

# LEĻOK MŌNĀ KO ME EĻAP CALCIUM, AEN, IM VITAMIN C ILOWAAN

Calcium ej kadikļok aṁ bōk leet ilo  
ānbwinnōṁ im ej kōṁṁan bwe ṅiim im  
diim ren kajoor.

## CALCIUM

- Milik, yogurt, cheese
- Tofu
- Jatiin, jaṁōṅ (ilo kuwat kōn di)



Aen im vitamin C rej jerbāl ippān  
doon ṅan kadikļok aṁ bōk leet.

## AEN

- Kanniōkin kau me edik kūriij, bao,  
take, ṁōṅā in lojet
- Cereal im pilawā kōkajoor kōn aen
- Piin ko ṁōrā im pea
- Soybean
- Lep



## VITAMIN C

- Jabong, oran ko, grapefruit
- Keinabbu, peinabōļ, guava
- Kiwi, strawberry ko
- Sweet piteto
- Tōṁato ko, broccoli, bell pepa ko
- Spinach, kale, im bar vegetable ko  
kōṁṁan jān bōļōk kūriin



## BŌBRAE ṁŌNĀ KEIN

- French fry ko, potato chip ko, kilen  
bao, kilen piik, bacon, sausage ko,  
ak jabdewōt men eo būrae, ak eļap  
kūriij in menin mour

# ŅAN BŌK BAR MEĻEĻE KO

Hawaii Būrookraaṁ in Bōbrae an  
Ajri Baijin jān Leet

Hawaii State Raan Ājmuur  
[Lead.hawaii.gov](http://Lead.hawaii.gov)  
doh.lead@doh.hawaii.gov  
808-733-9055

Jikin ṅan bōk Kajoor loon im  
Bōbrae Naṅinmej  
[Cdc.gov/nceh/lead](http://Cdc.gov/nceh/lead)

Agency ṅan Kōjparok Meļan  
[Epa.gov/lead](http://Epa.gov/lead)

Jarin Safety ṅan Ri-kōjerbāl  
Product ko  
[Cpsc.gov](http://Cpsc.gov)

Hawaii Jikin Baijin  
[Hipoisoncenter.org](http://Hipoisoncenter.org)  
1-800-222-1222



Raan Ājmuur ilo State eo Hawaii ej kōtļok an arnej deļoṅ menin kōṁṁan ko  
jekdoṅ ri-ia, kalor in kilen, itok jān aelōṅ ta, kajin, iiō ko an, emṁaan ke kōrā,  
ej jōṁṁak āinwōt ej emṁaan ak kōrā, ej babu ippān emṁaan ak kōrā, kabuṅ,  
ak handicap. Jei ṅan Wōpija in Jipaṅ Doulul ko me Rekar Loe Discrimination  
(Affirmative Action) ilo Box 3378, Honolulu, HI 96801 ak kūri 808-586-4616  
(ainikien/TTY) ejjab aitokļok jān 180 raan ālikin juon iien apaṅ.

Eprōļ 2019



# KŌJPAROK BWE RO NĀJŪṁ REN EJJEĻOK-LEET



# KWŌMAROŊ IN BŌBRAE BAIJIN JĀN LEET

## Kajjitōk ippān taktō eo aṃ ikijjen teej kōn leet

Ajri ro me rej kepaake leet bōlen rejjab kowaļok jabdewōt kakōļle ko, ak enaaj bōlen jelōte aer lōļātāt eddekļok, in enaaj bōlen wūnin apaṃ ko ilo aer ekkatak im ilo ṃwilier ilo jikuuļ.

Eļaptata uwōta ṃnan niṃniṃ ro im ajri ro reddik.

Joṃan leet eļap ilo bōtōktōk ej waļok jān an armej ṃdōṃā ak emmenono leet me ej pād ilo men ko āinwōt ṃōttan wūno eṃōrā im būṃal, kein ikkure, bwidej, aebōj, im pileij ko ceramic.

Emaroṃ in lōṃ leet ilo ṃweo iṃōṃ, ṃōko iṃōn ro iturōṃ, ak ilo jabdewōt jikin im emmakijkij an ajri eo nājūṃ etal ie.

Juon kōrā im eļap joṃan leet ilo bōtōktōk eo an emaroṃ in leļok ṃan niṃniṃ eo nājūṃ me ejaṃin ļotak.

## MEN KO KWŌ MAROŊ IN KŌṃṃAN RAININ!

### AMWIN PEIN AJRI EO NĀJŪṃ

- ❑ Aṃwin pein ajri eo nājūṃ im iturin mejen mokta jān an ṃdōṃā im ālikin an ikkure inabōj.

### EMMAKIJKIJ AM KARREO

- ❑ Utūki juuj im jodi ko mokta jān aṃ deļoṃ ṃweo iṃōṃ.
- ❑ Karreo laļ ko, rug ko, im furniture ko kōn juon HEPA vacuum.
- ❑ Joļok būṃal ion laļ ko kōn juon ṃaab tutu me kwō maroṃ in kwaļe ak joļoke.
- ❑ Karreo laļ in wūntō ko kōn joob im dān.
- ❑ Joļok matmat ko, tōļ peba ko, im nuknuk in karreo remour ālikin aṃ karreo.
- ❑ Karreoik kein ikkure ko, kein ninnin ko, im men ko me emmakijkij an ajri eo nājūṃ ej likūt ilo loṃin, eļaptata ālikin aer wōtlaļok.

### KŌJPAROK BWE EN ĀJMUUR KIJEM ṃDŌṃĀ

- ❑ Leļok kijem ṃdōṃā im ṃdōṃein kōtaan awa, kōnke eļapļok bōk leet ṃe eļeļok kobban lojjen.
- ❑ Leļok ṃdōṃā ko ājmuur ṃan ajri eo nājūṃ, im eļap an lōṃ calcium, aen, im vitamin C ilowaan.
- ❑ Kōjjeṃļok ṃdōṃā ko me eļap kūriij ilowaan ṃan kadikļok joṃan leet me ānbwinnin ajri eo nājūṃ ej bōke.

### KŌJERBAL AEBŌJ ṃŌĴO

- ❑ Aebōj ṃōļo eo aṃ en toor en jab kaduļok jān 30 jekōn elaṃṃe etoļok jān 6 awa im kwaar jab kōjermal bojet eo aṃ.
- ❑ Kwōn jab kōmat, idaak, ak kōṃṃan formula eo an ajri eo nājūṃ kōn aebōj bwil jān bojet eo.

### BAR MEN KO ME KWŌ MAROŊ IN KŌṃṃANE

- ❑ Kōṃṃakūt peet in niṃniṃ im worwor in ikkure jān ijoko im ejorrāan wūno in kiin.
- ❑ Elaṃṃe kwe ak juon armej ilo kapijukunen ej jermal ikijjen leet, tutu im jānij nuknuk ko mokta jān aṃ deļoṃ ṃweo. Kōjenoloke nuknuk kein jān nuknuk ko jet an baamle eo ṃe kwōj kwaļe.
- ❑ Kōjparok bwe ajri eo nājūṃ ejjab kepaake ijoko im rej kōkāal ṃweo ak kōṃṃan eṃ kāal.
- ❑ Kapen ke men ko kōṃṃan jān clay, pileij ko ceramic, im kab kilaaļ ko rej eļeļok-leet.



Waan joṃak kōn pileij ko ceramic me elōṃ leet ilowaan