

Bwe Enbwinnum en ʎap dren ie: Wewein ko Rejipaň im Kauwõtata ko

En ʎap Aň idaaK Dren ilo ien kein Rebwil

- Ñe e bwil, e aikuj ʎapʎok aň idraak, jekdɔɔn ñe ejab ʎap aň maKũtkũt. Juon men me enaaj jipaňiok ej bwe kwon idraak moKta jãn aň maro.
- Jab idraak arkool/dãn in kadek ak dãn ko me eʎap jukwa ak caffen ie, ainiwõt coffee—men kein remaroň kãmman bwe en dikʎok dãn ilo aňbwinniň.
- Ñe kwõj bõk uno eo etan in water pills ak taktõ eo aň ej ba bwe en jab ʎap aň daak, kõnono ippãn im lale ta eo kwon kãmmane ñe eʎap an bwil.³

Ewi Joňan Dren eo im in Idraak?

- Ñe ebwe joňan aň maKũtkũt iumwin 2 awa ak dikʎok, kwon daak juon cup (8 ounce) in aebõj aolep 15-20 minute, ak kwon daak 24 ñan 32 ounce kajjojo awa.
- Emmanʎok ñe e eKutkut aň idraak jen ñe elukun ʎap joňan aň irdaak ak jet wõt katin.² Ñe kwo jełã bwe enaaj to aň jermal ak maKũtkũt emman ñe kwõj idraak juon kain dren me ejab ʎap an toňal, ainiwõt Gatorade bwe kwon bar kadełõni jõõl me re jako jen aňbwinniň kõn aň menõkadu.

Keememej: Ñe e pen aň kememej bwe kwon idraak aebõj kwon kajerbal alarm eo ilo cell eo aň ñan kakememej iok ak kwon download app ñan cell eo aň me kwo lale joňan aň idraak ilo juon raan. Kappok juon app me ej lale joňan aň maKũtkũt (ainwõt ñe kwõj ikkũre sport ko ak ñe eʎap aň jermal nabõj).³



Jenij jen Jõõl im men ko jet Jõõl ie Elõň Jõõl

- Ñe kwo menõkadu ejakoʎok jõõl im mineral ko jãn aňbwinniň. Kwon idaaK dren ko me ejab ʎap aer toňal, ainiwõt Gatorade ak dren ko ak iioK ko me elõň electrolyte ie. Dren kein renaaj bar kadełõň jõõl im mineral ko ilo aňbwinniň.³ Kwo maroň barainwõt make iioK limõm. Elõň bwijin kain iioK ko online!
- Ñe kwõj kajjioň im kadikʎok aň mõña jõõl, ak ñe kwo toňal, high blood, ak elõň aň naňinmej ko jet, kõnono ippãn taktõ eo aň moKta jãn aň daak dãn in sport ko ak dããk button in jõõl.³

Wõn ro rej Kauwõtata ñan?

Niňniň im Ajri ro e Dikʎok jãn Ruo Aer liõ

Eʎapʎok an waʎok naňinmej jãn bwil ñan ajri kõnke re aikuj bwe armej ro jet ren lale er im kõjparok er ñe e bwil. Re jab maroň lale er make.

Kãmman Men Kein

Etale im lale ñe emman an moło niňniň im ajri jidik, im ñe e bwe aer daak. Im lale bwe en jab lukkuun toňal ak lukkuun moło dãn ko rej daak.



Armej ro Ekkã wõt aer Naňinmej

Eʎapʎok an waʎok naňinmej in ñan ro ekkã wõt aer naňinmej. Elõň wun ko. Ñe elõň aer naňinmej in menono, naňinmej in kãmãlij, e jab emman an ito-itak bõtõktõk, ak re kilep, e maroň kauwõtata ñe eʎap an bwil.⁴ Emaroň pen an ri naňinmej rot in kile bwe e bwil im ʎõmnaK ta eo en kãmmane, ak wũno ko im e kijoň ilimi remaroň jelõt e ñe eʎap an bwil. Ilo waanjoňak, re maroň kãmman bwe en mořã aňbwinniň.

Kãmman Men Kein

Kõnono ippãn taktõ eo aň. Ñe elukkuun ʎap aň menõkadu, enaaj jakoʎok jõõl im mineral ko jãn aňbwinniň, im elukkuun aorõk bwe kwon bar kadełõň jõõl im mineral ko ilo aňbwinniň—ñe naňinmej eo aň ak wũno ko kwõj bõki rej jelõt joňan jõõl ilo aňbwinniň, elukkuun aorõk bwe kwon jełã wãween bar kadełõň jõõl ilo aňbwinniň.

Bwe Enbwinnum en ʔap dren ie: Wewein ko Rejipaň im Kauwōtata ko

Rūtto Ro, 65 iio im ʔapʔok

Elapʔok an waʔok naňinmej jen bwil řan rūtto ro 65 aer iio im ʔapʔok, im ekkā wōt an řmōrā ānbwinneir. Unin an āindein kōnke ekka aer naňinmej daak jet kain wūno ko rej jelōt wāween an ānbwinneir eřjake joňan an bwil, im wāween an ānbwinneir řmōʔo im bwil. Uno kein rej barāinwōt jelōt joňan aer menqkadu.



Kōmman Men Kein

En ʔapʔok aň daak aebōj jān joňan eo kwō kijoň idraak. Ńe taktō eo aň ej ba bwe en dikʔok aň daak dān, ak ře kwōj bōk uno ko etan in water pills, kōnono ippan taktō eo aň im lale joňan aebōj eo kwōn daak ře e bwil.⁵

Armej me Rej Jerbal Nabōj im Rikkure ro

Armej me rej jermal nabōj re aikuj lukkuun lale bwe en jab řmōrā ānbwinneir im en ikutkut aer idraak.

Kōmman Men Kein

Bwe kwōn bōk meʔeje kōn ta ko kwōn kōmmani ře e bwil ilo iien aň jermal, emman ře boss ro im ri jermal ro ilo state in Washington ren lale im āliji Washington State Department of Labor and Industries [Outdoor Heat Exposure Rules](https://www.wa.gov/industries-labor/occupational-safety-and-health/outdoor-heat-exposure-rules) ilo Inl.wa.gov.

Ikkure im kōmakutkut ilo ien bwil rej aikuj kōjparok bwe en jab řmōrā ānbwinneir ilo iien aer kakajoor. Ńe e kankan řaje! ko aň ej juon kakōlle bwe emarōň waʔok naňinmej ko jen an ʔap bwil—ře e jino kankan řaje! ko aň keememej in daak bwe en jab řmōrā ānbwinneir ilo iien aň kakajoor.

Kōmman Men Kein

En ʔapʔok aň daak aebōj jen joňan eo kwō kijoň daak, im kwōn daak řokta jān aň maro.⁶

JIKIN BŌK MEʔEJE KO IKIJEN PEBA IN:

- 1 “Tips for Preventing Heat-Related Illness,” Centers for Disease Control and Prevention, updated August 16, 2022, <https://www.cdc.gov/disasters/extremeheat/heattips.html>.
- 2 “Heat Stress – Hydration,” National Institute for Occupational Safety and Health, Centers for Disease Control and Prevention, DHHS (NIOSH) Publication No. 2017-126, accessed May 23, 2023, <https://www.cdc.gov/niosh/mining/userfiles/works/pdfs/2017-126.pdf>.
- 3 “Heat Stress – Recommendations,” National Institute for Occupational Safety and Health, Centers for Disease Control and Prevention, updated June 6, 2018, <https://www.cdc.gov/niosh/topics/heatstress/recommendations.html>.

Kōrā ro re Bōrro

Ńe kwo bōrro, ekkā an řmōrā ānbwinneir im e pen an ānbwinneir make kamōʔoke (āinwōt ře kwōj menqkadu). Elapʔok an ānbwinneir jermal ře kwo bōrro kōnke ej make kamōʔoki im ej barāinwōt kamōʔoki niňniň eo.

Kōmman Men Kein

Kōnono ippān taktō eo aň kōn wewein ko kwo marōň kōmmani bwe en jab řmōrā anbwinnim im wewein bar kadeʔōň jōʔol im mineral ko ilo ānbwinneir me raar jako kōn aň menqkadu.⁷



4 “Heat and People with Chronic Medical Conditions,” Centers for Disease Control and Prevention, updated June 19, 2017, <https://www.cdc.gov/disasters/extremeheat/medical.html>.

5 “Heat and Older Adults,” Centers for Disease Control and Prevention, updated June 19, 2017, <https://www.cdc.gov/disasters/extremeheat/older-adults-heat.html>.

6 “Heat and Athletes,” Centers for Disease Control and Prevention, updated June 19, 2019, <https://www.cdc.gov/disasters/extremeheat/athletes.html>.

7 “Heat and Pregnant Women,” Centers for Disease Control and Prevention, updated August 25, 2022, https://www.cdc.gov/disasters/extremeheat/heat_and_pregnant_women.html.