

INO NAD AKWANNU NU WARA MALOWAN
(What You Should Do If Someone Is Sick)

A Health Book in Ga'dang

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Where There Is No Doctor



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PAUNANG SALITA

Ang isang katangiang masasabi tungkol sa Pilipinas ay ang pagkakaroon nito ng iba't ibang pangkat etniko na nag-aangkin ng kani-kanilang wikang katutubo. Gayon man, ito'y hindi naging balakid sa pag-unlad ng bansa, bagkus nagpatibay pa nga sa pagbubuklod at pagkakaisa ng mga mamamayan tungo sa pagkakaroon ng isang diwang panlahat.

Ang aklat na ito ay isa sa serye ng ganitong uri ng mga babasahing inihahanda para sa higit na ikalilintang ng mga kaalaman, kakayahan, kasanayan, pagpapahalaga at pagmamahal sa sariling wika ng mga mag-aaral.

Sinikap na malakipan ang aklat ng mga paksang inaaakalang magdudulot ng malaki at makabuluhang kapakinabangan sa mga gagamit nito. Sa paghahanda ng mga ito'y isinaalang-alang ang mga pangkalahatang layunin ng bansa. Isinaalang-alang din ang mga pangkasalukuyang pangangailangan ng mga mag-aaral sa pagpapalawak at pagpapayaman ng kanilang talasalitaan, paglinang ng kakayahang gumamit ng wikang gamitin at wastong pagsulat nito. May inilakip ding mga pagsasanay na inaaakalang makatutulong sa mabisang pag-aaral ng wika. Matitiyak na ganap na nilang natutuhan at nauunawaan ang wika kung ito'y buong katalinuhan na nilang natatalakay sa klase at naiuugnay o nagagamit sa tunay na buhay.

Buong pagmamalaking inihahandog ng Ministri ng Edukasyon at Kultura ang aklat na ito taglay ang matapat na hangarin at mithiing lalo pang mapataas ang uri ng edukasyon para sa di marunong bumasa at sumulat sa pamamagitan ng pag-aaral ng kinagisnang wika. At inaasahan din sa gayon ang madaling pagkatuto ng wikang pambansa.

Onofre D. Corpuz

Ministro ng Edukasyon at Kultura

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Iyaw a leburu neturak kesi ammu ino tolaira ino akwanda nu malowanira onnu nu wara medidemmu onnu metufu si malow onnu sannanganna. Ammera nad kepay a onan ino qaggattanna ino malow kasera akwan ino angganda a akwan. Se nu dumaggat, malowin a tubalan si agas. Nalawad nu ino gi'nan matubal si agas nu pa'lat a mangiyafu se naladda a ma'ari.

Iyaw kappay, nu ino tolai e ammuna ino agasira e itulduna ino korwan a makwa a awan sitaw a leburu, tuntulandaw. Se oddu ino ammura amma sito neturak sito leburu.

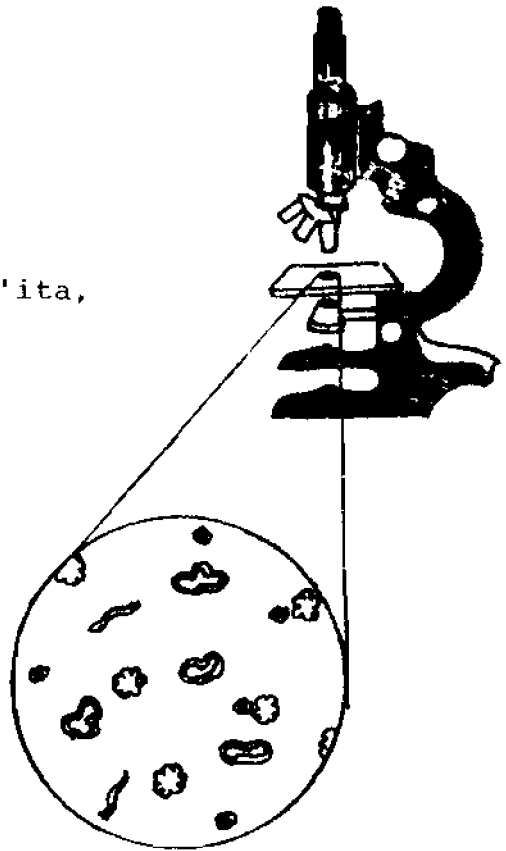


Aneno manga'da si takit?

Ino kunda a germs.

Ino kunda a germs,
bawissangngira,
malla amman a ammena ma'ita,
udde ma'itera sino
microscope.

Sumallungira sito baggi
e umodduwera,
e ira ino manga'da
si takit.



Nu natuyag ino baggin, ammem ma'affut,
udde nu korwan, ino agas
a ma'awangngu si mamapatay sikwara.

BABANNAG ANNA TIFUN



Nu mababannagga anna mattifungka,
kunnayaw ino akwannu:

1. Amneka ma'antawan, se narakkat nu malelerangka.
Amneka karalawan so balay kiyad si ammena
ma'ari.
2. Amneka maddiyut so wawwang. So unag na
balay pelang ino paddiyutannu, anda napatu a
danum ino paddiyu'nu.

3. Mami'luka a minum si aspirin. Gigi'bat, tangnganaw anna fufuwab. Damana kappay so tangnga na gafi. Nu kalu'bit, mami'lu ino tata si aw a gadwa a tableta. Nu abbing, tata a tableta mami'lu tata si aw. Nu darokkal, mami'lu tata si aw a aggadwa.
4. Nu inoy a babannag onnu tifun e ammena pelang ma'ari sino aspirin, mappaka si sulpha. Kunna kappay ino agginummu so aspirin ino sulpha. Tatasa ino inumannu a danum nu uminungka si sulpha.



MALOW ULU

Nu malow ino ulu, aspirin ino agasna.
Mami'lu a minungka si aspirin si tata si aw.
E nu ma'ari ino lona, ibbattannu ino magas.

Kunnayaw ino alangwam si aspirin:



Aspirin

-1	Ammena natarun	1/2 na taggat so aspirin na abbing
1	Tarun	1 gat so aspirin na abbing
2	Adwarun	2 gat so aspirin na abbing
3	Tallurun	3 gat so aspirin na abbing
4	Appattarun	1/2 gat so aspirin na dokal
5+	Nalla'wut si limarun	1 gat so aspirin na dokal
12+	Nalla'wut si karadwa a run	2 gat so aspirin na dokal



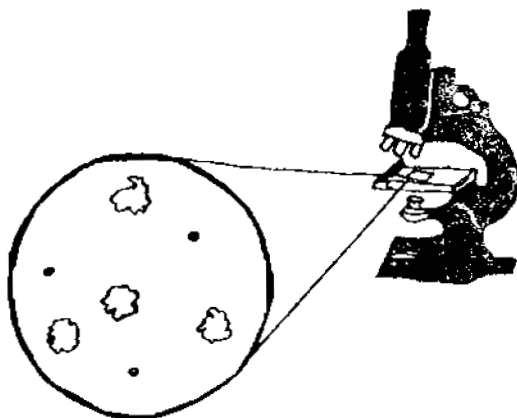
Mannu'nut ino ulu, nu ammetam mangngan si natang.

Nu korwan e kanayun a
mannu'nut ino uluna,
ana nakuy ino gi'nanna
a amoeba.

Tetracycline onnu

Plewin onnu

Fasigyn ino agas
neno amoeba.



TALAMMAN (MALARIA)



Aroyuwantam yo ilakkira.
Nu ara'niyera,
dappetanira.
Ira ino paggabwatan na
takit a talamman.
Nu sikkapandaka a
talamman, massiki nu
ikka ino katatuyaggan
si ammin a tolay,
affutandaka lamang.

Ino gafu na talamman:

1. Mannu'nut yo ulu.
2. Mannu'nut yo daruru.
3. Nu korwan nala'bat a baggim:
nu korwan napatu.



Ino agas na talamman:

Ino nalawad a agas na talamman ino Aralen onnu Fansidar.

Kunnayaw ino alangwam si Aralen:

-1	Ammena natarun	1 gat, kasena 1 gat kappay nu mabalin ino 6 a orat
2-5	Adwarun kiyad si lima	2 gat, kasena 1 gat kappay nu mabalin ino 8 a orat
6-10	Annammarun kiyad si tafulu	2 gat, kasena 1 gat kappay nu mabalin ino 8 a orat, 1 gat kappay so kadarama'na
11-15	Kadwafulu si tarun kiyad si karallima	3 gat, kasena 1 gat kappay nu mabalin ino 8 a orat, 1 gat kappay so kadarama'na
15+	Nalla'wut si karallima	4 gat, kasena 2 gat nu mabalin ino 8 a orat, 2 gat kappay so kadarama'na, kasena 2 gat kappay so mekatallu aw

Kunnayaw ino alangwam si Fansidar:

-4	Awan kepay appattarun	1/2 na taggat mamitta ke
4-8	Appattarun kiyad si walu	1 gat mamitta ke
8-14	Walurun kiyad si karappat	2 gat mamitta ke
Dokal		2 onnu 3 gat mamitta ke



Ino karinnat, ino baggi na abbing napatu e maddaggang ke e antuwenoy ino gammuwangan na karinnat.

Kunnayaw ino akwandaw:

1. Ammeyu purayan ino korwan a a'anak a umara'ni sikwana. Narakkat nu umang maddiyut sey wawang. Maddiyut pelang si napatu a danum so dolam na balay.
2. Nalawad nu tumuk ino pagyananna. Se ino sinag darallanna ino matana e tantaro nu darallanna ino gamatulena.
3. Nu makalakalaluwa ino matana, ekwanannu si penicillin eye ointment ino matana mamidwa kadda aw.
4. Pinumannu si sulpha anna aspirin mami'lu kadda aw kiyad si ma'ari ino patuna.

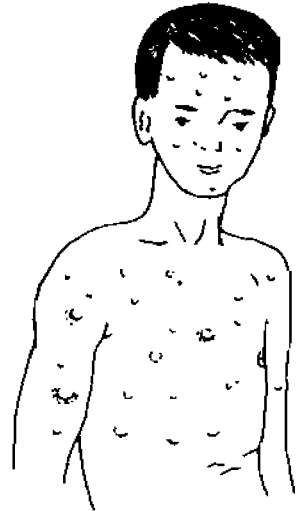
DALIPATU

Nu mangiyafu ino dalipatu:

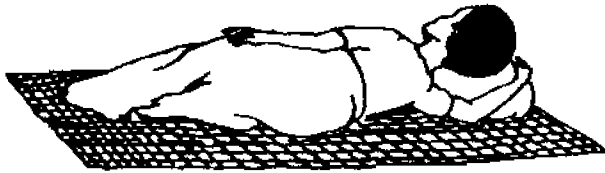
1. Kala'ma a babannag, narakkat a aggakkan, maradarandi ino baggi.
2. Lumatwad ino mallang a naguragguran sito baggi.

Ino aggagas si dalipatu:

1. Uminungka si aspirin ta ma'ari ino babannag.
2. Isibbum ino dalipatu si napatu a danum a nalamuran si takusara a asin.
Ammem funatan ino dalipatu se mewarak ino nanana a pangiyafuwan ino bawu a dalipatu.
3. Ekwanannu ino libanna si penicillin ointment onnu sulpha a nama'mak.



ANGKIK



Ino germs manga'da si angkik.
Nu makkurang ino akkanannu e
makkurangke ino adam,
nu nappelalot ino tarabafu,
malan a umoddu ino germs
sino baggi.

Ansanna ino aggang na germs sino dolam na baggi?



Ino germs, mangannira si wangit.
Ino mangkik, malit ino germs
nu mikag anda malluppa.
Kunnayaw ino agganda sino tasa,
duyug, kusara, barawasi, ulat,
anda sino kalawatan a
pakkakarayanan na abbing.

Ino akwanna ta ammeke malamitan si angkik:

1. Ino mangkik, padduyungnan
kepay ino gagangay a
duyungnga anda basu,
anda kusara. Ipassingnga
so pimfunanna. Ammem
usaran ino usaran
na mangkik.



2. Mamagguka si sabon nu mangngangkan.



3. Ino mangkik, mangwa
si alluppanna a lata
a napannu si lallang
kesi massikkulan na.

4. Ino mangkik, miraggang si papel, kesi massikkulan.

5. Ino mangkik ammena amman ino abbingira.



6. Ibilangngu ino ulat, barawasi anda ino pangnganannera kesi makkakatay ino germs a manga'da si malow.

Ino mangkik ma'awangnga ino agas.

Nu awan a apyana ino mangngan,
mallingakka si gafi,
anda makkafuyka,
anda nalalampoka,
annum si mangkikka.



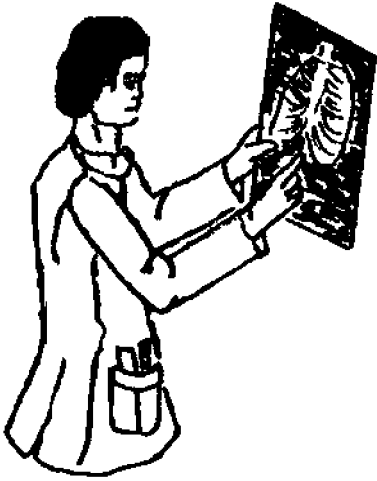
Magas ka kiyad si annam a dakkag.

Udde, nu mikagga,
malluppaka si ada,
anna malowo ta'gang,



Magas ka kiyad si adwarun.

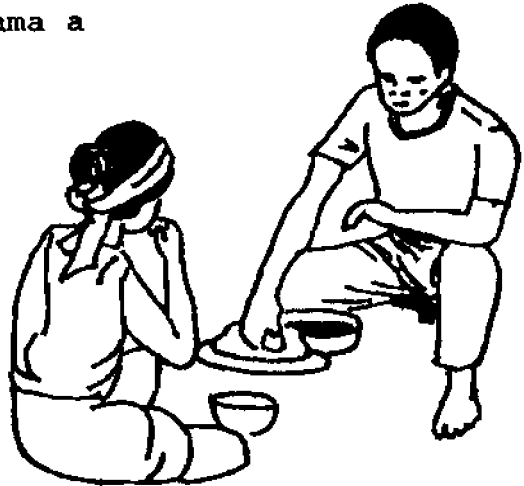
Antuweno agasannu a malan
kenasi ammena a dumaggat.



Ino angkik, ammeraka
mapapatay nu kuruwannu
anda tuntulannu
ino kun na doktor.

Udde ino agas ammena dama a
pattuyagan ino baggim
nu ammem mangngan si
napya a makkan,
anda ammem mimwang.

Kanayungka a massira
si ninaw.



Ino ma'akkan manga'da si tuyag si baggi
anna antu ke ino mapalungo a agas nu
malow. Mekaḍwa pelang ino agas.

Dandammanu yaw:

Ino natuyag a tolai ammena mangkik.

Natuyagga si kikiyad:

1. Mangngan si napya a makkan.



2. Maturug si napya.

3. Ammena pappelalotan a mattarabafu.



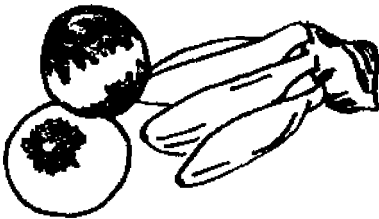
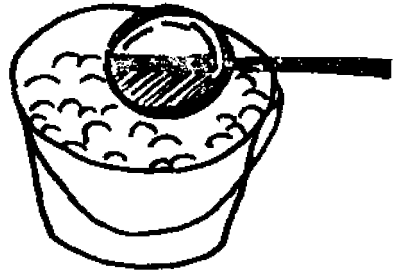
MALOW A KUYUNG - MABBURET

Ino malo si kuyung oddu. Ana ino mabburet
e ana ino korwan a malow pelang.

Kunnayaw ino aggagas si mabburet:

1. Ammeke mangngan si tapaya, pinya,
lubban. Ammeke uminum si kafe.
Ammeke mangngan si nataggat a tudda.
Ammeke mangngan si asukar onnu namit.

2. Uminungka si lulu
na tudda.



Napya kappay nu mangngangka
si gassilang, abat, anna
ammaena nalutu a kayimito.

Uminungka ke si nanassabban
si ba'gang. Ino akwanna,
pabbura'rakkannu ino danum
kasem sassabban ino ba'gang
e antuweno inumannu.



3. Sulpha ino agas na kiyad si ma'ari. Nu kalu'bit, mami'lu ino tata si aw a gadwa na tableta. Nu abbing, mami'lu ino tata si aw a a tattata a tableta. Nu darokkal, mami'lu ino tata si aw a aggadwa a tableta. Inumannu ino tasartin a danum nu inumannu yaw a agas.
 4. Magyangka pelang si balay. Ammeka mattarabafu nu mabburekka se dumaggat.
 5. Nu mabburekka, unafannu ino kama'nu si sabon kesi ammena umalamit si korwan.
 6. Nu nappelalot ino lona a manganayun, ibbattannu a uminum, ibbattannu ke a mangngan si foforme.
-
-

Nu abbing ino mabburet,
kunnayaw ino akwannu:

1. Ammem pasusun. Nu mapannu ino gatat na ina si gattak, pappattanna nad.
2. Pinumannu si lulu na tudda.
3. Pakkanannu si binulbug a tudda.



Ana kappay ino agas na mabburet. Nu iyaw a malow e nabayin e ammena pelang ma'ari sino sulpha, appannu ino natuyag a agas ino kunda a Diatabs onnu Guanamycin.

Kunnayaw ino alangwam si Diatabs:

Abbing	Paggindanannu ino 2 gat, kasena 1 gat kadda 4 a orat
Dokal	4 gat ino paggindanannu, kasena 2 gat kadda 4 a orat

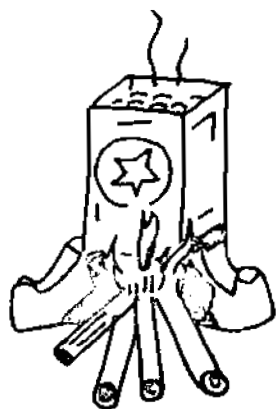
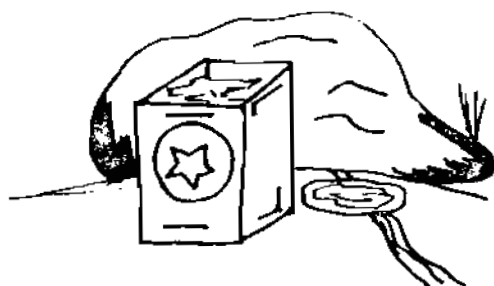
Kunnayaw ino alangwam si Guanamycin:

-5	Awan kepay limarun	1 bibissak a kusara kadda 4 a orat
5+	Nalla'wut si limarun	1 dokal a kusara kadda 4 a orat
	Dokal	2 dokal a kusara kadda 4 a orat

Ana kappay ino malo si kuyung a ammeke mabburet. Nu kunnenoy, tantaro nu u'git. Kakkapannu ino agas na u'git. Nu kunna kappay a malow e ammena ma'ari, tantaro nu ino agas na amoeba antu ino agas na kuyung, ino agas a Tetracycline onnu Flewin onnu Fasigyn.

Dandammanu yaw:

Nalawad nu managga
sino bitufut onnu
bufun. Narakkat ino
uminum so wawwang
onnu so foforme a danum
a madakkut.



Nu awan a nalawad a
panafan si ammena
maddakkut a danum,
nalawad kappay ino
matab so wawwang nu
palluwayan abbu
kasem inuman.

Narakkat nu ma'init pelang, palluwayan si
adwafulu si minutos.

U'GIT

Ino attallunda si baggi:



Ino i'lug na u'git a ammena ma'ita anera sino attay na tolay anna ayam. Nu urat pelang a kawet ino tolay anna ayam, naladda pelang a umang ino i'lug na u'git sino kamat anna makkan. Nu mangngangka, liyena a ma'ammuwannu, kanannu ino i'lug na u'git e dumarokkalira so kuyunggu.

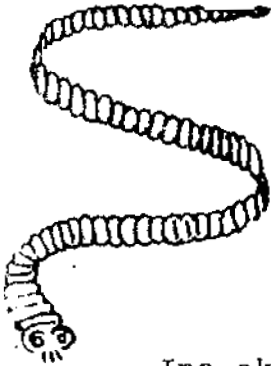
Ino hookworm, damara a sumallung sito gufu, mangannira sito takki.



Ino ulipat a u'git, magyan si ba'lag na bafuy, baka, piya anna daffug. Nu akkanannu ino laman a ammena kwara nalutu, antuwenoy ino paka'appannu si ulipat a u'git.

Kunnayaw ino akkakokwa na u'git:

Ino saribbukalira a u'git,
mabbalin si tata onnu adwa a dangan.



Ino ulipat a u'git,
sumaro'dagira makkiyad si
tappa onnu adwappa.

Ino akumakumayira ino
nannomang a pampang na
kunnangke ino ammena kwara
naku'riyatan a baggat.

Ino hookworms,
maniralang a
kadarokkal na
abuk.



Ansanna ino angngammum si wara a u'gi'nu:

1. Itannu nu wara u'git sino attay.

2. Ino saribbukal a u'git:
ino kuyung na abbing mabbutut.

3. Ino akumakumay a nannomang
ino siyud na:
mafatira nu gafi e
makatal ino unin.

4. Ino hookworm:
darama malow ino kuyung,
anna malow ino ulu,
anda nakafuyka.



Ino agas na u'git:

Ammin a tolay, dokal onnu abbing, uminumira nad si agas na u'git kadda annam a dakkag.



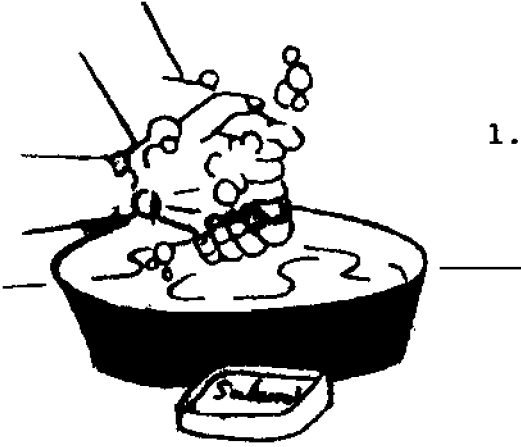
Ino nalawad a agas na u'git ino Combantrin.

Kunnayaw ino alangwam si Combantrin:

-5	Awan kepay limarun	1 gat
5-9	Limarun kiyad si asam	2 gat
10-15	Tafulu kiyad si karallima	3 gat
15+	Nalla'wut si karallima	4 gat

Nu inumannu yan a kinina paggarindanannu a pamittan.

Ino alasang na u'git:



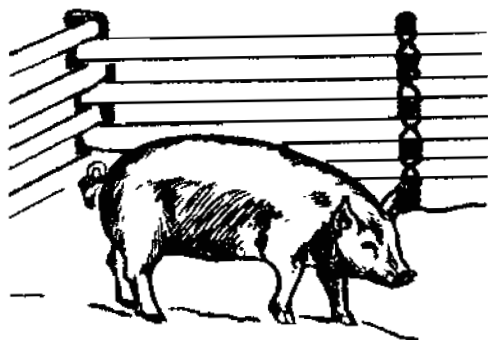
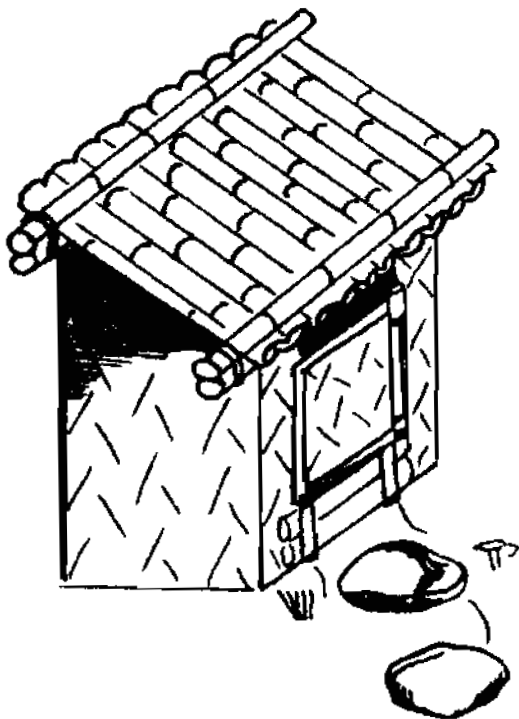
1. Mamagguka abbu kasem mangngan.

2. Lutunnu si nanya ino laman.



3. Massapatukka.

4. Makkawekka sey
kasilyat.
Nu awan a kasilyat,
makkawekka so
aroyu so balay.



5. Fukukannu
ino ayamira.

MALOW A SARONSONG



Nu malow ino ta'gang a mallang a masikkulan, tantaro nu ulcer inoy. Nu ulcer, nu mabisingka malow, nu mangngangka umunoy.

Ino agas na:

1. Ammeke mallangat a mangngan aggekakkangka a kanayun. Massiki nu aggabissangngannu pelang a mangngan. Mamippat onnu mamillimaka a mangngan si tata si aw.
2. Ammeke uminum si kafe onnu tayug, onnu mangngan si sili a na'agat, danggu, onnu nataggat a tudda. Ammena ke ino mammama anna manabako onnu mangnga'ngat.
3. Nu nadaggingke, gatas ino nalawad. Mamippat ino tata si aw a uminungka si gatas.
4. Uminungka kappay si Vitamin A, B, C, anna D.

GURID

Nu wara a gurinnu e bibissang kepay, tubalannu si agas. Se nu ammem tubalan umoddu e dumarokkal. Nu bibissang kepay ino gurid, unafannu abbu. Ino agas na gentian violet. Nu tubalannu si agas malan a mapilat. Nu oddu ino gurinnu e ammena a malalan a ma'agasan, kunnayaw ino akwannu:



1. Maddiyukka si sabon mami'lu tata si aw.
2. Nu na'unafanin arannu ino kannag kasem ekwanan si penicillin ointment onnu nama'mak a sulpha ino iyekwam.
3. Kanayunannu a bo'bokan ino barawasim anda ula'nu kesi ammena kappay a mabbali si gurid ino nananera.
4. Uminungka si Vitamin A anna D.
5. Nu naggurid ammin ino baggi anda ulu, kakkapannu ino penicillin, udde akwannu abbu ino korwan a nasapit.
6. Ammem ku'metan se dumaggat.

BARIFURUT/DEDDED



Ino barifurut tameta.
Bawisang udde makatal.
Mabbali si gurid nu
kurakkutannu e madakkutan.
Awan a serbi na nu
mappasudukka. Awan a serbi
na ino penicillin ointment.
Karamod nu kawu ino gafuna.
Madyat yo barifurut nu nakkawu.

Kunnayaw ino akwannu:

1. Sabonannu ino baggim kadde gigi'bat anna gafi. Foforme a sabon ino pangwam. Udde ammem unafan. Kunna pelang inoy ta mamma so baggim.
2. Bo'bokannu ino sinnunnu kadde aw.
3. Agasannu si benzyl benzoate onnu Kwell Lotion. Itallad abbu ino barawasi anda ulat kasem agasan ino baggim. Ino dedded kattalatalaw se malan a umalamit.

KUTU



Nu nakkutuka, naladda a agasan.

1. Ru'gutannu si agás. Akwannu yaw si gigi'bat.
2. Ammem babbaddan ino ulum si foforme.
3. Nu manoloka si fuwab, kanayunannu a sabonan.
4. Ino lita na kutu ammena matay so agás. Se mamattera pelang. Nu malla'wut ino tallu a aw, mamattera ino lita, e ekwanannu kappay si agás.

BUTALI

Nu mangiyafu tubalannu si agas ta ma'ari.
Se nu dumokkal ammena ma'ari kiyad si mabbattak.
Nu wara a lumattag e napatu e mannu'nut, butali
inoy.

Kunnayaw ino akwandaw massiki nu mangiyafu kepay
onnu dokallin:

1. Mepatuka si danum, mappaka si sinnun a
awan a dakku'na. Isibbum so napatu a danum
kasem idappel so mangiyafu a mattufu a butali.



Nu nalla'battin ino sinnun,
isibbum kappay idammam
kappay.

Akwannu yaw mami'lu
tata si aw kiyad si
kumappat onnu
mabattak.

2. Tresulfa onnu triple sulpha ino nalawad a agas na butali. Inumannu kiyad se ma'ari.



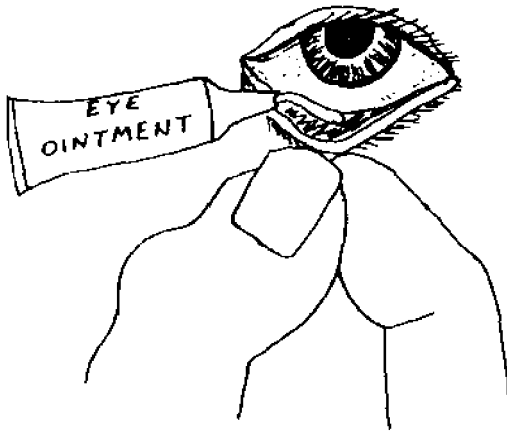
3. Ino nalawaringkepay a akwannu isibbum si napatu a danum. Malan a mabbattak e manaw ino nanana nu mesibbu.

Itannu se ino nana na butali ay narakkat, se nu mappurassak ino nanana si korwan, mabbali kappay si butali. Antuweno unafannu ino kama'nu nu appangannu ino nana na butali. Unafannu si sabon.

KAMATA

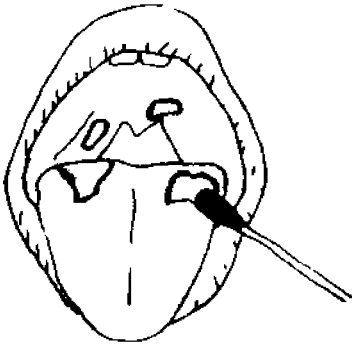
Nu makalalakalaluwaka, kunnayaw ino akwannu:

1. Ammem a'appangan, udde nu appangannu ino matam, awan nad dakku'na ino kama'nu.
2. Unafannu ino matam si ammena madakkut a danum kasem funatan si ammena madakkut a sinnun.



3. Ino agas na yaw penicillin eye ointment. (Ana ino adwa a kalase na penicillin ointment. Ino dokal anna aso'dag, agas na gurid. Itannu se bakkan yan usarannu. Malappakka nu iyan ino akwannu. Udde ino bibissang, antuwenoy ino agas na kamata. Itannu se antu pangwam.)

RABBAK



Naladda a agasan ino rabbak. Ekwanannu si gentian violet ino dolam na wangit na abbing mamidwa si tata si aw.

Ino gafu na ino pappanna abbing si kunnayaw si kanayun a massusu ki inana. Ammena dama a massusu ino abbing ki inana nu madakkut ino inana. Nu kadda gigi'bat a maddiyukka e mabbarawasika si awan a dakku'na, ammena marrabbak ino abbing.



BERIBERI (LUMATTAG)

Nu malow ino ta'gangngu e ammena makkagi'na e lumattag ino bilangnguwera onnu lumattag ino mutungngu, tantaro beriberi ino gi'nannu. Malow ino kuyungngu e awangke a gakakkannu, ammeke makakaturug, mallangka ke a na'ayang. Awan a korwan si agas na nu bakkan ino vitamin.

Minungka si Vitamin B kadda aw si unag na tallu dakkag.











Mangngangka si laman anda natang onnu uldut na gassilang. Oddu ino Vitamin B ino apay. Nu kunnantu ammem ku'riyatan ino baggat anda nu makkalutuka ammem unafan.

NAKAFUY A BAGGI

Nu nakafuyka, anda maliwawwangka, anda ammem ke anggam a mattarabafu, ino nakuy gafu nenoy kurang ino vitamin si baggim. Nadadaruma a Vitamin (A, B, C, D, iron) ino ma'awag.

Kadda aw a inumannu ino vitamin kiyad si tallu onnu appat a dakkag. Awan a serbina nu ammem bayan a uminum si vitamin. Nalawad kappay nu magaska si agas na u'git nu nakafuy ino baggi.

Kesi ammena kurang ino vitamin, irayaw ino akkanannu a kadda aw:

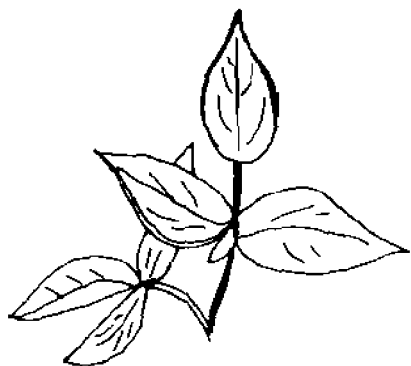
<p style="text-align: center;">i'lug</p> 	<p style="text-align: center;">uldut na gassilang</p> 	<p style="text-align: center;">adon na papet</p> 
<p style="text-align: center;">petsay</p> 	<p style="text-align: center;">kawasan</p> 	<p style="text-align: center;">marunggay</p> 
<p style="text-align: center;">adon na sili</p> 		<p style="text-align: center;">al, nu wara</p> 



KADDA MANGNGANGKA MA'AWANGNGU INO ININAW

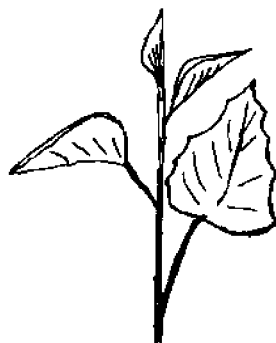
SE NAPYA A MA'AKKAN.

Awan a korwan si mappatuyag sito baggi nu
bakkan ira pelang yaw:



adon na amiling

uldut na gassilang



adon na papet

Ammem kun a ino adonira pelang ino akkanannu,
se manga'dera si tuyag na baggi.

AWANIN A ITANNU NU MADDI'LAMMIN

Ino ammenan maka'ita nu maddi'lammin, awan a Vitamin A. Ino Vitamin A a kunda, maggabwat sitawira a ma'akkan:



nalutu a tapaya	kalubasa	adon na amiling
petsay	repollyo	adon na gassilang



Iyawira ammena nad a malallang a ma'inaw kadda aw onnu agagamitta penad nu damana.

Udde nu awanin a itannu nu maddi'lam, umangka mangappa si agas a Vitamin A.

BIKKOK

Nu awan a iodine sito baggim, antuwenoy ino pangappannu si bikkok. Kesi ammeke mabbikkok, irayaw ino akkanannu:



1. Uldut na bilat na uwaw.
2. Asin a ana ino iodinena.
3. Bilis onnu sardinat.

Nu mabbikkokkan, maggatangka si Lugol's Solution se antuwenoy ino ammena mappadokal.

Kunnayaw ino aggangwam so Lugol's Solution.

Bisangngannu lang a musar se nu oddu kappatay.

Makkiyad si 5 aw kasena	5 pattak si <u>Lugol's</u> so tabasu a danum
Kadda mekadwa lingwan	10 pattak si <u>Lugol's</u> so tabasu a danum

Agasannu nu bibissang
kepay se nu dumokallin,
awanin a agasna.

Antuwen pelang agasna
ino mappagu'bat.



BIYAD

Kunnayaw ino akwanna nu mabiyarangka onnu maguraggurangka:

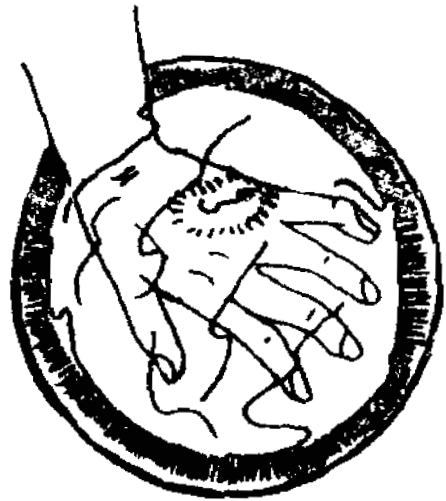
1. Massiki nu makadada, purayannu ta mallawan ino madakkut so dolamma.
2. Unafannu si sabon anna nala'bat a danum. Itannu nu nallawanin ammin ino madakkut so dolam.
3. Agasannu si penicillin ointment onnu sulfanilimide (sulpha a nada'dak).

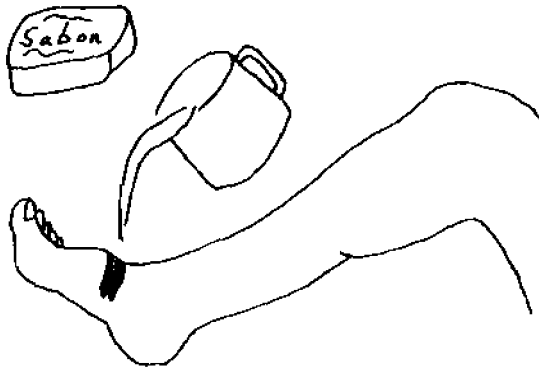


4. Ba'battannu si panyok onnu foforme udde ino ammena madakkut.
5. Ammem batan ino ba'ba'na. Udde nu mabata, pataliyannu kappay si awan a dakku'na a sinnun.

6. Nu masudukka onnu makapi'nakka si beduru
onnu asit, piyangannu ma'lud. Arannu ino
tataḍ sey dolam. Piritannu kesi mallawan,
nu ammena ma'ari akwannu ino pakwara sikwam
kesi nanu daramat akwannu kappay.
Daramannu isibbu si napatu a danum kunna
pay ino alangwam si butali mami'lu tata si
aw.

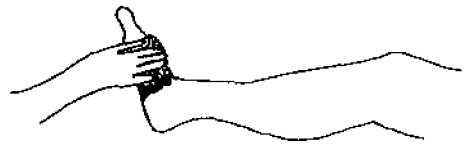
Ammem isibbu ino
korwan a biyaḍ
nu ammena ilattag.
Udde nu lumattag,
antuweno isibbum.



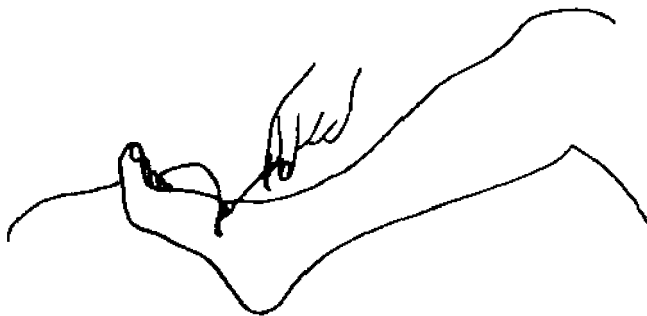


Nu wara na'unag onnu nadaman e aggedada,
kunnayaw ino akwanna:

1. Unafannu kesi ino madakkut ma'ari. Sabonannu, udde nu awan a sabon, danum pelang ino usarannu. Ammem unafan si foforme a madakkut a danum. Ino nad napapara danum. Anda ammenake ino napatu a danum.
2. Takesi lumammam ino adana, kumappilka si sinnun ta idakko'mu so biyad, e kasem babbaddan si nasi'gat.



3. Nu gumamwangka so balay onnu nu mababbayag, arannu ino ba'ba'na. Unafannu si sabon e kasem ekwanan si penicillin ointment, onnu sulpha a nada'dak. Nu madda kappay ba'battannu a kunna kappay ino nepangwam so pittana.



4. Udde nu ammena pelang lumammat ino madda, iyangngun onnu umangkan si doktor onnu midwife takesi detanna.
5. Kenasi ammena lumattag ino biyad, mattumarka si agas a Tresulfa mami'lu tata si aw.

MAKAT



Nu katandaka atu:

1. Unafannu ino biyad si sabon e ekwanannu si sulpha onnu penicillin ointment.
2. Iyakannu ino atu si nalawad, e itannu nu manantaw. Nu malla'wut ino tafulu aw, nu ammena matakita onnu malowan, ammekan umang so doktor a mappasuduk. Se nu mappasudukka gampade ammena umuyung ino atu, narakkat sikwam ino mesuduk a agas.
3. Nu umuyung ino atu, umangka a mappasuduk sey doktor e gangngatannu onnu papatayannu ino atu. Ammem papatayan ino atu nu ammena a malowan se mappala'wukka abbu si tafulu a aw nu ino atu e umuyung onnu awan. Iyakannu pelang.

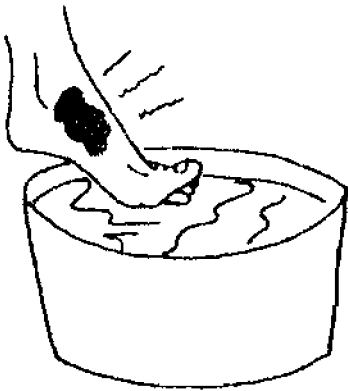
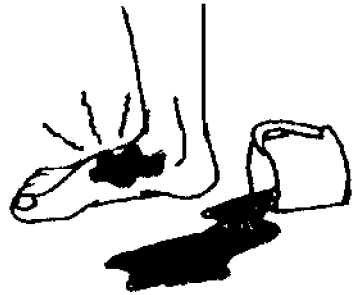


Nu katandaka ulag onnu afat:

1. Unafannu si nala'bat a danum. Isibbum ino nakat sino danum.
2. Mattuttugga onnu middaka. Narakkat nu malayoka anda ammeke ke nad a malala'gat.
3. Nu so talun, isibbum so wawwang.
4. Nu kinat na ulag a nagita ino tolay, iyangngu si doktor. Ituldum nu sanneno kalase na ulag ino nakkat siwana.

MALUSSUK ONNU MASIKKULAN

Nu malussukka si afuy
lanannu a agasan.



1. Lanannu a isibbu abbu
si nala'bat a danum
kiyad si ammena
malakayo minama kesi
mimwang ino lona.

2. Nu masindu a mesibbu, ro'gutannu si penicillin
ointment.

3. Alalluwangannu ino mabba'bat
si awan a dakku'na a sinnun.
Itannu se ammena madakkutan
kenasi ammena mabbakabakkan.



4. Ammem batan, ammem ke aran ino babbanna.
Ammena nad dama a maleleran. Antuweno
ammem pataliyan ino ba'ba'na nu ammena
kepay natalinggan.
5. Ino tolai a malussuk onnu masikkulan
uminum si oddu a danum.

Nu nadaggingke, umangka so doktor.

MATA

Nu mabuloka, kunnayaw ino akwannu:

1. Mangngikimmakka ta gi'nannu nu mallawan.
2. Ammem rurunan.
3. Pappattakkannu ino medyo napatu a danum so matam kesi ma'unafan.
4. Iyaggunnu to dufafa ino kima'nu. Nu ana so kima'nu ino bulom, funatannu si awan a dakku'na a nabata a sinnun.



5. Nu malo kepay ino gafanna nu ma'ariyen, pamiduwannu a pappattakkan ino penicillin eye ointment so matam.

LAYAG

Nu mataggap ino layangngu, kunnayaw ino akwannu:

1. Awan a darallan ino sumallap sey layag, antu gafuna ammeke mala'gat onnu makatalaw.
2. Ammem dudduwan si nassiyud ino layangngu.
3. Middaka ta sayukannu si na'asinan a danum ino layangngu takesi mallawan e itannu nu sanneno sinallung.

Nu mannu'nut ino layangngu, kunnayaw ino akwannu:

1. Isibbum ino awan a dakku'na a sinnun so nala'bat onnu napatu a danum e usarannu a idappel so layag.
2. Pattakkannu si mamidwa onnu mami'lu si agas na layag.
3. Uminungka si aspirin se ino lona.
4. Ammem pattakkan si agas nu wara nana si mallawan so layag. Antu pelang akwannu ino mekatata anna mekatallu so kalekay.



PANGGUNG

Nu mapanggungka, kunnayaw ino akwannu:

1. Piritannu ino iyungngu si kiyad si lima a minutus.
2. Umangakka so wangi'nu.
3. Umutukka a aggapiritannu ino iyungngu kesi ammena umang ino ada sino bu'law.
4. Ammem funatan ino iyungngu.



Nu akwannuwera yaw e ammena kappay a lumammam ino madda, kunnayaw ino akwannu:

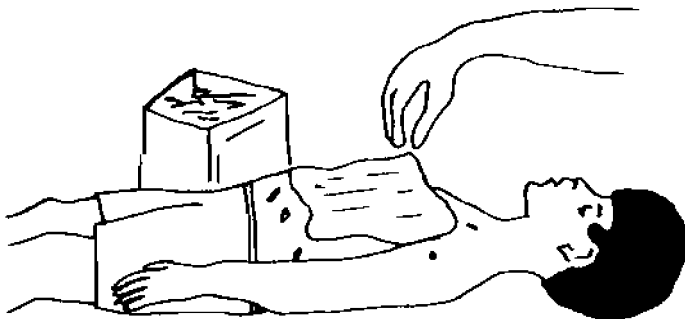
1. Tulatannu ino iyung si kapat onnu awan a dakku'na a sinnun.
2. Gafutannu ino kapat kiyad si tafulu a minutus.
3. Takannu ino tula'na a kapat kiyad si adwa onnu tallu a orat.

MALOWAN SO SINAG

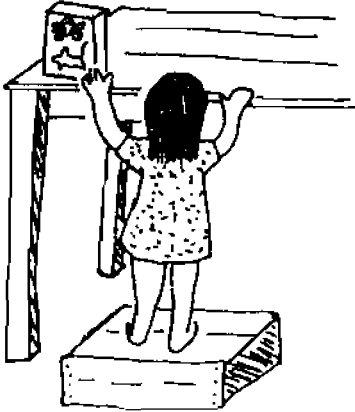
Nu korwan magyan ino tolay so sinag si mabayag, gampade napatu, e antuwenoy ino pangiyafuwanna a makkafuy anda maliwawang. Mu'u'ulak anda gapaputa. Nu mappatu ino baggi, e mappa'lat a maggat ino linga'na, nadaggat inoy a gi'nan.

Kunnayaw ino akwannu, nu kunnenoy:

1. Iyekwam ino tolay so siyong.
2. Isibbum ino ga'bung na baggina a bakkampay ino uluna so danum. Nu aroyu ino wawang, kanayunannu a sayukan si danum.
3. Ba'battannu si nabata a sinnun, onnu ulat a nabata.
4. Nu ma'uwaw, a'dannu si appat onnu lima sartin a danum.
5. A'dannu si danum a nalamuran si gadwa na kusara a asin kadda gadwa na orat kiyad si adwa orat.
6. Ammem a'dan si kafe.



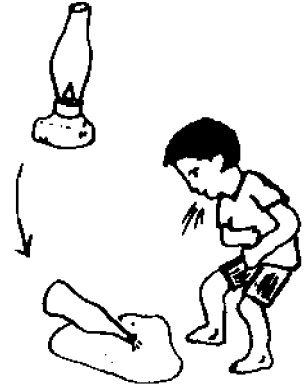
KAPPATAY



Nu wara uminum si kappatay a bakkan a acido anna agas, kunnayaw ino akwannu:

1. A'dannu si adwa tasa si gatas (onnu danum nu ammena ino gatas a inuman).
2. Putannu. Makwam yaw nu asinannu ino danum (adwa a kusara a asin kadda tasartin a danum) onnu kanayunannu pa'inuman si napatu a danum. Ammem putan nu sumilang onnu bumilaw.
3. Pa'utukannu ino uluna si bisang, mangkalekay bisang ino baggina onnu takkina.
4. Nu masindu a muta a'dannu si gatas (adwa onnu appat a sartin) a ibulun na ino nafuraw sino dolam na i'lug. Nu awan a gatas, darumin pelang.
5. Piddannu ta pasinakkannu.

Nu uminum si agás onnu acido,
kunnayaw ino akwannu:



1. A'dannu si adwa tasa si gatas onnu danum si inumanna. Tatasa pelang nu limarun kepay yo tolay.
2. Annem putan.
3. A'dannu sino nafuraw sino dolam na i'lug, gatas, onnu mantika si inumanna.
4. Piddannu ta pasinakkannu.

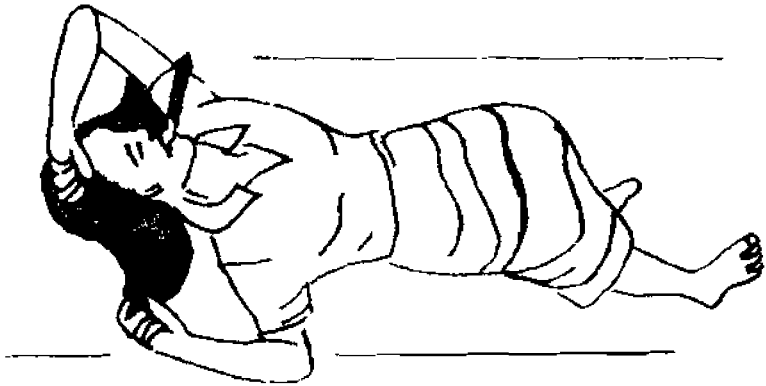
FUNAW



Nu maffunaw ino tolai, kunnayaw ino akwandaw:

1. Pattakayannu a piddan, medyo iyabbafam ino uluna.
2. Sakkatannu busang ino takkina.
3. Nu massi'lut ino funona, purayannu a aggidda.

BILAW



Kunnayaw ino akwanna nu wara bumilaw:

1. Piddannu ino binilaw so da'lap.
2. Pikiyannu ino uluna kesi nu muta ammena make'dallan.
3. Ammem kwara katangngallan, se tantaro nu makattu ino tulangngera.
4. Pasampallannu si kusara onnu panyok ino sangira kesi ammera a katan ino dilara. Itannu ino ngipanna kesi ammeraka a katan.

KE'DAL

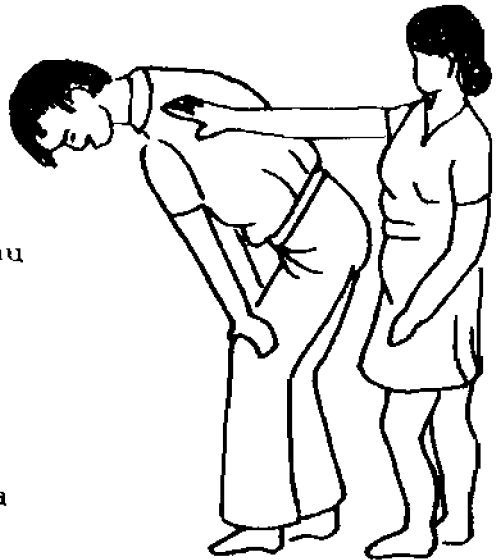
1. Kakkapannu a pikaggan ino tolay kiyad si metakkub ino ke'dalla.



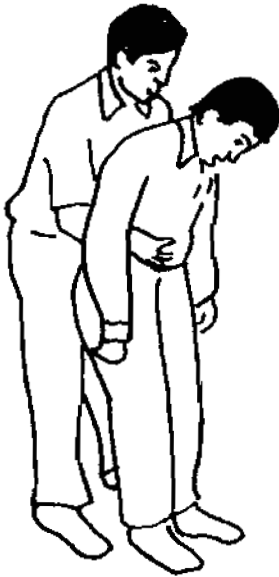
2. Nu abbing ino make'dallan:
Passakabbannu so uffum e dadappetannu ino daruruna onnu pa'utukannu ta kasem dadappetan.

Nu dokallin ino make'dallan, pa'okabbannu ta dappetannu ino daruruna.

Annemka mattalaw a mangwa sino kunnenoy se kabiyyan na make'dallan inoy.



Ino tanganan kappay a alangwa nu dokal ino make'dallan:



1. Patta'daggannu ino tolai.
2. Umangka so likunna ta awakannu, iyekwamo kama'nu so dufafana si bissak ino kanawi'na.
3. Iyekwam ino diwanan a kama'nu so saronsongnga.
4. Pa'latannu a marattan. Pa'latannu kappay a ibbattan.
5. Ipidwam kappay nu wara kepay ke'dalla.

Iyaw a aggangwa, makwera pelang so daddarokal.

Nalawad nu kadda balay wara a agasna. Nalawad nu aggapadan pelang ino agas, takesi nu wara a malow sikwam ammeke maka'i'intufuk si agas.

Irayaw ino nalawad a agas a ammena nangina:

Aspirin

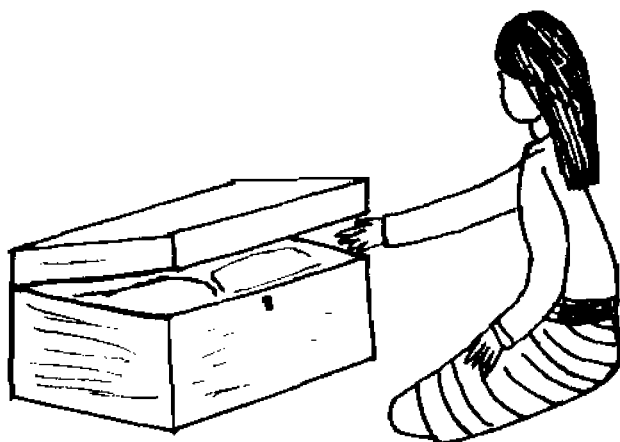
Triple Sulpha (Tresulfa)

Gentian Violet

Diatabs

Penicillin Ointment

Penicillin Eye Ointment (Ophthalmic)



Udde nu nadaggat ino gi'nanna ino matakit,
onnu nabayin a makka'ga ino tolay e ammena
mabbattunoy, iyangngu si doktor onnu
si hospital.

