

Ekewe **8 eochun** Kinikinin foun ngasangas me Waanap pwan semwenin Suke Fofforun foun ngasangas mei pochokun

## Kopwe mwokutukut fetan

Ew me ew ekkei porous faan mei afata ifa usun "Kopwe mwokutukut fetan". Kose mochen fori ew ika fitu metekei mei afatetiw:



Fetan ika saa fan chomwong.



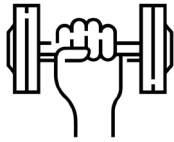
Saa won pasiken.



Fiti famini me taiso.



Fetan nukun.



Anapano omw pochokun.



Ani ew urumwot.



Mwokutukut fetan fan chomwong.



Mwokutukut fetan fan chomwong.

Ekkoch porous ika maak:



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Ngeni ekewe aramas mei wor terir, ei taropwe mei kawor non ekkoch sokkun taropwe. Kose mochen kokori 800-525-0127 (TDD/TTY 711) ika maak ngeni [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).

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## Mwongo met mei murine

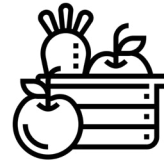
Ew me ew ekkei porous faan mei afata ifa usun "Mwongo met mei murine". Kose mochen fori ew ika fitu metekei mei afateti:



Kamo feun me chen ira mei minafo.



Mwongo ekewe mwongo mei keukeoch.



Mwongo wate feun ira me chen ira.



Mwongo wate ekewe mwongo mi wate faiber non.



Mwongo wate chen ira mei enuen fetin.



Unuwatte konik.

Ekkoch porous ika maak:



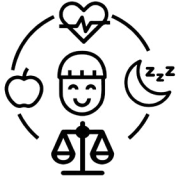
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## Kae ekewe mwokutukut mei anisi pochokunen ngun me inis

Ew me ew ekkei porous faan mei afata ifa usun ” Kae ekewe mwokutukut mei anisi pochokunen ngun me inis”. Kose mochen fori ew ika fitu metekei mei afateti:



Kuta met mei ukue-och me ekukunatiw riaffou.



Taisoni foun ngasangasomw.



Anafaeochu omw onut.



Kae asoso ika ekiek mei ekinamwei nomwun inis.



Noo pworuk.



Fori mettoch fiti Emon chienomw.



Apwapwa fiti ew mweicheich ika fiti famini.



Fori ekkoch mwokutukut fiti ew mweicheich.

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## Cheki omw feitacha

Ew me ew ekkei pworous faan mei afata ifa usun ” Cheki omw feitacha”.  
Kose mochen fori ew ika fitu metekei mei afateti:



Ereni emon epwe cheki omw feitacha.



Cheki pusin omw feitacha.



Katoneoch omw feitacha.



Maketi me aporosa ekewe nampa ngeni noumw tokter.

Ekkoch porous ika maak:



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## Weweiti nampan omw chekin suke

Ew me ew ekkei pworous faan mei afata ifa usun ” Weweiti nampan omw chekin suke”.  
Kose mochen fori ew ika fitu metekei mei afateti:



Kopwe fiti chekin waten suke.



Katoneoch nampan omw chekin suke iteitan.



Tumwuno omw nampa epwe nomw non kini-kin mei murine.



Opwonuetai met nomw tokter mei pesei ngonuk.

Ekkoch porous ika maak:



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# Sinei ukukun omw kolesterol ika waten iwi mei nomw non cha

Ew me ew ekkei pworous faan mei afata ifa usun "Sinei ukukun omw kolesterol ika waten iwi mei nomw non cha". Kose mochen fori ew ika fitu metekei mei afateti:



Kae usun watten Kolesterol ika waten iwi mei nomw non cha me pochokunen inisumw.



Kopwe chek ren waten kolesterol ika waten iwi mei nomw non cha.



Opwouetai met nomw tokter mei pesei ngonuk.



Fori angangen ekukunatiw omw kolesterol ika waten iwi mi nomw non cha.

Ekkoch porous ika maak:



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# Tumwuneoch omw kosapw angei supwa/ supwa mei fiifi

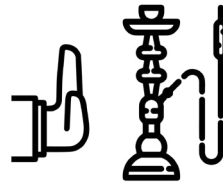
Ew me ew ekkei pworous faan mei afata ifa usun " Tumwuneoch omw kosapw angei supwa/supwa mei fiifi".  
Kose mochen fori ew ika fitu metekei mei afateti:



Kosapw uun  
supwa.



Kosapw  
Uun supwa mei fiifi.



Kosapw uun  
ewe sokkun supwa  
mei wor paipan mei  
sa otuot non.



Awora ew ran kopwe  
kouno me uun supwa  
ika uun supwa mei fiifi.

Ekkoch porous ika maak:



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Ngeni ekewe aramas mei wor terir, ei taropwe mei kawor non ekkoch sokkun taropwe. Kose mochen kokori 800-525-0127 (TDD/TTY 711) ika maak  
ngeni [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).

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# Opwouetai met noumw tokter mei pesei ngonuk

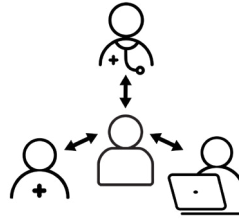
Ew me ew ekkei pworous faan mei afata ifa usun "Tumwunoch ren etuetun supwa/supwa mei fiifi". Kose mochen fori ew ika fitu metekei mei afateti:



Porous ngeni noumw tokter.



Eusening ngeni noumw tokter me chon angangen non pioing.



Porous ngeni noumw kewe chon angangen non pioing.



Amwosoua me angei safei mei wor taropwen seni tokter.

Ekkoch porous ika maak:



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