



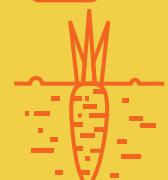
## Tcisa#'aun

- ♦ 'M 'm-l'haoh ||aqiangesi ko xabesin!angn!ani ko |am n!ang
- ♦ 'M n!u'ubusikotan!omada'a ko |am n!uiwaqnhe
- ♦ Sin ||ae !loan|angku 'm calhu kana ku, n!angkaiceku 'm ||'au
- ♦ N≠ai ||ko a 'm n!ai-n!aisikota 'msakxae l'aiakotamineralesi
- ♦ Ku n≠ai ||ko a !uinguite ka a du ha, n≠ai ||koaguia o(iodised) n|e'esi



## Msi ||Au-||ae

Ka koaran≠an ko a teku ho COVID- 19 ||ama 'msi, tetia a cinihaku xoana hoa |kaegesin ko ka 'msi |oa ||au ku du ka |'aes. Ka kutanitsiamag!ae-hglaehsin≠ai ||'oba.



**Koa ke o tci du ooasisa o glau ko 'msi ||au-||ae he ju ||xam ka ju toto 'msikotaku 'm.**

1. ||Aeag!ausi, tansi, kotatci l'osi ko tcagauq
2. ||Aea 'msi ko khoesa≠a'u
3. |'U ≠'asara 'm-tzanasikota 'm-n!omasi
4. ||Au n|oan!oma 'msi
5. N≠ai ||koag!uagauq he jan kana |'ua ka ko tcisin!ang n≠ai gauq |'an ka ko n!omada'akotan!u'ubusi ||ka



## Tcisa#'aun

### N||au du

Hai	ku du koara 'm g aoysi tekun≠ai   'oba a tcoqsikotaamag!ae-hglaehsi
Xari	ku n≠ai   'oba m amag!ae-hglaehsite du toan a ko Marisa o 'm jansigasi
Zo	N  ah kana n≠ai !omatciksaex zo n≠ai   koakota 'm-mhisataqin
Oria n!a'an	sin ku n≠ai   koan aiskotaorisa o  xoah, khoe  amgoh, olivakotazareori
Guian!a'an	khoe ko 'msa n≠ai n!omatoan ka  'aesikota  kom komsi



### G!ausi ||ka

**G!ausi ||ka sin o tcisakaiceo n!a'an-n!a'ansi he ju du ko !'uian a |'ae kotajugesin ko |kae.**

- ||Ka |xo a g!ausi ko g!ukota g≠oah ko ||'ae sake:
- ♦ ||Ka a g!ausi ko ka a glo'okan n≠haihtoan
  - ♦ Ka a ko n≠om juu |kae
  - ♦ Ka a du ||a agu a da'am-haisi, kana ka a mani kana manitoan n≠abasi
  - ♦ Ka a uatoantzi
  - ♦ Ka a g!ae du 'msi, ge he du ka kana du toan ka kotajae |'m
  - ♦ Ka a kohku ||ae !hamhi kana !hamhizisikota |kusrigesin
  - ♦ Ka a se he a g!ausi |kuri



## |'AiasikotaMinerali G|aooh-|xoa

Our immune system needs many nutrients and a healthy diet with a variety of food is best, yet you can provide additional support to your immune system:

- M amag!aehg!aehsikukare 'm-g|aoysi 'msiajan he o |xoah he o 'm !'haoh ||aqiangesikaice o tcijan, okaakahin a xoana hui a amag!ae-hglaehsi.
- ♦ Gea |am !ka ko xabeseminitesa o 20 ko |am n!ang ko |amsa o 3 ko beken!angn!ang ho Vitamine D.
  - ♦ 'M |xoavitamine-!haohsikotamineralisi he ||ae-'u vitaminakotamineraliwaqnsi, ||ae |xoavitamina C kota D, Zinc kota Selenium.
  - ♦ Ka a g!ko kana ku n≠ai mqm, |am n!angkutchig!uakxae |aapkota n≠oqita'm kana |am n!angvitamina-!haohsikotamineralisi
  - ♦ Da'abiku xoana cthia |am n!angvitamina-!haohsikotamineralisisa du |'an ka |'aes ko da'abi-|oa.
  - ♦ Xabe sin kugla'ama |xoah |xoahn!angkota ||au-ku-'m ||koasi |'an ko a da'ama, ||ae-'u:

N!uisa o 6 – 59  
= Vitamin A, n!uisa o g!au-kota-n|e'

N!uisa o 12 – 59  
= |'Ai g!oqm, n!uisa o g!au-kota-n|e'

Barahsa o 5 ≠aban!ang he kxaen!ang  
= Zinc ||kae |xoah ko guig!ua

- ♦ G≠ara n≠omkxao ||koajua ko ju re nauhoa ||'a vitaminakotaminerali

#'Ansi a ≠'ang |'an a 'msi ko amag!aehg!aehs i he g|aooh  
**'M tcajan !**  
**Kaicekutchig!u !**