

Nyɔc-kɛnɛ rik lɛɛyɛni kɛnɛ kɔɔm

Lääri kɛ ɣöö deri rɔ tit idi kɛ lɛɛy kɛnɛ kɔɔm kɛ kɔr nyɔc

Nuer | Thok Nath

OFFICIAL

Mi wëe luny rɛy wɛc min ca dɔk ɛ nyɔc, lɛy dɔaar, amäni kuɔɔn, thɔɔl kɛ dɔɔɔ cɛ kɛ ɲak duelu, kät kɛ rɛy kākä.

Riali thɔɔli i kã

- Guɔth in tɔ raar:
 - ✓ läthni waari tin dël dëël, kã läthni kuum tɛtni kɛnɛ thurual mi bäär mi bi ciöku gan
 - ✓ kani tiit elɔɔ kɛ tɛtku kɛnɛ ciöku kɛ guɔth in yieci piny kɛ kɔr nyɔc
 - ✓ jin mi ci thɔl nɛn, kac ni jɔk kã jak nie kã wã dupdɛ -/cu jɛ thiap
 - ✓ tit rɔdu kɛ thɔɔl la kɛtkɛ rɛy piini
 - ✓ jin woc kuak tin jãk jãäk gekã dhɔaru kɛ ɣöö de thɔɔl, karkar kɛnɛ kuɔɔn jakã wã thɔn.
- Mi ci thɔl jɛk rɛy dueelu, /cu dual, kacni jɔk ɛ mɔɔth kã jakni jɛ kã wã rɛy duɔpdɛ guɔth in wɛɛ thɔn. /Cu jɛ thiap. Yɔtni Muktãp jãk nyin piɛny, mun, piw kɛnɛ cãap kɛ 136 186 nɛy ti la thɔɔl a kãap kã guɔth tin ciɛɲkɛ thɔn rɛy wɛcdun.
- Jin mi ca ji kac ɛ thɔl:
 - ✓ //cu gëek guɔpã lak guɔth in ca kac ɛ thɔl
 - ✓ palɔ rɔ piny kã gɔr luäk duel wãl kɛ pɛth kɛ yɔatdu kɛ 000
 - ✓ tɔɔcni piny kɛ nyuuri mi ci kac thieɛk kɛ loacdu.
 - ✓ kum guɔth in ca kac kã cothɛ kɛ bij mi kööt. Inɔ bã, nhɔakɛ jɛ ɛn ɣöö dɛ guɔth in ca kac ɛ thɔl yien kɛ bij min la yianke buɔt.
 - ✓ ɲãc ni guɔth ɛɛ kackɛ ji kɛnɛ guɔth ɛɛ yienke buɔt
 - ✓ /cu guɔth lɔnyã riem yien, rɛt guɔth in ca kac kɛ ɣöö bi luɛɲ ben raar kɛ ɣɔnɛ i bi luɛɲ luɔt raar rɛy butdã.

Rialjã kɛ räkräkni

- Jin mi ca ji kac ɛ räkräk:
 - ✓ lak guɔth in ca kac kã läthni piw ti kɔc wan butdã kɛ ɣöö bɛ ji luäk
 - ✓ /cu guɔth ɛmɔ yien kɛ nhiac
 - ✓ gɔr luäk duel wãl kɛ pɛth mi ca ji kac ɛ räkräk mi te jɔk mi dëɛr kɛ mi wã nyuuthni puɔnydu kɛ mi rɛɛp jãäkde ni rɔ.

Rialjã ke kuɔɔn kene kɔɔm

- Kuɔɔn cetke dɔkuɔn kene kuɔɔn nɔɔŋke juɔth. Jɪn woc kuɔn kene tin kɔkien tin de kuɔɔn rɔdien tɔw thɪn.
- Woc jɪɔk jɪɔɔk diaal kã kum wɪc dhar min la ti jɪɔk ɛ lɔthi thɪn. Mɪ gɔɔri kãp kuɔɔni dɛpke guɔɔth mi kɔɔt.
- Nããni rɔ ke piw (pɪj) ti jɪɔk ke ɔɔɔ la nyiith dɛyke ɛ diɛth rɛydien. Kum puɔnydu ke bɪj kɛliw mɪ lote rɔde kã gaŋ rɔ ke wɔl nyiɛth.
- Luaaŋ la noɔŋke juɔth. Yiɛc kuɔn mi ci pen piny ke pɛth ke ɔɔɔ dɛy luaaŋni te ke piny.
- Mɪ ca jɪ kɔc kɪɛ ca jɪ moc ke buɔt ɛ ley kɪɛ ca jɪ cam ɛ kɔm gɔr luɔk kã kimdu kɪɛ cɔl ŋɔɔthjuɔthni mi la cɔalke (NURSE-ON-CALL) ke thaakni ti 24 ke cãŋ kɛl, nɪn 7 ke juɔk ke 1300 60 60 24.

Mɪ gɔɔri ɔɔɔ bi riɛt ti jɛk kã puɔmɛt, imɛɛl pph.communications@health.vic.gov.au

