



Vanuatu - Bislama



## Ol infomesen long helt blong ol memba long ovasi

Mifala i putumaot sam infomesen we i konsenem helt we i help blong impruvum welbing blong ol memba.

Ol infomesen ia i no ripleisem ol advaes blong ol medikol profesonel long saed blong helt, plis tingbaot. I imptoten blong yu mas go luk wan medikol profesonel sipos yu kasem kil o yu sik.

Long kaid ia bae yufala i faenem ol infomesen long saed blong:

1. Ol helt kea long Niu Zilan
2. Boela
3. Urinari trak infeksen Rod blong pispis i gat soa
4. Kasem kil long skin, katem yu, skin i skras
5. Jenerel haejin
6. Nutrisen
7. Helt long saed blong sex
8. Helt blong man we i lusum hed

**Orbit  
Protect**

# 1. Ol helt kea long Niu Zilan

Hao blong yu kasem Helt kea long Niu Zilan i no semak long kantri blong yu. Long Niu Zilan yu save go nomo long dipatmen blong emejensi sipos i ejen, from aksiden we yu kasem.

Folem ol step ia blong kasem kea we yu nidim, be i no blong go wet longtaem long dipatmen blong emejensi long hospital.



Yu filim nogud?

**Yusum ol infomesen ia blong givhan long yu,  
long wanem bae yu mekem neks**



Sipos yu yu sik yu mas mekem wan apoinmen blong go luk wan dokta, (narafala nem blong hem se Generel Praktisiena o GP) long klinik blong hem.

**Lukaotem GP netwok we i akseptem peimen long orbitProtect card.**

[Lukaotem wan provaeda](#)



Sipos yu kasem wan kil we bae yu lusum laef from, go long imejensi long hospitel, sipos jes i soa, win i sot o yu lusum plante blad.

**Sipos yu nidim ambulens from hem i wan imejensi kolem “111”**

Plis lukluk polisi sipos mani blong heltkea long NZ i kavremap. I gat sam samting long link daon ino kavremap olsem STI jekap, mifala i askem yufala blong kontaktem mifala long 0800478833 o emeilem mifala long [service@orbitprotect.com](mailto:service@orbitprotect.com) Spos yu gat eni kwestin we yu fasfas se hu bae i pem, yu o insurens.

## 2. Boela

### Wanem ia Boela?

Boela i soa tumas, oli red, oli swelap aninit long skin blong yu.  
Boela i kamaot from hea insaed long skin i gat infeksi.

Sipos boela blong yu i smol yet i no nid blong yu go long hospital,  
yu save tritim yu wan fastaem long haos. I impoten blong yu  
[visitim wan GP](#) Hem sipos yu kasem feva, o sipos boela blong yu i  
kam bigwan.

### Hao nao bae mi save se mi gat boela?

- Skin blong yu bae i swelap mo i red mo kala insaed i waet mo yelo
- Boela i soa we
- Yu filim nogud mo yu kasem feva tu wetem (taem boela blong yu i bigwan)



### Hao nao mi tritim boela?

#### Namba 1 step:

Mekem sua se boela blong yu i klin, yu kavremap gud wetem wan klin kaliko o wan bandej. **YU NO MAS** skwisim. Spos yu skwisim bae i soa moa, mo yu save spredem infeksi.

#### Namba 2 step:

Spos boela blong yu i smol yet, putum wan klin wom kaliko, o bandej (i no hot wota) andap long boela, riritim fulap taem long wan dei, blong rabis wota i kamaot.

#### Namba 3 step:

Spos rabis wota insaed long boela i no kamaot, go long medikol blong oli tritim. From wota i mas kamaot, blong boela i kam gud. Sipos rabis wota i kamaot hem wan, klinim gud mo putum niufala bandej mo kaliko.

#### Namba 4 step:

[Go luk GP](#) sipos:

- Boela i bigwan (i bitim 5cm)
- Boela i swelap ananit long skin
- Boela i stap long fes blong yu
- Boela i stap kam bigwan hariap
- I soa tumas
- Tu wik i pas, be boela i no kam gud yet

GP i save mekem wota blong boela i kamaot, mo tu i givim meresin.

# Boela

Hao nao mi no save kasem boela mo blong  
spredem olbaot?



Wasem han blong yu oltaem,  
afta we yu tajem boela blong yu



Shawa mo swim oltaem



Mekem sua se ol soa we oli open yu  
mas kilnim gud mo lukaotem gud



Yu no serem resa o tawel



Wasem klos, ol bedsit mo ol tawel  
long hot wota

# 3. Urinari trak infeksien Rod blong pispis i gat soa

## Wanem ia rod blong pispis i gat soa (UTI)?

Pispis i soa, hem i wan infeksien long eni pat long rod blong pispis, basket blong pispis, rod blong pispis blong man, mo kidni.

### Hao nao mi save se mi kasem UTI?

Oi narafala komon saen blong UTI hemi:

- Bae yu filim i soa tumas taem yu pispis
- Yu wantem blong stap go pispis oltaem nomo, be wota we i kamaot i smol
- Filim se basket blong pipis i fulap nomo i stap, afta we yu pispis
- Yu pispis blad
- Yu filim bel blong yu ananit i soa



### Hao blong tritim UTI?

Sipos UTI's/cystitis i komplikeited i mekem se fluid i kam moa bigwan, yu save traem meresin blong pispis ( olsem URAL) i stap long famasi.

Sipos:

- simtom i no kam gud afta long 48 aoa
- Yu kasem fiva/seksek/kol kol
- Pein i mov aot long bel blong yu i go long baksaed

Plis go lukim GP kwik taem.

Sipos yu no tritim kwik, bae i save gat siries infeksien long kidni, yu mas go long GP kwik taem blong oli tritim yu.

# Hao nao mi save stopem UTI?

Blong stopem ol infeksen,  
yu mas:



Drink plante wota blong yu  
pispis aot long ol bakteria



Pispis afta we yu finis sex



Waepem foret long yu kasem as  
afta we yu go long toilet



Werem koten panti mo trausis  
we i no taet tumas



Lukaotem wan defren rod blong blokem bebe,  
sipos yu stap yusum meresin ia Spemisaeds

## 4. Kasem kil long skin, katem yu, skin i skras

### Wanem soa i siries tumas?

Sipos blad i ron long yu, o bon long lek i brok, yu bonem yu, soa long hed o yu foldaon nogud, kolem ambulens long “111”. Ol kaen sik olsem i siries mo i nid blong gat atensen blong medikol kwik taem.

### Hao nao mi save tritim soa we i no siries tumas?

Fas samting, soa blong yu i bigwan mo blad i stap ron nomo taem yu putum kaliko o bandej long hem, i gud yu go long dipatmen blong hospital we hem i imejensi.

Nao, yu save tritim ol smol kat mo ol skras fastaem. Yusum wan likwid meresin blong klinim (olsem Iodine/Betadin) blong i kilim ol gems mo rinsim aot afta faef minit long wota we i ron. Afta yu kavremap soa ia wetem niufala dressing o bandej blong stopem infeksen.



Fulap soa oli stap hil olgeta nomo, be yu mas [go luk wan dokta](#) sipos:

- Soa blong yu i dip
- I gat fulap doti, graon, sped o ston i stap long soa
- Yu luk jens raon long soa blong yu olsem, i red, i soa, mo taem yu tajem i soa mo i swelap
- Soa i klosap long ae blong yu
- Yu kasem feva
- Soa i kamaot from wan i kakae yu
- Yu gat diabeti
- Oli no stikim komplitim stik blong yu taem yu smol

Sipos soa blong yu i ejen, mo yu nidim medikel, kolem “111”. Sipos yu no sua se soa blong yu oli nid blong jekem mo tritim kolem Healthline we hem i 24 aoa helplaen long **0800 611 116** blong kasem ol fri helt advaes.



## 5. Jenerel haejin

Kipim bodi blong yu i klim, hemi wan gudfala fasin blong sik i no kasem yu, mo blong spred i go long ol narafala man. Gudfala rod blong yu stap helti oltaem yu mas wasem han blong yu wetem sop blong karemaot ol gems we i stap mekem yu sik.

### Hao nao mi wasem gud bodi blong mi?



- Swim o shawa evridei. Wasem anda am mo daon long praevet pat mo as blong yu. Taem yu mekem ol eria ia i kiln oltaem, bae yu no save kasem ras mo tu bae i karemaot ol bakteria we i stap mekem bodi blong yu i smel
- Wasem wetem sop, gel o bodi was. Yusum wota nating o solwota blong yu klinim praevet pat blong yu

### Hao nao mi wasem gud han?



- Putum tugeta han blong yu ananit long tab blong wota we i ron mo putum sop mo stap 20 sekond, wasem insaed long midel blong finga, mo biae long han.
- Klinim ol doti neil wetem brash, sipos yu gat
- Rinsim tugeta han blong yu, andap long ananit long wota we i stap ron
- Mekem han blong yu i drae wetem kiln tawel o win i blo long hem

### Wasem han blong yu oltaem:



Afta we yu go long toilet



Bifo yu mekem kakae mo afta



Afta we yu tajem wan dog o narafala anamol



Sipos yu stap klosap long wan man we i sik



## Jenerel hijin i gohed...

### Hao nao bae mi wasem praevet pat blong mi?



- Man we oli no katem praevet pat blong hem, yu save klinim, yu pulum skin i go bak afta yu wasem daon wetem wota we i wom o sop. Klik long link ia blong save moa infomesen long [saed blong praevet pat blong man](#)
- Sipos yu yu wan woman, wasem skin raon long praevet pat blong yu wetem sop, solwota o wota nating. No yusum perfume sop mo ol prodak sop; from i save mekem infeksen long skin long praevet pat. No spre i wota i go long praevet pat, from bae i karemaot ol gudfala bakteria.

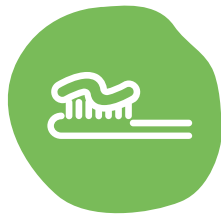
### Hao nao mi save mekem bodi blong mi i no smel?



- Afta we yu swim, spre diotren anda long am blong yu
- Werem klos we i kiln mo i drae
- Wasem ol klos we swet i go long hem mo tu ol doti klos gud mo, hangem aotsaed blong oli drae
- Sipos yu stap swet oltaem nomo, mo i mekem yu wari, go long GP

### Hao nao mi save mekem maot blong mi smel naes?

Rabis smel long maot i kamaot from haejin long maot. Yu mas brashem tut blong yu tu taem long wan dei. Hemi blong stopem sik o tut i roten. Sam infomesen long saed blong lukaotem tut:



- Tut blong yu, yu mas brashem long 2 minit
- Jensem tut bras blong yu evri 3 manis
- Dring plante wota blong yu no dosta
- Ol antibacterial blong maot i gud blong kilim ol bebet mo bakteria

Yusum ol infomesen ia long saed blong tut mo go mekem wan apoinmen wetem dokta blong yu save go jek, sipos i gat samting long maot.

## 6. Nutrisen

### Hao nao mi save kakae ol helti kakae?

Gud wei blong yu kakae helti kakae hemi blong jusum ol defren kakae long faev grup evridei. i gat:



1. Vejetebol
2. Frut
3. Krein mo siri-el-ol holgrein mo varaiti long hae faeba
4. Tintin mit, faol, fis, ek, bin we yu kakae sid blong hem, tofu, nat mo sid.
5. Milk, jis, yoket, o wan long olgeta we yu laekem

Plis lukluk [Heart Foundation](#) fblong gat moa advaes long helti daiet.



#### From wanem i gud blong kakae ol vejetebol?

Ol vejetebol i gat fulap nutriens olsem vaetamin, minirel mo dietri faeba.

Wan isi wei blong adem ol vejetebol long diet blong, adem salad, ol grin vejetebol o sup i go long kakae blong yu. Yu mekem semak samting bakegen long aftenun, be yu boilem o fraenem ol smol tomato, ol grin bin o capsikam we i red. Seleri o karot wetem sos hemia wan helti kakae.



#### From wanem i gud blong kakae ol frut?

Ol frut we i fres i gat nutriens olsem potassium, dietri faeba, vaetamin C mo Vaetamin A mo B we i mekem ol bodi i gro. Fulap frut, enoji blong olgeta i lou mo faeba i hae, i stap mekem yu fulap nomo. Frut i gud tumas taem yu kakae we i fres mo i grin.

# Nutrisen i gohed...



## From wanem i gud blong kakae ol holgrein

Grein mo sirieli oli gud from faeba, cabohaidret, protin mo ol defren vaetamin mo mineral- i gud i mekem yu go gud long toilet, mo i mekem kolasterol, i go daon, weit i go daon, mo blad presa mo i givhan blong no developem taep 2 diabeti.

Oli grein kakae i gat:

- Oli sid long graon
- Braun raes
- Holmil mo holgrein bred
- Oli wit we oli krakem
- Sid blong gras
- Sid blong flaoa
- Oli sirieli we oli no kukum be oli miksim wetem frut blong kakae long morning



## From wanem i gud blong kakae tintin mit, faol, fis,ek,bin, wan jis we oli wokem long milk blong soi bin, fruit mo ol sid.

kakae ia oli stap givim protin, mineral mo vaetamin i gat: bin, nat mo ol sid oli gat ol dietri faeba. Jusum defren kakae long grup ia, from oli talem se bae yu no mas kakae.0.75g protin long 1 kilo blong weit blong bodi blong yu long wan dei.



## From wanem i gud blong drink milk, kakae jis mo yoket?

Milk i givim protin, vaetamin mo kalsium. Sipos yu yusum milk we oli mekem long tri olsem soi milk, jekem se i gat 100mg long kalsium long 100ml.



## Wanem nao wan drink we i helti we yu save drink long wan ful dei?

Tab wota long Nlu Silan i gud.



## Wanem nao ol rabis kakae?

Oli kakae we mi no neimem long ol faev grup oli singaot olgeta se 'rabis kakae' o 'I no gud' Oli kakae mo ol drink i stap mekem eneji blong man i ova, yu bigwan tumas, suka o sol mo yu nid blong ridiusum ol kakae olsem.



Oli Nutrisens oli mekem sam resepi fri nomo we yu save mekem long haos, [visitim Heart Foundation](#)

## 7. Helt long saed blong sex

Seksuel Transmit Infeksen i wan nogud sik, yu mas yusum kondom blong daonem sik ia STI blong i no kasem yu. Yu no mas wari tumas, from tritmen long sam kes oli save tritim sipos yu jes kasem.



### Wanem ia STI?

STI i wan infeksen we i stap pas long wan man i go long narafala man tru long aktiviti blong sex long praevet pat, maot, mo as. STI i save mekem yu filim nogud mo sipos yu no go tritim, bae sik ia i save stap longtaem long yu.

### Hao nao mi save se mi kasem STI?

I no se evri kes long STI i gat ol saen, be sipos yu gat, bae i stat long praevet pat. Ol saen blong STI i at:

- Rabis wota i kamaot
- Taem yu pispis i soa
- Taem yu gat sex i soa
- Praevet pat i swelap, insaed long skin i swelap, i gat soa, skin i skras o wan vaerus i kasem praevet pat
- Praevet pat blong man i soa



### Hao nao mi save stopem STI blong i no kasem mi?

Rod blong yu no kasem STI yu mas yusum kondom taem yu aot wetem woman (maot, long praevet pat blong woman o long as) mo yu mas go mekem tes blong STI oltaem. Fulap man we oli kasem STI oli no gat saen long olgeta, mekem se oli tingse oli nogat sik. Yu mas go tekem tes evri 6-12 manis mo sipos yu jenesim patna blong yu, no sipos patna blong yu i stap aot wetem narawan, o yu filim save long yu se yu gat STI.



Yu save go tekem tes long GP.

## 8. Helt blong man we i lusum hed

Man we i lusum hed i kam bigwan mo i kasem olgeta long kiwi finis. Sipos yu filim se yu lusum hed, tingbaot se i no yu wan nomo from i gat sam man we oli save givhan long yu blong yu kam gud bakegen.



### Wea nao mi save kasem help long kes blong man we i lusum hed?

Hem i oraet blong yu go lukaotem man blong i givhan long yu o i sapotem yu taem yu filim se yu stap wari tumas. Sipos yu tingse bae yu lusum hed, mekem wan apoinmen wetem GP. Bae hem i save daarektem yu long ol stret ples long nid blong yu.

Sipos yu filim save se hed blong yu i stap go lus, kolek Gp kwik taem o **kolem 111**





### Ol fri sevis we oli save sapot

I gat ol fri sapot sevis we oli save givhan blong toktok long lanwis blong yu.


#### **Mentel Helt mo welbing**

Fri kol o teksem **1737** eni taem sipos yu wantem gat sapot long wan kansela we i trein gud

#### **Depression.org.nz**

 Fri fon: **0800 111 757**  Fri teks: **4202**

#### **Alcoholrughelp.org.nz**

 Fri fon: **0800 787 797**




## Mifala i hop se yufala i glad long ol infomesen ia blong oli kipim yu helti mo glad taem yu stap long Niu Silan.


Taem yu stap longwei long haos blong yu, famle mo ol fren i save afektem helt blong yu we yu neva filim bifo, lukaotem gud yum o wanem we yu stap tingting long hem, blong yu no lusum hed mo ol aktiviti we yu stap mekem.

Ol infomesen ia i blong givhan long yu blong yu lukaotem gud helt blong yu, long ol samting blong no mekem mo tritmen we oli talem, be i no wan helt plan blong yu. Ol infomesen ia i no tekemaot ol advaes blong helt mo tritmen long olgeta profesional long saed blong medikol.

Sipos yu gat wan narafala sik we yu wan yu kasem, yu mas kasem ol dokta blong oli givhan long yu.

### Kasem olgeta:

 Fri fon: 0800 478 833

 [service@orbitprotect.com](mailto:service@orbitprotect.com)

 [www.orbitprotect.com](http://www.orbitprotect.com)

