

# Kao mapotgi hao gi presente, pat ginen mapotgi hao guine gi ma'pos na sakan?

Pot fabot na machek hao insigidas yanggen un ekspererensia este siha na chotnot:



**Bulachun ulu nai tisiña sumuha pat mas umadit**



**Bulachun ulu pat kumeke lalangu**



**Guaha tinilaika man attan**



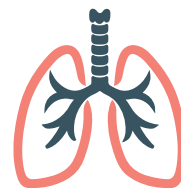
**Kalentura nai 100.4°F pat mas tatkilu'**



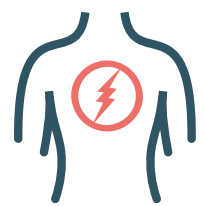
**Addit na man bula i kanai-mu pat fasu-mu**



**Kao un hahasu para un na' chetnudan hao pat i neni-mu**



**Mamakat humagung**



**Puttin pechu pat chaddek momong kurason mu**



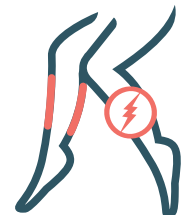
**Addit na chatguiya pat mumuta'**



**Addit na puttin tuyan nai tisiña sumuha**



**Kao pumara pat dispasio kumalamten i neni duranten i mapotge'-mu**



**Kumu man bula, agaga' pat puti i oriyan i chachaga'-mu pat i kannai-mu**



**Kumu guaha hâga' pat kulang hanom machuchuda' duranten i mapotge'-mu**



**Addit na machuchuda' hâga' despues di mapotge'-mu**



**Gof yayas sinentete-mu**

Siña este siha man seriusu yan gâddon na chotnot. Yanggen tisiña un taka' i mediku, pot fabot hanao para i espitat insigidas. Na' siguru na un sangan na mapotgi' hao pat mumapotgi' hao guine gi ma'pos na sakan.



**Para mas enfortmasion hanao para [cdc.gov/HearHer](https://www.cdc.gov/HearHer)**

