknuk ko me rettoon ren ilo juon men me ejaje tutu, im kōttōn ilo juon jikin me ajri ro reban jibwe, im kwōn kadu im leļok ñan jinen/jemen ilo iien kōtļok ajri eo.

HAR §17-895-30

## KARREO

## KILEN KARREO, KAIETĻŌK KIJ (SANITIZE), IM KŌKKURE KIJ (DISINFECT)

### Etke Eaorōk?

- Aṃ karreo, kaietĻŌk kij, im/ak kŌkkure kij iioon men ko im kein ikkure ko ej jet iaan kilen reaorōktata me kwōmaroñ in kŌṃṃane ñan kadikĻŌk an nañinmej jān anilen ito-itak ilo jikin kŌjparok ajri.
- Aṃ kŌjberbal kilen rejijṃwe ñan karreo, kaietĻŌk kij, im kŌkkure kij ej bŏbrae an ajri im ri-leĻŌk kŌjparok bŏk mejatoto baijin ilo aer emmenono.
- Kwŏn kŌjberbal men ko wŏt me eṃŏj register ippān U.S. Environmental Protection Agency (EPA, Agency in KŌjparok MeĻan) eo. Eṃŏj an men kein kowaĻŌk ke rejelā kadikĻŌk ak kŌṃŏjṃĻŌk kij (germ) ko im ren jab kŌṃṃan uwaak renana ilo aṃ ājmuur ak ilo meĻan ñe kwŏj kŌjberbali ekkar ñan kŏmmeleĻe ko iioon peba in product eo.

### Kilen:

#### 1. KŏppeĻaake ñe iioon ak kein ikkure eo ej aikuj aṃ karreoik, kaietĻŌk kij, im/ak kŌkkure kij.

- *Ekkatak naan ko:*
  - MeĻeĻein KARREO ej joĻŌk aolep bwidej im men ko ettoonon. Aṃ eṃṃakūtkūt ilo aṃ karreoik ej bŏk enañin aolep kij ko bwe epidodo an juon kein sanitize ak kein disinfect joĻŌke.
  - MeĻeĻein KAIETĻŌK KIJ ej kŌjberbal juon men me ej kadikĻŌk kij ko ñan joñan im code ko ājmuur public rej watŏke safe ak ejjab kanooj in joĻŌk aolep. Juon kein kaietĻŌk kij enaaj bŏlen ekkar ñan kŌjberbal iioon men ko me rej uññūri ṃŏñā (pileij ko, jibuun ko, aĻaĻ in ṃṃwijiṃwiji, tebŏĻ eo an juon jea in ajri), kein ikkure im bŏlen eṃŏj an ajri likūt lŏñier, im kein kaaenŏṃṃan (pacifier) ko.
  - MeĻeĻein KŌKKURE KIJ ej kŌjberbal juon men me ej kŌkkure ak kŌṃŏjṃĻŌk kij ko. Juon kein kŌkkure kij emaroñ in ekkar iioon men ko repen, im ejjeĻŌk roñ jidikdik me rej kŏtĻŌk an dān toor ie, āinwŏt tebŏĻ im jānij kaĻ, iioon counter ko, kein jibwe kŏjām im kabenet ko, im ioon toilet im men ko jet ilo bathroom ko.



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## KARREO

## KILEN KARREO, KAIETĻOK KIJ (SANITIZE), IM KŌKKURE KIJ (DISINFECT)

*continued from previous page*

**2. Lale Schedule n̄an Karreo, KaietĻok Kij, im KŌkkure Kij (lale Appendix C) n̄an kŏppeĵaak n̄e kwŏn karreo, kaietĻok im/ak kŏkkure kij ko iioone.**

**3. Kŏpoĵak iiŏk eo n̄an kaietĻok ak kŏkkure kij ko:**

- *Jāāk peba in product eo n̄an loe elañne elŏñ juon an EPA registration nŏm̄ba.*
- *KaddeĻŏñ EPA registration nŏm̄ba eo ilo <http://iaspub.epa.gov/apex/pesticides/f?p=PPLS:1>*
- *Kwŏn loe tipdik ko ikijien men eo im iur̄win, juon PDF baeĻ eo im ej kowaĻŏk ke emŏĵ an EPA register men in. Click PDF baeĻ eo itulŏñin laajrak eo, me ej leĻŏk kŏmmeĵeĵe ko me āliktata aer kŏweppān n̄an kŏĵerbal men eo aṃ āinwŏt kein kaietĻok kij ak kein kŏkkure kij.*
- *N̄e kwŏĵ kŏpoĵak juon iiŏk in jerajko:*
  - *Kāālŏte juon bato kŏm̄man jān men ko me reĵĵab alikkar (āinwŏt bato kabŭttŭk me kwŏ ban loe ilowaan).*
  - *Kŏŋake tebukro im kein kŏĵparok māĵ.*
  - *Kŏĵerbal juon funnel.*
  - *Kobaik jerajko n̄an aebŏĵ eo ijellŏkun kobaik aebŏĵ n̄an jerajko n̄an kadikĻŏk bwiin.*
  - *Kapen ke ebwe kŏto ilo ruuṃ eo.*
  - *Kwŏn ĵab kāre ak kŏttŏn ammonia ippān jerajko ok men ko me elŏñ jerajko ilowaan.*
  - *Kŏm̄man juon iiŏk in jerajko ekāāl kajjoĵo raan; kŏm̄man juon peba me ej kowaĻŏk kobbān im raan eo me kwaar kāre.*



*continued on next page*

## KILEN KARREO, KAIETĻŌK KIJ (SANITIZE), IM KŌKKURĒ KIJ (DISINFECT)

*continued from previous page*

### 4. Kwōn safe ilo aṃ kōjērbal jerajko ak bar iōk ko me eṃōj an EPA kōweppān:

- *Ñe elōñ bwidej me kwōmaroñ in loe, karreoik iioone kōn joob ak detergent innām karreo kōn aebōj wōt mokta jān aṃ likūt iōk eo.*
- *Elāññe kwōj kōjērbal juon bato kabūtūk, kōṃṃane bwe en kōṃṃan būtūk eddo ijellōkun būtūk mera.*
- *Leļōk iien pād wōt iioon me ej kōjejet ilo peba in product eo.*
- *Likūti ilo iien ko me ejjeļōk ajri ijo.*
- *Kōṃṃan mejatoto ijo ilo aṃ kōtļōk bwe en ekkōtoto im bwe en ṃōrā iioon men ko ak kōṃōrāik kōn nuknuk mokta jān aṃ kōmālim an ajri ro rōltok ijo.*
- *Kōttōn aolep wūno ko im menin karreo ilo wāween bwe ren pen wōt im reban wōtļōk im toor, ilo juon kabenet me elōñ an ļak ak juon kein dāpdep me ej bōbrae ajri, im ajri reban ejļōke pāer im jibwe.*

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



# Safety

Kōjparok ajri bwe ren safe—kōmman juon mejan me ej safe im ej bōbrae ak ej kadiklōk uwōta im jorrāān—ej juon full-time eddoin rūtto ro me rej likūt bwe ren kōjparoke. Nē ajri rej rūttoḷōk, aolep iien rej kajjioṇe mejādik rekāāl, im pukote wāween ekāāl nān kōjbal men ko, im rej jelmae iien im mejan ko me rej ekāāl nān er. Kajnōtir im aer ṁōkaj ej kattōr aer ekkatak. Ilo jet iien men in ej bōk er nān ijoko ekauwōtata, im ej kakileḷōk aer maroñ in loe jorrāān. Kōnke ajri ro reddik reḷap eṁmakūtūt ilo aer ito-itak, ej eddoin rūtto ro bwe ren kōjparok bwe ren safe meñe rej rōjañ aer ekkatak. Eḷap aorōkin aṁ kadiklōk uwōta in aer im loe menin jorrāān nē kwōj kōjparok bwe ajri ren safe.

Menin jorrāān reḷaptata āinwōt wūnin jorrāān im mej nān ajri reddik, im jemaroñ in bōbrae enaṇin aolepan. Plan in bōbrae ko rej aikuj in oktak nē an ajri eo itok-limo, iio ko an, im maroñ ko an reoktak. Kilen bōbrae ko me kwōj kōmmane nē ej niñniñ wōt renaaj oktak jān men ko im kwōnaaj aikuj en ejjeḷōk uwōta nān juon ajri mokta jān an jino jikuuḷ. Elap aorōkin bwe ri-leḷōk kōjparok ren lale ajri im mejan ko aer, kōmman menin bōbrae ko rekkar, im supervise ajri aolep iien.

Elōñ men ko ikijjien supervise im bōbrae me enaaj aṁ eddo, āinwōt juon ri-leḷōk kōjparok. Men kein rej kōpool, ak ejjab jemḷōkin, lale ajri ro ikijjien kakōḷḷe ko kōn an ro jet kōkkure im/ak kōjoole im kōmman ripoot ko rekkar, nē aikuj; kapen ke ajri ro rej pād ilo safety jea ko ilo juon wa nē rej uwe; kōjbal kilen kōttōn im kōpojak ṁōñā me reṁman; kile im kapen baijin im kein kōkkure ṁane kij insect ko ilo im likin mejan kōjparok ajri eo; kate eok in lale kein ikkure im menin ikkure an ajri eo nān kaṁool ke rej safe im ekkar nān iio ko im maroñ ko aer; im en wōr juon aṁ plan nān iien emergency me eṁōj aṁ kōḷmānḷōkjen kake; im ḷoor

**Unit in ikijjien Safety ej kōpool meḷeḷe ko kōn men kein me rej ḷoor:**

- **SAFETY ILO CAR**
  - Safety ilo Jea ko ilo Car
  - Kilen ito-itak ilo Wa ko
  - Bōbrae Stroke jān Bwil
- **SAFETY IM KÖTTÖN MÖÑÄ**
  - Safety ikijjien ṁōñā
  - Kadōk ikijjien ṁōñā
  - Safety ikijjien Milik in Kōrā
- **BÖBRAE JÄN AJRI**
  - Wāween Bōbrae-jān-Ajri Jikin Kōjparok eo
  - Guide nān Bōbrae jān Baijin
  - Safety ikijjien Dān
- **SAFETY IKIJJIEŃ KEIN IM JIKIN IKKURE INABÖJ**
  - Safety ikijjien Kein Ikkure
  - Safety ikijjien Menin Ikkure ilo Jikin Ikkure Inabōj
- **KÖKKURE IM KÖJÖOL AJRI**
  - Ripoot aṁ Eñjake Kōkkure im/ak Kōjoole Ajri
  - Bōbrae Ajällikin Idiki Niñniñ
- **KIKI IM SAFE**
  - Wāween Kiki Me Rej Safe
  - Safety ilo Peet in Niñniñ
- **KILEN KÖMMAN ILO IIEŃ EMERGENCY**
  - Kilen First Aid/CPR
  - Pojak nān Emergency

## SAFETY

# Safety Ilo Car

Eaorōktata aṃ kōjparok bwe ajri ren safe ilo wa ko (āinwōt car, SUV, turōk). Ajri ro reddik rekanooj in pidodo nē eṃōkaj aṃ bōjrak ak ruo wa rej itaak. Elaññe eḷap ak edik wōt aṃ itaake, ajri ro rej erom āinwōt bullet ko elaññe ejjab jiwē kein dāpdep ajri ilo juon jea safety an wa me eṃōj kōweppān. Kwōj leḷok kōjparok eo eṃṃantata nān ajri ro ilo aṃ kāālōt juon jea safety in car me ejejjet joñan nān ajri eo im nān wa eo, im kwōj kōjerbale aolep iien ito-itak. Jea in car ko im wāween aer reiḷok enaaj oktak nē ajri rej eddeḷok. Aṃ jab likjab ilo oktak kein enaaj kapen aṃ leḷok kōjparok eḷaptata nē ajri ro me kwōj kōjparoke rej uwe ilo wa eo waam. Barā inwōt, ajri rej ekkatak safety ilo juon wa me ej eṃṃakūt im rej kammineneik kōjbal kein dāpdep safety nē rūtto ro rej katmāne aer kōjerbale aolep iien.

Wa ko remarōn in kauwōtata nān ajri ro, meñe rejjab eṃṃakūt. Ej bōlen wōr uwōta in stroke jān bwil im mej nē ajri rej pād ippeir make wōt ilo car ko. Ilo raan, joñan bwil eo ilo juon wa emarōn in kanooj in ḷap ilo juon iien elukkuun kadu. Ajri eṃō jṃḷok im eḷapḷok uwōta ippeir ikijjien nañinmej im jorrāān ko jān bwil nē kwōj keiki ippān rūtto ro kōnke ānbwinnir rej kōṃṃan elōñḷok bwil ekkar nān joñāer, im aer marōn in kaṃōḷoik er make ilo aer menokadu ejañin eddeḷok āinwōt rūtto ro. Aṃ dāpij ajri bwe ren safe ej kōpool aṃ jāāk car eo waam mokta jān aṃ etetal jān car eo bwe kwōn kapen ke kwaar jab meḷokḷok juon ajri ilowaan. Barāinwōt, kwōn jab moot nē juon ajri ej pād ilo juon wa meñe ekanooj in kadu iien, im kwōn jab moot car eo aṃ nē ejjab ḷak im ajri remarōn in deḷoñ im eḷjeḷok ri-lale. Ajri rej atare bwe rūtto ro ren kōṃṃan menin aikuj ko me rekkar kajjojo iien im rej pād ilo juon wa.

## SAFETY ILO WA

## SAFETY ILO JEA KO ILO WA

*Etke Eaorōk?*

- Aṃ kōjēbal jea safety ko an ajri/kein dāpdep me ejimwe aer kōmūmane ilo wa ko me ajri ej uwe ie enaaj kōjparok ajri eo jān jorrāān (ak mej) nē ej waļok ke emōkaj an bō jrak/kōmūman brake ko, itaak wa meñe ejjab ṃōkaj kattōr, im ļap-ṃōkaj itaak-wa.

**Kilen:**

1. Kāālōte kain jea car an ajri eo ak jea booster me emūmantata an ekkar nān an juon ajri boun, iio ko, im barāinwōt wa eo me enaaj uwe ilowaan. (lale Jea Wa ko Rōjañ kōn Ajri ilo Appendix D ak [www.safercar.gov](http://www.safercar.gov) nān bōk bar meļeļe).

- Ajri eo en pād ilo juon jea-safety an ajri, me emōj an kien eo Federal kōweepān.
- Kwōn jab kōjēbal juon jea me emorļok jān 6 iio ak ekar pād ilo itaak wa (meñe ej emūman wōt nemāmein, enaaj bōlen jab pen pedpedin). Nē elōñ jabdewōt aṃ kajjitōk ikijjen bwebwenatoun juon jea, ak ejorrāān ak āinwōt emor, kwōn jab kōjēbale.



2. Ekkatak bwe en jimwe wāween aṃ likūt juon jea safety ilo juon car

- Kate eok in riiti aolepan manual eo an product eo. Nē kwōj jipañ ilo aṃ likūti jea safety eo aṃ ak kwō kōṃaan bwe juon ri-technician en jāāk nē ejimwe aṃ kōmūmane, etal nān juon jikin etale an ajri jea in wa im kajjitōk kōn jipañ jān juon ri-uwe safety ri-technician me emōj kōmālim. Jikin etale ko rej pād ilo aolepan state eo ilo elōñ jikin kōjparok ājmuur/aujpitōl ko im raan kijeek (fire department) ko.
- Kwōn likūt jea safety ajri ko ilo jea eo likin wa eo, emūmantata ioļapān. Juon niñniñ ak ajri edik ej aikuj in reilikļok ṃae ruo an iio ak ṃae an kōttōpar jemļokkin boun im aitokin me ri-kōmūman eo an jea eo ej rōjañe.
  - Nē ejjeļok aṃ maroñ in ekkāālel im kwōj aikuj in likūt juon jea ajri ilo jea eo imāan (elaññe elōñ jea nān ruo wōt armej ilo car eo waam aṃ jea in ajri eo kilep nān jea eo likin ilo car eo), iuuni jea eo nān liktata in an maroñ (Bar lale # 4).
- Riit im ļoore meļeļe ko ilo manual eo an owner in wa eo bwe kwōn ekkatak wāween kō jerbale seatbelt ko ak LATCH (Lower Anchors and Tethers for Children) ilo wa eo waam ippān juon jea safety an ajri.

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## SAFETY ILO JEA KO ILO WA

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**3. Riiti aolepan manual eo nān jea safety an ajri eo. Kapen aṃ jāāk angle in babu me ej rōjañe nān jea eo nē ej reiṃaanlōk im reiliklōk.**

**4. Kwōn jab likūt juon jea me ej reiṃaanlōk ilo jea eo iṃaan juon car me elōn an airbag.**

- *National Highway Traffic Safety Administration eo ej rōjañ ke nē kwōj aiku in likūt juon ajri ilo juon jea car ilo jea eo iṃaan im elōn an waam̄ kein kune airbag eo iṃaan ri-uwe eo iuṃwin juon iien ekadu, kwōn kune airbag eo nān toan uwe wōt. Kwōn kōjparok bwe kwōn bar jinoe airbag eo nē kwōj bōk jea car eo.*



**5. Kapen aṃ jāāk wāween jea safety eo ej jijet mokta jān kajjojo iien kōjerbale.**

**6. Properly harness the child for each and every ride.**

- *Bōran juon niñniñ en jab diklōk jān 2 inij (6 centimeter ko) iuṃwin tulōn in jea safety eo.*
- *Kapen ke kwōj likūti kein jibwe ajri (harness) ko ilo roñ (slot) ko im rej āinwōt aitokin ak iuṃwin aeran niñniñ eo.*
- *Lale ke ejejjet an kein jibwe ajri (harness) eo pād, eḷaptata ioon aeran im neen (thigh). Loklok ko ren flat aolep iien, im ren jab eoeo jabdewōt iien. Nē kwōmaroñ in kapiji kein jibwe ok ikōtaan peōṃ ejjab bwe an kankan.*
- *Kōṅake niñniñ eo ilo nuknuk ko me ej kōtlōk neen nān kōmālim an kein dāpdep eo bwe en jiuṃwe an jibwe (buckle) ikōtaan neen. Nē eṃōjo inabōj, innām kalbubuuki kōn juon būjañkōj, (jab kalbubuuki bōran niñniñ ilo jabdewōt iien). Kwōn jab kōṃṃan kein jibwe (buckle eo) iuṃwin ak ilikin niñniñ eo ilo jabdewōt iien.*
- *Elaññe niñniñ eo ej slouch nān tōrerein ilo jea car eo (ekkā ippān niñniñ me rej kab lōtak), likūt kaḷ nuknuk lemlem ko ak tōḷ ko lemlem ilo kajjojo tōrerein aeran niñniñ eo. Kwōn jab likūt jabdewōt kain būjañkōj iuṃwin niñniñ--emaroñ in jelōte an kein jibwe eo maroñ in kōbōbrae ajri eo.*
- *Nē bōran niñniñ eo ej wōtlōk ṃaanlōk (bar ekkā ippān ajri ro me rej ka lōtak), jāāk angle eo an jea eo. Kōjermal juon tōḷ ak būjañkōj nān kōbabuuk jea eo liklōk jiddik*
- *Bar kōṃṃane kein loklok an kein jibwe eo nē ajri eo ej eddekḷōk.*

**7. Kōjjeṃlōk joñan iien im juon niñniñ ej joḷōk ilo juon jea wa, eḷaptata nē ejjab pād ilo juon wa. Nē eḷap iien in pād ilo juon jea wa emaroñ in kōjjeṃlōk juon niñniñ eṃṃakūtkūt im iien in eñjake, men ko me reorōk nān an eddekḷōk ilo mejādik in eñjake im kōṃṃan men.**

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

## SAFETY ILO WA

## KILE UWE ILO WA

*Etke Eaorōk?*

- An wa itaak ej wūnin ʻaptata an ajri mej me iiō ko aer ej ikōtaan juon im joñoul-emān ilo United States ko. Policy ko kilen uwe, ilowaan im inabōjin wa eo, rej kadikʻok uwō ta in an ajri bōk jorrān.

**Kilen:**

## MOKTA JĀN KAUWE AJRI:

1. En wōr juon aṃ policy jeje me kwōj leto-letak im jinen/jemen me ej jelṃae an ajri eo uwe im safe en jaini ilo iien eo me ajri eo ej pād iuṃwin kōjparok-ajri. Policy in eo kōpooje men kein me rej ʻoor:
  - Wōran ajri im wōran ri-gerbal ilo iien uwe
  - Backup plan nān uwe ilo iien emergency
  - Kōjgerbal seat belt ko im jea safety wa, kōpooj jea booster ko āinwōt kakien ilo kien in state (<http://hidot.hawaii.gov/highways/safety-communities/child-passenger-safety/>)
  - Maroñ nān bōk bōqk eo first aid, armej in kūr ilo iien emergency im mejeje ko ikijien ājmuur an ajri ro, im juon cell phone
  - Peba in license, register, im injūrān an wa ko im ri-tūraip ro
  - Toan iien uwe eʻaptata
  - Kilen kapen ke ejejeʻok juon ajri im ej pād wōt ilo wa eo ilo jeṃʻokin iien uwe eo ak ej pād inabōjin wa eo im ejejeʻok juon ri-lale ilo iien kanne ak bōk ṃweiuk ko jān wa eo (lale Bōbrae Stroke jān Bwil menin jipañ nān bōk bar mejeje)
2. Kapen ke wa eo me kwōnaaj kōjgerbal ej safe, eṃṃan aer dāpiji, ejiṃwe an register, im elōñ an injūrān.
3. Etale wāween uwe me rej safe ippān ajri āinwōt ekkar nān aer iiō im joñan eddek.



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## KILE UWE ILO WA

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ILO RAAN IN UWE:

1. Kajjioñe men ko māāl ilo jea wa ko, seat belt ko, im kein kalbubu būlajtiik nān kōjparok jān bwil.
2. Kanne ajri ro ilo wa eo ilo jikin me ejjab epaak wa ko me rej ito-itak.
3. Kōjberbal menin bōbrae ajri me rekkar nān iiō ko aer im ejimwe likūti im kōmūmane (lale Safety Ikijjien Jea Wa menin jipañ nān bōk bar mejeje).
4. Leļok an rūtto ro supervise im ekkar ilo wa ko.
5. Jāāk etan ajri ro ñe kajjojo ajri ej deļoñe wa eo.
6. Dāpiji bwilin bwe en jab kaabñoñōik ajri eo.
7. Ñe kwōj tōkeak ijo me kwōj etal ie, bōk ajri eo jān wa eo ilo jikin im ejjeļok wa ko me rej ito-itak, ilo ejja tōrerein wa eo āinwōt ijo im kwōj etal ie.
8. Jāāk etan im iturin mejen kajjojo ajri ñe ej diwōj jān wa eo.
9. Jāāk aolep ānbwinnin wa eo nān kapen ke emōj an aolep armej diwōj.
10. Jab kōtļok bwe en wōr juon ajri im ejjeļok rūtto in lale iumwin jabdewōt toan iien, meñe air condition eo ej ettōr ak epeļļok wūntō eo.



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



## SAFETY ILO WA

## BŌBRAE STROKE JĀN BWIL

### Etke Eaorōk?

- Nē eļap bwil ilo wa im elōñ ajri ej koba ruo men ko me emaroñ in kōmḡḡan jorrāñ ak mej.
- Stroke jān bwil im mej jān stroke jān bwil rej ruo men ko im jemaroñ in bōbrae.

### Kilen:

1. Jab kōmḡḡan bwe juon ajri en pād wōt ilo juon wa im ejjeļok rūtto in lale, iumḡwin jabdewōt toan iien, meñe air condition eo ej ettōr wot im wūntō eo epeļļok.
2. Kōmḡḡan kilen bōbrae aḡ jab ļōmḡnak kake im juon ajri ej pād wōt iaan make ilo car eo:
  - *Jei ennaan nān eok make im likūti ilo juon jikin im kwōnaaj loe mokta jān aḡ moot jān wa eo.*
  - *Likūti aḡ purse, briefcase, āierļok wōt ilo jea eo likin bwe kwōnaaj aikuj in jāake jea eo likin mokta jān aḡ moot jān wa eo.*
3. Lak aolepan kōjām ko im trunk eo ālikin aḡ diwōj jān wa eo waam, im dāpij ki ko ilo juon jikin im ajri reban jibwe.
4. Kwōjjab kōtļok an juon ajri ikkure ilo car ko, ak likūt ki eo ilo ignition eo.
5. Nē juon ajri ejako, kajju im jāak aolepan wa ko, kōpool trunk eo.



**LALE:** Āinwōt bar juon menin bōbrae mokta, likūt juon plan ippān jinen/jemen ajri ro ilo wa eo waam im kwōnaaj kūrī er nē nājeir ejjab itān kōjparok ajri mokta jān iien eo me emōj kōjejet im rejañin kōjjeļaik eok mokta kōn oktak eo ilo iien an ajri eo tōkeaktok.

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

## SAFETY

# Safety Im Kōttōn Ikijjien Mōnā

Kōpojak im leļok ʻmōnā ej juon men eo me jej kōmman aolep raan ilo jabdewōt mejan kōjparok ajri, im eļap aorōkin nān an ajri ājmuur im safety bwe kwōn kapen ke ʻmōnā eo me kwōj leļok ej safe nān ʻmōnā. Meñe jabdewōt armej emaroñ in bōk nañinmej jān an ʻmōnā men ko me elōñ kij bacteria ilowaan, eļapļok uwōta nān ajri ro reddik kōnke aer system in bōk ʻmōnā (digestive) im system in bōbrae nañinmej (immunity) rej eddek wōt. Men in ejjab kōjjeļok kain ʻmōnā ko me remaroñ in kōjerbale; ej barāinwōt jelōte aer maroñ in juᵑae anilen im nañinmej ko me wūnin ej ʻmōnā ettoon im enaaj bōlen keepaak er nān juon uwaak kadōk me ej kauwōtata nān aer mour.

Ñe kwe, āinwōt juon ri-leļok kōjparok, kwōj meļeļe im kōmmane aolep iien kein pojak nān safety repidodo ikijjien kōttōn, kōpojak, im leļok ʻmōnā, kōpooļ milik in kōrā, kwōj bōbrae ᵑae kattoonon, kōt, im bōlen an ito-itak nañinmej ko me reļeļā ekeke ilo mejatoto. Barāinwōt, ñe kwōj kajjitōk ippān ro uwaan baamle eo kōn an nājeir kadōk ikijjien ʻmōnā, im kwōj tiljek ilo aᵑ kapen ke koᵑi ejjab leļok ʻmōnā ko nān ajri eo, kwōmaroñ in jipañ in bōbrae an ajri eo bōk juon uwaak kadōk me eļap kauwōtata.

## SAFETY IM KÖTTÖN IKIJJEN MŌNĀ

## SAFETY IKIJJEN MŌNĀ

*Etke Eaorōk?*

- Kōpojak im köttön ṡōnā ilo wāween ejimwe ej kadiklōk marōn in bōk baijin jān an ṡōnā kōt.
- An ajri ro reddik ṡōnā kij bacteria emarōn in kauwōtata, im bōlen nān mej.

**Kilen:****1. Lale bwe en erre kilen im jikin kōpojak ṡōnā:**

- Aṡwin peōṡi mokta jān aṡ jibwe ṡōnā, emmakijkij ilo iien kōpojak ṡōnā, im ālikin (lale Kilen Aṡwin Pā menin jipaṡ n̄ an bōk bar mejeje).
- Kwale im karreok iioon aolepan menin kōjērbal nān kōpojak ṡōnā (lale Kilen Karreo, Kaietlōk Kij (Sanitize), im Kōkkure Kij (Disinfect) menin jipaṡ nān bōk bar mejeje).
- Kōjparok jikin kōpojak ṡōnā jān kij ko, menin kaabṡōṡō ko, im bar menin mour ko.

**2. Kōjēpel ṡōnā ko ukood/jaṡin kōmaat im eṡōj kōmaat.**

- Kōjēpel kanniōk, bao, im ṡōnā in lōjet jān ṡōnā ko jet.
- Kōjērbal menin jērbal im kein kōmaat ko rejepele, āinwōt bakkōk ko im aṡaṡ in ṡwijiṡwiji nān kōpojak ṡōnā ko rejaṡin kōmaat.
- Köttön ṡōnā ilo nien me reban toor nān bōbrae an ṡōnā ko kōmaat im jaṡin kōmaat keeṡaak doon.

**3. Lukkuun kōmaate:**

- Lukkuun kōmaate ṡōnā ko, eṡaptata kanniōk, bao lep, im ṡōnā in lōjet, nān bwilin me rej rōjaṡe.

**4. Kōjparok im dāpij bwilin ṡōnā ko me rej safe:**

- Dāpij ke ṡōnā bwil ren bwil wōt im ṡōnā ṡōṡo ren ṡōṡo wōt.
- Kwōn jab kōtlōk ke ṡōnā kōmaat en pād ilo bwilin ruuṡ wōt iuṡwin etōṡk jān ruo awa.

**5. Kōjērbal aebōj im men ko rejaṡin kōmaat me rej erre im safe:**

- Kōjērbal aebōj erre im safe nān kwaṡe im kōmaat ṡōnā ko.
- Kwale leen wōjke im vegetable ko, eṡaptata nē kwōnaaj ṡōnā im jab kōmaate.
- Jab kōjērbal ṡōnā ālikin raan in expire eo an.

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

## SAFETY IM KÖTTÖN IKIJJEN MŌNĀ

## KADŌK KO IKIJJEN MŌNĀ

## Etke Eaorōk?

- Ajāllikin uwaak kadōk ko nān ṁōnā remarōn in apañ ilo emmenono, lennab, ṁōlānīōn, eṁṁōj, im bōlen aerin bōtōktōk eḷap wōtlōk, nē rejjab kajju im wūnook.
- Ajri remarōn in eñjake juon uwaak kadōk jān ṁōnā kōtaan eo mōktata nē rej pād ilo meḷan kōjparok ajri, im kōn men in eḷap aorōkin an ri-leḷok eo jeḷā ikijjen kakōḷle in kadōk ko me rekkā im meḷeje wāween bōk kajoor ion.

## Kilen:

## 1. Nē kwōj kaddeḷōn juon ajri ekāāl ilo būrookraaṁ eo aṁ:

- Aini meḷeje ko jān baamle eo kōn kadōk ko ikijjen ṁōnā an ajri eo im rejeḷā kake.
- Kajitūkin baamle eo bwe ren lewaj juon plan in kōjparok me eṁōj an ajri eo ri-leḷok kōjparok-ājmuur ekar leḷok me ej kōpooḷe men kein me rej ḷoor:
  - Mōnā eo/ko me ajri eo ekadōk kake
  - Kakōḷle ko rejejet me renaaj kowaḷok aṁ aiku in leḷok wūno
  - Etan, dose ko, im wāween leḷok jabdewōt wūno ko
- Nē baamle eo ej lewaj juon EpiPen nān leḷok wūno, kajitūkin jinen/jemen bwe ren kōmmā Imel eok kōn wāween kōjerbale.
- Kajitūkin baamle eo bwe ren kaddeḷok From in Consent nān Leḷok Wūno (Lale jamḃōḷ ilo Appendix B).



## 2. Kilen ilo aṁ bōbrae an kepaake menin kadōk me ejeḷā kake:

- Likūt juon kōjjeḷā kōn an ajri eo make kadōk ikijjen ṁōnā ilo aṁ jikin kōpojok ṁōnā bwe ri-jeḷbal ro remarōn in loe im/ak ilo jabdewōt jikin im rej leḷok ṁōnā ie.
- ḷōmṁak nān joḷok ṁōnā in kaapañ eo jān jikūṁ nān kadikḷok uwōta in jab jeḷā im kepaake nāne.
- Kōjjeḷāik baamle ko kōn jabdewōt kadōk ikijjen ṁōnā an ajri ro me rej kwōj kōjparoke im rejeḷā kake; im kajitūkin er bwe ren jab bōktok jabdewōt iaan ṁōnā ko me rej kaapañ nān jikūṁ.

## KADŌK KO IKIJJEN MŌNĀ

*continued from previous page*

### 3. Kile kakōl̄le ko an juon uwaak kadōk:

- *Jijet ippān ajri eo ilo iien ṁōnā. Lale kakōl̄le in uwaak kadōk, āinwōt eṁōkaj in jino in ṁaje, ebūrōrō, lennab, ebbōḡōjḡōj kilen, ebbōj ak ebūju kilen ak tien, ak ejako an marōn in kōnono.*
- *Roṁjake im lale kōn kōjjeḷā ko ikijjen abḡōḡō. Juon ajri enaaj bōlen kowaḷok ṁan eok*
  - *Eoktak eṁjake ilqñiū*
  - *Juon men ej iuuni loō*
  - *Ebbōḡōjḡōj (ak ebwil) loō (ak lqñiū)*
  - *Ebwil loō*
  - *There's something stuck in my throat*
  - *My lips feel tight*
  - *There are bugs in my ears.*

### 4. Wūnook uwaak kadōk:

- *Ṁōkaj im leḷok wūno me eṁōj leḷok ekkar ṁan plan in kōjparok eo.*
- *Kajju im kōjjeḷāik jinen/jemen ajri ṁe kwōj eṁjake ke elōn jabdewōt uwaak kadōk ak ekar kepaake menin kadōk eo, meṁe juon uwaak ekar jab waḷok.*
- *Ṁe eṁōj leḷok epinephrine, kajju im kūrī 911.*
- *Jibwe plan in kōjparok jeje eo, juon cell phone, cell phone in emergency, im wūno me rekka ippōḡ ilo field trip ko ak jabdewōt kain uwe jān jikūḡ.*
- *Kūrī 911, ṁe kwōj aikuji.*

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

## SAFETY IM KÖTTÖN IKIJJEN MŪŌNĀ

## SAFETY IKIJJEN KÖTTÖN MILIK IN KÖRĀ

*Etke Eaorōk?*

- Aŋ köttōn ilo wāween ejijūwe ej kadiklōk an marōn in ettoon im nañinmej me ajällikin enaaj bölen waļōk ñan niñniñ ro im ajri ro reddik.

**Kilen:**

- 1. Kapen ke elōñ raan ioon aolepan nien milik in kōrā.**
- 2. Köttōn milik in kōrā ekāāl ilo aijbōq eo:**
  - *Likūt nien milik in kōrā ioļapān aijbōq eo, im ejjab ilo kōjām eo.*
  - *Kōjerbal milik mokta jān 5–8 raan.*
- 3. Köttōn iuŋwin iien ekadu inabōjin aijbōq eo:**
  - *Likūti nien milik in kōrā ilo juon kulor me elōñ pāāk in aij; emarōn in pād im eŋŋan wōt ŋae emān awa elaññe bwilin ilowaan kulor eo ej pād wōt im dikļōk jān 100 degree.*
- 4. Köttōn ilo freezer eo:**
  - *Köttōn milik in kōrā me ekwōj ilo juon ŋōttan ilo juon aijbōq ŋae 2 wiik.*
  - *Köttōn milik in kōrā me ekwōj ilo juon ŋōttan freezer im elōñ kōjām jepel ŋae 3-4 allōñ.*
- 5. Ōñļōk milik in kōrā me ekwōj:**
  - *Ōñļōk milik eo ilo aijbōq eo ak iuŋwin dān me etqor ebwil jiddik.*
  - *Kwōn jab ōñļōk milik eo me ekwōj ilo microwave eo ak buļūļū ioon jitoob eo.*
  - *Kōjerbal milik in kōrā me eŋōj ōñļōk ilo aijbōq eo mokta jān 24 awa ālikin aŋ ōñļōk.*
  - *Kōjerbal milik me eŋōj ōñļōk im ej pād ilo bwilin ruuŋ eo mokta jān 1 awa.*
  - *Kwōn jab bar kwōj milik me eŋōj ōñļōk.*

HAR §17-895-39(a)(b)



## SAFETY

## Bōbrae Jān Ajri

Wāween ajri rej kajnōt in ekkatak, im aer ito-itak im loe men ko ilo mejan eo aer eļap aidik nān aer ekkatak. Bōtaab, ilo jet iien ko aer kajnōt im ito-itak ej kōļapļok uwōta in jorrāān nān er. Ajri rej aikuj rūtto ro nān leļok mejan ko rej safe im remaroñ in ito-itak ie—mejan ko me rej kadikļok uwōta in loe jorrāān im rej ukok ilo iien bwe rej jelmae aikuj ko aer im an aer maroñ eddekļok.

Kōnke maroñ ko an ānbwinnin ajri reddik reļapļok jān aer mejādik in meļeļe im ļōmņak, bōlen reļjab kanooj in meļeļe wāween an jet men ko ak jet iien ko remaroñ in kōkkure er. Āinwōt juon ri-leļok kōjparok, kwōmaroñ in bōbrae elōñ jorrāān ko ilo aņ jeļā ta eo im ajri remaroñ in kōmņane ilo aer wōnmaañļok ilo kilen eddek ko, im kile men ko ak iien ko ilo mejan in kōjparok me renaaj bōlen leļok uwōta, im kwōmaroñ in ukōte mejan eo nān an kadikļok menin uwōta kein.

Kōmņan bwe mejan in kōjparok eo aņ im men ko iturin rej safe nān joñan aņ maroñ ilo aņ ļoore jinojn guideline ko nān bōbrae jān ajri. Jāāk ilowaan im inabōjin mejan kōjparok eo nān kapen ke ej safe nān aolep armej. Lale ajri ilo aer ikkure nān loe ta eo enaaj bōlen kauwōtata nān er. Babu ioon laļ eo nān loe laļ in āinwōt juon armej me ej joñan wōt ajri. Bōk ak bōbrae an ajri jibwe men ko me renaaj bōlen kōkkure er. Lale ajri ro me kwōj bōk eddoin aolep iien nē rej pād ilowaan ak iturin dān. Keememej ke ajri remaroñ in maļoñ ilo jet inij in dān wōt.

Eļaptata, wāween bōbrae emņantata ej ilo aņ supervise. Jorrāān ko rej waļok ilo juon minit wōt. Aņ bōbrae im supervise rej ki ko nān kōjparok bwe ajri ren safe wōt.

## BŌBRAE-JĀN-AJRI

# WĀWEEN BŌBRAE-JĀN-AJRI JIKIN KŌJPAROK EO

## Etke Eaorōk?

- Am kōjērbal kein ajri-safety me eṃōj kōweeppān im bōk bar menin kōjparok-mokta ej kadiklōk uwōta in jorrān nān ajri eo.

## Kilen:

1. Lale ilo aolepan mejan kōjparok-ajri eo nān kile ijoko me renaaj bōlen menin uwōta. Ito-itak ilo kajjojo jikin ilo aitokin ajri—ilo aṃ etetal ioon neōṃ im bukwiōṃ im eṃṃakūtūt ilo kajjojo ruuṃ. Kajjitūkin eok make kōn ta eo enaaj kapouk im ta eo im juon ajri emaroñ in jibwe (ikōtaan laj eo im epaak 40 inij itulōñin).
2. Bōk ak kapen jabdewōt men ko me renaaj bōlen kauwōtata nān juon ajri. Kapen ke jabdewōt bu im kein ire (bakbōk in hunting, lippōṃ, bu leet, bu leet in kōto ko im men ko ṃōttaer) rej lak im joot epen im lak ilo juon jikin ejepel.
3. Kapen ke jikin deḷōñ im jikin diwōj ko repen im jikin diwōj ilo iien emergency realikkar.
4. Likūt kein safety ioon kein jērbal, appliance ko, im furniture nān bōbrae jorrān. Ilo waan joñak, kōjērbal men kein me rej ļoor:
  - **KEIN DĀPDEP IM LAK KO SAFETY** nān kabenet im tūroor ilo kitchen ko, bathroom ko, im ijoko jet. Pukot kein dāpdep im lak ko safety me epidodo an rūtto ro kōṃṃane im kōjērbale ak repen nān bōbrae an ajri tumi
  - **KŌJĀM SAFETY** iturin jikin uwe im ruuṃ ko me enaaj bōlen wōr uwōta ie. Pukot kōjām safety ko me epen kōṃakūti ak ejjeļōk apañ ilo an rūtto ro kiili.
  - **KEIN KALBUBUUK DOOR KNOB KO IM KEIN LAK KŌJĀM KO** iioon kōjām ko. Kapen ke lak eo epen im ej kōtļōk bwe en ṃōkaj an juon rūtto kōpeļļōke juon kōjām ilo iien emergency.
  - **KEIN BŌBRAE BWIL** ilo bojet im shower head ko. Kōṃṃan bwilin kein kōmmāññ dān nān 120°F nān bōbrae bwil jān dān bwil.



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## WĀWEEN BŌBRAE-JĀN-AJRI JIKIN KŌJPAROK EO

*continued from previous page*

- **ALARM NĀN BAAT IM CARBON MONOXIDE** ilo aolep alen im aolep ruuḡ ko ilo meḷan kōjparok ajri eo. jāāk battery ko ejjab dikḷok jān juon kōttōn kajjojo iio.
  - **KEIN KŌJPAROK WŪNTŌ IM OK SAFETY** ilo wūntō, balcony, deck, im landing ko. Kō jjeḡḷok aer kōpeḷḷok wūntō ko nān emān inj ak dikḷok, kōpooḷ ikōtaan māāl in kein kō jparok wūntō.
  - **KEIN BŌBRAE ITAAK ILO KONA IM DEḡWĀN** iioon furniture. Kapen ke kwōj kōjberbal kein bōbrae itaak ko me rej pād wōt im pen iioon furniture.
  - **AWUTLET KABAR KO IM MEJEN AWUTLET KO** ilo outlet ko jarom. Kapen ke ejāmin pidodo an juon ajri bōk kein bōbrae outlet ko im ebwe aer ḷap bwe ajri ro reban pok kake.
  - **KEIN KALBUBUUK WŪNTŌ CORDLESS** nān wūntō ko (ak eo ko im rejjab marōn in jibwe).
  - **AŅKŌ** nān furniture im appliance ko (āinwōt tebōḷ in tipi, shelf ko, rā nān bok, tōptōp ko, desk ko, chests, im jitoob ko) nān kapen nān laḷ eo ak juon kiin ḡweo.
  - **ALEN KŌJPAROK ITURIN BUUL IN TUTU AK BAR JIKIN DĀN** Kōḡḡman juon oror bwe en kōpooḷe aolepan buul eo ak men me ej kōjberbal dān, kōpooḷ juon oror 4-ne-aitokin im elōn juon an kōjām nē ejeḷā kiili im ḷak emake.
5. Jāāk meḷan kōjparok-ajri kajjojo raan nān kapen ke kein jipaḡ ko rej pād ilo jikier im/ak nān ukōte ak kōḡḡman kein safety rekāāl ekkar nān an ajri eo eddek im nān an bōbrae nē eḷapḷok im kajoorḷok.

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

## BŌBRAE-JĀN-AJRI

## GUIDE NĀN BŌBRAE JĀN BAIJIN

## Etke Eaorōk?

- Safety im aṃ supervise ajri ikijjien baijin rej wāween ko reṃṃantata nān kadiklōk uwōta in ajri jab jeḷā im keepaak baijin.

## Kilen:

## 1. KWŌN KILE:

- Kapen im kōttōn aolep product nān eṃ ko im wūno ko ilo ṃweo ilo juon jikin im ajri reban loe ie ilo juon kabenet me ej ḷak ak elōn kein dāpdep me ek bōbrae ajri.
- Kapen ke aolep wūno ko im aolepan product nān eṃ ko me rej pād wōt ilo nier make jān jinoin.
- Kajjitōk kōn im kōjērbal product nān eṃ im wūno ko ilo pakij ko me rej bōbrae ajri.
- Nē kwōj kōttōn product nān eṃ ko, kwōn kapen im kāālōt juon jikin im kwōjjab kōttōn ṃōnā im wūno ie.
- Kōjparok im jab bōk wūno nē ajri eo emarōn in lo eok kōnke ajri rekōḡaan ḷoor rūtto ro.
- Kōjērbal lukkuun etan wūno me ejiṃwe. Wūno ko rejjab “ḷōḷe.”
- Kapen im riiti peba in product eo mokta jān aṃ kōjērbale.



2. Kōjērbale Bōbrae ṃweo ḷṃōṃ jān Baijin: Juon Ruuṃ ilo juon Kōtaan Laajrak in Jāāk nan Bōbrae Baijin (Lale Appendix E) nān ḷdajoṃjoṃ ruuṃ-nān-ruuṃ ikijjien naaj bōlen menin uwōta ilo juon eṃ. (Ukōte ekkar nān aṃ aikuj nān kōjērbal ilo juon peejne.)

- Wōnlaḷḷok nān alen ajri im kappukot, bwe ejjeḷok juon wōt naaj bōlen menin uwōta im kwōjjab loe.

3. Nē kwōj etale kajjojo ruuṃ, jāāk bōḷok eo ejiṃwe ilo laajrak eo.

- Nē kwōj uwaake “jaab” nān jabdewōt iaan kajjitōk ko ilo laajrak eo, ḷoore kilen kōṃṃan ko nān wāween eo ejiṃwe nān an eṃṃanḷok safety eo an ajri eo.

4. En emmakijkij aṃ kōjērbal laajrak in nān kile naaj bōlen menin uwōta ilo product ko im ajri eo enaaj bōlen marōn in jibwe.

5. Nē kwōj eṃjake ke eṃōj an waḷok juon jorrāan ikijjien baijin, kwon kajju im kūrī Poison Help Hotline (Eo Bwil in Jipaṃ ikijjien Baijin) ilo 1-800-222-1222 ak kūrī 911. Dāpij nōṃba kein iturin talboon eo aṃ.

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

## BŌBRAE-JĀN-AJRI

## SAFETY IKIJJĪEN DĀN

## Etke Eaorōk?

- Ajri ro reddik remaroñ in maļoñ ilo jet wōt inij in dān, meñe eṃōj aer bōk ekkatak in aō.

## Kilen:

1. Kwōn jab kōtļok an juon ajri pād iaan make wōt ilo ak epaak dān.

2. Kwōn kile naaj bōlen menin uwōta ko ñan ajri eo:

- Kōttōn tab, kulor, im bakōj ko ilo juon jikin im ajri eo eban jibwe im kajju im bōke jān dān eo ālikin an kōjerbale.
- Kwōn kiili mejen towelet bḡḡl im kōjermal ļak in towelet jea.
- Koba alen bōbrae iturin buul ko ak bar menin kōjermal dān. Kōṃṃan juon oror ñan kōpooļe aolepan buul eo ak jikin dān eo, kōpooļe juon oror 4-ne-aitokin im elōñ juon an kōjām ñe ejeļā kiili im ļak emake.



3. Ñe juon ajri ej pād ilowaan/epaak dān, ļoor rule in safety kein:

- En wōr an rūtto ro me rej supervise kōmmālmel in CPR im en wōr juon aer talboon me epaak buul eo im jikin dān eo aolep iien.
- Rule in safety ko ren jejet kūtien aolep iien, āinwōt jab ettōr.
- Jabdewōt ajri me ej tutu, meñe ilo juon buul in ajri epepej, en wōr juon rūtto me ej leļok “supervise im uññūr,” im en jab ettoļok jān juon neen jān ajri eo. Meļeļein “Supervise im uññūr” ej ke aolepan ajri ro me rej tutu rejjab ettoļok jān juon neen im emaroñ in loe aolep iien. .
- Ñe ej kōjermal juon laip jakut, kapen ke ejiṃwe joñan (āinwōt ajri eo eban ketak jakut eo iioon bōran ālikin aṃ kōṃake ilowaan). Ñan ajri ro 5 aer iio im dikļok, en wōr an laip jakut ko kola in epepe ñan kōṃṃan bwe en jiṃwe bōran im bwe iturin mejen en jab pād ilo dān eo ñe retutu.
- Jāāk bḡḡr ko ilo buul ko ñan kapen ke repen im ejeļok kōk, im ke elōñ kilen kōjparok āinwōt bḡḡr ko ṅae-aujiid im juon safety system in kōtļok vacuum eo.
- Rej aikuji juon lifeguard me eṃōj kōmālim ñan:
  - Jabdewōt menin kōṃṃan ilo pārajēt ak buul in tutu
  - Buul in tutu jidikdik ko me rej 24 inij ak ṃwilaļļok ijo ṃwilaļtata.

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

## SAFETY

## Safety Ikiijien Kein Ikkure Im Menin Ikkure Nabōj

Aer ikkure ej juon men eo im ajri rej aikuji nān eddekļok im wōnmaanjok. Ajri ro reddik rej aikuji elōn iien ikkure, im elōn kain kein ikkure im men ko reṃṃan im rej safe me rej rōjañ bwe ren ļōkōṃ. Elap aorōkin kein ikkure nān aolepan an juon ajri mour, ak aer ikkure ippān ejjab safe aolep iien.

Meñe enañin aolepan ri-kōṃṃan kein ikkure to rej kōllaajrak meļeļe ko ikiijien safety iioon pakij ko aer, safety ikiijien kein ikkure ko ej kōpooļ elōnļok men ko jān aṃ jāāk ñe iiō ko an ajri eo ekkar nān kein ikkure eo. Āinwōt juon ri-leļok kōjparok, aṃ tiljek ilo aṃ kāālōt kein ikkure im menin ikkure nān ikkure ilowaan eṃ im inabōjin eṃ, me rekkar nān iiō ko an ajri eo im nān joñan an eddek, ej kilen kein kajuon ilo aṃ kōjparok ajri ro me kwōj bōk eddoin. Bōtaab, rej bar aikuj aṃ kōjbal im kōjparoke men kein, im aṃ tiljek in supervise ajri ro ilo aer ikkure, nān kōjparok ajri jān jorrān jān kein ikkure ko im jān aer ikkure inabōj. Aṃ jeļā ta eo kwōn pukot ñe kwōj wia menin ikkure, aṃ jeļā wāween dāpdep im kōttōn men ko, im aṃ supervise ajri ro ilo wāween ejiṃwe rej aolep wāween reaorōk ilo aṃ dāpij bwe ajri ren ṃōṃṃō im safe ñe rej ikkure.

## SAFETY IKIJJEN KEN IKKURE IM MENIN KŌJERBAL NABŌJ

## SAFETY IKIJJEN KEIN IKKURE

## Etke Eaorōk?

- Aḡ tiljek ilo aḡ kāālōt kein ikkure, dāpij kein ikkure ilo wāween ejiḡwe, im supervise ajri ro ilo aer ikkure ilo wāween ejiḡwe ej iaḷ ko reḡḡmantata ḡan kōjparok ajri jān jorrān ko jān kein ikkure.

## Kilen Kōḡḡan:

## 1. When buying toys:

- Kwōn tiljek ilo aḡ kāālōt kein ikkure. Jōḡḡak kōn iiō ko an ajri eo, itok-limoim, im alen mejādik (lale Kōn an Ajri Eḡḡan: Jōḡḡak kōn Safety ikijjen Kien Ikkure ilo Aḡ Jeḷā Kauwōtata ko ikijjen Kein Ikkure me U.S. Consumer Product Safety Commission ekar jei, im ej pād ilo laajrak in reference, ḡan bōk bar meḷeḷe).
- Pukot wāween kōḡḡan eḡḡan im epen ilo aolep kein ikkure ko ḡan jabdewōt iiō ko an ajri.
- Kapen ke aolepan kōḡḡeḷe im rōjaḡ ko realikkar—ḡan eok, im, ḡe ekkar, ḡan ajri eo.
- Kwōn riiti peba in product ko. Pukot im joore naan in rōjaḡ ko ikijjen iiō ko an ajri āinwōt “Jab rōjaḡe ḡan ajri ro me edikḷok jān jilu aer iiō.” Pukot peba in product ko me rej kōpooḷe “Flame retardant/Flame resistant (Bōbrae Kijeek) iioon men nuknuk ko im “Washable hygienic materials” (Kōḡḡan jān men ko me rerreo im kwō maroḡ in kwaḷe) iioon kein ikkure im tōḷe nuknuk im elōḡ kobban epidodo.
- **Kajju im joḷok jabdewōt pāāk kein lemlem būḷajtiik jān ioon kein ikkure ālikin aḡ kōpeḷḷok.**



## 2. ḡe kwōj dāpij kein ikkure:

- Jāāk aolep kein ikkure jān iien ḡan iien kōn jorrān im naaj bōlen menin uwōta. Kwōn kajju im kōḡḡane juon kein ikkure ejorrān ak, ḡe jabdewōt armej eban kōḡḡane, kwōn joḷoke.
- Kōmeoeo deḡwān kein ikkure aḷaḷ me renaaj bōlen erom ekkaḡ ak iioon ko im ej waḷok naaḷ ie.

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## SAFETY IKIJJEN KEN IKKURE IM MENIN KŌJERBAL NABŌJ

## SAFETY IKIJJEN KEIN IKKURE

*continued from previous page*

- *Etale aolep kein ikkure inabōj jān iien nān iien nē rejjo ak ṁōttaer reṁōjṁo im renaaj bōlen erom menin uwōta.*
- *Katakin ajri eo bwe en ba nān eok nē ej loe juon kein ikkure me ejorrāān.*
- *Katakini bwe en jejā ke kein ikkure me rejorrāān renaaj bōlen kauwōtata nān ikkure ippān.*
- *Bōk kein ikkure im menin ikkure rejorrāān jān aer kōjerbale.*



### 3. Nē kwōj kōttōn kein ikkure ko:

- *Katakin ajri eo bwe en likūt kein ikkure ko an ilo jikier me ej safe iioon shelf ko ak ilowaan juon tōptōp in kein ikkure ālikin an ikkure bwe en bōbrae an armej wōtlqk.*
- *Jāāk bōqk/tōptōp in kein ikkure ikijjen menin safety ko. Kōjermal juon tōptōp in kein ikkure me elōn juon an kein kalbubu me enaaj pād wōt im peḷḷqk wōt ilo jabdewōt jikin im ej ketak nān ijo im eban kōbwilōn im wōtlqk iioon juon ajri. Nā elōnḷqk safety kapen ke elōn roñ nān bōk mejatoto ekāāl.*
- *Karreoik im kaiietḷqk kij iioon kein ikkure mokta jān aṁ kōttōn er (lale Karreo, Kaiietḷqk Kij im Kōkkure Kij menin jipañ nān bōk bar meḷeje ko).*
- *En emmakikij aṁ jāāk ikkure ko me rej kōjermal im kōttōn inabōj. Wōt im ṁōḷowwi remaron in kajjo ak kōkkure kein ikkure ak ṁōttan kein ikkure, im kōṁṁan naaj bōlen menin uwōta.*

### 4. Eḷap aorōkin aṁ supervise juon ajri me ej ikkure ilo wāween me ej bōk eddo im aolep iien nān kapen an safety im bōbrae jorrāān:

- *Lale wāween an ajri eo ikkure kōn kein ikkure ko im ippān ro jet im bōbrae nē kwōj aiku j nān bōbrae jorrāān.*
- *Kile kein ikkure rot im ajri eo ej itok-limo kake nān ikkure ippān im wāween an kōjerbale, im ḷoor ilo aṁ katakini kōn wāween kōjerbale ekkar (im jab ekkar) ekkar nān an aikuji.*

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

## SAFETY IKIJJEN KEN IKKURE IM MENIN KŌJERBAL NABŌJ

## SAFETY IKIJJEN MENIN IKKURE ILO JIKIN IKKURE INABŌJ

*Etke Eaorōk?*

- Aṃ etale menin ikkure ilo jikin ikkure inabōj nān kapen ke epen im ke ej eṃṃan aer dā pijjī ej kadiklōk uwōta in jorrāān nān ajri eo jān jikin ikkure inabōj.

*Kilen:*

1. Kwōn tiljek ilo aṃ supervise ajri eo iioone aolep menin ikkure ko nān kapen ke ej safe im ej ikkure iioon menin ikkure ko me ej ekkar nān iio ko an.
2. Jāāk nān kapen ke ejiṃwe menin kalbubu laḷ iuṃwin im iturin jikin menin ikkure ilo jikin ikkure inabōj.
  - *Mulch, bok, im jaki roba ko rej kōṃṃan juon jikin pidodo me eṃṃan nē ej wōtlōk. Men eo ioon laḷ en jab diklōk jān 12 inij ṃwilaḷ im en etal 6 ne jān kajjojo menin ikkure.*
3. Kōṃṃan juon jāāk kōn safety kajjojo raan mokta jān aṃ kōjerbale nān kapen ke jikin ikkure eo inabōj, kōpool menin ikkure ko, ej safe mokta jān aṃ bōk ajri ro inabōj nān ikkure.
  - **LIJJIDWAḶQK KO** en bwe aer ettoḷqk jān menin ikkure ko jet bwe ajri eo en jab itaake juon lijjidwaḷqk me ej eṃṃakūtūt. En wōr ruo wōt lijjidwaḷqk ko ilo jurōn, im ren jab diklōk jān 24 inij jān doon. Kōmij rōjañ jea bōḷq nān juon ajri ediklōk.
  - **JILAIT KO AN AJRI** ren eṃṃan aṃkō im en wōr kein jibwe repen im jikin uwe ko aer ren jab ijjir. En ejjeḷqk jikin ikōtaan jilait eo im jikin jutak eo. En bar wōr juon men itulōñin slide eo me ej kōṃṃan bwe ajri eo ej aikuj in jijet mokta jān an wōnlaḷḷqk.
  - **SEESAW KO** me elōñ aer jipriñ reṃṃantata nān juon ajri edik. Nē ejjeḷqk juon jipriñ, en wōr juon neen wa juon men iuṃwin jea eo bwe en jab itaake laḷ eo.
  - **MERRY-GO-ROUND KO** en wōr aer kein jibwe reṃṃan, im jikin jutak eo me ej ukok en joñan wōt juon im enjeḷqk deṃwān me ekkañ en bwe an ettoḷqk jān laḷ eo im men ko jet.
  - **KEIN TALLŌÑ** en jab aitoklōk jān 32 inij nān ajri ro reddik. Jikin uwe ko horizontal ren jab ettoḷqk jān 60 inij nān ajri ro 4 im 5 iio ko aer. Jāāk elaññe jikin uwe im kein jibwe ko rej eṃṃan wōt im kapen ke elōñ juon handrail ak kein bōbrae mej ej kōpool jikin jutak ko reaitok.



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## SAFETY IKIJJEN MENIN IKKURE ILO JIKIN IKKURE INABŌJ

*continued from previous page*

4. Jāāk kōn deḡwān rekāāl im men ko māāl me rekauwōtata, āinwōt “S” hook ko me repejḡok ak jikurū ko me repejḡok. Nē elōñ jabdewōt men ko me rejjab safe, kwōn jab kōmālim an ajri eo ikkure ion men eo ḡae aer kōḡḡane.
  - *Kōkāāl ekkar nān aikuj ak ripoot men ko me rejjab safe nān armej/doulul me ej dāpij menin ikkure ko.*
5. Kōḡake ajri eo ilo wāween me ekkar nān ikkure inabōj. Bōk hood ko ak to ko ilo nuknuk ko me emaroñ in pok ilo menin ikkure ko. Kapen ke ajri eo ejjab bōk det me eḡap jān an maroñ nē ej ikkure.

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)



## SAFETY

## Kōkkure Im Kōjool Ajri

Ajri ro me reddik rej aikuj in eñtaan āinwōt rej safe im elōñ ro me rej kōjparoke jān uwōta bwe ren eddek im ekkatak. Ajri rekanooj in mour ñe rūtto ro me rej kōjparoke rej positive, rej kea, im rej uwaake aikuj ko aer. Bōtaab, ñe elōñ ro me rej kōkkure ak rej kōmman nana ñan er ilo ānbwin, tūriaḡo, sexual, an ajri ro uwaak eḡap oktak. Im ajāllikin me rej negative remaroñ in pād wōt iumwin aolepan aer mour.

Kōkkure me ekanooj in ḡap, āinwōt ilo Ajāllikin Idiki Niñniñ, emaroñ in kōkkure lōḡātāt ñan indeeo im/ak bōk mej. Jabdewōt kain kōmman nana ñan ajri ej jelōte an ajri eo ājmuur ilo ānbwin im tūriaḡo ilo wāween negative. Ñe rej bar kōmmane im ej etal wōt ej kōmman stress toxic (baijin) iioon juon ajri me emaroñ in kōkkure an system in bōbrae nañ inmej eddek im kabbōjrak an lōḡātāt ḡōkaj im eddek. Āinwōt ajāllikin, ajri me rej bōk kōkkure ak kōjool eḡapḡok uwōta in bōk apañ kōn ājmuur ilo aer iio in ḡodikdik im rūtto. Menin apañ kein rej kōpool alcoholism, depression, kōkkure ikijjen drug ko illegal, ḡōñā ilo wāween me ejjab jīḡwe, kilep, ḡwilin sexual me eḡap uwōta, kōbaatat, mane make, im jet kain nañinmej ko me rej pād wōt indeeo.

Ad kōjparok im dāpij ajri bwe ren safe jān kōkkure im kōjool ajri ej eddoin aolep. Jabdewōt ajri ilo jabdewōt an iio emaroñ in eñtaan ikijjen kōkkure. Meñe jejjab katmāne ke ri-leḡok kōjparok ro ren meḡeḡe ak etale kōkkure ak kōjool ajri, eḡap aorōkin aḡ kile kakōḡḡe me rekkā ikijjen an juon ajri bōk kōmman ko nana kōn ilo ānbwin im tūriaḡo, kōnke eḡōḡ kakien bwe kwōn ripoot kake ñan Department of Human Services (Raan Jipañ ikijjen Armej) ilo aḡ ḡoore Hawai'i Revised Statutes §350-1.1, ñe kwōj eñjake ke elōñ kōkkure ak kōjool ajri.

## RIPOOT NĒ KWŌJ EŅJAKE ELŌN KŌKKURE IM/AK KŌJŌOL AJRI

### Etke Eaorōk?

- Eṃōj kakien ke ri-leļok kōjparok ro rej aikuj in ripoot bōlen kōkkure ak kōjool ajri, ilo aer loore Hawai'i Revised Statutes §350-1.1.
- Aṃ kile kakōlle ko an kōkkure ajri im ripoot nē kwōj eñjake ke elōn kōkkure ak kōjool ajri eļap aorōk ilo ad kōjparok ajri ro nājid bwe ren safe im iuṃwin kōjparok.

### Kilen:

1. Nē kwōj loe jabdewōt kakōlle in bōlen kōkkure ilo ānbwin, sexual, ak tūriaṃo ak kōjoole, ak nē eṃōj an juon ajri kowaļok kōn kōkkure eo im eṃōj an bōke, kwōn jei mejeje ko jejjet nān kōṃṃan peba ko ikijjien men ko me kwaar loe ak ta eo im ajri eo ekar ba; jei raan im awa. (Nān bōk bar mejeje kōn kakōlle ko ikijjien aṃ eñjake ke elōn kōkkure im kōjool ajri, lale Mejeje kōn Kōṃṃan Nana nān Ajri me Jikin Bōk Kajoor lioon im Bōbrae Nañinmej im Jikin Bōbrae im Bōk Kajoor loon Jorrāān kar jei, ilo laajrak in reference eo).
2. Nē kwōj eñjake ke eṃōj an juon ajri bōk kōkkure ak kōjool, kajju im ripooti nān state agency eo me ekkar, kūri State eo Hawai'i Jipañ kōn Armej:
  - Fān O'ahu: 832-5300 (epeļok 24 awa)
  - Fān aelōn ko likin: 1-800-494-3991 (ejeļok wōṃean im epeļok 24 awa).
3. Ilo iien emergency ak uwōta ak kōkkure kajju, kūri 911.

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

## BŌBRAE AJĀLLIKIN IDIKI NIŌNIŌ

### *Etke Eaorōk?*

- Ajāllikin Idiki NiŌniŌ (Shaken Baby Syndrome (SBS)) ej juon kain kŏkkure ajri ilo ānbwin me jemaroŋ in bŏbrae; aŋ melele etke SBS ej waļŏk, im wāween bŏbrae, im ajāllikin idiki juon niŋniŋ me rekanoo in ļap kauwŏtata emaroŋ in kadikļŏk uwŏta in SBS.
- Aolep niŋniŋ ko rej jaŋ, juon—ruo awa ilo juon raan, meŋe jet edikļŏk aer jaŋ im jet ekanoo in ļapļŏk aer jaŋ. Rejaŋ kŏn juon wūnin: ŋan kowaļŏk aikuj ko aer (āinwŏt ŋŏŋā, kiki, ak jānij kaļ).

### *Kilen:*

1. Ōe juon ajri ejaŋ, kapen ke eŋŏj jelŋae jinoin aikuj ko an; jāāk ŋan loe elaŋŋe ej kwŏle ak ettoon an kaļ.
2. Pukot jabdewŏt kakŏļlein naŋinmej ak jorrāan me rej aikuj aŋ lale.
3. Kajjioŋ elŏŋ wāween kaaenŏŋŋane niŋniŋ eo:
  - *Kŏllāle ak etetal ippān niŋniŋ eo*
  - *Tutu ilo dān māānān*
  - *Kŏŋad ajri eo kŏn juon kein ikkure*
  - *Kauwe niŋniŋ eo ilo stroller eo ak car eo*
  - *Al ak kŏnono ippān ajri eo*
  - *Juon kein kaaenŏŋŋan (pacifier)*
  - *Boboore ak towe likin ajri eo*



## BŌBRAE AJĀLLIKIN IDIKI NIŌNIŌ

*continued from previous page*

**Ñe ejjeļok iaan men kein rej jipañ im kwōj jinoin ebbweer ak illu, keememej im JAB idiki juon niñniñ ILO JABDEWŌT IIEN.**

- *Likūti niñniñ eo iioon likin ilo juon jikin me ej safe ā inwōt juon peet in ajri.*
- *Kwōn kakkije—eņōj aņ kōņņane ñan joñan aņ maroñ im eņōj aņ jelņae aolepan aikuj ko an niñ niñ eo.*
- *Jāāk ajri eo ālikin kajjojo 10–15 minit.*
- *Keememej, ej eņņan wōt an niñniñ ro jañ—ej ekkā wōt im ejāmin kōņņan jorrāān ñan er.*
- *Ñe kwōj eņjake āinwōt kwōj ebbweer ak illu, kūr ñan jipañ! Kūri jinen ak jemen ajri eo, juon ñōttaņ, ak juon uwaan baaņle eo ñan jipañ ilo aņ kōjparoke ajri eo bwe kwōn kakkije.*
- *Kōnono ippān jinen/jemen ajri eo ñan kōppeļaaak elaññe rej eņjake āindein im reban kaaenōņņane ñe ejañ. Ñe āindein, kwōmaroñ in rōjañe baaņle eo bwe ren kōnono ri-kōjparok ājmuur eo aer ñan loe ñe elōñ wūnin an ajri eo jañ.*



## SAFETY

## Kiki Im Safe

Niñniñ ro im ajri ro reddik rej joļok eļap iien ilo aer kiki. Eļap aorōkin ñan aer ājmuur ilo eddek im wōnñaanļok. Eaorōktata aṃ jeļā wāween dāpij bwe ren safe ilo aer kiki, eļaptata ro im rej kōjparoke niñniñ ro.

Elōñ wāween kiki me ejjab safe (āinwōt kōpedo ak kiki iioon katin) me rej kakileļok uwōta in Sudden Infant Death Syndrome (SIDS, Mōkaj an Niñ niñ Mej) ak bar jorrāan in kiki me rekauwōtata. Aṃ likūti juon niñniñ bwe en kiki ioon likin ej kadikļok uwōta in SIDS.

Ri-leļok kōjparok ro rebar maroñ in kōṃṃan meļan kiki me rej safe ilo aer bōk men ko jān peet, āinwōt pet ko, kein ikkure pidodo, būjañkōj mijel, im kein bōbrae itaak jān jikin kiki eo, ñan kapen ke meļan kōjparok eo im jabdewōt wa me ajri eo ej uwe ilowaan en ejjeļok baat, im likūti niñniñ ro bwe ren kiki ilo juon peet in niñniñ ak jikin ikkure me eṃōj kōweeppān ñan safety, im jab likūti bwe ajri eo en kiki ilo juon wōt peet ippān ro jet. Menin kōṃṃan āindein rej wāween jipañ ñan kōṃṃan meļan kiki reājmuur ñan niñniñ ro im kadikļok uwōta in jorrāan ko ilo kiki jān jabjen-menowan ak kukuul bōro.

## WĀWEEN KIKI ME REJ SAFE

### Etke Eaorōk?

- Wāween kiki me rejjab safe rej kakileplok uwōta an juon niñniñ mej.
- Menin kōmman repidodo remaroñ in kōmman juon oktak elap ñan kadiklok an Sudden Infant Death Syndrome (SIDS) ak bar mej in niñniñ ilo ien kiki maroñ in waļok.

### Kilen:

1. Likūti niñniñ eo (iuṃwin 12 an allōñ) ioon likin ñan kiki aolep ien—ñan kakkije wōt im ilo boñ. Wāween kiki iioon likin ej safe jān wāween ko jet.
  - Niñniñ ro me rej kiki ioon likier ediklok aer maroñ in mej jān SIDS jān niñniñ ro me rej kōpedo ak kiki iioon katier.
  - Aolep ien kiki reṃman wōt. Niñniñ ro me reimminene ñan kiki iioon likier ak innām rej likūti iioon lḡjilñier, āinwōt ilo ien kakkije, eļap aer uwōta ñan SIDS.
2. Likūti niñniñ eo iioon juon jikin kiki epen āinwōt juon mātorej in peet in niñniñ, im kalbubuuk kōn juon koḡj Ekankan, ilo juon peet in niñniñ me eṃōj kōweppān ikijjien safety (lale Safety ikijjien Peet in Niñniñ menin jipañ ñan bōk bar meļeļe) ñan kadiklok uwōta in SIDS im bar wūnin an niñniñ mej ilo an kiki.
  - Jikin kiki me repen remaroñ in kōpooļe peet in niñniñ im jikin ikkure me eṃōj kōweppān (āinwōt “ātet im ikkure” jikin ikkure me reļeļā eṃmakūtkūt).
  - Kwōn jab kōjberbal juon jea car, kein bōkto-bōktak, lijjidwaļok, ak bar juon product āindein āinwōt an niñniñ eo jikin kiki aolep raan.
  - Kwōn jab likūti niñniñ eo bwe en kiki iioon men ko repidodo, āinwōt couch ak sofa ko, pet ko, būļañ kōj mijel/futon ko, kilen jeep, ak būļañkōj ko.
3. Kōjparok bwe en eļeļok men ko pidodo, kein ikkure, im menin peet me ejjab kankan ilo jikin kiki eo an niñniñ eo. Men in ej kōpooļ pet, būļañkōj, būļañkōj mijel/futon, kilen jeep, ak kein itaak an peet in niñniñ ko me rej āinwōt pet. Dāpij aolepan men ko me remaroñ in bōbrae an niñniñ eo emmenono bwe ren jab epaak iturin mejen niñniñ eo.
4. Eṃō kōbaatat ñe ajri rej pād ilo kōjparok. Niñniñ ro me rej emmenono baat ak kiki ippān ro me rej kōbaatat, eļaplok aer uwōta in mej im rekar jab katmāne kake.
5. Kōmman bwe an niñniñ jikin kike epaak ak ejepel jān, ijo im ro jet rej kiki ie. Kwōn likūti juon wōt niñniñ ilo kajjojo peet in niñniñ ak jikin ikkure. Ñan bōbrae an jorrāan im jabjen-menowan ak an juon armej ukōte iioon, juon niñniñ en jab kiki ilo juon peet ippān rūtto ro ak ajri ro jet.



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## WĀWEEN KIKI ME REJ SAFE

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6. **Leļok nān niñniñ eo (me erūttojok jān juon allōñ) juon kein kaaenōmṡman emōrā—me eban koba ippān juon to—nān iien kakkije im ilo boñ new en kadikļok uwōta in SIDS.**
  - *Kwōn jab kōmṡakokoik niñniñ eo bwe en bōk kein kaaenōmṡman eo.*
  - *Ñe kein kaaenōmṡman eo ej wōtļok jān lqñin niñniñ eo ñe ej kiki, kwōjjab aikuļ in bar kōmṡmane.*
7. **Kwōn jab kōtļok an niñniñ eo ļap bwil ilo an kiki. An ļap mānān ej kōmṡman bwe eļapļok an uwōta in loe mej me rekar jab katmāne kake.**
  - *Kōṡake niñniñ ilo nuknuk ko remera (en jab lōñļok jān juon alen lōñļok jān men eo me juon rūtto enaaj kōṡake nān jab abṡōṡō) im dāpiļ bwe ruuṡ eo en pād wōt ilo bwilin me emṡman nān juon rūtto.*  
*Kwōmaroñ in kōjerbal juon menin kiki ak pāak in kiki kōmṡman jān juon wōt ṡōttan nān nuknuk in kiki. Ñe kwōj loe an niñniñ eo menokadu ak emōkaj an emmenono, enaaj bōlen ļap an mānān.*
8. **Bōbrae product ko me rej ba ke rej kadikļok uwōta in SIDS. Enañin aolepan men kein im rejañin mālejjoñ ikijjien tokjāer ak safety.**
9. **Kwōn kajju im lale niñniñ eo ilo aṡ loe ak roñjake aolep iien, kōpool ñe rej jino wōt aer kiki, kiki wōt, ak ilo kilen ruj. Kwōn jab atare/kōjerbal kein lale jarom ko nān kadikļok uwōta in SIDS. Jinen im jemen ren kōnono ikijjien kōjerbal kein lale jarom ko kōn bar men ko ippān ri-leļok kōjparok-ājmuur eo aer.**
10. **Leļok iien kōpedo ñe niñniñ eo eruj wōt im juon armeļ ej lale nān kapen ke ejjeļok menin bōbrae an niñniñ eo emmenono. Ej emṡman an niñniñ ro bōk ruo nān jilu iien kōpedo kajjojo raan iuṡwin juon iien ekadu (3 nān 5 minit). Ñe niñniñ eo ej eddek im ej kowaļok ke ekōṡaan iien kōpedo, kwōmaroñ in kaaitokļok iien ko. Kōjparok: Kwōn jab kōtļok an niñniñ eo kiki ioon lqjilñien.**

KŌPEDO eaorōk kōnke it kōmṡman men kein me rej ļoor:

  - *Ej jipañ nān bōbrae jikin flat itulikin bōran niñniñ*
  - *Ej kōmṡman bwe ṡajeļ in kōnwaan im aerin rekajoorļok bwe niñniñ eo en jino in jijet, tōbalbal, im etetal*
  - *Ej kōweeppānļok an niñniñ eo mejādik in kōmṡman (kōjerbal ṡajeļ ko an nān emṡakūt im kadedeļok juon menin kōmṡman)*
11. **Kwōn ukōte menin peet ko mokta jān an bar juon ajri kōjerbale. Ñe rej kōjerbal jaki, kwōn karreoik ikōtaan aer kōjerbale (lale Karreo, Kaiietļok Kij, im Kōkkure Kij menin jipañ nān bōk bar meļeļe).**

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

## SAFETY IKIJJEN PEET IN NIŪNIŪ

### Etke Eaorōk?

- Peet in niŷniŷ ko me rejjab jelmae kein joŷnak ko federal ikijjen safety im rekāā, rej likūt menin uwōta ŷan ajri ro reddik me renaaj bōlen kōŷŷman mej. Peet in niŷniŷ ko me ejjab jŷwe aer kōŷŷmane ak elōŷ ŷōttan me rejako, rejjab kankan, ak māā rejorrāān ak aŷa ejorrāān, ajāllikin emaroŷ in aujiid, jabjen-menowan, ak kukuul bōro ŷe niŷniŷ ro rej loklok ilo ikōtaan ko ajāllikin.

### Kilen:

#### 1. Kwōn jāak peet in niŷniŷ eo ikijjen safety, kōpooŷ men kein aolep iien:

- Juon mātōrej me epen, im ejjetet joŷan, bwe niŷniŷ eo eban aujiid ikōtaan mātōrej eo im peet in niŷniŷ eo
- En ejjelōk jikurū, kein dāpdep ak menin māā ko jet me rejjab kankan, rejorrāān, ak ejjab jŷwe aer kōŷŷmane, ioon peet in niŷniŷ eo ak kein ŷōŷtak mātōrej eo
- En ejjelōk wūno me ekōk ak eorjib
- En jab ŷapŷok jān 2-3/8 inij (epaak depakpak in juon kāān in koŷa) ikōtaan aŷa ko an peet in niŷniŷ
- Kwōn jab maroŷ in likūt elōŷŷok jān ruo addiin peōŷ ikōtaan mātōrej eo im itōreirein peet in niŷniŷ eo ŷe ej pād laŷtata
- En ejjelōk aŷa me rejako ak rekōk
- En ejjelōk juur in kona me eŷapŷok jān 1/16 inij aitokin me emaroŷ in dāpij nuknuk ko an niŷniŷ eo
- En ejjelōk jikin ŷwijŷwij ilo aŷa eo bōran peet eo neen peet eo me enaaj bōlen maroŷ in aujiid bōran niŷniŷ eo
- En ejjelōk peet in niŷniŷ ko “wōtlōk-tōreirein,” ijellōkun emōj likūt kein bōbrae emŷakūtūt ŷan bōbrae aer kōjerbale wōtlōk-tōreirein, ilo aer ŷoore Consumer Product Safety Commission (CPSC, Doulu eo ikijjen Am Ri-wia Safety ikijjen Product ko).



#### 2. Jāak Consumer Product Safety Commission (CPSC), Doulu eo ikijjen Am Ri-wia Safety ikijjen Product ko) website eo ŷan loe peet in niŷniŷ kein joŷnak ko kiiōkiiō: [www.cpsc.gov](http://www.cpsc.gov).



## SAFETY IKIJJEN PEET IN NIŪNIŪ

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### 3. Nān bōbrae jorrān ko:

- *Kōjērbal juon kōj me ejejjet jōnān im ekankan, im kōḡḡḡan nān kōjērbal ilo peet in niŷniŷ wōt.*
- *Kwōn jab likūt juon peet in niŷniŷ epaak eo ko me rej toto jān kein kalbubu wūntō ak katiin ko. Niŷniŷ ko remaroŷ in loklok ilo eo ko im kukuul bōro.*
- *Kwōn jab likūt aḡak im bar menin lijjidwaḷḷok ioon juon peet in niŷniŷ kōnke remaroŷ in kukuul būruon juon niŷniŷ.*
- *Lelaḷḷok māḡōrej in peet in niŷniŷ eo mokta jān an niŷniŷ eo maroŷ in jijet ilo an make kajoor. Māḡōrej eo en pād wōt ilo jikin laḷḷata mokta jān an niŷniŷ eo maroŷ in jutak.*
- *Likūt kein ikkure nān peet in niŷniŷ im retoto (mobile ko, crib gym ko) bwe ren utiejḷḷok jān an niŷniŷ eo maroŷ in jibwe.*
- *Bōk jabdewōt kein ikkure nān peet in niŷniŷ im etoto jān peet in niŷniŷ eo nē niŷniŷ eo ej jinoin iuun nān iioon pein im bukwōn (ak nē ajri eo ej tōprak 5 allōn dettan). Kein ikkure kein remaroŷ in kukuul būruon juon niŷniŷ.*
- *Kabbōjrak an kōjērbal juon peet in niŷniŷ mokta jān iien eo im juon ajri ej 35 inij aitokin, ak nē ajri eo ekilep ak ejeḷā eḡḡakūtḡḡūt nān jibwe kein dāpij an peet in niŷniŷ eo ak emaroŷ in bōlen tallōn im wōnlaḷḷok jān peet in niŷniŷ eo. Ilo iien eo, kwōn kōḡḡakūt ajri eo nān juon meḷan kiki āinjuon, āinwōt juon cot ak jaki in kiki.*

## SAFETY

# Kilen Emergency

Āinwōt juon ri-leļok kōjparok-ajri, kwōjeļā ke jermal aṃ me eaorōktata ej aṃ kōjparok ajri ro iuṃwin aṃ kōjparok. Bōtaab, meñe kwōj kōṃṃan aolepan kilen me kwōj aikuļ ṃan kōṃṃan juon meļan me ej safe, emergency ko, āinwōt jorrāān im kōkkure ānbwin ak menin uwōta ļap an laļ in ak me armeļ ej kōṃṃan, remaroñ in waļok. Ilo jabdewōt iien emergency, bōlen ajri ro rejāmin meļeļe ta eo ej waļok im bōlen rejā min kōjparok er make kōn wūnin ānbwin ak ikijjien eddek. Ilo am plan ṃan iien kein, aṃ make pojak im jermal in plan emaroñ in kadikļok ajāllikin juon menin uwōta ļap im jipañ ṃan dāpij juon meļan safe ṃan ajri ro.

Aṃ kōṃṃane, etale, im kammineneik plan/kilen kein, mokta jān iien eo im juon iien emergency ej waļok, ej kōtļok aṃ maroñ in kile menin kōjermal me kwōj aikuļi, im kilen kwōn kōṃṃane ṃan dāpij an ajri ro im eok make bwe koṃin safe wōt, im kilen aṃ kōnono ilo wāween me ej jipañ ippān baamļe ko an ajri ro me rej pād iuṃwin aṃ kōjparoke.

## KILEN KŌMŪMAN ILO EMERGENCY

## KILEN FIRST AID/CPR

*Etke Eaorōk?*

- Aṃ kile kakōlūein apañ im maroñ in kōmūman First Aid im CPR ioon juon ajri enaaj bōlen dāpij an juon armej mour.

**Kilen:****1. Jej aikuji uwaak in first aid nān jorrāān kein me rej ļoor:**

- |                            |                          |
|----------------------------|--------------------------|
| ▫ <i>Jorrāān nān māj</i>   | ▫ <i>Jorrāān nān bar</i> |
| ▫ <i>Bwilqk im iñrōk</i>   | ▫ <i>Baijin</i>          |
| ▫ <i>Idid im ikkij</i>     | ▫ <i>Łotļqk</i>          |
| ▫ <i>Ittil</i>             | ▫ <i>Bōtōktōk bqti</i>   |
| ▫ <i>Jorrāān ilo kilen</i> | ▫ <i>Jorrāān nān nī</i>  |
| ▫ <i>Ribubbub</i>          | ▫ <i>Piba</i>            |

**2. Mōkaj im jāāk ajri eo ejorrāān.**

- *Kōjerbal mejādik ko im kwaar bōke ilo aṃ kōmmālmel ilo First Aid im CPR nān joñe im/ak wūnook ajri eo ejorrāān.*
- *Komman tebukro disposable elaññe ajri eo ebōtōktōk. Lale Kilen Kōmūman Tebukro menin jipañ.*
- *Kōjerbal bok ak pāāk first aid eo aṃ nān leļqk jinoin first aid. Lale First Aid Laajrak in Jāāk (lale Appendix A nān kōppeļaaake ta eo en kobban bok in first aid eo aṃ.*

**3. Ñe kwōj jipañ ajri eo ejorrāān, kapen ke ajri ro jet iuṃwin aṃ kōjparok rej safe wōt.**

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## KILEN KŌMMAN ILO EMERGENCY

**KILEN FIRST AID/CPR**

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4. Kūri 911 elañē wāween ajri eo ej aikuji an juon taktō lale.
5. Kōjjeļāik jinen/jemen ajri eo kōn jorrāān ko an im kowaļok ñan er ikijjien kilen im kwaar kōmmane ñan kōjparoke ajri eo.
6. Kūri backup ri-leļok kōjparok-ajri eo aṃ ñe kwōj aikuj jipañ ilo aṃ kōjparoke ajri ro.

**MEĻEĻE KO IKIJJEN KŌMMĀLMEL EO ÑAN FIRST AID/CPR AN AJRI IM EṀŌJ KŌWEEPĀN:**

- <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

## KILEN KŌMŪMAN ILO EMERGENCY

## POJAK NĀN EMERGENCY

*Etke Eaorōk?*

- Menin uwōta ʻlap an laʻ in im emergency ko remaroñ in kanoj in kōkkure ilo tūriaño, im likūt uwōta ikijjien safety nān eok im ajri ro me rej pād iuñwin aḡ kōjparok. Aḡ plan n̄ an emergency ej jipañ ilo aḡ pojak nān ḡōkaj im uwaak ilo iien emergency.

**Kilen:**

1. ʻLōmḡak kōn ijeḡe im ḡweo iḡōḡ ej pād ie im kōppeʻaake menin uwōta rot, menin uwōta ʻlap an laʻ in rot im emergency rot renaaj bōlen jelōte ejejjet būrookraaḡ eo aḡ (āinwōt ḡo ʻlap, typhoon, ibwijlelep, menin ire reʻlap). Lale website ko me rej ʻoor nān bōk meʻeʻe:
  - Department of Emergency Management (Raan Bōk Eddoin Jarom) <http://www.oahudem.org>
  - Federal Emergency Management Agency (Agency Federal me Ej bōk Eddoin Jarom) <http://www.fema.gov/>
  - Emergency Preparedness from the U.S. Department of Homeland Security (Pojak nān Emergency jān U.S. Raan Kōjparok need) <http://www.ready.gov/>
  - Hawaiʻi State Chapter of the American Red Cross (Hawaiʻi State Raan Red Cross eo ilo Amedka) <http://www.redcross.org/>
2. Kōppeʻaake n̄e ḡweo jikūḡ emaroñ in jelḡae menin uwōta ʻlap kein.
3. Kōḡḡman juon Plan nān emergency me ej jelḡae menin uwōta, menin ʻlap, im emergency ko me kwaar kile ilo Kilen 1 (Lale Appendix G kōḡn juon Jamḡōʻ Plan in Pojak nān Emergency).
4. Kōḡḡman juon Bōḡk/Pāāk in Emergency/Ko nān Jipañ kōn plan eo aḡ (Lale Appendix H kōn Pāāk in Kein Jerbal nān Menin Jipañ ilo Emergency). Jān iien n̄ an iien, jāāk bōḡk/pāāk eo aḡ nān kapen ke menin jipañ ko rejañin maat raan.
5. Kowaʻḡk nān baamḡe ko ikijjien plan eo am ilo handbook eo aḡ nān jinen/ jemen im/ak ilo juon lōta ak peba in kōmmeʻeʻe. Kapen ke kajjojo baamḡe eo ej bōk juon kaape in plan eo aḡ.



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## KILEN KŌMŪMAN ILO EMERGENCY

# POJAK NĀN EMERGENCY

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6. Dāpij juon kaape in Emergency Plan eo aṃ ilo baeļ ko aṃ nān menin reference im likūt juon kaape ilo juon jikin im epidodo an jinen/jemen ajri eo loe im riiti.
7. Kammineneik kilen emergency ko aṃ juon kōtaan kajjojo allōñ ippān ajri ro iuṃwin aṃ kōjparoke bwe ren imminene kake kōn kilen.



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



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Peij Ko Dāpijek

# 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	

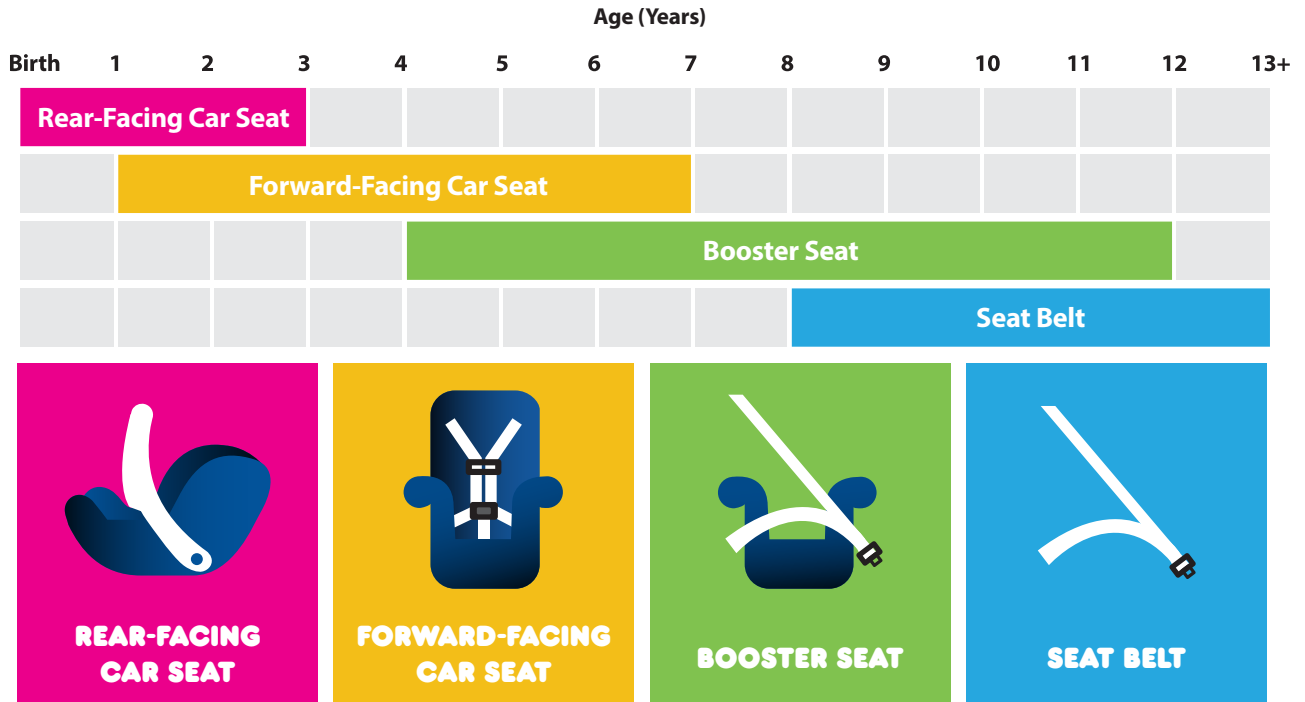
*Adapted from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, Third Edition*

# 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

## **Windward Community College**

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