

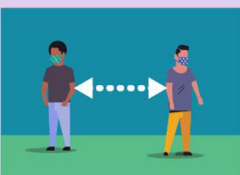
# Inkanek 6 in tia Mas

[Kacsru lom in tia kitaclik COVID-19]



## Orekmakin (Wear) ma in kosraclac motom

- Orekmakin ma in kosraclac motom in pal kom oasr in walil.
- Orekmakin in fal: kosraclac inwacлом, infem, ac kacpin wacлом.
- Aknasnasyela tukin kom orekmakin.



## Karingin (Watch) lusen an kom oasr we

- Our in oasr fit 6 inmacsrlom ac mwet sayac ma tia wi kom muta.
- Kom efin fasr ku acsosr, sekunla in oasr lusac se fin kom fasr tukin mwet.



## Aknasnasyela (Wash) poum

- Orekmakin sop ac kof fusrfusr.
- Elack poum ke lusen seconds 20.
- Aknasnasyela kewa poum: luin poum, kacpin poum, kufun poum, ac kuf lulap ke poum an
- Orekmakin mwe aknasnas poh ke pal ma wangin kof ku sop.



## Elac (Wipe) an kom orekmakin an

- Aknasnasye, an ma kacna kalyuk, cell fon, an in ikak srungul, fin counter, an in orukla lam, ac kacinin ma ingan.
- Orekmakin mwe aknasnas ma akkeyeyuklac sin EPA.



## An sralap (Wide) ma ikak pal nukewa

- Efin oasr kais sie u ku toacni in tia pus liki mwet 10.
- Pwengak lom nu sin kawuk ke likunum ku an wangin lisrlisr we ma mesas ac engyeng.



## In tia mas (Wellness) Forfor mutacta pal na ma kom 100% ku

- Mutana luin lom sum fin kom mas, efin nwe fusacsr ma akulenye mu oasr mas sum.
- Efin kom mas, lolngok sin taktu lom an.
- Pangon 9-1-1 fin ma kom puhla ke eklac lun munum upacla.