

Bwil ilo summer ejmour im kejbãrok



OREGON
Health & Human Services

Bed wot im Kammõlolo. Idaak eḷap dãn. Eron enaan wot.

1 Bõbrae nañinmij in bwil.



Bed wot im Kammõlolo: Kõjerbal nuknuk ko remera, sunscreen, im kakkije ilo ilo ijoko relur ak j ilowaan mweo. Komani jerbal ko an namoj non jibon ak elikin jota.



En ḷap am idaak aebõj: En lap lok am idraak aiboj. Ne kwoj menokadru, idrak dren Kajeon jab idraak dren ko retonal ak ko ewor arkol ie.



Kejbarok wot: Lale lok rimaninmej dro nukum ilo ien bwil . Bar einwot, dr onejid, ritto dro kab rijerbal dro mottad im elon lak. Jab likit jabrewot armij ak menin mour ko nejid ilo wa ko rebwil.

Bõk Heat Index Safety App:
[osha.gov/heat/heat-app](https://www.osha.gov/heat/heat-app)



Bareinwot jab etetal ilo ial ko non kejbarok neen menin mour ko nejid.



2 Melele kin sign ko kin naninmej in lap bwil.

3 Jikin bok melele ko kab jiban ko

Naninmej in Heat Exhaustion	Naninmej in Heat Stroke
<ul style="list-style-type: none"> • Ḷotḷok ak addeboulul • Menokadu • An lap ak drik ad menono • Malonlon • Molo ak Ou ilo kilid • Metak ko ilo enbwin 	<ul style="list-style-type: none"> • Drolol in metak bar • Mokaj ad menono. • Malonlon ak emmoj • Bwil in anbwiniḷ elap jen 103 degree • ikilburoro, bwil ak modre kilid • Ejako ad menokadu
<p>Boklok er non juon jikin eo emolo, keidrak er aiboj ne rej ruj wot.</p>	<p>Call e 911, jiban kamolo ki rinaninmej eo mae ien eitok jiban.</p>

[Heat.MCHealthy.Net](https://www.Heat.MCHealthy.Net)

Kabok jikin kamololo center ko. Jikin jiban kab melele ko.

[Kopwe kokori 2-1-1 | Kopwe churi 211info.org](https://www.Kopwe.kokori.2-1-1.org)

Kabok jikin kamololo center ko, jiban kolla bill ko, jikin jiban lale ajiri ro nejid, jikin jiban kin mona & jikin jiban kin jabrewot kain.

[Energytrust.org](https://www.Energytrust.org)

Jikin kabok ijoko im edrik wonen kein kamolo moko mwod, komanaan moko ak jarom ko ad.

[Cherriots.org](https://www.Cherriots.org)

Ewor bus ko im renej service ilo free non jikin kamololo center ko ak non am drol ilo ien ko im renej belok.

[Marion-Polk Alerts](https://www.Marion-PolkAlerts.org)

Bed wot ilo am bojak, Sign up non emergency alert ko.



Bukot melele ko relon lak ilo

Heat.MCHealthy.Net

Summer Heat Pekin Safei & Tumun



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Kopwe nom lon eu leeni mi cool. Kopwe nomw non konik.
Kopwe sinei ekkewe minefoon poraus.

1 Eppeti Semwenin Heat

Kopwe angei ewe App ren tumunun ewe Heat Index Safety App:
osha.gov/heat/heat-app



Kopwe nom lon eu leeni mi cool: Kopwe ufouf uf mi mecheres, sunscreen, me asoso shade neni mi pwichikar non imw. Kopwe fori angangen lukun imw tori lekuniol are lekuniol ika ka tongeni.



Kopwe nomw non konik: Kopwe unumi konik lap seni ewe fansoun mi fich! Lupwen ka sweat, eki eki usun eu minen un mi fiti sport. Kosap un sugar me sakau.



Kopwe nom non ew neni mi safe: Cheki ekkewe aramas ka tongei mi nom non feingau. Lei a pachenong semirit, aramas chinnap, chon agangen, me pwan ekkoch. Kosapw fakkun likiti emon aramas ika pet non ew car mi pwichikar.

Pwal och, kosap fiti ewe pavement mi pwichikar pwe kopwe tumunu peun ekkewe pet!



2 Kopwe Silei Ekkewe Esisinen Semwenin Heat

3 Ekkewe Pisekin Aninis

Stroke ren pwichikar

- Cool me pale skin ika clammy
- A kon watte ewe sweat
- Pulse mi mwithir, mi apwangapwang
- Nausea ika fitikoko
- Faint ika Dizzy
- Kramp non ewe mwongo
- Red, pwichikar, me pwas skin
- Ese wor sweat
- Pulse mi mwithir, mi pochokkul
- Nausea ika fitikoko
- Throbbing Metek won mokuran
- Temperin inisin aramas a nap seni 103°F
- Ka tongeni pass out



Anisi ewe emon an epwe tori ew neni mi pwichikar me wor asepan. Peseer ar repwe unumi konik.

Kopwe kokori 9-1-1. Kopwe mwittir fori och mettoch pwe kopwe alisi ewe emon tori an epwe war allis.

Heat.MCHealthy.Net

Kutta ekkewe nenien konik, pisekin aninis & porausen pekin safei.

[Kopwe kokori 2-1-1 | Kopwe churi 211info.org](https://Kopwe.kokori.2-1-1.org)

Find cooling centers, help paying bills, childcare, food assistance & help with almost anything.

Energytrust.org

Kutta rebates & incentives aan home cooling, pwichikar, me energy.

Cherriots.org

A wor bus ese kamo ngeni me seni cooling centers nupwen ra suk.

[Marion-Polk Alerts](https://Marion-PolkAlerts.org)

Kopwe ammonata! Sinei ngeni ekkewe emergency alerts.



Kopwe kaeo pwan ekkoch won

Heat.MCHealthy.Net