

AYWANAN TAW INAWAN TAYA MAYYIT
(Let's Keep Our Bodies Strong)

A Health Book in Ibataan

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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 ikalililang 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

PREFACE

The purpose of this book is to help the people of Babuyan Claro, Cagayan, to have a better understanding of the causes and nature of poor health and how they can prevent or best treat illness when it comes. This book is not to replace the need for a doctor, but only to assist those living in an area where there is no doctor or medical service.

It is our hope that by using this book, the people will not only be helped in treating specific cases of illness, but also that those who need it will better understand their own responsibility towards the health care of themselves and their families.

We would like to thank especially David Werner and the artists of the Hesperian Foundation for the free use of Where There Is No Doctor, A Village Health Care Handbook. Thanks should also go to the following persons for their assistance in translation into Ibataan, Mr. and Mrs. Jude Bata, Mr. and Mrs. Lucio Ramos, and Mrs. Virginia Rayuan Tomas. We are also grateful to the members of the Summer Institute of Linguistics, Philippine Branch for helping to make this book possible.

Rundell and Judi Maree
Bagabag, Nueva Vizcaya
June 1980

Ango Saw Pakayapwan Ganyit?	1
Komohat Saw Adedekey	2
Trangkaso Kan Panateng	4
Polmonya	6
Kagogo	8
Sarot, Magpadara, Manna T.B.	11
Magborrot a Matotoneng a Tawo	17
Magborrot Saw Adedekey	18
Magtebbel	22
Nabigaran So Bitoka	24
No Kita Dan Ippet	28
Mamememeh a Ippet	29
Naymorong a Ippet	30
Hookworm	31
Tapeworm	32
Taga	38
No Taga a Taywara	39
Minyatek a Taga	40
No Kadoddwang Kan Sapingel	41
Natodok a Taga	43
Titanos	44
Magdaringongo	48
Korad	49
No Matatarek a Kolad Kan Minyatek a Kodit	52
Barot	54
Masosohan	57
Makbel Manna Kapagpayegpeg	58
Nahtanan	61
Mamirpir	62
Korang So Raya	63
Korarat	64
No Kaynyin No Bokot	69
Kamoras	70
Taywara a Ganyit	71
Ibahey Taw Nawri Do Doktor	73
Mamarin Tas Sarokod	75
Kabogi Kan Kapaymanganak	76
Maymanganak Tana	79
Kataripato No Motdeh Saya	84



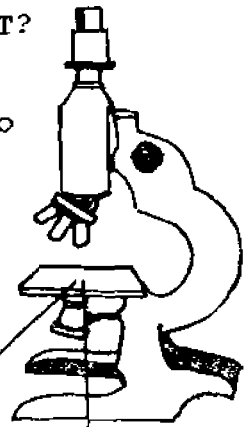
Ango kagaganayan no dadwa ladawan?

Malapos manna madalos?



ANGO SAW PAKAYAPWAN GANYIT?

Siraw nyaya a mikrobyo ki oltimo da so kadedekey akmasay olmog a dya maboya. Ki maboya ta saw do microscope. (No microscope a mabata, ki asa kita no warawara a panyideb so kadedekeyan a banag a dya maboya no mata.)



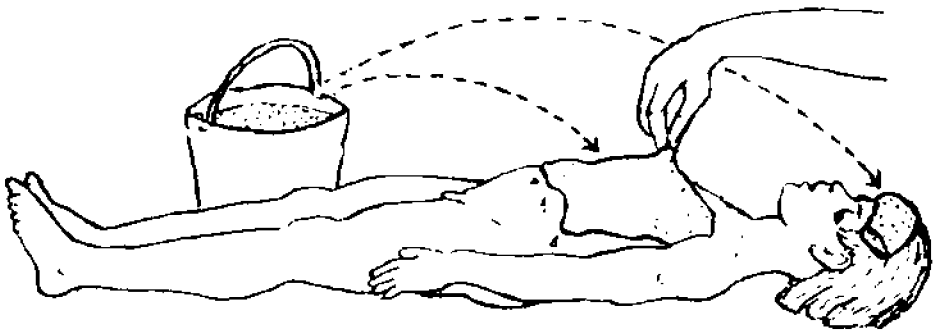
Siraw nyaya kadedekeyan a mikrobyo somdep sa do inawan as do irahem danaw payparwan da. Simpangan na, naganyit ta. An dya mayyit inawan ta, ki marawa tabaw no ganyit. An maypisa, aran mayyit inawan ta, ki agas pirmi a makasidong a ompakaro so ganyit.

KOMOHAT SAW ADEDEKEY

An komohat oho da kan inawan dan adedekey, ki nawriw pakayapwan kapamirpir da ta komohat sa so oltimo a tabo no inawan da.

No maganay a parinen tan maypabodis kakohat da ki:

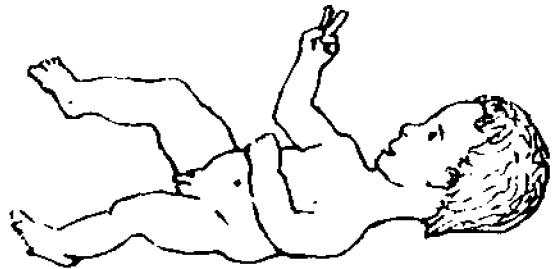
1. Mangbasa ta so lamit do mahanebneb a ranom as ka-iponas ta do tabo a inawan da. Anchan mabkohan, inponas tasa. Ki manghap tas alcohol an myan, ta sapsapwan ta a tabo inawan da tan bawan tasa.



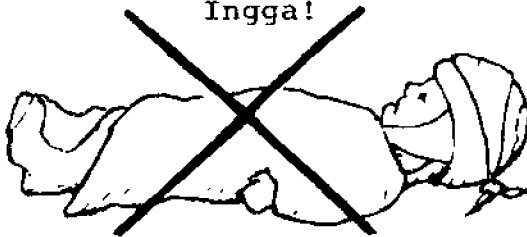
Laylayan ta
 saba so matokpoh
 an dyaw kamisitaw
 as ayoban taba tan
 dya mirwa komohat.



Na-on!



Ingga!



2. Paynomen tasa so asa kabaso a ranom
 kada-oras.

Ta an nawri napa a makohat no oho da,
 ki maganaganay dana an nanyeng a ipaboya
 do doktor, ta iya ki chapatak na an
 ango nakayapwan na naynyin so oho.

TRANGKASO KAN PANATENG

Siraw magtrangkaso saya kan magpanateng ki maymomohed, gomogo, maynyin tehnan, kan maypisa komohat manna maynyin bongho. Siraw adedekey maypisa magborrot sa.

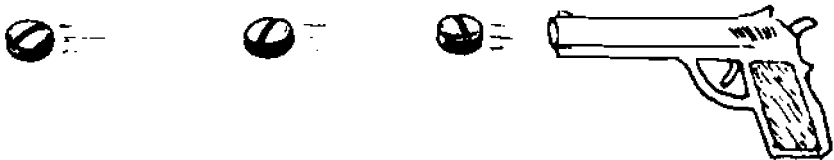


An myan panateng ta, ki:

1. Maypoktad tana a makaycheh.
2. Minom tas asa kabaso a ranom kada-oras kan minom tas rakoh a cha, kappi, manna asoy no kalod.
3. An nawri napa maynyin oho ta, maparin taw magtomar so aspirin. An alit napa dya mapya an mapahabas asa kalawas, sigoro matarek a ganyit ta. Maganay ta a iyahes do doktor, ta iyaw aspirin a agas ki tod na penpenen kaynyin oho kan dididiwen ta.

An myan so panateng kan trangkaso,
 tomaren tabaw penicillin, tetracycline,
 manna kadwan sa a penicillin! Nyasa
 ganyit tod ta mapya aran abo tomaren
 a agas.

Tomaren tabaw penicillin dirad dekey
 so ganyit!



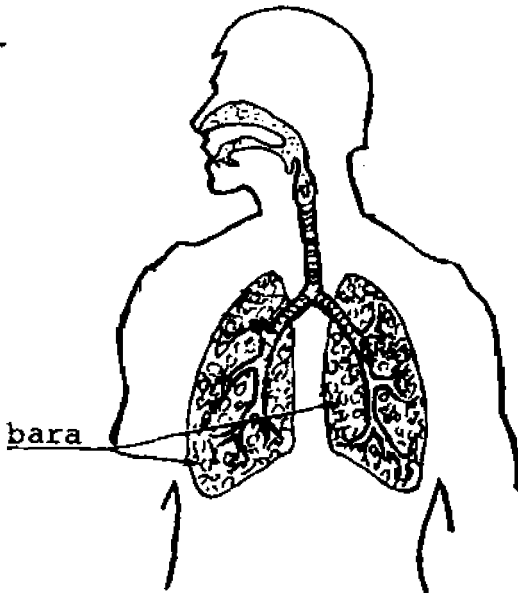
Kanakmen ta nawri:

AGAS KI MAKADIMAN AN MAYPISA

POLMONYA

Siraw magtrangkaso saya kan magpanateng,
ki masonong kapayparin ganyit a polmonya.

Nawriw nakahapan ganyit a polmonya do
nakayatek no bara. Katayoka maganyit so
kamoras, whooping cough, bronchitis, angsen,
trangkaso, manna aran ango a ang-angalen a
ganyit, ki nawriw malisto a pakahapan so
polmonya.



Ango kapatakan ta an myan polmonya?

1. Malisto a omanges.

Maypisa mayset so ka-ang-anges as
melsalsad so kaynaynawa.

2. Gomogo ta as maka-ichipa ta so kyaw
manna berde a gogo. An maypisa ki myan raya.

3. Maypisa ki maynyin iyaw barokong ta.

4. Pakaboyan ta a oyod a maganyit.

5. Iyaw maganyit a adekey ki malisto
kaynaynawa na do dadima poho kaminoto.

KAGOGO

Nyayaw matatarek a kagogo as kaganyit na.

<p>Gomogo ki dekey manna abaw ma-igogo na.</p> <p>-trangaso manna panateng</p> <p>-iyaw ippet a nakayapod bara</p> <p>-kagogo no manabako maynamot do oreb na.</p> <p>-kamoras</p>	<p>Gomogo ki dekey manna aro gogo na.</p> <p>-bronchitis</p> <p>-polmonya</p> <p>-angsen</p>
<p>Gomogo ki maysetet kan malidyat a minaynawa</p> <p>-angsen -whooping cough</p> <p>-diphtheria -ganyit no poso</p>	
<p>Pirmi a kagogo</p> <p>-sarot</p> <p>-angsen</p> <p>-bronchitis</p> <p>-kagogo no manabako</p>	<p>Gomogo a manyipa so raya</p> <p>-sarot</p> <p>-polmonya</p> <p>-taywara a ganyit maynamot do ippet</p>

No kagogo ki pakarohen ta iyaw gogo kan nohaw a myan so mikrobyo do tehnana manna bara.

As dawa:

1. Magtomar taba so agas a pinagsardeng no kagogo.
2. Minom tas aro a ranom tan homokay gogo ta.
3. Omanges tas rakoh, ta iyarabo-ob taw VICKS manna makokohat a ranom.



An maganyit tas panateng, kagogo, manna
 trangkaso, siraw nyaya mikrobyo maka-itoroh so
 ganyit as makapayadis pa. As dawa:

1. Mangay taba a bomisbisita.
2. Mangay laba a omasasngen dirad
 adedekey saya.
3. Machita a mapatarek sidok kan baso
 ta. Matarek osaren tan rayay.

An madidiw ta a somiknan kagogo manna
 komohat a tabo inawan ta, maganaganay an mangay
 a ipaboya do doktor, tan masonong paw ka-agas
 kan dekedekey paw mabosbos ta a kwarta. Dawa,
 panayahen ta pabaw kapaytaywara ta, tan dya
 oyod a rakoh mabosbos ta as ma-agasan taba.

SAROT, MAGPADARA, MANNA T.B.

No mikrobyo oyod a maka-itoroh so sarot. An iyaw kanen ta ki makorang so sostansya, an korang so raya ta, as an pirmi ta a maytarabako so mayyit a abos inahah, ki masonong kapayparo da no mikrobyo saya do irahem no inawan.



Maypango paro kapakasdep no mikrobyo do irahem no inawan?

Siraw nyaya a mikrobyo somdep sa do dangoy ta. Siraw myan so sarot ki makapayadis so mikrobyo an gomogo sa do kasalasalapan kan do gagan a paychagtagtalan da no adedekey, an tod sa manyipa so iwarang da do tana a goygoyyongea ta, an machibohobohod ta do baso,

sidok, laylay, kan ayob.

No sarot do bara, ki mahay a ganyit as masonong a makapayadis. Siraw tawotawo yapo 15 mandad 35 katawen a pirmi magkapsot, koman aba so masostansya a makakan, manna nachibahay do nagsarot a tawo, ki masonong a makahap so gayit a sarot.

An myan sarot, ki mapya an malisto a ma-agasan. Nawriw kapatakan ta an myan so sarot.

1. Pirmi a kagogo an mayokay.
2. Komohat an makoyab as maynannget an mahep.
3. Maypisa, maynyin paw barokong manna bokot.
4. Oltimo so kapagkakapsot a gomolang.

Siraw myan so sarot machita ma-agasan. Machita magagas tas agas no sarot do anem a kabohan.

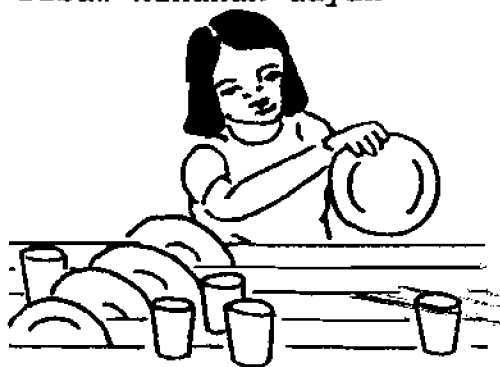
An oyod a taywara danaw sarot ta, ki manyipa so raya, magpayaw so kapaychirin, kan mabissag ta, ta korang so raya. Machita myan agas tad masngen do dadwa katawen. Nawriw pangrogyan kapagpa-agas tas malisto tan dyita ang-angalen so mahay.

Tan Abaw Sarot

Nonyaw parinen ta tan dyita makahap so sarot.

1. Siraw myan so ganyit a sarot mangapya sa so kinanan da. Osaren ta sabaw kinanan dayan magsarot saya.

2. Banawan tas sabon tanoro sakbay a koman ta.



3. Siraw magsarot saya machita a mapangay sas



ahbek do lata, ta
nawriw panyipan da.

An matonep danaw
ahbekaw no chipa
do lata, ki mamiyay so
apoy as kاسوب da sya.

4. Siraw myan so sarot palopen daw mohed da
do papel as kاسوب sya.

5. Siraw myan so sarot ki dadeken da sabaw
adedekey.

6. Pangayen do kakohatan ayob, laylay, kan
kinanan da no myan saya so sarot, ta nawriw
kadimanan da no mikrobyo.

Machita a onotan a anohdan an ango ibahey no doktor a manghap ta pirmi so agas. An machita magpatodok do kararaw, onotan a anohdan.

Ta no agas manawob aba manoroh so ayyit an dyita koman so masostansya kan dyita maynahah a mapya.

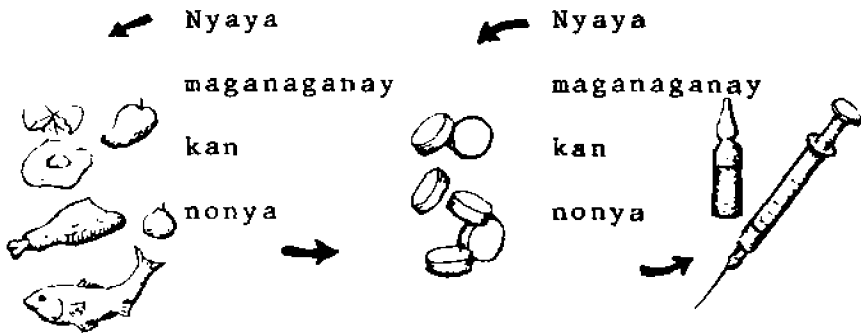
Nyasaw iktokto ta:

Siraw mayyit saya a tawo, ki magsarot saba. Mayparin ta mayyit an:

1. Koman tas kanen a masostansya.
2. Makaycheh ta maganay.
3. Maytarabako taba so mayyit.

No sarot ki chadiman taba an malisto ta a ma-ipa-agas kan onotan ta a anohdan ibahey no doktor dyaten.

Pirmi ta myan an kakan so itchan a masostansya. Kanen maka-itoroh so ayyit do inawan kan iyaw manoma agas no ganyit a kasidong no agas.



MAGBORROT A MATOTONENG A TAWO

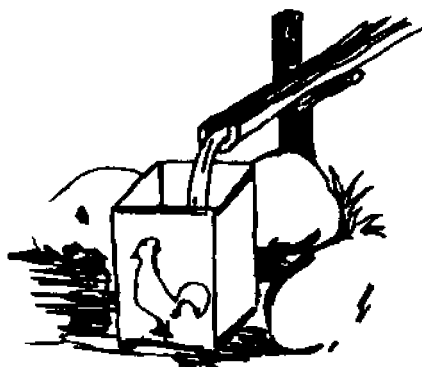
1. Minom tas kinerog a biyas a abos
asokar.
2. Minom tas nalebek a orin.
3. Koman tas sigget no inapoy.
4. Koman tas samanila a binyebeh,
a dya madakang manna goyod.
5. Koman tas dyipa naynoy a kayomito.
6. Minom taba so gatas.



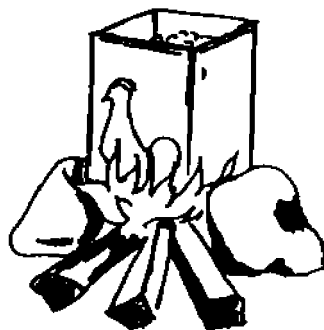
MAGBORROT SAW ADEDEKEY

An siraw adedekey a magborrot sa, nonyaw parinen ta:

1. Pasosohen ta saba. An iyaw anang naw a namsek so soso, ki pitosen a pakarohen gatas naw.
2. Paynomen tasa so sigget no inapoy.
3. Ipankan tasa so inabosang a inapoy.
4. Ipankan tasa samanila a binyebeh a iyaw nalabes danaw.



An chapatak ta iyaw inomen ta a ranom a yapo do dya madalos, ki pakbwalen taw ranomaw so asapoho kaminoto tan siraw mikrobyo madiman sa.



Siraw bago, chito, manok, kan matatarek a binyay
makapayadis so mikrobyo kan otchoy no ippet.

Iyaw tawo a
magborrot
manna maypet,
makatatchi
do dichod
no bahay na.



Iyaw bagwaw
kinanaw tatchyaw
no tawo a
magborrot. Iyaw
dadabok naw kan
kokod naw ki
nayapot no
tatchi.



Iyaw bago as
mangay do bahay
manna agtalan
dan adedekey.



Iyaw adekeyaya a gontal do atat,
as nawriw nakahapan na so
tatchyaw no tawo a magborrot.



Simpangan na, an
tomanyis iyaw
adekeyaw, ki machibaba
di anang na.



Nangay si anang
a manotong as
iyaw anangaw no
adekeyaw, ki
nakawayakan naw
naybanaw do
katayoka na a
nangbaba so
anak naw.



Ki kinan darana a tabo a pamilya iyaw
ritongan.



Simpangan na, sira tabo a pamilya ki
magborrot sa manna maypet danasa.



MAGTEBBEL

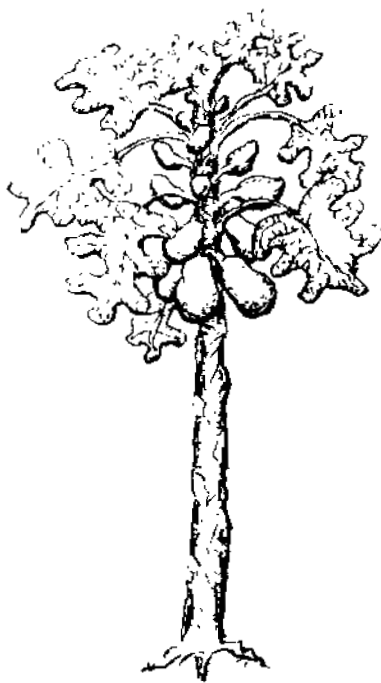
An magtebbel ta, ki mattwaw tatchi
ta as makatatchi taba do dadwa karaw.

Nawriw pakahapan ta tebbelen an kinan
taw dya maganay, ta korang makakan akmay
asin kayo, pitchay, balangeg manna korang
kapagwatwat ta.

An tebbelen ta, minom tas aro a
ranom as kakan tas naynoy a kabano manna
matatarek a asin kayo kan berde a rakanen
a bohobohong.

KABANO

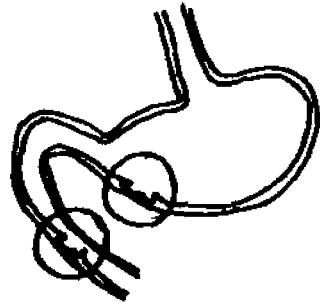
Iyaw naynoy a kabano ki aro vitamin as makasidong pa mangronaw so makakan. An siraw matotoneng as pirmi da batahen a maynyin bodek da an tayoka a koman so karni, manok, manna otchoy, ki naynoy a kabano oyod a makasidong.



NABIGARAN SO BITOKA

An myan nabigaran so bitoka, ki pirmi a maynyin bitoka manna chinayi, ta sobra asido a mamarin so bigar.

An maypisa, maypadekey iyaw maynyin an koman manna minom so gatas. Kaynyinyinan iyaw nabigaran so bitoka an:



1. Katayoka so dadwa manna tatdo ka-oras a koman ta.
2. Maptengan ta.
3. Katayoka a minom so arak.
4. Katayoka a makakan so itchan a mataba, malana, manna sili.
5. An mahep.



No maganay a kanen
an myan nabigaran
so bitoka

-gatas

-binyebeh

-kalabasa

-otchoy a isohad
manna hoto



No marahet a kanen
an myan nabigaran
so bitoka

-kappi

-arak

-kombwal a inomen

-sili

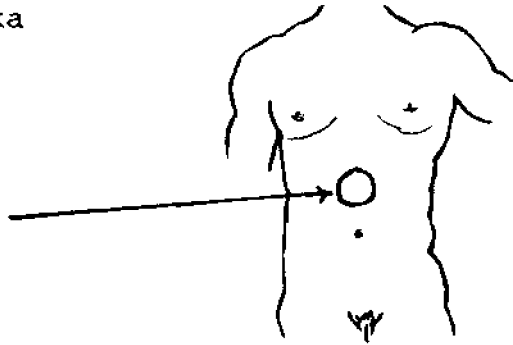
-bako

-mataba manna malana
a itchan

Nyaya ladawan maynamot do ganyit no bodek.

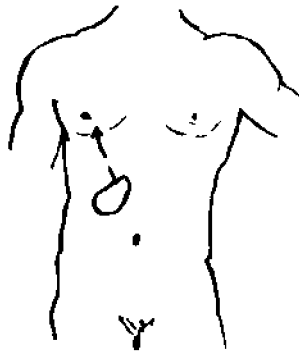
Nabigaran so bitoka

maynyin
kalangangan



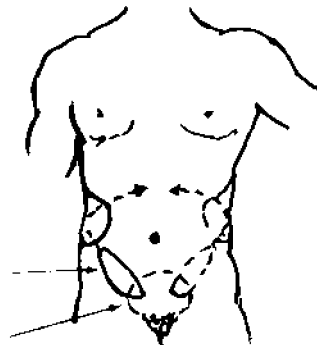
Apdo

masanib kaynyin
a komayab do
bokot



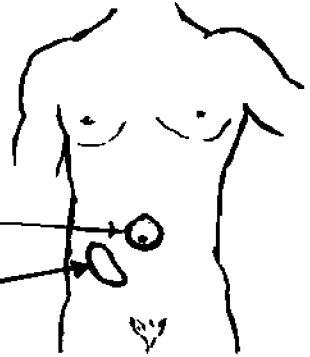
Kabongen

maynyin katinghan
a maydidibon as
mangay do takkeb



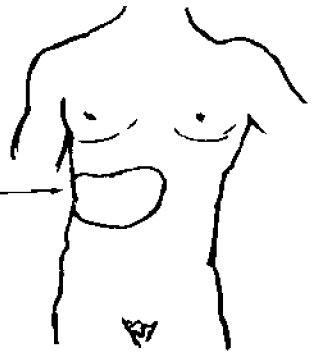
Appendicitis

manma maynyin
dodya
somarono maynyin
dodya



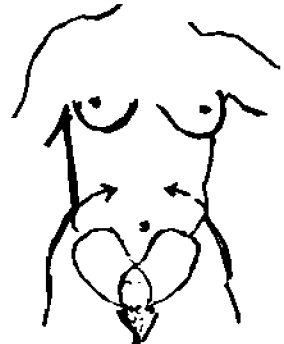
Attay

maynyin dodya
ki maypisa
komayab do
barokong



Ovaries

maynyin asa siri
manna dadwa, ki
maypisa komayab
do attang

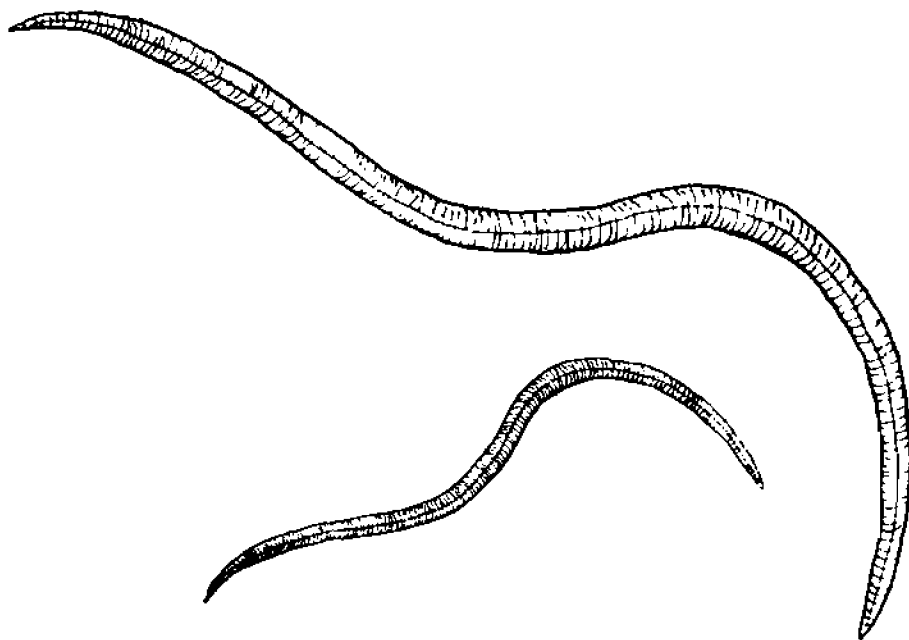


NO KITA DAN IPPET

Iyaw otchoy dan ippet saya ki myan sa do tatchi no tawo kan binyay, ki maboya ta saba do mata. An yaten a tawotawo kan binyay as tod ta a mangiwarang so tatchi ta do aran dino, oltimo so kasonong dan otchoy sayan ippet a mangay do tanoro kan kanen ta. An koman ta, as chapatak ta a makan tasaw otchoy no ippet. Nawriw pakahaman rakoh taya so bodek.

MAMEMEMEH A IPPET

Siraw mamememeh a ippet myan asa manna dadwa rangan, 20 manda 30 centimeter so kanaro. Kita da ki maydak manna midyo a mabaya. Do bodek da no adedekey ki mayparakoh as kan magborrot kan maynyin bodek da.



NAYMORONG A IPPET

Siraw ippet a naymorong a matatarem akmasay botoh no paray. Kita da ki maydak as oltimo a mataripis akmay bolabola. No kanaro da ki asa centimeter. Nawri a ippet a naymorong ki motchoy so aro (1000) do datchan. As dawa, makateh an mahep as chayokay ta. An siraw adedekey as kadkaden da iyaw datchan da, ki machiseksek do koko da iyaw otchoyaw no ippet. Ki makan da an koman sa.

Tan Abaw Naymorong a Ippet

1. Siraw adedekey a myan so naymorong a ippet ki machita a salabinyan so makipet an mahep tan makaycheh ki makadkad daba.
2. Banawan ta kakamay kan datchan daw an mayokay manna katayoka da makatatchi. Kanayon a maybanaw sakbay no kakan.
3. Kartiben ta koko da so manyid.

HOOKWORM

Siraw ippet a hookworm maboya aba do tatchi, ta oyod dedekey sa, akmasay boboh so kararakoh. No kanaro da ki asa centimeter. Kita da ki mabaya.



3. An gomogo, ki mohtot sa as kapangden ta a mangay do bodek.

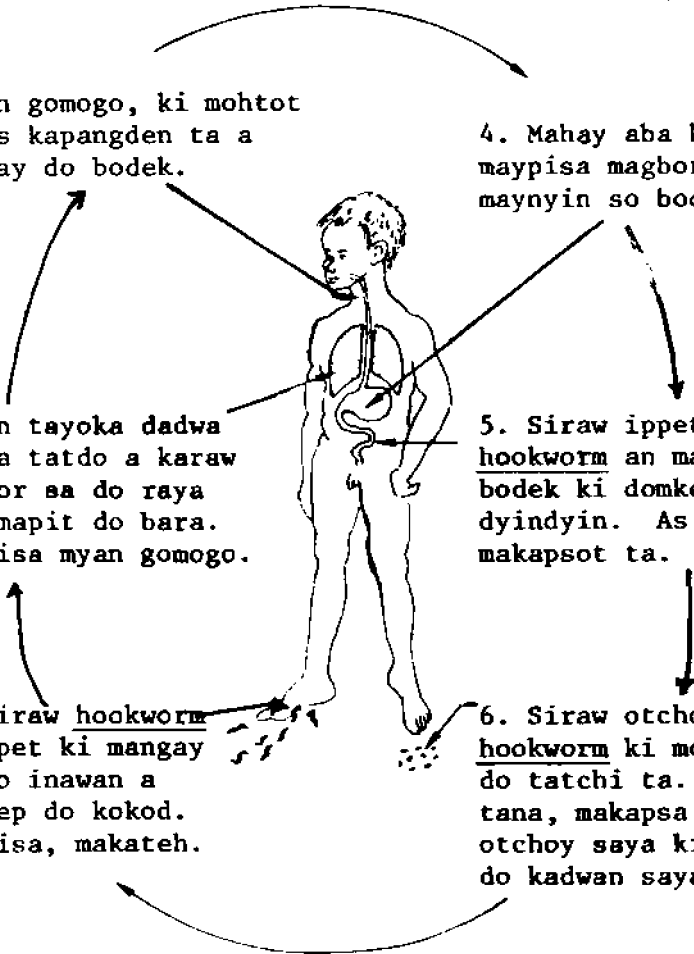
4. Mahay aba ki maypisa magborrot manna maynyin so bodek.

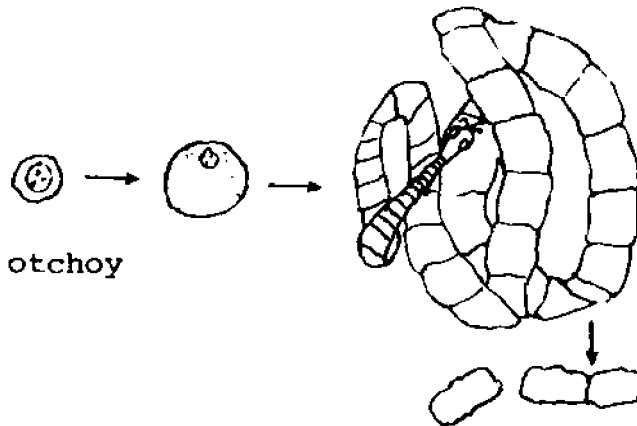
2. An tayoka dadwa manna tatdo a karaw omonor sa do raya a romapit do bara. Maypisa myan gomogo.

5. Siraw ippet a hookworm an mangay do bodek ki domket sa do dyindyin. As dawa, makapsot ta.

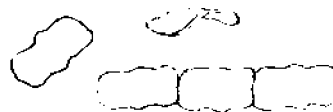
1. Siraw hookworm a ippet ki mangay sa do inawan a somdep do kokod. Maypisa, makateh.

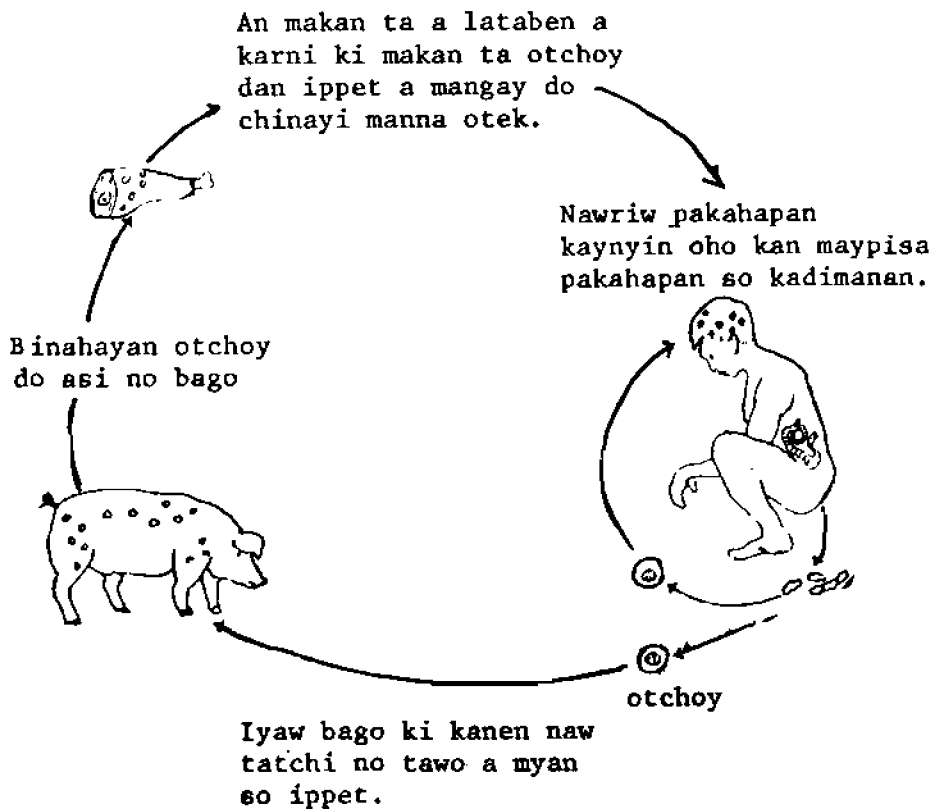
6. Siraw otchoy no hookworm ki mohtot do tatchi ta. Do tana, makapsa danaw otchoy saya ki somdep do kadwan saya tawo.



TAPEWORM

Siraw tapeworm a ippet ki oltimo da so kanaro, maparin a dadwadpa pandan da. Maypisa makakteb danaw kadwan dira as maboya an ma-itatchi. Siraw ippet myan sa do asyasi no bago, baka, among, kan nowang. An lataben ta karni a dyipa nahoto a maganay, nawriw pakahapan tas tapeworm a ippet.

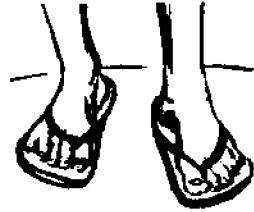




Tan Abaw Ippet

1. Maybanaw ta an manam kakan.

2. Hotohen ta maganay karni.

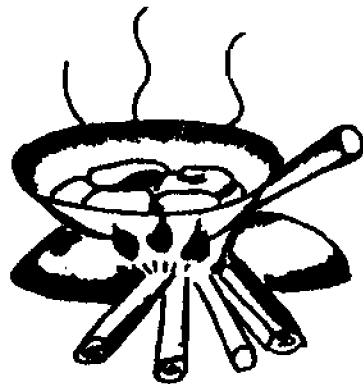


3. Magosar tas ismagel.

4. Mamarin tas kasilyas a pakatatchyan ta.

5. Mayahad tas pangikaldongan ta siras

binyay tasa.



Mapakaro so Ippet

Tabo tawo, matotoneng manna adedekey machita magtomar so ompakaro so ippet kada anem a kabohan. No maganay a agas diran ippet ki Antiox, Aloxin, Combantrin, manna TMZ.

Maganaganay a dyita magtomar so agas an abaw onotan ta a binata no doktor.

Mamarin tas kasilyas a pakatatchyan ta!



Kada tayoka a makatatchi ki machita a ponan so dekey a tana manna ahbek tan abo goyong a mangay kan dya mangot.

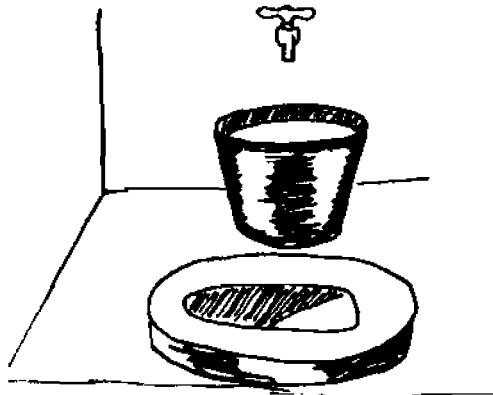
An mamarin tas kasilyas ki machita mabawa do bahay kan panghapan so ranom. Machita 20 metro kabawa na.

Ki an abo kasilyas machita mabawa do bahay, pariyosan, kan panghapan so inomen a makatatchi.

Aran adedekey ki nanawhen tasa makatatchi do mabawa!



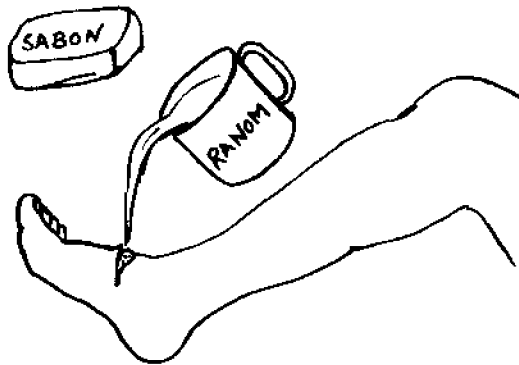
Siraw goyong, siraw makapayadis so mikrobyo a siknanan ganyit, ta siraw nakayapo sa do tatchi kan tabo a malalapos a banbanag. Payadisen dasaw lapos a nawriw pakayapwan ganyit an mangay sa dirad makakan tasa. Dawa, maganaganay an mamarin tas kasilyas a masibogan ranom.



TAGA

An mataga ta, ki nonyaw no parinen ta.

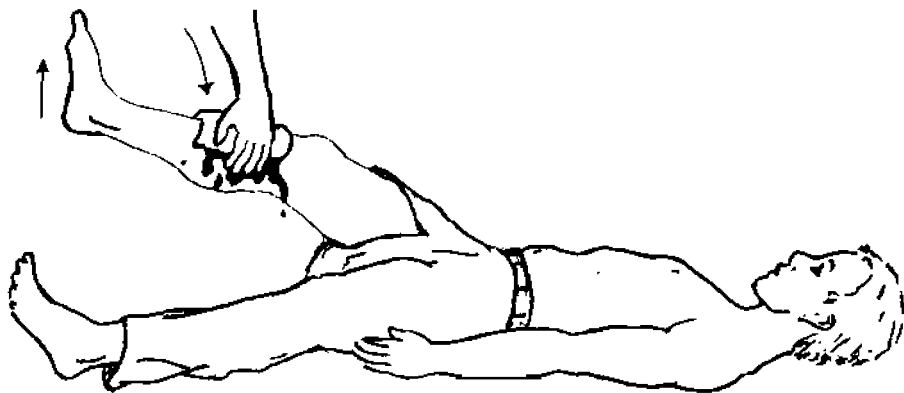
1. Dayasan so sabon kan ranom.
2. Pongosan manna bedbeden so madalos a lamit.



NO TAGA A TAYWARA

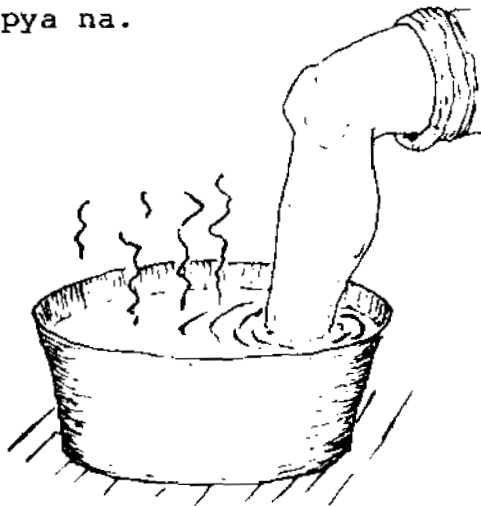
An iyaw taga a taywara, ki nonyaw no parinen ta.

1. Patohosen ta iyaw partis a myan taga.
2. Bengbengen ta taga taya do madalos a lamit. An abaw lamit, osaren ta tanoro taya. Tongtongen a bengbengen mandad magsardeng a mayraraya. Maypisa machita asa poho kan dadima kaminoto mandad asa ka-oras.



MINYATEK A TAGA

1. Dayasan so sabon kan ranom kararaw.
2. Pitosen manna pakarohen iyaw nohaw na as papoten taba do kadwan do inawan ta. Machita a pakarohen a tabo.
3. Machita a oppran do makohat a ranom a myan so asin, maypitdo do asa karaw a mandad kapy na.



An dyita mapya do tatdo a karaw,
manghap tas agas.

NO KADODDWANG KAN SAPINGEL

Iyaw minyatek a taga ki mapayadis
do kadwan a inawan an:

1. Komohat tana.
2. Myan mabaya a linya do tohos
no taga.
3. Mayparakoh kadoddwang manna
sapingel as maynyin pa.

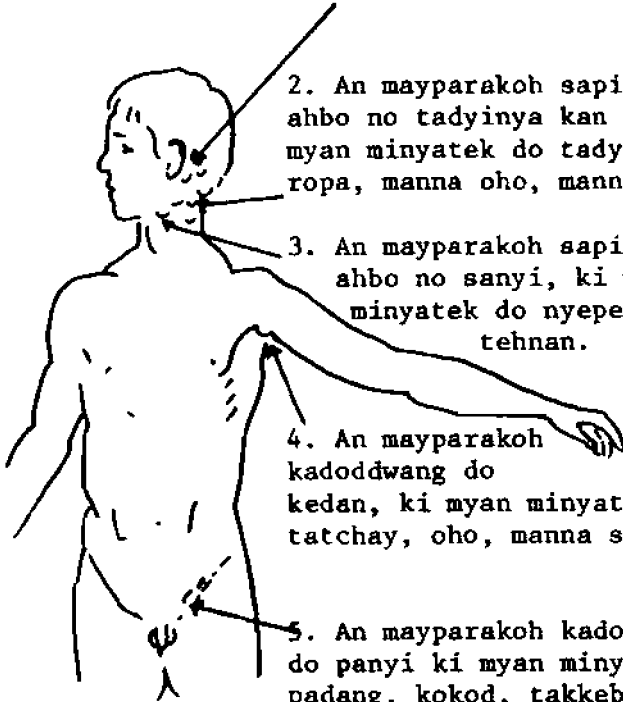
1. An mayparakoh sapingel do dichod no tadyinya, ki myan minyatek do oho, manna kodit no oho. Masanib nakayapo do koto manna kolad.

2. An mayparakoh sapingel do ahbo no tadyinya kan lagaw, ki myan minyatek do tadyinya, ropa, manna oho, manna sarot.

3. An mayparakoh sapingel do ahbo no sanyi, ki myan minyatek do nyepen manna tehnan.

4. An mayparakoh kadoddwang do kedan, ki myan minyatek do tatchay, oho, manna soso.

5. An mayparakoh kadoddwang do panyi ki myan minyatek do padang, kokod, takkeb, datchan, boto, kaminaw, manna obet.



NATODOK A TAGA

No natodok a taga ki chadiman an
dyita ma-annadan.

1. Dayasan tas makohat a ranom
kan sabon.
2. Pitosen tan iyaw malapos a
raya ki mohtot.
3. Pongosan manna bedbeden so
madalos a lamit.
4. Tan dyita matitanos, machita
ipaboya do doktor as
magpatodok so diran
matitanos.

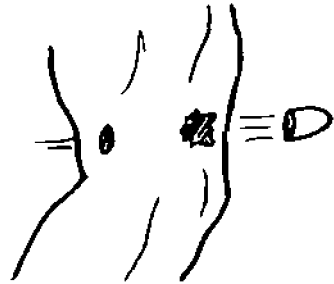
TITANOS

Siraw nyayaw maka-itoroh so titanos.

Sinonyit no chito
manna bago



Napaltogan a taga
manna
nabagkong a taga



Nataga do barot



Natodok do malapos
a rayem



Nasora a taga
akmay natodok
do nolok kan lansa



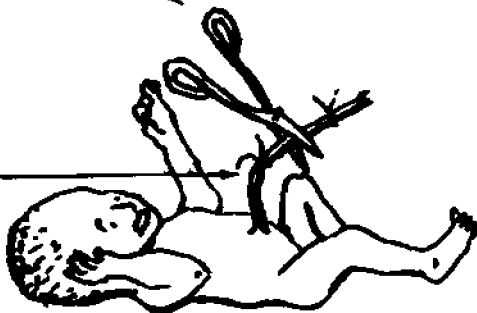
NO TITANOS DO NAKAWARA NO MOTDEHAYA

Do nakawara no motdehaya, ki somdep sa siraw mikrobyo a titanos do posed naya.

Masonong a pakahapan so titanos an:

1. Akteben iyaw posed do malapos a kawayan, byawo, imoko, manna kartib. Machita mapaborek tas iyaw osaren tas asa poho kan dadima kaminoto.

2. Iyaw posed, ki akteben do mabawa do bodekaya.



3. Iyaw ka-a-akfeb a posed as dya polos a mabkohan.

Ango Kapatakan Ta An Myan Titanos?

No titanos do nakawaraw motdehaya:

Do nakarahan a tatdo mandad asa poho a karaw, nawriw siniknanan maganyitaw so titanos, an iyaw motdeh as pirmi a tomanyis as makey aba somoso, ta iyaw posed ki malapos manna minyatek. Simpangan na, ki nawriw rogin titanos.

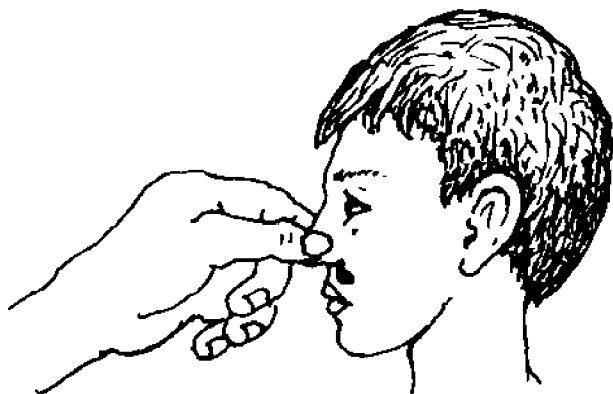
Ango Kapatakan Ta An Myan Titanos?

No taga a pakatitanosan:

1. An iyaw taga, ki minyatek.
2. Malidyat a mangden ta.
3. Komsyiw danaw sanyi. Simpangan na, komsyiw asi no lagaw kan matatarek a partis no inawan.
4. Oltimo a maynyin a mamirpir as insigida kaksyiw no sanyi. As do manawdyi, kapamirpir a tabo no inawan.



MAGDARINGONGO

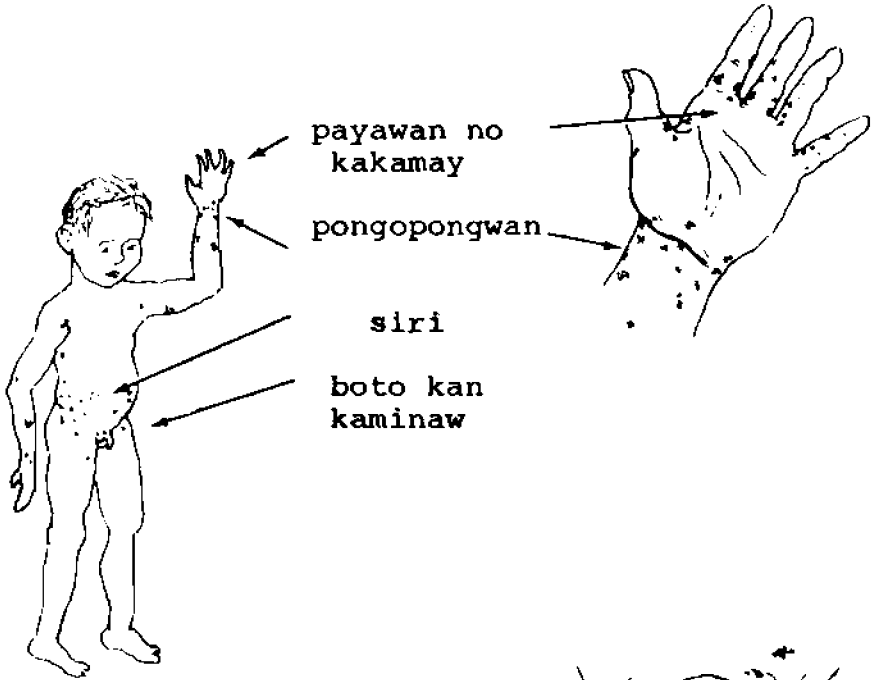


An magdaringongo ta:

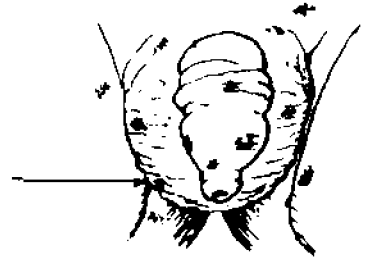
1. Pitosen iyaw momodan so dadima kaminoto. Ariyan taba a mandad dadima kaminoto.
2. Omanges ta do dangoy.
3. Itangay iyaw oho.
4. Kanayon taba ponasan iyaw momodan.

KORAD

Siraw adedekey ki pirmi koraden. An magkorad, ki oltimo a makateh as myan aran dino a inawan. Ki kanayon koraden do:



Siraw adedekey a mahahakay masanib magkorad so boto kan kaminaw.

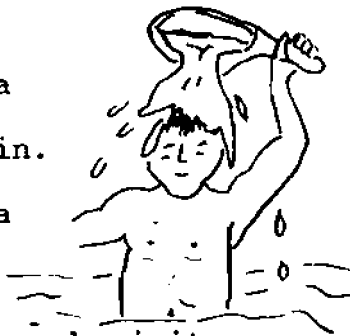


Siraw manoroh so korad ki akmay
dekey a ohed a mayomon do irahem
no kodit. Maydamnay a mapayadis
iyaw koradaw an kadmaden ta.
As dawa, kadmaden taba tan dya
maypayatek as myatek kadoddwang
manna sapingel. Maypisa magbara
ta.



NO KAPANGAGAS SO KORAD

1. Machita a mariyos kan magosar tas sabon a kararaw.
2. Oppran do makohat a ranom a myan so asin.
3. Alkaban aba tan dya mayparakoh.
4. Basan ta pantalon kan kamisita kararaw.



An iyaw korad as mayparo, machita ma-agasan. Machita a iktokto taw nyaya:

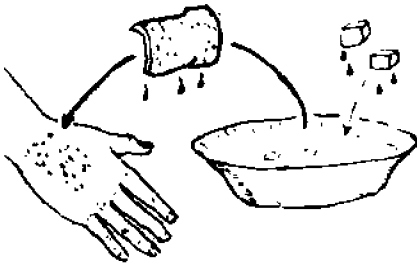
Siraw mangriyos kan maybasabasa siras ayowayob a kararaw, ki siraw dya a masonong a mapayadisan so korad dira.

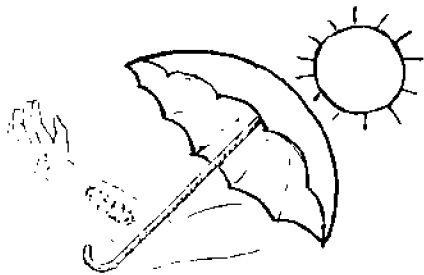
NŪ MATATAREK A KOLAD KAN MINYATEK A KODIT

An iyaw kolad manna
minyatek ki makohat
as maynyin,
dengepen so makohat
a ranom.



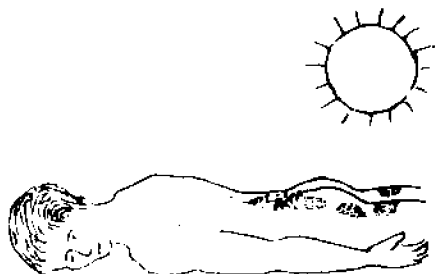
An iyaw kolad manna
minyatek ki masdak,
manna moyog so
nohaw, dengepen so
mahanebneb a ranom.





An iyaw kolad manna
 minyatek ki pirmi a
 abos laylay, a
 sibabahas manna
 pirmi do kakohatan,
 abongan ta.

An iyaw kolad manna
 minyatek ki pirmi a
 maylaylay, mangay do
 kakohatan dadwa poho
 kaminoto manna
 maypitdo do asa karaw.



BAROT

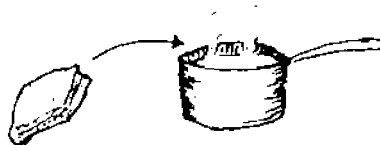
Machita mataripato a makalo siraw
maychatobotobo a myatek a barot tan dyita
malidyatan anchan mayparakoh sa.

1. Manghap tas
madadas a lamit.

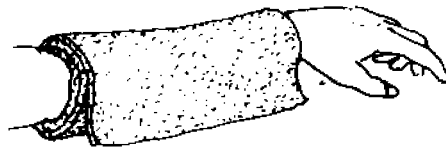
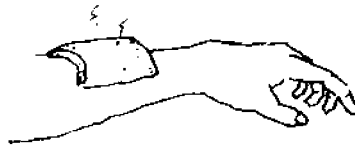
Ibasa ta do
makohat a ranom,
ta nawriw
padengdengepen
do tomobo a
maytobotobo a
myatek.



An iyaw lamit
as homnanebneb
dana, pirwahan
ta a ibasa do
makohat a
ranom as
tongtongen a
dengdengepen.



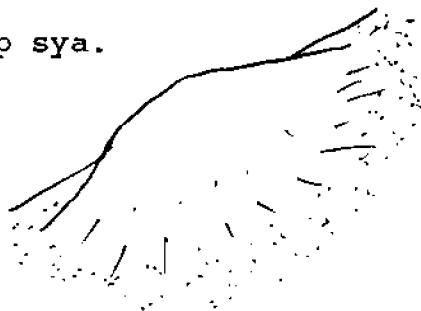
Machita
katongtong so
nyaya a
maypitdo do
kararaw mandad
kabotdak no
minyatekaw.



2. Ki an iyaw minyatek a barot as naynoy dana, machita annadan ta nonya masonong a makapayadis. An mabotdak dana, dayasan manna lablaban so sabon mandad kabo danan nohaw kan kapagbabasa naw.

An dya mabotdak as aro nohaw, machita a mangipaborek so imoko do asa poho kaminoto, ta nonyaw osaren a panyiwang. An iyaw myatek as rakoh, mangay tana do doktor, ta iya danaw makatoneng a mapakaro.

3. Ipaborek a pirwahan ranom a myan so asin. Ki ibasa pirwahan iyaw lamitaw as ka-idengdengep sya.



Osaren ta sabaw nonya dirad barot,
tagataga, manna nadoplagan.



bako



tatchi



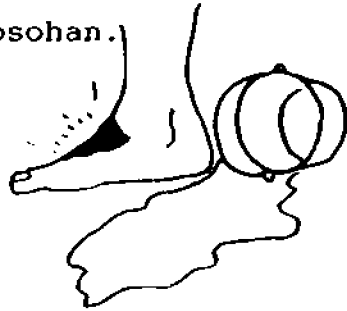
ahbek

malapos a
lamilamit

Ta siraw nyaya maka-itoroh so
kapaypayyatek ta.

MASOSOHAN

Nonyaw parinen ta an masosohan.



1. Sigida ta oppran

iyaw nasosohan a partis no inawan ta do mahanebneb a ranom so tatdo a poho a kaminoto.



2. Pongosan manna

bedbeden so mahokay do madalos a lamit.



Mangay ta manghap so agas an
iyaw nasosohan a taywara.

MAKBEL MANNA KAPAGPAYEGPEG

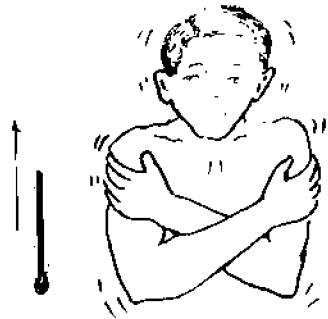
Machita a ditchanan tasaw
tamoneng. An maypasngen sa, ki
pitpiten sa, ta siraw tamoneng mangsepsep
so mikrobyo no makbel do raya no tawo a
makbel. Simpangan na nanonyit sa so
matatarek. Nawriw mapayadis so ganyit
a makbel.



No Kapangrogi no Makbel Ki:

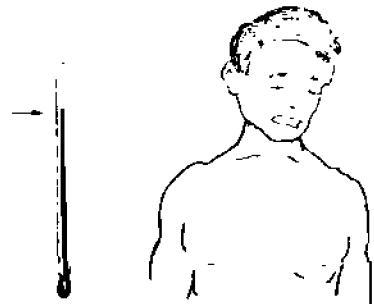
1. Maynyin oho as makbel.

Makbel asa poho kan dadima
kaminoto mandad asa ka-oras.



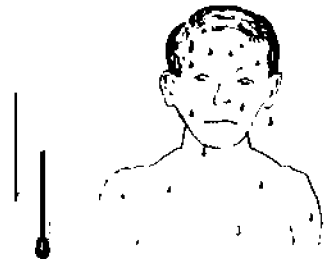
2. An tayoka makbel, ki

komohat so dadwa mandad
apat a ka-oras. Iyaw
makbel a tawo, ki makapsot,
manyibaya, as maypisa
somleng manna magam-amangaw.



3. No manawdyi ki maynannget

as maypabodis kakohat. Siraw
myan so ganyit a makbel, ki
magbara kada dadwa karaw.
Ki do kapangrogi no ganyit
a makbel, magbara kararaw.



Ka-agas so Makbel

Abaw maparin ta makayamot do makbel an dyita magagas so inbahey no doktor. Machita a iyahes ta do doktor as kapanghap tanchi so Aralen. Machita a iktokto taw nyaya:

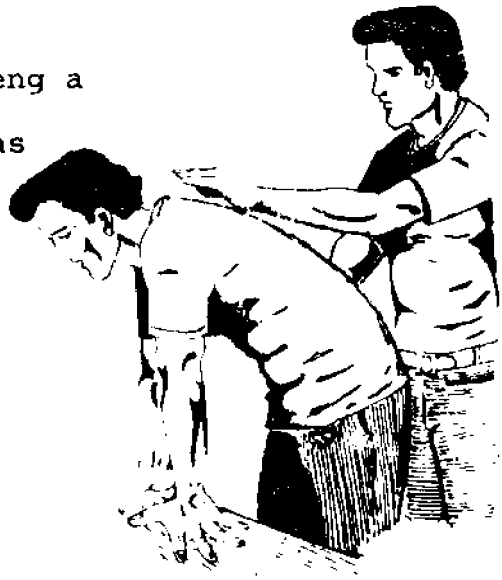
An makbel kan komohat ta, ki tabo abaw makbel manna kapagpayegpeg. Dawa, mangay ta do doktor.

NAHTANAN

An iyaw adedekey as nahtanan, machita a pasakben da do dadwa a tod ta, as kapitpit tasa so bokot da manna patohosen iyaw kokod daw, as kapitpit sa.

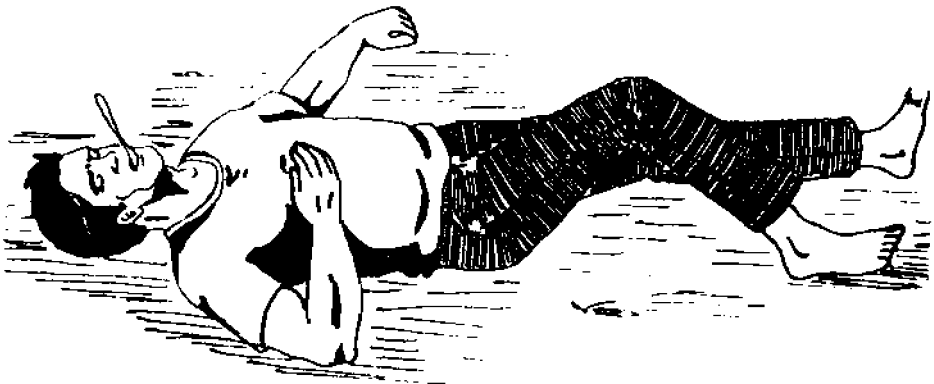


An siraw matotoneng a nahtanan, komheb sa as kapitpit tasa. Mamo taba a omparin sya, ta nyayaw makabiyay so nahtanan.











MAMIRPIR

1. Papoktaden iyaw mamirpir do ratag.
2. Maparin a pasiryen iyaw oho na tan mota, ki mahtanan naba.
3. Padpeten taba tan dya maliso so tohang.
4. Pangayan taw asa sidok do dangoy na tan dya na sonyiten rida na.



KORANG SO RAYA

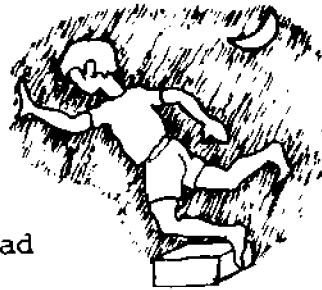
An magkapsot as mahohed ta, kan abaw imas ta a koman, kan oyod taba makapakaycheh, angwan makorang raya ta. Tan dyita makorangan so raya, machita a myan ma-itchan a kararaw a akmas siras syay:

<p>otchoy</p> 	<p>tohos no wakkay</p> 
<p>bohong no palya</p> 	<p>bohong no sili</p> 
<p>pitchay</p> 	<p>agayap</p> 
<p>maronggay</p> 	<p>attay an myan</p> 

KORARAT

Kapagkorang no
vitamin A a nawriw
pakahapan ta magkorarat.

No vitamin A, ki yapod dirad
nyaya sa makakan:



naynoy a kabano

tohos no wakkay



pitchay

pipolyo

kalabasa

bohong no sili

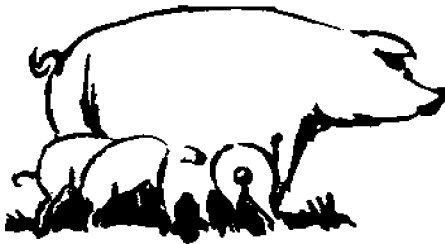
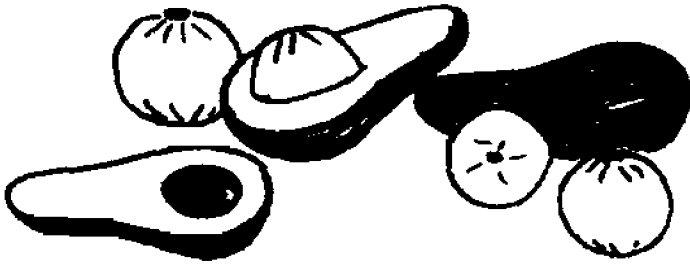
Dawa, siraw nyaya pabohen taba a
itchan a asa kararaw. An myan
danaw magkorarat, machita a
manghap tas vitamin A do doktor.

Machita a kada koman ta, ki myan
itchan, ta nonyaw no masostansya.



An abaw maychan ta, sadot ta a
maya maychitchowas.

Iyaw bayawas kan abokado, ki maka-itoroh
so aro a ayyit no inawan.

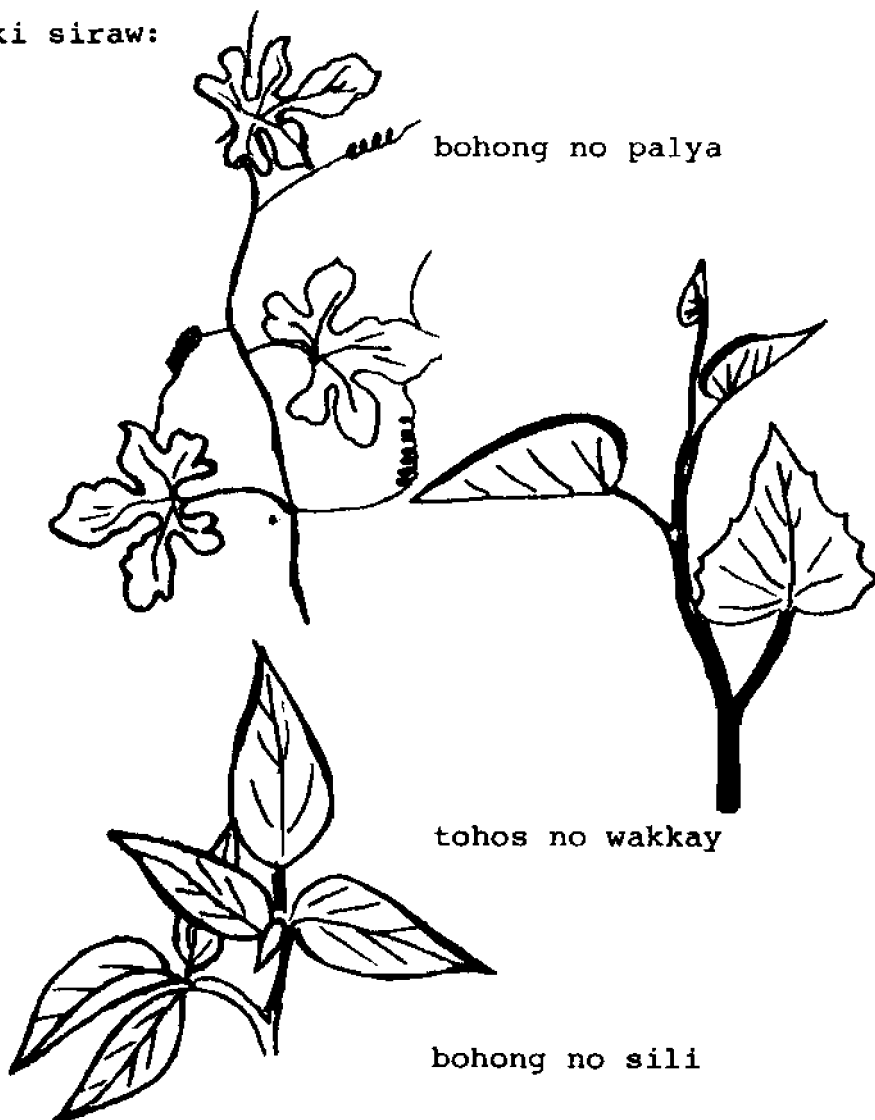


Patawsen ta saba ipakan
do bago.

Yaten a tawotawo
machita a koman so aro
dirad nyaya makakan.



No maka-itoroh so ayyit no inawan ta,
ki siraw:



An chakey ta vitamin, koman ta so otchoy, asin kayo, karni, kan rakanen a kararaw.

Maganaganay an koman tas matatarek a makakan kan gomatang tas vitamin. Ki an gomatang tas vitamin, chiban ta an myan tabo vitamin kan minerals.

Niacin (niacinamide)

Vitamin B₁ (thiamine)

Vitamin B₂ (riboflavin)

Iron (ferrous sulfate)

Dira da adedekey

Vitamin A

Vitamin C (ascorbic acid)

Vitamin D

Vitamin B₆ (pyridoxine)
(an myan sarot)

Calcium

NO KAYNYIN NO BOKOT



An iyaw pakoh an pirmi a maynyin kan gomogo as gomolang, sigoro magsarot no bara.

Pagsaparan no pakoh, an kapaytenek manna kapaydisna a dya kosto, ta pirmi a maybobokot a maydisna.

No hobok no bokot no adedekey, sigoro magsarot so dori, ki an maybobokot.

No matotoneng, an pirmi a maynyin ki magriwma.



No katinghan an oyod maynyin do somarono a araw a nayrara so marahmet, sigoro naliso.

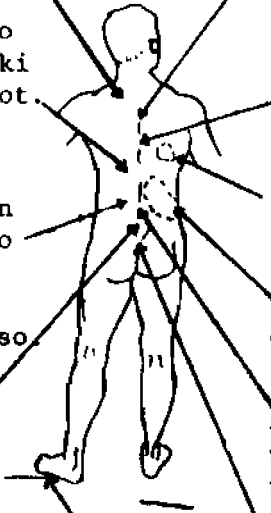
Maynyin do ahbo no pakoh a kanawan ki ganyit no apdo.

An pirmi manna panyit, sigoro ganyit no kabongen.

No hobok no katinghan, an insigida a oltimo so kaynyin an mayrara manna mapisipis, sigoro nayhabchis no tohang. Ki an maynyin manna mayrinapid manna makapsot asa kokod manna padang, sigoro nakdot asa nerve.

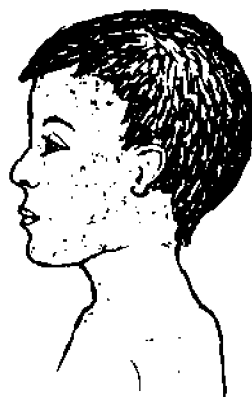
An maynyin dodya, marodit manna mabogi.

Sigoro ganyit no matris manna datchan, an maynyin balisong.



KAMORAS

No kamoras ki masonong a makahap so matatarek a ganyit. An myan kamoras ta as gomogo, magborrot, manna malidyat kaynaynawa ta, nanyeng ipayayo ta iyangay do hospital.



An inonolay ta, yaten makagatos an madiman. Siraw adedekey a myan so kamoras, maparin a ponasan sa kararaw. An nawri dapa makosol, ponasan so mahanebneb a ranom manna alcohol. Paynomen tasa aro ranom, gatas, asoy no kalod, manna asoy no rakanen. Ipakan tasa aro masostansya a makakan.

TAYWARA A GANYIT

Iyaw tawo a myan asa manna dadwa do ilista-an ki taywara ganyit na. Malisto mangay do doktor, ta angwan madiman dana.

1. Mayraraya so aro aran dino.
2. Manyipa so raya.
3. Mahayo iyaw bibi kan koko.
4. Oltimo a malidyat a minaynawa aran maypoktaɗ.
5. Makayokay aba aran koyokoyonen tapa.
6. Oltimo a kapsot kan mapleng an maytenek.
7. Asa manna dadwa karaw a dya makapeteg.
8. Asa manna dadwa karaw a dya makaynom.
9. Mota so aro manna oltimo a magborrot a dya magsardeng do asa karaw. Ki iyaw adekey manna motdeh magborrot a dya magsardeng do dadwa manna tatdo ka-oras.
10. Oltimo a manyibaheng a tatchi manna minota so raya manna tatchi.
11. No maynyin a bodek, ki mayyit kan magsardeng

aba. Iyaw tawo minota ki magborrot aba
 manna dya makatatchi.

12. An tayoka tatdo a karaw as oltimo so
 kaynyin, ki mayyit pa as dya magsardeng.
13. Komsyiw danaw lagaw as maybobokot ki
 maypisa komsyiw sanyi.
14. Mirwa a mamirpir an magbara.
15. As komohat so oltimo a dya mabawan do
 apat manna dadima karaw.
16. Nahay dana a gomolagolang.
17. Myan raya do peteg.
18. Maykolad a pirmi as maypakaro, ki tomobo
 a dya mapya aran ma-agasan.
19. Tomor aran dino inawan a mayparakoh.
20. Mabogi manna maymanganak.

Mayraraya an mabogi.

Mayayatek so ropa kan malidyat a maboya
 do manawdyi a tatdo kabohan.

An magpasikal dana no mabogi as manma
 mohtot soso-onen adekey, as mahay pa
 ma-iyanak.

An mayraraya so mabolos manna aro, iyaw
 naymanganak ki dilikado.

IBAHEY TAW NAWRI DO DOKTOR

An manoboy tas mangay a manghap so agas, ki
ibahey ta nawri:

1. Ngaran no maganyit _____ papira
katawen na _____
2. Mahakay manna mabakes? _____
3. Dino yanan na, no maganyit? _____
4. Ango ganyit na sichangori? _____
5. Kango nakasiknan ganyit na? _____
6. Maypango do kasiknan naw? _____
7. Naypisa pa manna mirwa narana? _____
An mirwa na, ki kango myan pariho na so ganyit? _____
8. Magbara abawri? Dekey manna aro? Ango a oras
kapagbara na as papira oras na nagbara? _____
9. Dino maynyin na? _____
Iyaw maynyin ki angog? (almay apoy? mangdekden? pirmi?)
10. Chiban ta an myan matarek manna dya kosto.
kodit _____ tadyinya _____
mata _____ dangoy kan tehnan _____
boto kan kaminaw _____ obet _____

peteg: aro manna dekey? _____ ango kita? _____

Ari a malidyatan a makapeteg? _____

Maypipira do asa karaw a makapeteg? _____

Do mahep, maypipira nakapeteg? _____

tatchi: myan raya manna nohaw? _____

Magborrot? _____ Myan ippet? _____

Maypipira do asa karaw a makatatchi? _____

Kaynawa: Maypipira minawa do kada minoto? _____

Malidyatan manna maydamnayan? _____

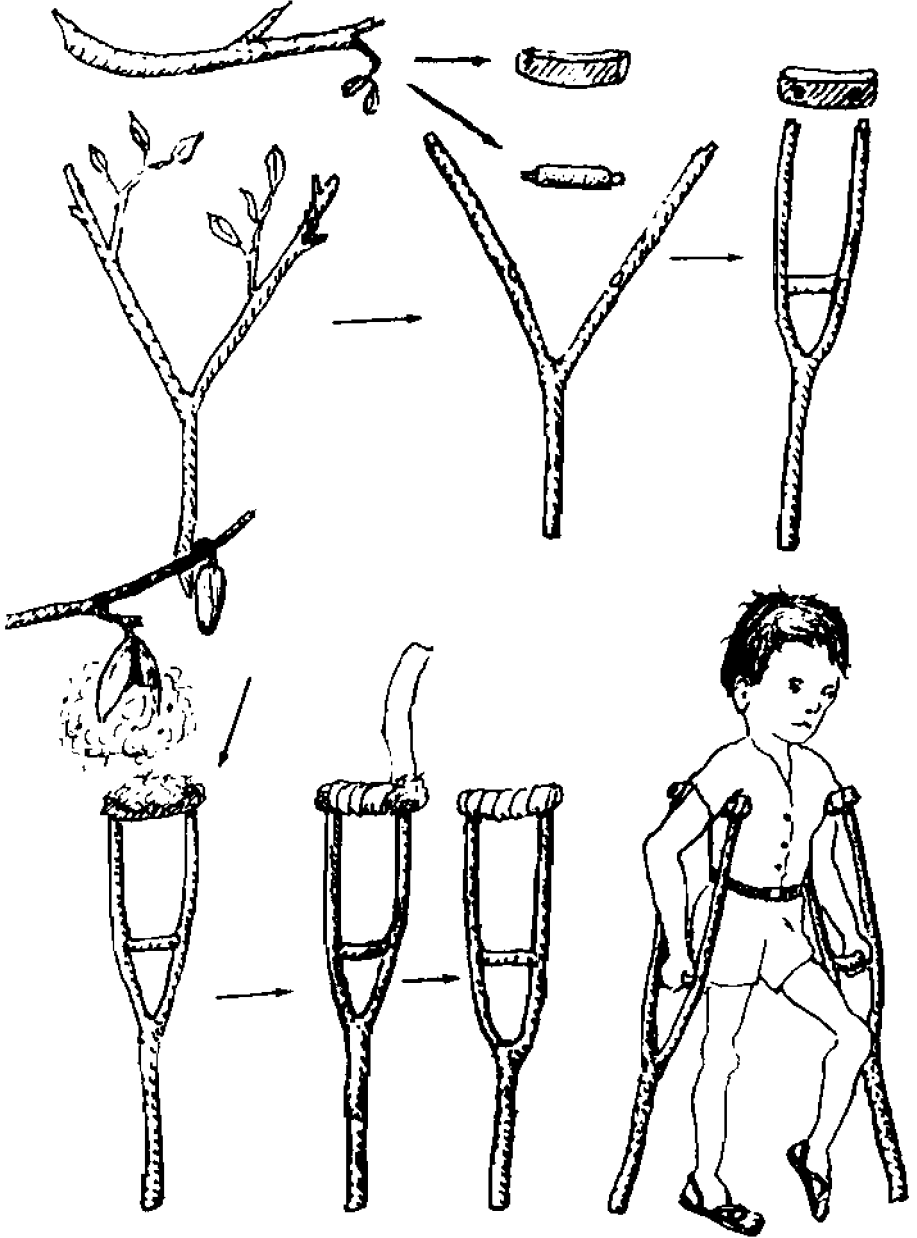
Gomogo: mayset, nohaw manna maraya? _____

11. Abawri akmasyay lista-an do panid 71 kan 72? _____

12. Sichangori abawriw tomaren na agas? _____

Ango ka-agas na? _____

MAMARIN TAS SAROKOD



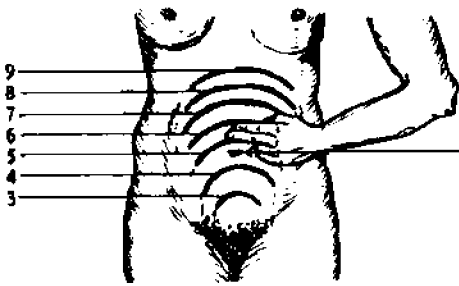
KABOGI KAN KAPAYMANGANAK

Oyod bata da no matotoneng, "Iposta taw biyay ta an mabogi kan maymanganak ta."

Komwan naya
matris no mabogi.

Dadwa kakamay
katohos kada
bohan.

Do apat kan goddwa
kabohan, komwan
do posed.

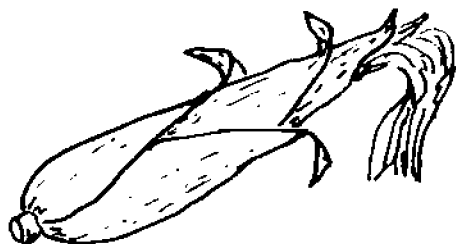


Machita a onotan tasaw nyaya:

1. Machita a mariyos ta kararaw. Oyasan taw obet kan datchan.
2. Maganay an magtomar tas vitamin tan mayyit ta kan iyaw adekey.
3. Magtomar taba so agas a mandan ibahey no doktor a magtomar ta.
4. Machita a dyita koman so dolsi manna onas do manawdyi a tatdo a kabohan sakbay no kapaymanganak.
5. Machita a dya aptosan iyaw bodek no mabogi. Nonyaw pakahapan sonyi a adekey kan pakahapan minitipit a posed do lagaw dan adedekey a mangpalidyat so kapaymanganak.
6. Machita a mitchan tas aro kan koman tas aro asin kayokayo.

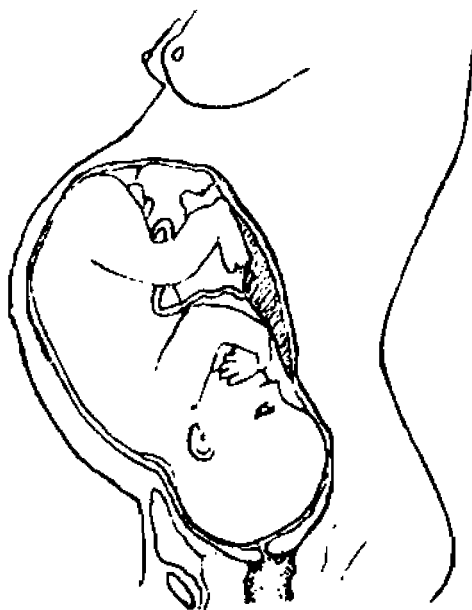
BOBOH NO MAYIS

Maypisa, boboh no mayis makey a maypabodis
minyatek a kokod no mabogi. Angren ta akmay
asa kakakamay so karakoh a boboh no mayis.
Minom tas asa manna dadwa kabaso.



MAYMANGANAK TANA

Komwan ladawan no
mabogi so sasyam
a kabohan.



1. An somiknan tana magpasikal, mangay tana mariyos. Lablaban ta iyaw obet.
2. Machita a asa partira. Machita iyaw partira a mangikoko kan maybanaw. Banawan na so sabon kan ranom iyaw tanoro na.
3. An makalo dana mohtot iyaw adekey, machita a lablaban iyaw obet kan datchan so sabon.

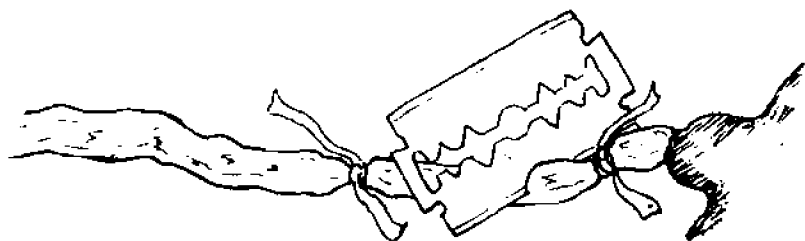
4. Piliten taba a pahtoten iyaw adekey tan dya mapiritan iyaw anang, ta mahay a mapya. Machita a nayahen, ta mohtot anchiw adekey an oras narana.

An dyipa mohtot iyaw adekey katayokan asa karaw a kapagpaspasikal, nanyeng a mangay tana do hospital.

5. Do nakawaran anak, an iyaw itan na as mabaked, asol, kan mangdekden, akteben taba.



Nayahen ta a mandad mataripis kan maydak kan magsardeng a mangdekden.

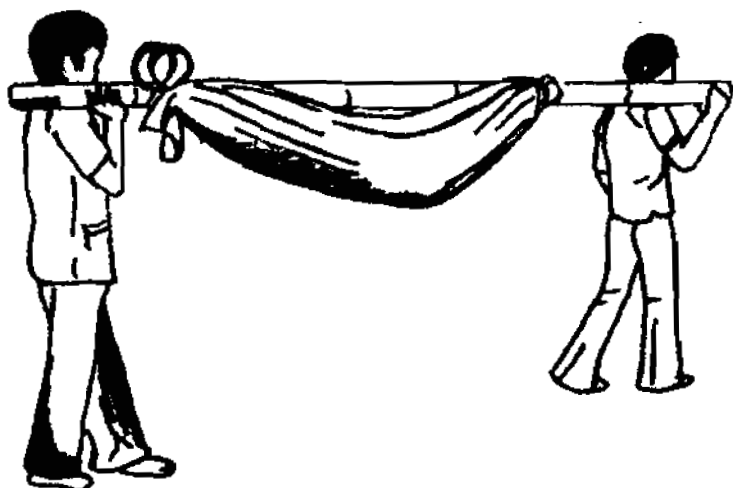


Akteben tabaw iyaw posed do kawayan manna byawo, ta nawriw pakahapan so titanos. Mapaborek tas imoko manna kartib do asa poho kan dadima kaminoto a nawriw osaren ta pangakteb.

6. Tanongen iyaw posed so dadwa kadiso. tanongen so asa awbong kakakamay so kabawa do bodek, an tanongen dana, pirwahan as asa kadakolapan so kabawa. As do hobok na, akteben tan dya mayrarayaw rarayay na.
7. Palangen tabaw rarayay na. Machita a nanayahen iyaw kahtot na. An dya mohtot do asa ka-oras, iyangay tana do hospital.
8. An nakahtot danaw rarayay na ki aptosan iyaw panokel, ta nyaya makasidong a mapagsardeng so raya a mohtot.

Machita a iktokto tasaw nyaya:

An aro mohtot a raya an mabogi,
maymanganak, manna katayokan
kapaymanganak, sigida tana a
mangay do hospital.



Katayokan no kapaymanganak, do somarono
a asa karaw, machita a maydisna do palanggana a
myan so makohat a ranom a myan so asin, maypitdo
do asa karaw. Parinen taw nyaya a mandad
kapyan napiritan.



KATARIPATO NO MOTDEH SAYA

Kapapya so Posed

Machita a sapsapwan so alcohol iyaw posed no motdeh. Machita a parinen nonya maypitdo do asa karaw a mandad kabkoh na.

Kapariyos

Machita a riyosen iyaw motdeh kararaw mandad kaparin na. Omriyos so inawan na.

Nonyaw parinen ta mangriyos:

1. Pakohaten iyaw ranom.
2. Pariyosen do bahay.
3. Magosar so sabon.
4. Mabkohan a sigida.



Laylay

No laylay no motdeh ki machita kararaw
 a mabasan. An iyaw laylay no adekey as
 dya mabasan, ki nawriw maka-itoroh so

ganyit a akmay korad
 manna maychakatekateh.

Machita a matadyan a
 kararaw.



Kapasoso

Gatas no soso a kagaganayan. Posinen ta sabaw adekey a manda dadwa katawen da. Ki ipakan tasa so kadwan a makakan.

Somoso, as apabaw matarek do nakawara na mandad apat manna anem a kabohan.

Somoso kan gatas no baka, kalding manna powder (akmay kolbos a gatas), kan matatarek a mahoto a masostansya a makakan yapo do anem a bohan mandad dadwa a katawen.



Tan abaw magborrot,
pasosohen ta anak ta.

Do nakawara mandad apat
manna anem a kabohan

somoso as
apabaw
matarek

Na-on



Ingga



Yapo do anem a bohan mandad
dadwa a katawen.

somoso



as kan



gatas no
baka,
kalding,
manna
powdered

matatarek a
masostansya a
makakan.



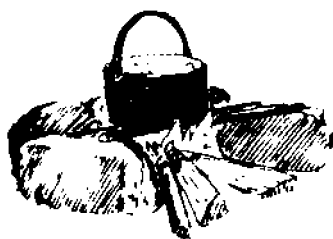
Ango kagaganayan gatas no soso?

1. On, ata, mamarin ta paba.
Oyasan tana.
2. On, ata, pirmi a madalos iyaw
gatas.
3. Nawriw maka-itoroh so ayyit no
inawan no adekey.
4. Makagasto ta paba.

Machita a koman tas masostansya
a makakan tan aro no gatas no soso.

An torohan ta iyaw adekey so dilata a gatas, machita a onotan taw nyaya.

1. Siraw mamador, dyidyaw kan



mongay, ki machita a mapakbwal so asa poho a kaminoto, as kapangay so gatas.



2. Machita a iyaw osaren a gatas ki abaw asokar na.

Machita a pangayan so paychatdo (1/3) no gatas iyaw dyidaw as kapno sya no mabaw dana a ranom a mapakbwal so asa poho a kaminoto. Pangayan taba so asokar.

Machita a dedekey a lata no gatas no osaren a kararaw tan dya mabongtot.



Machita a iktokto tasaw nyaya.

Magosar taba so gatas a myan so
asokar, ta makapayyit aba so inawan
nc adekey. Nonya ki osaren tanchi
anchan dadwa tawen na.

Kapakan Adekey Saya

Machita a pakanen iyaw adekey so
matatarek a makan anchan dadima kabohan na.
Anchan dadima kabohan narana, ipakan tasaw
nyaya:

asoy no kahil manna
kalamansi



inabosang a
inapoy



otchoy



nalabes a binyebeh
manna kabano

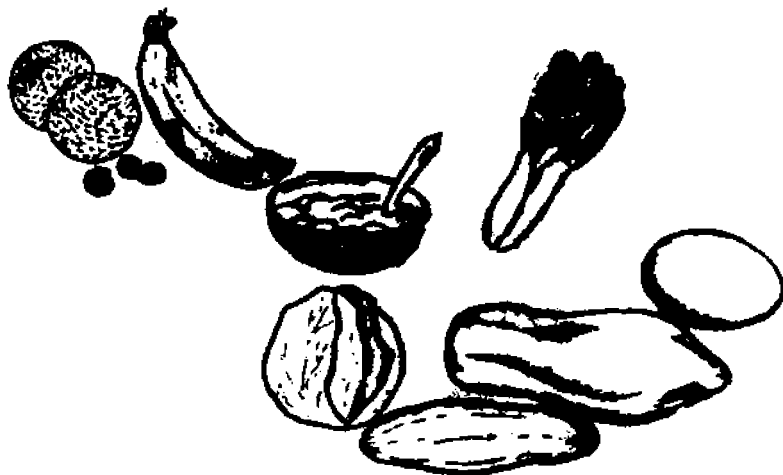


mahma a rakarakanen a
akmay kalabasa, tabayay
kan asoy no linaneg.



Ipakan a taytayisahan mandad chakey
na, as katoroh ta nanchi so matarek.

An aro no ma-itoroh a matatarek a
makan, iyaw inawan no adekey ki mayyit.



Machita a iktokto tasaw nyaya:

Dolsi manna badoya, ki maka-itoroh
aba so kapaypayyit no adekey, aran
mataba darana.

<u>English</u>	<u>Ilocano</u>	<u>Ibataan</u>
anemic	kurang ti dara	korang so raya
asthma	angkit	angsen
baby bottle	mamador	mamador
bleed	agdara	mayraraya
boil (n.)	letteg	barot
breathe	panaganges	maynawa
broken bone	mablo	naliso so tohang
burn	masinit	masosohan
chicken pox	tuko	bortong
choke	agtulakak	mahtanan
circumcision	kugit	kogit
cold (n.)	panateng	panateng, maymomohed
compress	sapsapwan tapal	dengdengep
congested nasal	letleten	letleten
constipation	tabbel	tebbel
convulsion	agsulag tigerger	mamirpir

cough	aguyek	gomogo
cramp	betted	komsyiw
cut (n.)	sugat	taga
diarrhea	agburis agtakki	magborrot
digest	pangronaw	mangronaw
disentry	sika	magborrot kan makatatchi so raya manna mohed
dizzy	maul-ulaw	mahohed
drown	nalmes	mahmes
exercise	agwatwat	magwatwat
faint	matalimudaw	malibet, mapleng
fever	gurigur	magbara, komohat makosol
flu	trangkaso	trangkaso
germs	iges	mikrobyo
gland	salsalamagi	kadoddwang sapingel

hemorrhage	padara	magpadara
hiccup	agsaiddek	somdo
infection	inpeksiyon	minyatek
injection	ineksiyon	magpatodok
leprosy	ketong agkukutel	liproso
malaria	payegpeg	makbel magpayegpeg
measles	kamoras	kamoras
miscarriage	maalisan	nasday anak
mucus	anged	mohed, gogo
mumps	kabbi	kabbi
nosebleed	agdaringongo	nayraraya so momodan magdaringongo
numb	pipikel	rapid
palsy (shakes)	pinggi	
paralyze	paralitiko salungayngay	paralitiko
pinworm	nagpurua a aryet	naymorong a ippet

pinworm	nagpurua a aryet	naymorong a ippet
pregnant	masikog	mabogi
pus	nana	nohaw
rash	bagas ti ling-et	imma
roundworm	nabukel nga aryet	mamememeh a ippet
rupture, burst	mabettak	mabotdak
scab, scar	godgod	kolad
scabies	gaddil	korad
senile	kabaw	kabaw
sneeze	agbaen	maybanan
soak	iyuper	oppran
spittle	topra	chipa
sprain	nables	nayhabchis
tetanus	titanos	titanos
tuberculosis	sarot	magpadara sarot

ulcer	nasogat a bitoka	nabigaran so bitoka
urine	isbo	peteg
vomit	agsarwa	mota
worm	aryet	ippet
wound		
serious	sogat nga palalo	taga a taywara
infected	limted nga sogat	minyatek a taga
puncture	natudok nga sugat	natodok a taga