

#2

BLONG OL MAN /WOMAN WE OLI SALEM FIS



FROM WANEM

Kad ia i kontenem ol infomesen long hao blong presevem fresnes blong fis blong longfala taem:

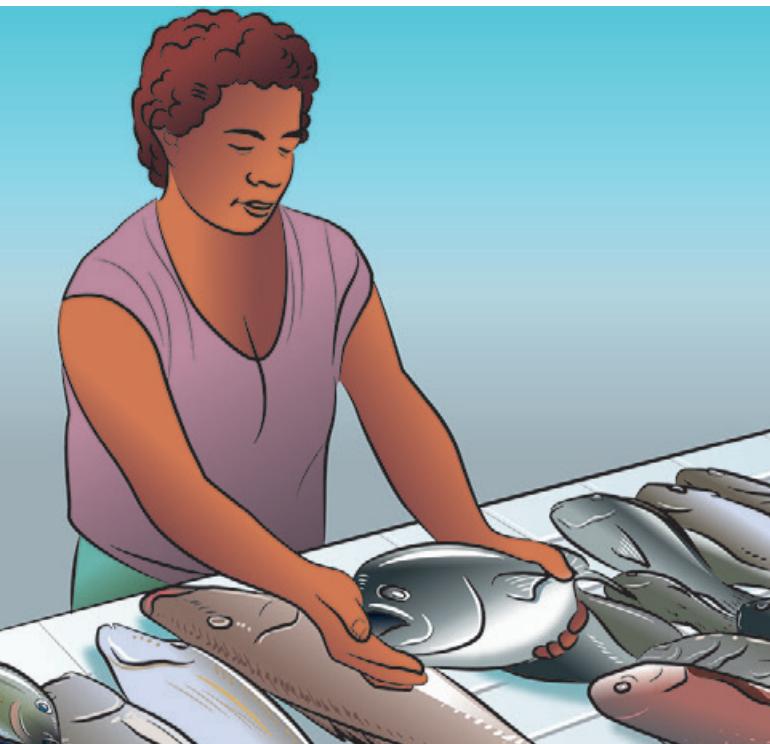
- Blong fis i save holem taet valiu blong hem longfala taem mo
- Blong fis blong yu i tes gud mo hemi sef blong ol kastoma blong yu



KEA

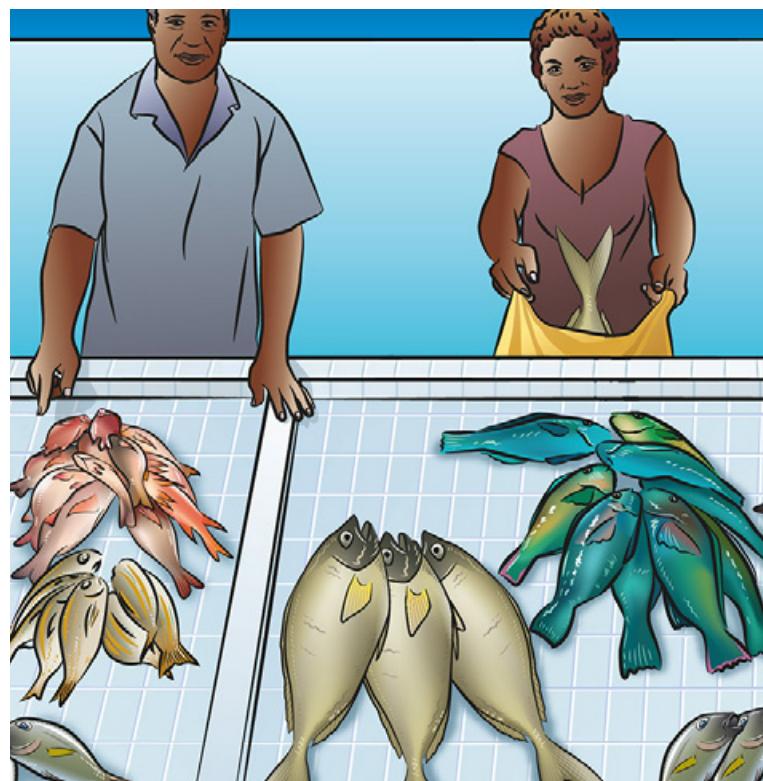
Tekem gud kea long fis blong yu. Pis i save nogud hariap sipos we yu sakem olbaot mo i kasem kill long body blong hem, skin blong hem i brok mo sipos we gat long hem i broke.

- No tekem tumas taem blong handelem fisUsum shap naef taem yu stap katem fis.
- Mekem sua mit blong fis blong yu oli no sopsop taem yu stap displayem o taem yu storem antap long olgeta.



INFOMESEN PEPA

blong ol man/woman we oli stap fising, salem mo kakai fis



KOLKOL

Oi bakteria mo ol enzaem we oli stap spolem fis oli moa aktiv taem we temperaja i hae o ples i hot.

Traem blong kipim fis i kolkol oltaem mo tekem sot taem blong klinim mo karemaot gat blong fis.

Yu save kipim fis i kolkol long ol fasin olsem:

- kipim fis i wetwet mo stap andanit long shed long shed
- packemap olgeta long ol smol aes. Sipos we oli no karem aot gat blong fis yet mekem bel blong fis e lukluk go antap taem yu storem
- draonem fis long wan kotena blong solwota wetem ae
- putum fis insaed long wan aes box

Hemi impoten blong kipim fis i kolkol oltaem yu stap long maket.

INFOMESEN PEPA

blong ol man/woman we oli stap fising, salem mo kakai fis

**BLONG OL
MAN /WOMAN
WE OLI
SALEM FIS**
#2



KLIN

Fis hemi save go nogud from bakteria (smolsmol bebet)mo toti

- Yu save faenem bakteria mo toti:
- long fis, insaed long gat blong hem
 - long ol tul we yu usum blong handelem fis

- roan long yu
- long ol man

Long ples we yu iusum blong klinim mo storem fis, i mas klin oltaem mo yu mas wasem i klin afta we yu muvumaot fis.

No putum fis long graon

Blong mekem se bakteria mo toti ino go long fis blong ino sef blong kakai.

- Usum klin wota blong wasem fis.
- Taem we i gat aes, usum klin aes blong kipim fis i kolkol.
- Usum Klin kontena blong storem fis.
- Kipim fis i kolkol oltaem.
- Traem blong kavremap fis oltaem.
- No mas mekem fis we eno tan blong mix wetem fis we i tan o kuk finis.
- Kipim eria blong wok, ol tebol mo tul i klin oltaem.
- Kipim yu klin oltaem.
- Washem gud hand blong yu oltaem taem yu wok.
- No handelem fis spos yu sik.



KWIK TAEM

Karem aot gill mo gat blong fis hariap mo mekem i kolkol hariap

Bakteria isave gro hariap. Mekem sua se fis blong yu imas klin mo kolkol hariap blong kipim fis i fres, swit mo sef blong kakai mo isave stap longtaem.

Blong fis ino ko nogud, mekem sua se fis ino stap long taem long displei tebol taem yu salem fis. 'Fes in, fes out.' Fes fis we yu putum aot blong salem hemi shud fis we yu salem aot festaem ia nao. Spos fis we yu karem aot blong salem i tekem long taem blong man i pem yu mas putum bak i ko long aes box o eski.

