

# Wewein ko kwomaroñ Kōmḡmani bwe Kwon Aemōloḡo

## En Ḳap Aḡ Idraak Dren

- Ñe ej bwil, kwoj aikuḡ Ḳapam idaak, jekdoḡon ñe ejjab lukun Ḳap am emakūtkūt. Juon men enaaj jipañ yuk ej bwe kwōn daak ḡokta jen aḡ marro.
- Jab idaak arkooḡ/dān in kadek ak dān ko me eḲap jukwa ak caffeine ie āinwōt coffee—men kein remaroñ kōmḡman bwe en dikḲok dren ilo ānbwinim.



## Jenij jen Joḡḡ im men ko Ewōr Joḡḡ

Ñe kwo menḡkadu, joḡḡ im mineral ko rej diwoḡ jen e. Enbwinnim e aikuḡi men kein. Kwo maroñ bar jeniji joḡḡ im mineral ko ilo enbwinnim ilo n aḡ idāāk dren ko ejab Ḳap jukwa ie.

## Kejparok lok jen Al

- Kōḡnak nuknuk ko remera, im e mera kōḲorino, im rejab bab.
- Kwōn kōḡnak juon at me ej kallor meḡam kab loḲliñōḡ, im mej in det.
- Kabit kilum kon loujen ko nae etaer SPF 15 ak lōñḲok im kwōn pineepi enbwinnim 15 ñan 30 minit ḡokta jen aḡ diwōḡ ñan nabōḡ. Kelet kain loujen eo me ej ba “broad spectrum” ak “UVA/UVB.” Kwōn bar kabit enbwinnim Ḳokin 2 awa, ak en ḡōkajḲok ñe kwo lukkuun menḡkadu ak kwotutu.



## Joḡo Kejparok ilo ien am Kommani Makutkut ko Inabōḡ

- Kajjioñ im pād nabōḡ ilo wōt jibboñ im jota.
- En Ḳap aḡ kakkije ilo jikin ko re ḡōḲo im rellor bwe en kajoorḲok ānbwinim.
- Kōmḡmani ak kelet makutkut ko im renaj jipan eok bwe kwon aemōloḡo, einwōt tutu ilo jikin tutu ko

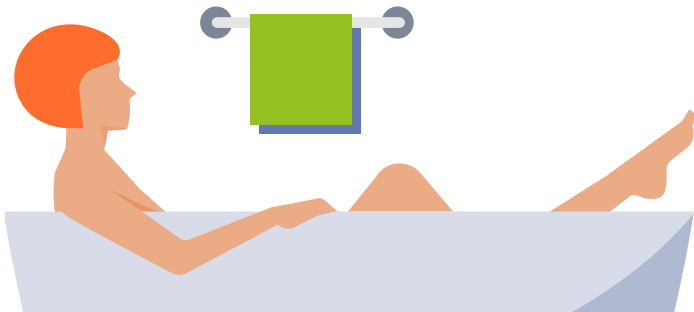
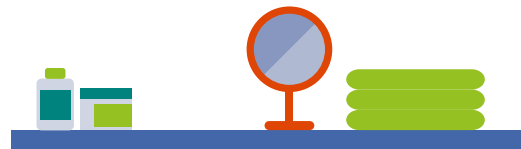
## Kwōn Jidik Kake

Kwōn jidik kake ñe e bwil nabōḡ. Kwōn bōk aḡ iien ñe kwoḡ jermal ak kōmḡmani men ko jet im lale ñe emḡman aḡ pād. Ñe elukkuun babōḡbōḡ bam eo aḡ, kwō kajjinōk, ak ḡōḡḡo, kwo wiwijet, ak kwo loḲḲok, etal ñan juon jikin e ḡōḲo im ellor.



## Kwon Pād Ilowaan Eḡ Bwe Kwon ḡōḲo

- Kwōn pād ilo juon em joñan wōt aḡ maroñ im kajjioñ im pād ilo juon jikin e air condition.
- Ñe ejjeḲok aḡ air condition, kwōn etal ñan juon jikin me ewōr air condition ie āinwōt juon ḡōñ wia, juon library, ak juon jikin ilo būkwōn eo aḡ etan in local cooling center. Lale ia eo ḡō kein re pād ie ilo srhd.org/cooling-center-locations.
- Tutu ilo dāan ḡōḲo.
- Jab ḡōñā ḡōñā ko re māñāñ im en jab lukkuun Ḳap aḡ ḡōñā—men kein renaaj kōmḡman bwe kwōn māñāñḲok wōt.



### JIKIN BŌK MEḲEḲE KO IKIJEN PEBA IN:

“Tips for Preventing Heat-Related Illness,” Centers for Disease Control and Prevention, updated August 16, 2022, <https://www.cdc.gov/disasters/extremeheat/heattips.html>.

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>.