

# Kom Ac Ahkuhlen Fuhkac: Mas Pihli

## MWE AC MAS PIHLI?

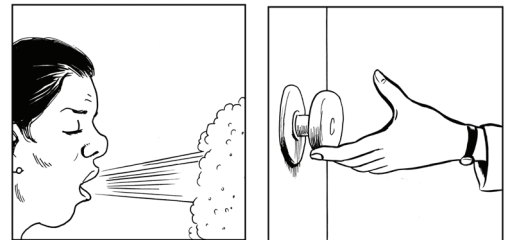
Mas Pihli uh sikyak ke ma se pangpang virus. Muhtehwehak lun mas se inge pa fusrfusr lun mahnosr, insufngal, ngal lun musul ke mahnosr, sa in tohtola, ac wanginla pacr lasr in mongo. Mwet ma wehak mas pihli ac ahkullen fahfek lun lihkihntupacsr ac kacpinwaclusr. **Tuhkin sie sesr wehak mas pihliuh, ac tia pat, tukin len limekosr 5, na lihkintupacsr ac kacpinwaclusr ac fahfek.**

Inkaciyeu mwet ma wehak mas pihli uh, sa na in kehlac ke wik ekacsr tuhkin elos wehak. Kutu selos ma wehak mas pihli, ac puhlakin munasla, su elos ac tiana motkwe mu ma ke elos wehak mas pihli. Mas pihli uh ku in orella elyac na yok nu ke moul lun sie mwet, yok nu selos ma matu matwac. Elyac ma ku in sik ke mas se inge pa fahfek lun brain lasr uh, wehang solohnkas la. Nu sin mukul fusr ac mukul ma matu matwac, ku pac in orella fihti lun sie mukul in fahfek.

## FUHKAC FAHSRELIK LUN MAS PIHLI UH?

**Kom ku in oru mwet wiyom wehak mas pihli kom fihn cough-cough, sinac, ku ke pacr sronin waclusm sun mwet saya. Ku pac in fahsrelik mas pihli ke:**

- Kut orekmakin cup, spoons, forks, sufa in titi, ac kutu pac kufen mwe orek mongo
- Ku pac in fahsrelik mas se inge sin mwet ma kalyac oana sie ma mwet mas pihli orekmakin



**Mas Pihli uh ku pac in fahsrelik nu sin mwet wiyesr ke pacr kut mas pihli, ah kut som nu niyen toani ma pus mwet wiyesr oasr weh.**

## SU MWET MA FUHSACSR NU SE IN WEHAK MAS PIHLI?

- Tulik srisrik ma matwe srik liki yeac se
- Tulik srisrik natusr ma sun yeac se ah sowena eis fakfuk in kosrkosr mas se pangpang (MMR vaccine) su sruh-kacsrak kac an oasr ke dose se.
- Mwet matu ma isusla ke yeac 1957 ku tohkoh ma sowena eis fakfuk in kosrkosr mas pihli.

## FUHKAC KOSRKOSR MAS NUKE MAS PIHLI?

- **Srike in wih eis kosrkosr mas nuke mas pihli (su akkalemeyeyuk ke MMR vaccine).**
- Tia fohtoto nu yen ma mwet mas pihli oasr we.
- Ohwul poum ke soap ac kof pal nukewa.
- Nimet orekmakin cups, spoons, forks, sucfac in titi, ku kutepana mwe orek mongo.



## MWE AC FAL NGAN ORU AC FIHN NGA WEHAK MAS PIHLI?

- Ak saya in pangon doctu lom, ku lun tulik nutum an fihn oasr ahkilenyac sum mu kom ku tulik nutum an wehak mas pihli: su pa kaclem ke fusrfusr lun macnosr, insufngal lasr, ngal lun musul ke macnosr, sa in tohtohla lasr, wanginla pacr lasr in mongo, ac fahfek lun lihkintupacsr ku kacpinwaclusr.
- **Fihn kom wehak mas pihli, kom tia forfor ac muta na lom sum an neh ke na oasr karinginyuk nu sum sel doctu. NIMET SOM NU LOM LUTLUT KU OREKMA KE LUHSEN LEN 5 TUHKIN KOM PUHLA MU FAHFEK LIHKINTOPOM KU KACPIN-WALUM.** Ouyac se ma mwo omeet in karingin ke kom mas pihli yak pa in tia fohtohto nu sin sucu lom in muh elos tia masak pac.