

AWORA MWENGE MI WATTE CALCIUM, IRON, ME FAITAMIN C NON

Calcium e ekisaano an epwe tonong lead iwe e pwan apechokkuna nii me chuu.

CALCIUM

- Minik, yogurt, chiis
- Tofu
- Satin (ika Sardines), salmon (non tin mi fiti chuu)



Iron me faitamin C re aninnis fengen ne ekisaano lead an epwe moronong (ika absorption) non inis.

IRON

- Futuk ese kiris, chuko, teeki (turkey), menun neeset
- Cereal me pinewa mi watte iron non
- Mame me peas mi pwas
- Soybeans
- Sokun



FAITAMIN C

- Jabong, kurukur, grapefruit
- Kippwau, peinafer, kuafa
- Kiwi, strawberries
- Poteto mi sako ngar ren Sweet potatoes
- Tomatoes, broccoli, bell peppers
- Spinach, kale, me pwan ekkoch cheen ira enuen fetin mi watte manamanan



ACHOCHO NGENI KESAPW MWENGE EKKEI

- French fries, potato chips, unuchen chuko, unuchen pik, bacon, sooseich, mettoch mi furain, ika mi watte kirissen maan non.

REN TICHIKIN PORAUS

Prokramin Eppeti Poisonun Lead ren Semirit an Hawaii (ika ewe Hawaii Childhood Lead Poisoning Prevention Program)

Putain Pekin Safei an Hawaii State (ika Hawaii State Department of Health)

Lead.hawaii.gov

doh.lead@doh.hawaii.gov

808-733-9055

Ewe Putain Tumunu me Eppeti Semmwen itan Centers for Disease Control and Prevention

Cdc.gov/nceh/lead

Putain Tumunu Nimechun Neni itan Environmental Protection Agency

Epa.gov/lead

Ewe mwiichen tumunu feiengaw itan Consumer Product Safety Commission

Cpsc.gov

Ofesin Tumunun Poison an Hawaii (ika Hawaii Poison Center)

Hipoisoncenter.org

1-800-222-1222



Ewe Putain Pekin Safei an Hawaii State (ika The Hawaii State Department of Health) mi awora an aramas tufichin fiti sakkopaaten mwekutukut (ika activities) ese pwan onongonong won ika ir menni tappin aramas (ika race), enuen unu cheer, ia re wessetaan feito me ia, met ar fos (ika language), ierir, ika ir mwaan ika fefin, nonnomur me sarafeer ren ir mwaan ika fefin (ika gender identity or expression), ika re saani mwan ika fefin (ika sexual orientation), ar namanam, ika pwan mi wor teriir ika ese wor. Makke ngeni nouch iwe Ofeser ren Pekin Affirmative Action (ika Affirmative Action Officer) non posto ren nampaan pwoor Box 3378, Honolulu, HI 96801 ika keeri 808-586-4616 (mi pwan wor ewe voice/TTY) esapw mang seni 180 ran seni ewe fansoun e fis ewe osukosuk.

Eprein (ika April) 2019



FEERI AN NOUMW IWE SEMIRIT (ika KEIKI) ESAPW WOR LEAD REN (ika LEAD FREE)



FEIENGAWEN POISONUN LEAD MI TONGENI WOR ANGANGEN EPPETI AN ESAPW FIS

Eisini noumw tokter ren porausen chekin lead

METTOCH EN MI TONGENI FEERI IKENAI!

Semirit re kane ngeni ika ngaseri lead ina esapw pwa ar feiengawen semmwen, iwe nge mi tongeni an epwe osukosuka maarin tupuer minne epwe angawa ar tufichin kaeo me nikinikin mwekutukutur (ika behavior) non sukun.

Kukkun menukon, menukon ra ekis watte, me kukkun semirit ir ekon mecheres ar repwe aani feiengawen ei.

Watten lead non cha rekan feito seni met sie ani ika ach ngaseraanong lead mi nomw non chowan peinit, sattin mettoch & taas, toys, ppwun, konik, me sepi fau (ika ceramic dishes).

Lead mi tongeni orofetan ren non imwom, non imwen omw neiper, ika ese nifinifin ia noumw iwe e tori ia.

Ika a watte lead non cha non inisin emon fefin, mi tongeni an epwe tonong non inisin ewe menukon ese mwo upwutiw.

TENU PEUN NOUMW IWE SEMIRIT

- Tenu peun noumw semirit me won mesan me mwen mwenge me pwan murin an kukkunou nukun.

SOU NINNIMETI

- Pwiniti suus me choori mwen tonong non imwom.
- Nimeti won simen ika paap, karpel, rugs, mettochun neimw watte (ika furniture) omw kopwe aea HEPA vacuum.
- Nimeti taas won simen ika paap omw kopwe aea mop en mi tongeni chiiri sefanni ika siiwi.
- Nimetaatiw epin asamwacho kopwe aea sopw me konik.
- Oturaano sponch, paper towel, me mangakuun nimet (ika rags) murin nimenim.
- Sou tenu toys, pacifier, me ekkewe mettoch noumw iwe mi waanong non awan. Akkaewin ika re turutiw won simen ika paap.

FEERI AN ONOMW MWENGE EPWE ECH (ika HEALTHY)

- Feeri enen noumw iwe semirit epwe pung ngeni kunokun wessen mwenge me kunokun mwenge kisikis (ika snack), pokiten lead a mecheres ne tonong non inis ika mi peen nuukach.
- Amwengeni noumw iwe mwenge mi healthy mi watte calcium, iron, me faitamin C non.
- Ekukkunu mwenge mi watte kiris non an epwe ekisaano ukuukun lead mi tonong non inisin noumw iwe.

AEA KONIK MI PAT

- Okusu konikipat esapw kukkun seni 30 seken me non omw faucet ika pwe kopwe keran okusu murin 6 awa.
- Kopwe tumunu om kesapw kuk, un, ika onnofiti ngeni unumen noumw iwe minik konik mi pwich seni ewe konikin mwuun mi kusuto (ika water tap).

PWAN EKKOCH METTOCH EN MI TONGENI FEERI

- Atowawaano an noumw iwe nenien onnut (cribs) me kukkunou (playpen) seni ia mi wor ia peinit mi ettik.
- Ika pwe en ika emon chon non imwom iwe mi atapa ika kane ngeni lead non angang, iwe oupwe tutu me siwini ufemi me mwen aami tonong neimw. Eimuono ne sopwuni ekkei uf seni meinis inufen chon omw iwe famini repwe sopw
- Atowawaano noumw iwe semirit seni neni mi wor angangen feer iimw ika taiku ia.
- Tumunu pwe pottery, sepi fau (ika ceramic dishes), me kinas esapw wor lead woor.



Nikinikin awewe (ika example) ren ekkewe sepi fau (ika ceramic dishes) mi wor lead nukun ika neutun.