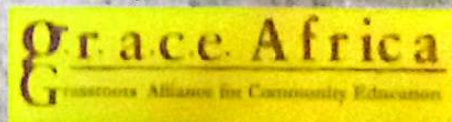


# Jamii Bora Guide for the Pregnant Mother





# Jamii Bora

## Samburu and Turkana

### Ngitairiana e ntomonani naretisho

#### Nkituko

- o Ana ntomoni naitiu nkulie, eishakino pidung` laisotok nintuk nkaik te saboni o te nkare supat
- o Todua ajo kore ntomonani naisaisai naa keituke, oleng nkolo ng` oji neimu nkerai.
- o Kore ng` oji neishere ntomononi o masaa pooki, todua ajo kesinya
- o N`chopo mpirai te nkaik paye mibung` lodo nkata e eisho.
- o Nkaik naituko, ng` oji supat naisheki, ndung` oto supat e sororuai naa keretu qibooyo nkitarasuno e moyantin eidipe ishoi.

#### Nkirita e sororuai

- o Meishakino peibung` bung` i nkaik kumo. Tenemeiritae aitibaiki naa keidim nerasu moyantin nkulie. Tiliki ng` oto nkerai meituko neitoi nkata pooki nkolo sororuai.

#### Ntoki naitodolu ajo keyeu ntomonani neyai sipitali

- o **Ngiteinoto e lodo etunite:** teneworo mudong o nkaji e nkerai eng` or nkata. Kore ntomononi naitu nejia meisho te nkang` amu keidim neoo mbaka neyee
- o **Saisai naado:** kore ntomonok naata saisai naado naa eishaakino paye eyai sipitali. Meishakino pe eisaisayu ang` asu peilepu ndama ana metodoi.
- o **Nkitoodoro e are e saisai:** nkata eitu eisho ntomononi eidipe saa misima aishunye eidipa atadanya le kipa
  - o Tenejulula sororuai
  - o Tonolotu sororuai eng` or nkerai
- o **Woon e lodo eiseisei:** kore ntomononi nao te saisai neyae sipitali amu kebaki neyee nepiki lodo
- o Ntomonani shake naitaasaki opareshon peyeetum nkerai keishakino peisho te sipitali amu keidim nkaji e nkerai nedanya
- o **Ngiteria etunute:** kedim nkweteta e lodo neyau. Kera kitok to ntomonok natum nkerai ekwe, mao, ana nkerai eldikae moruo
- o **Ngubooto e mudong:** teneitu elotu mudong` to idakikani osom ana saa misima eidipa nkerai aipung` u
- o **Teneibok ntomononi nkerai:** keitaasi ntomononi opareshen teneany nkerai elotu abaki etonyuaki nkoito pooki.

#### Ni ngotiniyelou seisei naado?

- o Mesapuku udoto peye etum ngerai aimu
- o Ngue engerai nemelotu ngalo udoto abaki eretutai
- o Tenening ntomonani mion e ngosheke, neinauru oleng
- o Keng` asu ntomononi aning` mion e kila ngata te abori ngocheke.
- o Adoyo ngocheke abori
- o Keidim ngula neaku lodo
- o Njian e lmunash netoi
- o Seisei nmeishunye naponunye

#### Shidai naidim seisei naado aiosababisha

- o Keidim atara ng` oroyen, tanaa si aikuna metaa meibok ngik o ngulak
- o Keidim nikintaa oliipi
- o Lkiye le nkerai tenkarake kerichu ngocheke neibooyo lodo pas melo
- o Keidim netum nkerai lbae
- o Keidim neiko ngosheke metedanyai.

### Ngakiro Na Ejoikina Ngaberu Nakesidok Nache Eyenete

#### Asegis

- o Ejoikina ngimoyo lukon etubitoe tarai luasegak. Kilotarae ngakan a ngakipi ka esabuni.
- o Tochoik atamar eseg tani aberu na isidounio, tarai cha noi aabor ni idounio.
- o Kingolik atamar ni isidounere ngesi ka ngiboro daang lu isidounere esegak. Ani ikoni kimuk a ibore a niasegan.
- o Tanap ngagilopio kiratakis ngaakot ka nijeel anakan kon esaa lo isiemoo lyong` akibwon. Esaa lo idounere ikoku ta atingit angasep.
- o Ngakan naasegak, asegaanut ani idoikinio ikoku ta asegaanut a akitub angasep, iratakini edeke arumoret a akidoun.

#### Achoikin apusit a akapul

- o Nyejoikinit apusit a akapul etingitingio jiik. Ani pekirichakin apusit a akapul, epedori atapun edeke. Kotere ngakiro nguna, totub a ekileng alokitetet toen a iuno aniasegan kiratak akii. Tolimok itioikeng a ikoku atamar kitoseg neni tanang apusit echakun.

#### Ariaba na idodiuni atamar torikoroe aberu losibitar.

- o **Aiere anapot:** Idodiunit neni atamar keberakin angasep atiaka ka aperit kori eperi angasep anakituk a akibwon. Nyesakitae aberu na eperi angasep anakituk akibwon imiekinio isitoruni ikoku nakibwon kainyo epedori aiere totoan.
- o **Ariaba nikooyan:** Erai ariaba esakia aberu akidoun. Ebilanakin ngamunyin a akibwon ka anyaar a ngasaa a ngatomwon ka ngaarei. Esakitae ngaberu daang na eribasi nikooyan eyario losibitar atipei kainyo epedori ta akipak akituk a akibwon. Nyesakitae aberu erai nata eribakinor akipuripurunet a akolong tanang adooyoret.
- o **Ariaba nikooyen na a ngaarei:** Erai neni ni nyidounio aberu adaunet a esaa epei na enyaaror akibwon.
- o **Atakanun a apusit:** Esaa lo ekeniyiarea angasep tooma akibwon kori lowae lo alokwap a aperir, ngirwa lu esal epotiere.
- o **Akingaren a apusit:** Esaa lo ingarenunio angasep a ikoku epuduni anakibwon.
- o **Akii anariaba:** Aberu na eii esaa lo eribar, ejoikina eyaario losibitar, kainyo epedori tani aliwor esaki akichumakino ngaakot.
- o **Aperit nadesem:** Aberu nasek epuoritae aperit kotere akidoun kori akikisar nisech, ejoikina isidounio alosibitar. Epedori aperit keng achil erai pekechoikin lojojokon.
- o **Akirakanar anapotiere:** Eyaunit ibore ngini ananganar a ngakot esaa lo epotio aberu. Emina ibore ngini ngaberu na eraakasi akidoun kech na ekingaren ngina, imuunito ngide, kori kerai ekile ngolo ekitetet.
- o **Atubokin a angasep:** Kidong angasep naperit ngadakikae ngatomwon-uni kori asait apei kidoun ikoku kerumor.
- o **Awoun akidoun:** Ewouni aberu akidoun tani kidinyak aberu nikooyan tanyaar akibwon. Echamakina aberu ngina topuunoe ikoku tolemunae ikoku. Etoanene ikoku ngini erai pekuoor aberu ngina atipei.

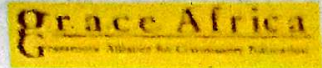
#### Eger lo eyenere ariaba

- o Nyesaki akituk a akibwon anyaar tani kijukunitae ikoku nijajokon.
- o Nyetiyaun akou a ikoku loikalokoi a itioikeng tani ljukunitae kayaye.
- o Elomakini itioikeng akichanakin, tosur nabo tosub na eburunit.
- o Elomakini akook adongunun aberu na eribanakini jiik.
- o Kitenar ewae loa alokwap akook.
- o Toliwor ilasi ngakul nadikidio. Apak ache pena ngaakot nakul nguna.
- o Nikalapatan a akituk a akibwon - ebui neni toon
- o Eroner eboyor a aberu ana edeaka kangina.

#### Aronis a ariaba ana nyidounio aberu

- o Anariaba ana nyidounio aberu, akibwon a aberu, echue a ekilom te eosh, engichakinosi kiding akou a ikoku ka ngikalokoi a aberu. Ani lapaakin ariaba ngina, eyauni akitu ni aberu ani engopikidite aberu kona iratakini ngakul kori agashin kori naarei nguna daang.
- o Epedori akitokolupan aberu ngina.
- o Etoani ikoku kotere akikolanar a ikoku anakook na iridireuni ngaakot na elomete nangasep
- o Epedori ikoku awana, kerai tani akan tongwal.
- o Epedori tani aperit apaka. Ani kechakin aperit, epedori aketor ikoku nipakak taloma nakook.

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# Jamii Bora

## Samburu and Turkana

### Habariceng'oruo (13-19)

#### Nkusoma

- o Lototo e skuul paye iyelou aisoma, aigero nitum ng' eno'e mbaa kumo naipirita nkishon. Keng' asu te pirimari, sukundari, ana chomo kolej.
- o Kore nkusoma e pirimari naa nepesheu nera si nelasima. Melauni siake reto tenkaraki sukundari, colej anaa si nkisoma e keper.

#### Supatisho e nkusoma

- o Kiretu-taa reto to Itung' ana linono
- o Ikincho mikiyanyi. Keanyit Itung' ana Itungani ng' en. Tinintai nyamalitin enche, nikincho ninche mbaach siaya.
- o Ikincho taa Itung' ani oitegemea koon, nikirishe mbaa torok naijo kuna, muratare e ntoyie, nkuronyeta, mbolta eng' or nkiera, mimenaa si nkipingata e inoto e nkeri, o nkulle kumo.

#### Nkuronyeta

- o Arata e nkeri eitu eidipayu te nkosheke. Eitomo pii
- o Mbaa naalio torok
- o Keitaaruwo sapu
- o Nkijata e ng' oji neimu nkeri
- o Lbaata tana nkijata
- o Nkiteinoto e nkeri nang' or, mudong', o nkulle rubat naidim aipung' u
- o Arasu nkulle naitarasunoi
- o Ngoloto entumie e nkeri
- o Nyamaliti nkulle naagol te nkulle nutai
- o Awo oleng'
- o Kelelek oleng' peye Itung' ani
- o Leleku petum Itug' ani kansa to nkong' I naponu
- o Nyamaio e ishoi to nkolong' I naponu
- o Inoto e nkeri tardo
- o Nchalan esesen

### Ngakiro a aberu ana itdoe (13-19)

#### Akisomare

- o Erai Alomar losukul ni kitatamere iyong akisomare, akiyar ta akitatamo ngakiro natenoyek a eboyor a akwap. Isiekini napet alo pirimari, sekondar tanang lokolej.
- o Erai akisomare a esukul a pirimari aka pas nabo itingakiniafe ngitunga akisomare. Ani ngini esaki, epedorio akingarakin toloma losukul asekonar, lokolej kori tani luche lu epolok akidwang ngulu.

#### Ajokis a akisomare

- o Kingarakini iyong akitojok eboyor a ngikidunyet kori.
- o lanyuni arimatoi alotunga. Eminae ngitunga lukoosok nabo lu eyenete sekondar nakaalak. Esaa lo ingarakinea iyong ngitunga lu irukitoto, kirimasi kesi iyong taanyunea ngirotin ngiche lu isubakinea ngakiro ngache naajokak.
- o Ipedori iyong arau itwaan ni nyigenokino itwaan niche, topedorea akinger naaronok na ikote, akilenger ngaberu, akichak ngide, akiper ka ngikilok eringa nyiuta, kiteyeni akilongonokin akidore ta nache.

#### Akichak ngide

Erai achakun ikoku a anakook eroko ngirwa lukidounet nyenanga. Ipedori ayaun akitu.

#### Nginyas lu epete nakwaan

- o Akinyasun aperit.
- o Akhwan ekilom todi yau ngichan luche lukaalak lu ikote apachole.
- o Adunorit akibwon.
- o Aisikin epewae a ikoku ani eringa nyidouno eyei nakoak, angasep ta ngiborei luche a aperit lu esakitae kipudunoe.
- o Atapun ngidekerinef.
- o Awoun apotiere kotere atapun edeke kori ngichan nabo lukoche ngul.
- o Ngichan lugelayek anapotiere ana hidun.
- o Aire ngaakot nakaalak.
- o Alalal akitu eapikini.
- o Elalal monan etapuni edeke a kansa alo aloinoma ekwaan a akhwan abeye ta emany.
- o Apotiere monan ngide lu parai faperiet epotio.
- o Akidoun ngide lukang-watak anaur ana hidun.
- o Eliwor edekadekato.

### Clinics and their Locations

1. Wamba District Hospital	Wamba Town	17. Nolwaa dispensary	Nolwaa	37. Barsakwe Dispensary	Barsakwe
2. Wamba Mission Hospital	Wamba Town	18. Loikuniani dispensary	Loikuniani	38. Opere Dispensary	Opere
3. Achers Post H.C	Achers Post	19. Swari H.C	Swari	39. Maralal Dispensary	Maralal
4. Sereolipi H.C	Sereolipi	20. Maralal Referral Hospital	Maralal	40. Lantole Dispensary	Lantole
5. Lerata H.C	Lerata	21. Morijo H.C	Morijo	41. Locheke Dispensary	Locheke
6. Lodungokwe H.C	Lodungokwe	22. Kisima H.C	Kisima	42. Ererwa H.C	Ererwa
7. Oromodei Dispensary	Oromodei	23. Suguta MarMar H.C	Suguta MarMar	43. Barsakwe Sub County	Barsakwe
8. Ndonyowasian Dispensary	Ndonyowasian	24. Angata Nanyukie	Angata Nanyukie	44. Maralal Dispensary	Maralal
9. Nkarom Dispensary	Nkarom	25. Maralal Prison Dispensary	Maralal	45. Lantole Dispensary	Lantole
10. Donyowasipa Dispensary	Donyowasipa	26. Kirimon Dispensary	Kirimon	46. Ererwa Dispensary	Ererwa
11. Nkutuk egiron Dispensary	Nkutuk egiron	27. Lparfuta Dispensary	Lparfuta	47. Maralal Dispensary	Maralal
12. Nkutuk elmuget Dispensary	Nkutuk elmuget	28. Porro Dispensary	Porro	48. Maralal Dispensary	Maralal
13. Kitamany dispensary	Kitamany	29. Losba Dispensary	Losba	49. Maralal Dispensary	Maralal
14. Intepichis dispensary	Samburu lodges	30. Sirata Orobi Dispensary	Sirata Orobi	50. Maralal Dispensary	Maralal
15. Ngilal dispensary	Ngilal	31. Maralal mission Dispensary	Maralal		
16. Narimima dispensary	Narimima	32. Bahawa Dispensary	Bahawa		

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# Jamii Bora

## Samburu and Tuckana

### *Nkitariyana te losho*

#### Riata elipong'o

Aisimaki Itung'ani mboita meyeu. Mbai torno namara supat neata torok kumo naimu.

#### Naalio

- o Awo oleng'
- o Keiko Itung'ani metanya mboita kenyaake
- o Mion temboita
- o Mion ekila nkata e Iboiset
- o Nutai
- o Ntumoto e moyiantin naatuaana mbiita, kusunono

#### Tunukuliami

#### Tinikireki etudolu:

- o Tinikireki tesioi chomo sipitali etuintei nangan ninchopito, nimuntuko peetumi sarim, nikintomoi
- o Tilikoi te Iplisi, teyai Itung'ani likirik
- o Tiliki nkambunini naiba mbaa naijo nena, Atuana nkanisa, ana NGO

#### Lkereti le meishaakino pikias

#### Muratare e ntoiyie

Ngiteinoto e Imunash ongai Pookidung'oto nadung'I ntoiyie Meata supatisho e sesen

#### Ntorno emuratare e ntoiyie

- o Ngiteinoto e lodo naidim neyau Ikiye
- o Nyamali e ngiteinoto e ngula
- o Aaku olipi
- o Nyamali e ishoi
- o keponu Ikiye lo nkera naaye te inoto

### *Ngakiro na echamakina ngitunga eyenete*

#### Atikonor

Erai akitingakin itwaan ekiner. Erai eboyor lo loaronon lo eyakasi ngakiro nache nakaalak kinyamete.

#### Na esubakinosi anakwaan

- o Aiire akibwon/eosin kori edeke a akibwon.
- o Tasak atamar nyikiper ka ekile nabo.
- o Epipiler ekiner.
- o Topipileketa ngikalokoi.
- o Apotiere
- o Atapun ngidekesinei lu itorunlto lokiner, atapun tani lokwakel.

#### Ani kitikonor

#### Ani keroketa ngakiro kitotikonor:

- o Kape atipei losibitar eringa nyilotara sodi taanyunere ibore ni irumunere ekatikonoron, ani erumor kitedek iyong.
- o Tolot tolimok polis atamar kitikonoritae iyong.
- o Kirukosi ka itwaan ni imuno iyong nia polis.
- o Tolot tolimok ngitunga lu ikilaarito atikonoro. Epedorete ngitunga ngulu aliwor ngika ekanisa kori ta Najokotau na ingarakinito ngitunga.

#### Ngakiro a ngitalio naaronok

#### Akilenger ngaberu

Erai neni alemar ngimonir daang kori epewae, akitididing akituk a akibwon ta aboliar akibwon a aberu a ngirotin kadaang aku ikote akirub kori akiger, akiputuput ta akichuny akibwon. Emam ibore ajokon eyei nakilengero.

#### Ngichan a akilengero

- o Aiire lokojokon na epedori ayaun akitu.
- o Ngichan a akilat ka ngidekesinei luche.
- o Awoun apotiere.
- o Ngichan anakidore.
- o Elal akidore eyauni akitu.

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# Jamii Bora

## Samburu and Turkana

### Ngitariana e Ipayeni

#### Mboita etunete ngoreyen?

- o Tanaa ketiwaaki nkerai ino te nkoitei supat- aaku eitu eitaasi opareshen, meatai sheria nautu nkata e mboita. Indim niendelea o mboita o nkitok ino te nkata niyeu.
- o Tanaa ketudung`oki ntomononi n`goji e inoto arefu nkerai meipung`u, keishaakino pianyu to wiki ile meishiu.
- o Tining`asusu mboita aitoki entaparu aasichere nkoito naiboorieki nutai familio.

#### Nyo aas ara Ipayan paatum ataramata ntomonani?

- o Nteng`ela ropiyani peitumiari te sipitali teneisho ntomonani
- o Aitaparu ntomonani meshomo kilinik meing`urari
- o Nadol ajo keata ntomonani ndaata supat
- o Naliki lkutaa tanaa molo ntomonani sipitali
- o Nanyok adol ajo ikiasita mpangilio supat o mbartut teinunoto e nkera

#### Nairorie losho:

1. Paye meitoki aisimaki ntoiy e mboita eng`or nkiema
2. Metung`ai nkiema e nkera kutiti-ana metabaki larin 23
3. Metung`ai muratare e ntoiy e
4. Nairorie ntoiy e melsomata ana meidipa colej, neemi
5. Naiteng`en metung`ai itung`ana mboita o kila tung`ani, metewenie itung`ani sintani obo o sii meitumiari kondom tanaa lasima mboita
6. Najoki metanyi nkuronyota e nkera amu keidim neyeki naironyi shida

### Ngakiro natenoyek ani kata Apa

#### Akiper ka aberu ekisidi a apotiere?

- o Anikidounit aberu kon emam ngiche chan, ngesi atamar, emam itwaan apuori kidounoe, emam ngirwa igerokinitoe atamar mati kenang ngirwa nginen ngesi iperloto iyong ka aberu kon. Ipedorete iyong akiper ka aberu kon esaa cha daang na litanea iyong kori kingolikinit atamar itemokin akiper ka aberu kon.
- o Ani kedung aberu tanyaaror ni itoruni ikoku, elimokinitae ngaberu nyepero ka ekile mati kedaun nguukio ngikan-kapei. Itemokino nguukio ngikan-kapei engalekinio adungot. Esakitae neni ilatanario ngaareil a akolongit a apel a ngakipi ana itomonunitae imorikinitae ka amakat.
- o Ani ibongokinete apereenen, kiwapakisi ngirotin lu kiratakinet apotiere na nyesakitae.

#### Anikiro asubakini ayong aria ekile engarak aberu?

- o Kidiatak ngaropiyae na esakitae alosibitar akolongit na idounio aberu.
- o Kisitamuunu aberu toloséene losibitar kiseme eketedekan
- o Kingolik atamar enyami aberu akimuj na itemokino.
- o Tolimok ngikapolok keyakasi ngakiro na nyiwapit aberu lojojokon.
- o Kirichak atamar iwapito iyong ka aberu ngakiro a akilongonokin akido re.

#### Atuko ka ngitunga a ere kang atamar:

1. Kitengeroi ngapesur akiper ka ngikilik eringa nyutara.
2. Akitonger ngapesur akuuto eringa nyenanga ngilaru 23
3. Akinger-akilengero a ngaberu (TCM). Ewanene ibore ngit eboyor a ngaberu.
4. Akisuror ngapesur taanyut mono akimare naajokon tananga lokolej eringa nyutara.
5. Akisuruor ngapesur khwapa ngit anakiso alokwaakel.
  - (a) Apalikin apereenen ka ngikilik.
  - (b) Amunokin akitoper ekile epel bon
  - (c) Akinap apira na nyenapap sek kotera akiratakin lokwaakel.
6. Akitonger ngaberu achakuunin ngide kairyo eche ibore ngit akwaan a aberu ka ngatameta keng epedoni teri akei ngit. Ngirotin luche ajokak iwapito kesi akirapun ibore kon akimare aberu alosibitar ngirotin lu ingarakinor.

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# Jamii Bora Guide for the Pregnant Mother



The Jamii Bora Maternal Newborn and Child Health (MNCH) Project is a three-year European Union (EU) funded project whose goal is to contribute to the reduction of maternal mortality by two thirds and child mortality by three quarters in Samburu County (Samburu East, Samburu North and Samburu Central Sub Counties) by the end of three years in (2013 - 2015).

The project is implemented by a consortium comprised of Ananda Marga Universal Relief Team (AMURT) Kenya, National Organization of Peer Educators (NOPE), Grassroots Alliance for Community Education (G.R.A.C.E) Africa, and Matibabu Foundation Kenya (MFK).

The project has four strategic objectives that focus on (1) increasing access to and utilization of quality MNCH services; (2) increasing access to and uptake of SRH and FP services; (3) reaching the target beneficiaries with community MNCH promotive actions; and (4) improving household incomes by the end of three years.

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## Tanaa Itunite

Te sipitali (tumo reto e klinik eng'or ishol):

- o Ikilikini alteng'en mbaa kumo naipirita ndaa, mbiita, nkilbooroto e moyantin torrok atuwana nkirewua, loturol, nkwetata e lodo, o moyan e sukari.
- o Miurei nkipara kitok e Ikitari. Tiliki Ikitari shidal pooki niata, tanaa nitumo shaake.
- o Keidimi nikimpimi ngula, lodo, ngadori o nkulle kumo. Kore nkipimata e lodo na keyelouni tanaa kipunikini ndaa nisha anya.
- o Tanaa lata mbiita ikumbundusi ningo tununyok koon o nungo si ngerai pemetum. Kerutuni nkerai pimintarasu mbiitia.





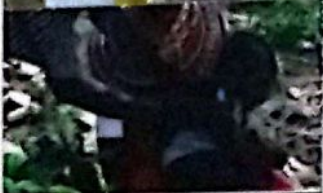

## Elap lo eking'aren ka lo a ng'uuni








Ani alosibitar (ni kisemeere eringa nyidouno):

- o Kisuruorio lyong toyen ngakiro natenoyek na lkote nglchan lu epote, akimuj, ekitedeke lokwakel kotere ngulu etapunito. Itatamlo eger lo iratakinere ka akitedek elekes, abwore, ngaakot na enangarito ta edeke a esukari.
- o Wara nylem akingit eketedekan ngakiro daang a edeke alo katokona, ka loa nglrwa alu kolong sek a ekingaren. Tolim keya nglchan ngidi eyakasi lodawae lu lmasi lyong tokona.
- o Esakltae ngakul kon, ngaakot, anangun a ngaakot ta awoyau kon ka aurianut isemoo. Akisemere a ngaakot idodiuni kesakltae lyong klinakinio ngidawae lu lgangito akimuj anakwaan. Kori ejoikinit klinakinio lu etla ai. Akisemere ngina kingarakini lyong nylichakunea ikoku.
- o Ani kitapunit lyong lokwakel, kigirakinio edawa lo ltedekar. Iratakinie edawa ngolo ikoku kon nyeetap edeke anikon. Ikote napel nguna neni tani kotere edeke a emany lobe hepatitis B. Ani keyen anipel, epedorio akiratakin ikoku nyeetap lokwakel loa ltiokeng.

Ikindimi nikimpari tanaa itaraswa shake kuna moyantin:	Epedorio alimokin atamar tolum chene kitingito kolong lyong ngidekesinei lugu:
o Moyan e sukari	o Edeke a esukari
o Nkwetata e lodo	o Ananguna a ngaakot
o Moyan Elgoo	o Edeke a erarum
o Mbiita	o Lokwakel
o Ngerai namara nakawalda	o Ikoku ni angalan
o Moyan eltau	o Edeke a etau
o Aisho te opereshen	o Kepuoritae kolong Idounio
o Asma	o Akirakanar
o Nluki naiba sesen	o Aukit
o Nhalie pooki	o Edeke cha loche daang



Tanaa itunite:		Ani kona tokona ipotio iyong:
	Keririkino piyengyang'a nkata kitok. Lurai asieki to sae nabana isiet ana saal kila mbari	Kiyangana nikooyan. Toper eringa atakwaa tojoto a ngasaa a ngakan-kauri kori ngakan koomwon.
	Merigo oleng (aisukudo naikash) Minap ntokitin nairoshi	Nyiikuduonokin (toliwor igaarae). Nyiitwak ngiboro luapotio.
	Teiyei kilinik tanaa sipitali nishee alo mpaka niisho	Toseu esibitar lo erai ngesi iloosene iyong kisemeere eringa ipotii, lomo idounio iyong, lo ichumeenere ikoku ni idouni iyong.
	Tanaa metana sipitali indim niyaya ntasat nikiret anake niisho	Ani pekiyei diyete esibitar, tasaku abenu na moi kisudouni iyong kingarak iyong ngirwa lu ipotio. Kingarakini ngesi iyong akitorwaanar akwaan, akimuj na ejoikinit inyami ta nguna ejoikina iyong iyeni anapotiere.

Ndaa supati entomonani natunite		Ngamuja naajokak anapotiere
	<b>Mbolbol engokon</b> Keretu ng'eno enkerai metubulu. Kake minya mayai nemeyara	<b>Ngabeyeyei</b> - Ejok kotere akirub a ngadam a ikoku. Nakaneni nyiinyam ngabeyeyei na nyipoo.
	<b>Lng'anayo</b> Lombukunot kumo, Imachungwa, lberries o lkulie kumo. Keretu aibooyo moyanitin	<b>Ageor</b> - Ejok ageor na ikoni ngamachungae, ngisekona. Iratakinete kesi ngidekesinei.
	<b>Kule</b> Naaoto o nairewua-Keitogol loig o lala	<b>Ngakile</b> - Nakibuk ka na nalepan. Itogogongete ngakoyo ka ngikel a ikoku ka itiokeng
	<b>Ndaa natuana lpayeg</b> Mintai mbala e lpaeg	<b>Akilulung ekimuje</b> - Nyiitakana ngabolokokio a ngamuja ana ikote ta epeipe.
	<b>Njugu</b> keretu aibooyo fardonicho te nkerai neibooyo nkibirunoto e nkerai	<b>Ejug</b> - iratakinete ngide nyiidoun esechech kori nyechakun eringa ngirwa lukidounet.
	<b>Ngakuui</b> lkincho biotisho e sesen neibooyo tardonisho	<b>Ngakuui</b> - ngakuui na elemunio amanamat igangete akwaan kon nabo iratakinete ikoku nyiidoun esechech.
	<b>Keitogol loig o lala</b>	<b>Akiring na arengan (akiring na emam akimiet)</b> - Itogogongi ngakoyo ka ngikiel

## Taatua lapa leeng'uan mpaka lapa leile

Shomo kilinik, tama ndaa supat, mias lkasi ogol, migiraki moyean tinining ake ajo mira supat. Tiliki lkitari ana ntomononi naitiisho.

## Mboita etunute ntomononi

- o Ketii lkitarini loojo miboitere lee te wiki emusho etaa piisho.
- o Mincho siwuo eim ntude alo atua. Keidim neibooyo suwuo lodo pe memanaa. Kitorno te nkerai o te ng'otenyee.
- o Rukurukore lpayan shomo sipitali pukutum ateyelo vile nining'ito o nkibeleyenya nalotu sesen.
- o Mias mboita o ltung'ani limiyelo, amu keidim nikintarasu moyian.

## Lapa le sapa mpaka lapale saal

Shomo klinik, tama ndaa supat najo lkitari nimeas lkasi ogol. Tinining shida shomo sipitali ana ntomononi naitiisho (TBA).

## Ngilapio 4-6

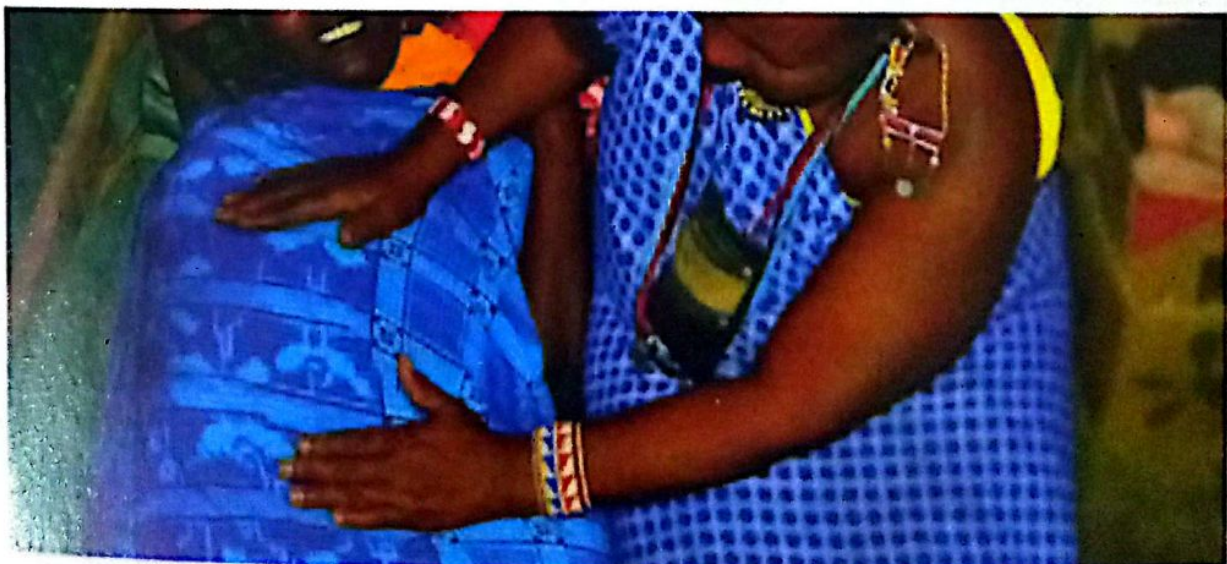
Torubak illoseene losibitar lo a ngaberu ana epotiete. Kimuj akimuj na itemokino, kiyanga nikooyan ka akitorwanar akwaan loger lo kidodikinitere. Ani keyei ibore ni ichwangakina, tolimok eketedekan kori aberu nakisidouni iyong.

## Akiper ka ekile ngirwa lua apot

- o Ebalasi ngiketedekek ejoikina imiekinio apereenen nguukio lu eapikinea aberu akidoun. Erai neni akiyapunit ngakiro.
- o Nyekutak ekile ekuwom akituk keng nakibwon kon, kainyo epedori ibore ngini akigol ngaakot anakep, kitaar iyong ka ikoku.
- o Tolimok ekile kon kirukosi ka iyong na ilosio iyong losibitar ani ipotio. Ingarakini neni ngesi toyenea eger lo irotokinitor iyong ngaren ka ibore ni esakitae anikon kotere eboyor lo ilochor akwaan kon.
- o Nyiipero ka itwaan ni nyiyeni eboyor keng atamar ikoni ai? Epedori tani toliwor etapunit edeke.

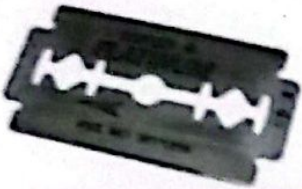

## Apotiere a ngilapio alu a 7-9

Toloseene losibitar a ngaberu ana epotiete kimuj akimuj na itemokino, kiyanga nikooyen. Kitorwana akwaan kona elimokinitere ngaberu na epotiete. Ani cha keyei ibore ni ingolikini iyong peitemokino, tolimok eketedekan kori aberu nakisidounon ngaberu.



**Ntokitin nairirikin piata mbari niisho; naa kuna**

**Tochoik atamar iyakakar ngiboro lukisudounet. Ngiboro lu kesi:**

	<p>Embe oo usi loeneki sororuai</p>	<p>Ebanyet lokon a ilope ka iuno ni eenere akapul arumoret akitub</p>
	<p>Nangan supati nairineki nkerai</p>	<p>Ngiworui lu eseg lukimuket ikoku na idounere</p>
	<p>Karai o saiboni le nkerai</p>	<p>Esabuni ka abesin nakilaset ikoku</p>
	<p>Nkaare ekutosha na nemetii lchapu</p>	<p>Ngakipi nakaalak nakilataret kon ka ikoku</p>
	<p>Nangan supati naeshopo ng'oroyen teneisho</p>	<p>Ngiworui a aberu lu esegak</p>
	<p>Silingini elkasi pooki nayeuni neasieki lkasi tesibitali</p>	<p>Ngaropiyae natingat kotere ngakiro cha daang na epote .</p>

**niishoi**

nikijoki tushukunye  
 wasa pooki nikijoki  
 wesi. nkiyeng` yeng`a.  
 pooki eeng`or mbari e  
 aliki.

**Ani kidou kerumor**

Napei ipudunio alosibitar, epedori neni aliwor ngiuukio ngikan-kapei tanang ngikan-kauni napei anakolongit anakolong edounere ikoku. Kiwap ngakiro cha daang nakilimokini eketetedekan, na ikote akimuj na ejoikinit inyami, akiyanganar ta akitorwaanar akwaan. Ani kianyu iyong ngichan ngiche eringa ngirwa lu kolong kichikakinit eketedekan kape taanyu eketedekan kon atipei.

**Pikiri kitok indipa atiishoi**  
Tinikutum shida natuana  
pikiri miliki ,tilikoi pikiretuni.

**Tanaaku keo ng'oji e nkula**

Keidim neo indipa atiishoi  
naa mbae e kawaida. Lpule,  
Ichama, o Ichapu le mudong.  
Kore te mberot 10 metabaki  
14. neng'oru aaku kini.

**Akialolong na etupit akidouno a ikoku**

Tochoikinite eger a akialolong ana epedori akisidiun akidouno a ikoku. Ache pak, nyepedori atakanun napei idzanere ikoku. Ani keya nache dang, akialolong ngina, etamari aberu nakedounon emam itwaan kasaki ngesi, kori emam ngesi ibore engarakinit ngitunga luche, kori nyengarakinit tani ikoku nikeng a ilope. Ingolikini ngesi atamar arai itwaan pasit, itami tani atamar atotoan. Ani kitami iyong kongina, tolimok itwaan ni irupit iyong kitoriko iyong ni eyei eketedekan kon.

**Aleleun anakibwon**

Akidounet a aberu kerumor eyei ibore ni eleleuni anakibwon epedori tani aliwor ngaakot. Erai ngaakot imorikinosi ka ngisuruma ta araga a aperit. Ngirwa luuni a ekingaren erai ni idikit. Ani ekisidi tarau ngaakot talal arukum. Ani enangi akolongit na 10 tanang 14, toditeu alelere toliwor ngikemera lupei-pej akwaak nyangaik.

**Oon torno**

Tunuo oleng tiliki likitarii  
tanaa si litung'ani likindim  
aisaidiei.

**Anu idol lodo aitoki?**

Ing'asu adol lodo baada e  
wiki ile indipa ishoi. Kore  
te ntononok naitakita naa  
keidim nea nkata naado.  
Teyai nkoitei nimpangie ishoi  
pae mitum nkerai asiiki.

**Mboita eidipe nutai**

Tanaa itishe aitibiraki yaani  
eitu kintaasi opereshen, indim  
ning'asu mboita saa niyeu o  
lpayen luno. Tanaa ketikijaki  
ntude aretu nkerai meipung'u,  
kejokini ntonononi  
metowana wiki ile eitu eas  
mboita meishiu.

Tinang'asusu mboitya  
kerakira puntumiaa  
enkipangata e fmilia  
mboita nutai asiiki.

**Aleleun naaronon**

Ibore niteno ngesi akitiak aleleun natete esiaunio tolimunoe ka alelere a ngaakot anakaalak erukito ka ngingosoloi. Erai alelere ngina naaronon noi na ejoikinit itaanyunio eketedekan. Ani kerubaki ibore niarengan puu elelee tanang akolongit na ngauni, echamit eripario ngakiro keng alosibitar. Ani kebos kori kirakarit aberu nakedounon elekes, echamit elimokinio eketedekan.

**Wori isiakineta ngikिताles**

Echamakina ngikिताles isiakinete ngiuukio ngikan-kapei napei kolong edounio aberu. Ngaberu na itanakete ingolikinete atamar alalaketa ngilapio lu achamitor ngikिताles isiakineta. Anaberu a ngache, nyisiekinete ngikिताles eringa itanakete. Ejoikina eseunio eger lo ilongonokinio aur kainyo ngaberu ngache, epotiete tani eringa itanakete.

**Akiper ka aberu ekisidi a apotiere**

Ani kidounit aberu kon emam ngiche chan, ngesi atamar, emam itwaan apuorio topuunoe ikoku, emam atamar ngirwa nginen ngesi iperito iyong ka aberu kon. Ipedorete iyong akiper ka aberu kon esaa cha daang lo itamunea iyong kori kingolikinit atamar itemokino akiper ka aberu kon. Ani ibongokinete apereenen, kiwapakisi ngirotin lu kiratakinete apotiere na nyesakitae.  
puntumiaa enkipangata e fmilia pimboyoyo nutai asiiki.

## **Supatisho e remeto e ldawai**

Keretu ngerai ino te moyiantin naidim neiko metwa tenaa naitaa tardoi.

## **Nkitanaata elkina**

### **Tinindip atiishoi**

Kenere peenak nkerai lkina teneuni etu eishunye saai 48. Kore etiu nejia mara supat nkerai nemeyeu lkina. Keti nkera nemeyeu lkina to ldakikani lobaya 15-30. Tana meatai ninchi namuai keiririkino paye iboitata o nkerai anake metanaa lkina. Keretu mboitare nkerai metaparua naata e lkina. Mbaru reto pooki niyeu.

## **Aanyo peitanaki nkerai kule e lkina?**

Keisupat tinintanak nkerai lkina taatua lapatin ile amu:

- o Keata kule e lkina ntoki pooki nayeu sesen lenye te lapatin ile le kwe pootum atubulu.
- o Kore ntomonok naaitanakita nkera meidim netum moiyeantin naatuana kanxa elkina tanaa moyean e sukari.
- o Kore naata elkina keiko nkerai metashamata ong'otenye. Neitoki aisho nkerai metumo nchaman te ng'otenye neng'enu si aitegemea ng'otenye.
- o Nkituko: Eyeu metaa intuk lki o ngaik ewon etu intanak.

## **Ndaa e ntomonani naitanakita**

Mbae e kawaida tenening'ntomononi sumach.

- o Tamtama ntokitin makuti eng'or saa e ndaa.
- o Tamata ngare kitok.
- o Tama lmatunda kumo na ntuko ietu inya.
- o Tamata lkeek lukongo mbung'a kule[mbara ntasati aririn naayelo].
- o Meyeu piinya ndaa nabore lkutunguu,maragwe tanaa kabej amu mera supat te nkerai.
- o Mimat naisho,sigara tanaaa ntoki pooki nikungo te merai.
- o Mintanak nkerai tanaa kishaaka lkitari mintanak.

## **Ajokis a akichumo Emutu**

Iratakini ikoku kon alodekesinei aluaronok epedorete ayaun akitu.

## **Akitanak**

### **Napei idounere Ikoku**

Ejoikina ngide itanakio anasaa ana 48 idounere. Kaneni dang, nyiimisik erai pekiitanit ikoku anakakin ngadakikae na 15-30 isidiunosi. Ani kemam ikoku ka ittiokeng ni esaki akitedeko napei idounere ikoku, ejoikina ikoku ka ittiokeng etapap ngawat tanang anakakinet na ekingaren erumor. Atapap a ngawat ngina ingarakini ikoku ka ittiokeng anaikin, tanaikinea ikoku akinak. Tolim atamar kingarakin erai kiitanit akingarakino.

## **Nyo itanakere?**

Echamit ikoku erai akinak bon enaki a ngilapio a ngikan-kapei kainyo:

- o Erai ngakile a ngisikin akimuj etia ni etia. Eyei ibore dang ni esakak kotere ikoku apolounio a ngilapio alukan-kapei a ekingaren. Ebeben alomar nakwaan atipei akidwang ngakile nache. Nabo dang, nyelal ikoku ekopokin elekes, kori akirieb a akook, awala, ta ngidekesinei luko che ngul.
- o Ani ittiokeng a ikoku, akitanak ikoku. Iapuni ngidekesinei lu ikote, edeke a esukari ka Kansa a aur ka ngisikin.
- o Itanaikini akinak ikoku ka ittiokeng. Eanyuni ikoku aminatoi ka akigenokin ittiokeng ani enakia. Itatama ngesi akigenokin ittiokeng.
- o Asegis: Tochoik atamar ilota iyong ngisikin ka ngakan eringa nyitanaka.

## **Ekimuje kon**

Iliwor itwaan ni kisimuit ibore akimuj.

- o Tanyam ngamuja naachik na imorikina ka ngamuja na ikote ejug.
- o Tamat ngakipi nakaalak
- o Tanyam ageor ka ngakuui nakaalak, ejoikinit iyong ilotari eringa nyenyama.
- o Ani isaki kiatak ngakile a ngisikin, tanyam ngikito lu be ta Miliwid, parawe ta penugirik. Ejok kesi noi.
- o Wara nyiinyam emaret lokaalan, kori ngikitunguoi ta ngikabicho kainyo ichanete ikoku kon.
- o Wara nyiimat epurot kori akimat asigara kori ngidawae lu engeritoe ikote ta ebangki.
- o Wara nyiitanak ikoku erai kitenger iyong eketedekan kon.

## **Ningo tinintanak ngerai**

- o Ng'urai tanaa keata nkerai sumash. Tanaa kenakita lkumojik/lkumojinoo,kemejito sooten engutuk tanaaa si kenakita ngaina.
- o Towana yeng'yeng'ai,nintinyiku nkerai ngalo lkina mara lkina iya ngalo ngerai.
- o Ntinyikaki koon ngerai ngalo nkosheke inuo,metaa keti ngutuk ngue elkina peetum atanaa pemeinauru.
- o Ntanaa ngerai imbung'uta aitibiraki.
- o Ntanaa mpaka metaa makure eyeu nenak lkina-teneimu.

## **Ntodolunoto naitirumu ajo ketanaa nkerai kule elkina aitibiraki**

- o Mponunoto elkiloi lenkerai.
- o Ngiteinoto e ngik o ngula ngatitin kumo.

## **Mion engue elkina**

Keidim ngue elkina nemei aikata teneng`asu nkerai naare. Neiminaa te mberot kuni. Kore nkata kitok nya mion naa tinimintak aitiraki elotu. Tenemei oleng ngata naado arepaa mberot imiet nulo sipitali aduare lkitari. Mimenaa keidim neaku nyamali kitok.

## **Lata esuom**

Mintushul lata esuom okule engerai amu kedim neitomuai.

## **Eger lo ejoikina itedekia ikoku**

- o Tongichu anipie jik kenyamit akoro. Iyenuni iyong erai kibaanari ngipon, kenaki ngipon kori kiwaanakini ngakan nakituk tanakak.
- o Kitenik ngisegeta kon, tadaku ikoku losikin. Wara nyiisioto ngisikin ni eyei ikoku.
- o Totingak ikoku diye, tatapakin akook keng ni eyei nakon, tatap ekume keng esikina kon ani abokony keng tatapakin lorarum kon. Kigang emosiring ka ngisegeta lojojokon.
- o Kiwaak akan kon kwap ngisikin kon, meere kwap atorob, min ekimoin kon loapolon kidiama. Ani kilepu iyong ngakile ngadikidío, idodikini ibore ngini ikoku kon atamar anang esaa lonaket.
- o Ani elajun ngesi alosikin tojongo akinak, kiwaak ekimoin lokwaas a akituk keng tanang ni eisikinia akinak. Kikeu ngesi kiwaak lowae loche tanang ejakun, kidodiu ibore ngini atamar emwono.

## **Ibore ni idodiunit ekitanake loajokon**

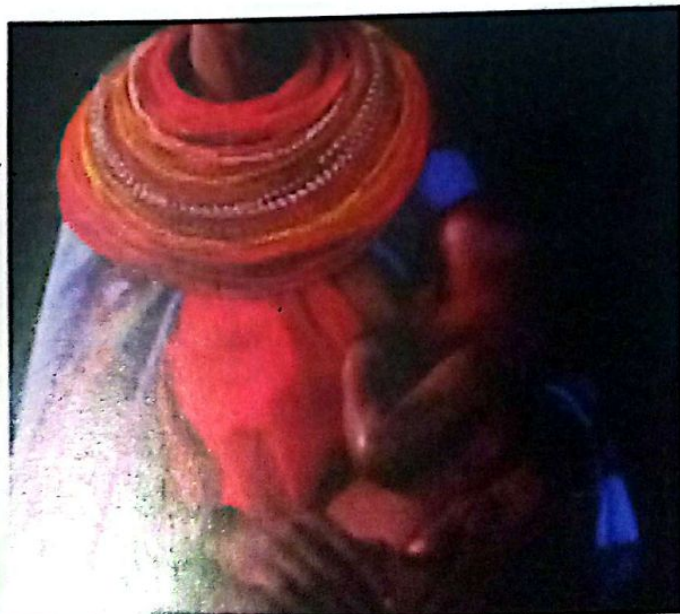
- o Elosi ikoku alangirir
- o Ilaseene ngakilaset na iporito ngakan-kapei kibobonee jiik.

## **Apipilu a ngisikin**

Apipilu a ngisikin ngirwa lupei dikidio a ekingaren itanakere nyerono edaun apipilu ngina a ngirwa a ngidikidio. Tani bo ikoni dang, edakitene loaronon (ekiperikine a ikoku esaa lo anakea). Apipilu a ngisikin na erubi a ngirwa a ngikan nyechamit peemisikinio. Epedori aliwor echedeke. Taanyu ekitedekan kon atipei.

## **Akidiediet**

Wara nyiimorik ngakile a ikoku ka akidiediet. Epedori ibore ngini atapakin ikoku edeke.



### **Ntomonok naata mbiita**

#### **Ndaa ninya**

Keiririkino puunyok sesen lunuo taana lata mbiita.

### **Ndaa entomonani natunite neata mbiita:**

#### **Tama ndaa presh:**

- Mbukai nanyori atuana sipinash, kunde, lnyanya, lkutunguu, karat.
- Lrig'anayo atuana Imachunga o lkuli kumo.
- Lpayeg lemeitejnuo mpala.
- Ltangausi
- Indim ninya lmatunda lemeti lchapu netuoku aitibirakiii.
- Nkik e lapa.
- Todua lata naibor,minya tanaa mimat.

### **Ngoito nindim nungo pemetum nkerai mbiita te ng'otonye**

- Kore ntoki ekue shomo sipitali.
- lkinshori ldawai limat ang`asu lapa lesapa metabaki mpari niisho
- Kore mpari niisho ikinjori likai dawa
- Tamata ldawai ana ake nikishaaka lkitari amu ikiret
- Ikiliki lkitari mpari nintoki aitoki alotu
- Kore toongoito pooki todua mboita nikungo tumo mbiita
- Mimat-naisho tanaa sigara,tanaa ntoki pooki nikungo temerai
- Mintanak nkerai tinikijoki lkitari mintanak.

### **Indipa atiishoi**

Kore ake piisho, eng`or saai 72 keyere aitoki peishori nkerai ino ldawa

Keipimi aitoki nkerai tenebaki wiki ile. kore teneyelouni ajo keata nkerai mbiita neishori ldawai (ARV)

Kore tanaa meata neitomoi etuana nkule kera- aisho ndaa supat.

### **Ani ngaberu na etapunito Lokwakel**

#### **Akimuj na enyamete**

Ani killimokinio atamar itapunit iyong lokwaakel, ejoikina iyong inyami akimuj na latakini ngikilinga a akwaan kon.

### **Akimuj a aberu ana etapunit lokwakel topotie:**

#### **Kimuj akimuj na egeritoe alomana na ikoni:**

- Tanyam ngakuui nakalibak ikote ekunde ta naarengak daang na eraakasi nginyanyae, ngikitunguo, kikarotio, ngibitruut ta luche.
- Ageor na ikoni ngamachungae, ngapaipaia ta ngananasia.
- Ngimelu lu ikote ejug, ngakanoi ta luche
- Ngakanoi ka ngipochoi lu nyebekitae
- Agalik
- Ani eya daang,tanyameene ngamuja na nyipotoi tarae nasegak (na ikote ngakuui ta ageor) kitogogongo akwaan.
- Ngikicholongo a ngibuin
- Tapalik akinyam aarwak.

### **Tochoik tongop kona etapuni ikoku edeke ani a itiokeng**

- Ibore ni ekingaren kape losibitar ni a ngaberu ana epotiete
- Kiinakinio edawa lo imasi iyong napei alolap alo ngikan kaarei tanang akwaar na idounio.
- Ani akolongit na iriabakinor, kiinakinio nabo echedewa
- Killimokini iyong eketedekan atamar ibongori nikeng kisemee ngabongoret ngaai.
- Tochoik nyipero ka ekile emam ibore nikiratakinet iyong kotere atapun lokwakel nabo.
- Wara nyiimat asigara, epurot kori ngidewa lu ikote ebangki.
- Wara nyiitanakak ikoku erai killimok iyong eketedekan atamar nyiitanak

### **Arumoret akidoun**






Adaunet a ngasaa a 72 na idounere ikoku, einakinio ikoku dang edawa.

Isemoo ikoku adaunet a nguukio a 6. Ani kelimun atamar ketapu ikoku lokwakel, isiekini ikoku akimat edawa lo alokwakel.

Ani kelimun atamar nyetapunit ikoku lokwakel, esubere ikoku ngakiro napalem esubere luche. Tarai bocha einakinitae akimuj naajokor na eseg.

# Samburu and Turkana Edition

Remeto engerai te kilinik	Eger lo ichumere ikoku	Moyeantin naaremi ngerai idawa
Ngata	Ekaru	Edawa lo iratakini
Teunoto	Akidounet	Polio, BCG, Hepatitis B
Te wiki eile	Ngaukio	Polio, DTP/Hib, Hepatitis B, PCV
Te wiki etomon	Ngaukio	Polio, DTP/Hib, PCV
Wiki etemon oong'uan	Ngaukio	Polio, DTP/Hib, PCV
Lapa leili	Ngilapio	Flu, Hepatitis B
Lapa le sapa	Ngilapio	Flu
Lapa le saal	Ngilapio	Measles, Yellow Fever
Lapa le tomon aare	Ngilapio	Chicken Pox, Hepatitis A
Lapa le tomon ooimet	Ngilapio	Measles - Mumps - Rubella (MMR)
Lapa letomon ooiset	Ngilapio	Booster DPT/Hib, Polio, Hepatitis A
Larin are	Ngikaru	Typhim Vi, Pneumo 23
Larin imet	Ngikaru	Booster DTacp-IPV (Tetraxim), Typhim Vi

Ngoito naitumiari aipanga inoto e ngera		Ngitetemesio a ngirotin alu kilongonokinet akidore	
	<b>Kondom elewa</b>	Keitibirunyeke mpira naa lee loishop	<b>Apira a Ekile</b> - Esubunitae anapira, erai ekile enapi.
	<b>Ntoki napiki ntude paye eibooyo nutai</b>	empire naitibiraki napik nkitari sapa e ntomononi, naibooyo lkirat:	<b>Ipira a ngaberu</b> - Erai ipira nidiochichi ni ilomanakinio nipuke alotooma aberu kiratak ngadwa nyepotio aberu.
	<b>Ldawai loiko ltung'ani metaa monutai</b>	ldawai loijori kila mpari loibooyo nutai.	<b>Edawa</b> - Ngidawae lu emasio akolongit daang kiratakis apotiere.
	<b>Idawa loremokini nkaina e ntomononi</b>	Kapsos lopiki ldrop le ntomononi. Keibooyo nutai to larin lobaya imiet.	<b>Ngidawae be noripilanit</b> - Ngidawae ngikan-kapei lu erapakinio kwap amuny na akalokiding a eseget. Elomari edawa ngolo nakook kiratak apotiere a ngikaru angikan.
	<b>Idawa loijori indipa atansa mboita aibooyo nutai</b>	Nkoltei naiborieki nutai eidipaki atasa mboita. Keas lkasi oleng teatwa saai tomon oare. Keidim neasicho to saai tomoni sapa oare ana mperot uni baada emboita. Keasichere ntomononi nemenuta.	<b>Ngidawae lu ekopokinioi</b> - Erai erot lo iratakinere apotiere ani emasere edawa arumoret a ekile akiper ka aberu, sodi nyepotio aberu. Epedori akiratakin apoti erai kemas ngasae ngatomon ka ngarei arumoret a ekile akiper ka aberu. Nakaneni dang, itemokino erai kemas a ngasaa 72 kori adaunet a ngirwa a nguuni kepero ekile ka aberu kerumor





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