



Chi Haknip Ish Ikhana

Nana kia chi ataklvmi cho vlhpesa kiyo ish akostinichikmvt, anoli.

Kanihchi hosh nana ik achukmo ka alikchi im anola hinla kvt ikhvna

Chakali Takla

Chakali chia hokmvt chi haknip a apesanchi micha nana hosh chia ataklvmi ka alikchi im anoli. Isht anumpuli ka kalla hinla. Nana ik achukmo ish akostinichi hokmvt tushpvt alikchi pisa ka afehna.

Anoa:

- Anolit isht ia pa anoti na ponaklo ya alikchi I ponaklo chi bvnnakmvt isht ia.
- Chakali chia kiyokmvt afvmmi takla kash chakali tukmvt ish im anola chike.
- Okhish nana ho ish eishi keyukmvt ish eishi tukmvt alikchi keyokmvt abeka apesvchi im anoli.
- Nana ish akostinichi kiyokmvt holissochi cha na ponaklo aieno takachi.

CDC HAKLO ya ikhvna Campaign www.cdc.gov/HearHer/AIAN



Holisso pa hlilafi cha isht anoli pa eishi hosh anumpulit isht ia: -----

Ohoyo Isht Vlhpesa Afehna

Nana ik achukmo ish akostinichi hokmvt tushpvt alikchi pisa.

- Nushkobo hottopa fehna micha kania he kiyo cho ishahli
- Chukfoloha cho tikambi
- Ile hottopali cho chim vllosi hottopali ish ahni
- Nishkin vt inla
- Yanha yvt 100.4 cho ishahli
- Nashuka micha iyi shatali fehna
- Fiopa ataklvma
- Ikishi hottopa cho chukash vt palhki
- Hoeta bvnna micha hoeta (onnahnlini abeka ano kiyo)
- Takoba hottopa palvmmi kvt ik isso
- Chakali takla ka vllosi yvt kanalit issa cho pit luma
- Chakali takla ka mitafa cho nana kia hoiya
- Issish mitafa chiyyohmi cho nana balama chukma kiyo vlla shalit tuka
- Hanali kommichi, homma cho shatali
- Tikambi fehna

Holisso pvt nana chi ataklvma moma ka atahla chi kiyo. Nanvt vlhpesa kiyo ish ahni hokmvt alikchi im anoli.

Chakali Antia

Chim vllosi himona yvt nana lawa micha ish I hullo abvnna kia, chishno ak kia chi haknip micha ish ilapesanchi ka pvt afehna. Vllvt chim antta tukvt chi tikabi micha nana chi hottopa yohmi kvt yvmmato yohma hinla. Afvmmi achvffa takla ka yohma hinla.

Holisso Pa Eishi Hosh Anumpuli Isht Ia:

- Sv pesa ka yako. Chakali sia/atuk. Hvshi isht abeka/vtta isht aiopi mi cha sv haknip a nana ahalia ya chittim anumpuli sv bvnna.
- (Vlhpesa) ya ishi li_____ahoba (achukmvt anoli) micha (nittak/hvshi kan vlli) kanohmi ona.
- Sv haknip ikhana li. Ilvppvt vlhpesa kiyo.

Na ponaklo ya ponaklo:

- Isht vlhpesa yvt nanta miha hinla?
- Nan ataklama fehna ya katichi hosh akostinichi la hinla?
- Katimikmako 911 i paya cho alikchi ia la hinla?

Anumpa: