

KANINNIN & COVID-19



Melele im Resources ko ñan Mama im Baba im Baamle ko



1

KANINNIN EJ BÔBRAE

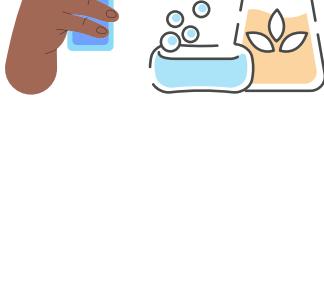
Kaninnin ej jibañ bôbrae niñniñ eo nejim jen elōñ kain nañinmej. Men eo emman tata, elap òn ie ñan juon niñniñ ej dânnin tüttin jinen, im kaninnin elōñ kain emman ko ie ñan ājmour. Leto letak COVID-19 ilo iien kaninnin ealikkar ke eban, pedped ion jejjo data ko röpäd.



2

WONMAANLOK WOT IM KANINNIN

Mama ro rōmaroñ /rōnañinmej in COVID-19 rej aikuj wōnmaanþok wot kin wāween kaninnin im buñtōn ko ñan kōjparok erreo: Jino kaninnin ilowaan 1 awa ālikin ɯotak, kaninnin wot ilo 6 allōñ , jino mōñā mōñā ben ko ilo 6 allōñ, im wōnmaanþok wot im kaninnin bar 2-jima iio. Eñaññe ejjab lukkuun emman an jinen mour im ejjeþok milük jen ro rej donate, leþok formula eo me emman ñan niñniñ .

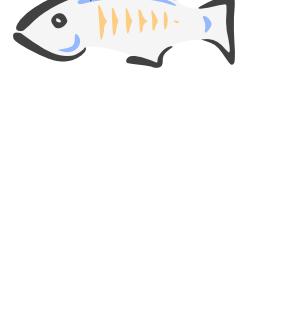


3

WAWEEN KANINNIN EO EJJELOK JORAAN NAE

Aolep mama ro rej kaninnin rej aikuj kwaþ peier mokta jen air jibwe niñniñ eo. Karreiki mōttan ko an pump eo im bato ko ālkin kōjerbali, im karreo aolep ion ijeko kar jibwi.

Mama ro rōmaroñ /rōnañinmej in COVID-19 rej aikuj kōñak māj (mask) eo ilo iien kaninnin. Lale kōmmeléle ko jen manufacturer eo ikijjeen karreiki mōttan ko ilo pump eo im bato ko ñe emōj kōjerbali. Eñaññe jinen ejjab lukkuun emman an mour ñan kaninnin, bato* emaroñ mōñā jene, emman þok ne jen juon eo ejzelok kōkkaþe in nañinmej ippān im ej kōñak māj (mask) eo.



4

NUTRITION

Mōñā mōñā ko rōune eaorōk ñan kōra ro rej kaninnin im ajri jidik ro. Meñe emaroñ apañ, elap tata ilo pandemic in, kajjioñ bwe en ɯap am mōñā leen wōjke ko, whole grain, im protein. Kain mōñā ko rōmaroñ kāal, mōrā, pad ilo tin, ak kwōj. Kajjioñ jab bōk dān ko rōtōnal im mōñā ko elap kūrij, tōñal, im joþi ie.



5

KAJION JAB BÔK FORMURA KO RÖJJAB MENIN AIKUJ

Eñaññe ejjeþok dânnin ittin kōrā eo, niñniñ eo emaroñ idaak milük ko limen ajri ekoba þok/ ijellókun dânnin ittin jinen. Jab naajdik niñniñ eo nejum (<1 iio) milük in kau ak milük ko raar jab kōmþan ñan ajri ro, bwe rōmaroñ in kōuwōtata. Kajjítok ippān Taktō eo am kin formula ko rōkkar im kapilþok ko ikijjeen mōñā.

*Eñaññe ejjeþok bato erreo, juon cup ak jibuun erreo emaroñin jerbal.

MARSHALLESE



HMIHC
HAWAII MATERNAL & INFANT
HEALTH COLLABORATIVE

CREATED FOR MOTHERS & FAMILIES

HAWAII MATERNAL & INFANT HEALTH COLLABORATIVE

EARLY CHILDHOOD ACTION STRATEGY

[HTTPS://HAWAIIACTIONSTRATEGY.ORG/TEAM-1](https://hawaiiactionstrategy.org/team-1)

INFORMATION CURRENT AS OF 8/4/2020. SOURCES AND MORE INFO HERE:

[HTTPS://DOCS.GOOGLE.COM/DOCUMENT/D/1YSK6JY8LSVFSK9QJVO-UHGUQT4UKZTQN77KGBZCCAG/EDIT?USP=SHARING](https://docs.google.com/document/d/1YSK6JY8LSVFSK9QJVO-UHGUQT4UKZTQN77KGBZCCAG/edit?usp=sharing)

JIPAN KO JOT

ekkar non aolep Mama kab Baamle ko

1

IKIJEEN KANININ

Jouj im jibed e link kani itulal

- **Ewor jipan online non kurae ro im jet melele ko ikijeen jukjuk in bed eo:** Healthy Mothers Healthy Babies Coalition jen Hawai'i rej letok jiban kein enwot ilo telehealth/online jiban nan jelalokjen eo an juon armej, kaninin, jalak kobataa/ljerolik, juon eo ej letok melele ilo ien bororo, kilen am kejbarok an ajiri eo nejum kiki, katak nan rein rejkar erom mama ak baba, im melele kon ien kemour. Jouj im lale <https://hmhb-hawaii.org>, email info@hmhb-hawaii.org, komaron bar call e 808-737-5805.
- **Bukot jiban kijeen kaninin ion aelon eo:** Ewor list in jiban ak melele ko ikijeen kaninin ibelaak in Hawai'i in jen Breastfeeding Hawai'i. Jouj im lale <https://bfhawaii.org/index.php/lactation-support/>
- **Text ippen ro remaron jipan ikijeen kaninin ilo ejjelok woneen:** Rijerbal ak rikaki rein ilo Nest remonono in jiban eok ikijeen kaninin im kajiriri. Jouj im lale <https://nestfamilies.org/> im call/text e 808-212-9324.
- **Ewor online group in jiban/bok melele ikijeen kajiriri, ejjelok woneen:** Komaron kobalok ippen Family Hui Hawai'i ilo online program in jipan baamle ko ikijeen kajiriri im ejjelok woneen. Jouj im lale <https://familyhuihawaii.org/>, komaron bar email e lak jade@familyhuihawaii.org, ak call e 808-230-7112.
- **National Womens Health and Breastfeeding Helpline:** Bwebwenato ippen ro rejelalak ak melele kin ejmour in juon kora, remaron uak aolep am kajitok ikijeen ejmour in kora im bareinwot lewaj melele ko ikijeen kaninin. Jouj im call e lak 1-800-994-9662 (M-F, 3:00 AM - 12:00 PM HST), im komaron bar lale <https://www.womenshealth.gov/about-us/what-we-do/programs-and-activities/helpline>.
- **Jiban nan kaninin nan bamle ko an ritariae ro:** MOM2MOM Breastfeeding in Combat Boots ej jiban bamle ko an ritariae ro, im ewor aer make "local chapter" ak group in jiban. Jouj im lale <https://www.mom2momglobal.org/>
- **Elane ejjelok dren in ittum:** Bok melele ilo am kejbarok im kebooj kijen ninin eo. Jouj im lale <https://www.cdc.gov/nutrition/InfantandToddlerNutrition/formula-feeding/infant-formula-preparation-and-storage.html>

2

JIPAN IKIJEEN MONA

- **Māna 'ai Food Distribution Program (O'ahu):** Deliver mona im mweien ninin nan mama ko raikuj ilo alon kan eliktata in an bororo ak kainen ewor nejin ninin 0-6 alon drettaer. Jouj im lale <http://www.hmhb-hawaii.org/mana-ai-food-distribution-program/>, email info@hmhb-hawaii.org, or call 808-737-5805.
- **Food Assistance (SNAP) and Financial Assistance:** Bok melele im rejitor online. Jouj im lale <https://humanservices.hawaii.gov/bessd/1961-2/>
- **WIC (Women, Infants and Children):**
<https://health.hawaii.gov/wic/>
- **Hawai'i Food Bank, including more than 200 food partner agencies (O'ahu & Kaua'i):**
<https://hawaiifoodbank.org/help/>
- **The Pantry (O'ahu):**
<https://thepantry.org/>
- **Maui Food Bank (Maui, Moloka'i, Lana'i):**
<https://mauifoodbank.org/>
- **Activate Hawai'i Aid (Hawai'i Island):**
<https://www.activatehawaiiaid.org/>
- **Hawai'i Food Basket (Hawai'i Island):**
<https://www.hawaiifoodbasket.org/>
- **Hawai'i Children Action Network, COVID-19 Resources Database (Statewide):** Find information about food, child care, health, and other resources with an interactive map.
<https://covid19.hawaii-can.org/>



HMIHC

HAWAII MATERNAL & INFANT
HEALTH COLLABORATIVE

CREATED FOR MOTHERS & FAMILIES
HAWAII MATERNAL & INFANT HEALTH COLLABORATIVE
EARLY CHILDHOOD ACTION STRATEGY
[HTTPS://HAWAIIACTIONSTRATEGY.ORG/TEAM-1](https://hawaiiactionstrategy.org/team-1)