*Kurrelu werr-gu-yaram chi gohu Filadelfi*

# Bataaxalu werr-gu-yaram

Yokkan-teh xel ak weccio xalate
lu-jublu chii werr-gu-yaram mu mbooloo mi

**Noor attum Ñaari junneh ak fukak benna**

## Nanga Nekkeu fu seddah te dawe tangay bi.

Ci Filadelfi, feexlu ci jamano noor dara daxuka. Waayee nakk tangoor wi, ñaxa wi ak bés yu guddeu yi woorut, rawatina ci makk gni ak gni xiibon. Tangai bu jeggi dayyo dafai indi **feybarr**. Danga warra hammey limoi nuru ngirr n'ga mun Ko Fanxa.

Maandarga **feybarri tan'gaaye** moi:

- Ñaxa bu jeggi dayyo
- Xel muye teeye (meetitu biir)
- Yëk ñakka kattan
- Yëg ñakka sawarr
- Mar nane bu ëppë
- Yëk boppa bu woyoff wala di miir

***Li ci biir bataaxalu werr-gu-yaram:***

- *Nanga Nekk fu-sedda.*
- *Nanga lekka lu baax te wörr.*
- *Noor moy jamanoi yo-yi akk mattayi.*

So yëggee yii ci sah-yaram duggal fu sedd te naan dara. Jariñol uppu kaaye te tekk mbalaan bu toi ci sa kow-yaram lollu itam dinnala dimbale. Soo amul tane demal keur doctor.

### Ci jamanoi tan-gaaye, danga warra faggaru te topp tektall yii:

**Danga warra naan lu barri.**

- Del naan ndox ci bes bi
- Wottul naan lu amm caféine, mo hame limonaat, warga, wolla sangara (meune nañoula ñakk kalo ndoh ci sa-yaram)

**Nanga neka fu sedd ci bitti.**

- Nanga moi-tu di neka ci bitti su tan-gaaye bi ëpé (likko dalley fuki wahtu (10) chi subba (am) jemma ñari wahtu (2) chi becek (pm)
- jeémeul tokk ci ronn ker te diwo diwingalu najj, soll lu oyoff, mbaxaana ak werri najj pur do tanga

**Toggal ci biir ci bërëp bu sed.**

- Jëfë-ndikol upukaye te ubbi sa palanterr yi, wolla taalal kilimatizër bi
- Demmal ci bërëp yu-melni denchu kaayi tereyi, jaayu kaay-yu magg yi, wolla sinema mba deku kayu maggat ñi te ame kilimatizër

**Baayil hell ci ñeneen ñi.**

- Nemmekul sa dëkkandoo yinga ham-neh senn werr-gu-yaram dessna
- Boul baayi moukeu aye maggat, aye gunneh, wolla aye jurr, niome rek, ci birr woto

Bu tange Soo soxlaa n'dimball ci bereb bu sedda. wottell Kurelu Filadelfi biñu jag-lell magg ñi nga hamnee tangai bi daff lenndi-sonnal-215-765-9040.

Su fekkenneh dan'gaaye jell garab ngirr- lumu- munti –donn, tan'gaaye bu barri bi mën na-laa lorr chii lu gaaw. Wahtane ci ak sa doctoor, te nga deff nanka moytou jankoone tell tangaye bu ëppeu bi.

## Dell dianga bataaxalu werr-gu-yaram wi.

Manga ame bataaxalu werr-gu-yaram ci kallaama yu barri ci fi:
http://www.phila.gov/Health/DiseaseControl/healthBulletin.html.
Soo soxlaa lu genna lerr ci bataaxalu werr-gu-yaram, nanga jokko ak Marialisa Ramirez, wottell 215-685-6861 walla bindeu ko ci HealthBulletin@phila.gov.

# Nangai lekka lu wörr, wér te baax

Jamanoi Noor daffai andak demm ci booru geej-gi, lakka yapp akk yenenn. Luci genna barri niame yi dunu baax, li daffaa indi **birr bu metti**. Likko warral modinneh lekka ci bitti wörul.

Yapp bu toy, gannaar, jën akk fruwi (fruits) mba lëjume yunnu rahassut munnaa indi Feebar. Jangorro nakk lenenn munnako indi. Ludemmeni baayi lekka ci bitti ci diir bu yagga, ci aye boll wolla ci aye pallaat yunnu rahassasut mba ci kawe contuwar wolla denkeu yu settut.

Gunneh, wolla makk moi genna gaawa amm mettitu birr, likko warral modinneh senni yaram yi dugnu munna xeex jangorro bi bu baax.

**Lici genna barri nitki dumënna gaawa hammee niame bu baaxut. Likko warral modineh jangarro mën-naa nëbbu ci yarami nitki lu yagga te borom dukko ham.**

Yii nyoi maandarga yiye won nitki nee limmu lek-konn ci gannaaw baaxut wolla worrut: biir bu metti, wocu, biir buye dawe te andak mettit.

## Ballaa lekka di dugga ci sa biir bi, danga warra xame noi fagaru bu baax. Ngiir lekka lu worr dangaa warra toppa ñenti jeggo you yombë yii:

**Set-settal:** Nanga raxass sah loho yi, nanga rahass sah bagaasi toggeh kaayi, nanga rahass fingai tekk sah bagaasi toggey kaayi. Lii yëpp daffa wara amm bala ñuye laal yappa, gannaar mba jën ak soh lenn jeffandekko bee paree.

**Teggal juntu kaaye bunneh fimu warra teggu:** Denchal yappa bu toy bi, gannaar bi akk jenn yi finga hamnee bennenn ñam nekut-fa. Buldi yak linga toga be paree ci ndabb yi deffon liñu togagul fekk rahassa-gullo lenn.

**Togga:** Nanga toga lekka bi tengai emmallee tangorr bi. Utël termometar nguir diko neemeeku yene sa yi. Fatalekul ne kenn dumuna hamm lekka bu ñor ci giss-giss rekk.

**Seddal:** Lekka bo hamneh daffa teggu ci bitti dugut ci firijider (wolla mu nekk ci tempeh-reycho bu jeggi nyenen fukki degrees) lu jeggi nyaari wahtu worratul. Baayil sa-hell bu baax: Danga warrdi duggal lu dess ci birr gaalaass gi so lekkee bee paree buko defe du yaku.

## Noor moi jamanoi yoo-yi akk matta yi. Moitul bu baaxa-baax matti gunooryi ballaa mullai indil feebar

Mattiti yoo-yi akk mattiti metto mën-na laa indill feebar ci lu gaaw. gunoor-yee ñoy tassaareh jangorro yu demeh-ni “west nile virus” wolla “lyme diseas” di jangoro yu bonna-bonn.

**Pexe yu gaaw:**

- Fatul ci bir neek bu Fajar jotey ak bou janta sowee, ndax-te cila yoo-yi di gënë bari.
- Pur yoo-yi duñu dugë danga warra poose giriyass-su yoo ci sa palanterr yi ak sa buntë yi.
- Danga warra turr palaas yi deff ndoh ci birr kergi ak ci biti ndax yoo-yi mën nañu fa nen.
- Soh gennay ci jamano bu gunooryi barri:
  - ◊ Danga warra yorr garab bu yoo bu ame lenna ci yii ci suuf:
    - ⇒ **Deet**
    - ⇒ **Pika-ri-si-dinn**
    - ⇒ **Diiwi limong bu tudda Ukalip toos, wolla PMD.**
  - ◊ Nanga soll yerree bu loho yu gudda ak tubey bu jot pur nëbb sa yarame.

**Soo ci bëggee lu genna lerr demal ci:**

**www.phila.gov/health**