

# KANINNIN & COVID-19 ILO HAWAII

Melele im Resources ko nān Māma  
im Baba im Baamle ko



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## KANINNIN EJ BÖBRAE

Kaninnin ej jibañ böbrae niñniñ eo nejim jen elōñ kain nañinmej. Men eo emman tata, eļap ōn ie nān juon niñniñ ej dānnin tūttin jinen, im kaninnin elōñ kain emman ko ie nān ājmour. Leto letak COVID-19 ilo iien kaninnin ealikkar ke eban, pedped ion jejjo data ko rōpād.

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## WONMAANLOK WOT IM KANINNIN



Mama ro rōmaroñ /rōnañinmej in COVID-19 rej aikuj wōnmaanlok wōt kin wāween kaninnin im buñtōn ko nān kōjparok erre: Jino kaninnin ilowaan 1 awa ālikin lotak, kaninnin wōt ilo 6 allōñ , jino mōñā mōñā ben ko ilo 6 allōñ, im wōnmaanlok wōt im kaninnin bar 2-jima iio. Eļaññe ejjab lukkuun emman an jinen mour im ejjelok milūk jen ro rej donate, lelok formula eo me emman nān niñniñ .

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## WAWEEEN KANINNIN EO EJJELOK JORAAN NAE



Aolep mama ro rej kaninnin rej aikuj kwaļ peier mokta jen air jibwe niñniñ eo. Karreoiki 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 kōḅak māj (mask) eo ilo iien kaninnin. Lale kōmmelele ko jen manufacturer eo ikijjeen karreoiki mōttan ko ilo pump eo im bato ko ñe emōj kōjerbali. Eļaññe jinen ejjab lukkuun emman an mour nān kaninnin, bato\* emaroñ mōñā jene, emman lok ne jen juon eo ejjelok kōkkaļle in nañinmej ippān im ej kōḅak māj (mask) eo.

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## NUTRITION



Mōñā mōñā ko rōüne eaorōk nān kōra ro rej kaninnin im ajri jidik ro. Meñe emaroñ apañ, eļap tata ilo pandemic in, kajjioñ bwe en ļap am mōñā leen wōjke ko, whole grain, im protein. Kain mōñā ko rōmaroñ kāāl, mōrā, pad ilo tin, ak kwōj. Kajjioñ jab bōk dān ko rōtōñal im mōñā ko eļap kūrj, tōñal, im jōļ ie.

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## KAJION JAB BÖK FORMURA KO RÖJJAB MENIN AIKUJ



Eļaññe ejjelok dānnin ittin kōrā eo, niñniñ eo emaroñ idaak milūk ko limen ajri ekoba lok/ ijellokun dānnin ittin jinen. Jab naajdik niñniñ eo nejum (<1 iio) milūk in kau ak milūk ko raar jab kōmman nān ajri ro, bwe rōmaroñ in kōuwōtata. Kajjitōk ippān Taktō eo am kin formula ko rōkkar im kapilōk ko ikijjeen mōñā.

\*Eļaññe ejjelok bato erre, juon cup ak jibuun erre emaroñin jermal.

MARSHALLESE



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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-UHGUQT4UKZYTQN77KGBZCCAG/EDIT?USP=SHARING](https://docs.google.com/document/d/1YSK6JY8LSVFSK9QJVO-UHGUQT4UKZYTQN77KGBZCCAG/EDIT?USP=SHARING)

# JIPAN KO JOT

## ekkar non aolep Mama kab Baamle ko

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### 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, jolak kobataat/lijerolik, juon eo ej letok melele ilo ien bororo, kilen am kejbarok an ajiri eo nejum kiki, katak nan rein rejkab erom mama ak baba, im melele kon ien kemour. Jouj im lale <https://hmhb-hawaii.org>, email [info@hmhb-hawaii.org](mailto:info@hmhb-hawaii.org), komaron bar call e 808-737-5805.
- **Bukot jiban kijeem kaninin ion aelon eo:** Ewor list in jiban ak melele ko ikijeem 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 ikijeem kaninin ilo ejjelok woneen:** Rijerbal ak rikaki rein ilo Nest remonono in jiban eok ikijeem kaninin im kajiriri. Jouj im lale <https://nestfamilies.org/> im call/text e 808-212-9324.
- **Ewor online group in jiban/bok melele ikijeem kajiriri, ejjelok woneen:** Komaron kobalok ippen Family Hui Hawai'i ilo online program in jipan baamle ko ikijeem kajiriri im ejjelok woneen. Jouj im lale <https://familyhuihawaii.org/>, komaron bar email e [jade@familyhuihawaii.org](mailto: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 ikijeem ejmour in kora im bareinwot lewaj melele ko ikijeem 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 ritarinae ro:** MOM2MOM Breastfeeding in Combat Boots ej jiban bamle ko an ritarinae 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>

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### 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 drettrae. Jouj im lale <http://www.hmhb-hawaii.org/mana-ai-food-distribution-program/>, email [info@hmhb-hawaii.org](mailto:info@hmhb-hawaii.org), or call 808-737-5805.  
**Food Assistance (SNAP) and Financial Assistance:** Bok melele im rejijtor 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://hawaiiifoodbank.org/help/>
- **The Pantry (O'ahu):** <https://thepantry.org/>
- **Maui Food Bank (Maui, Moloka'i, Lana'i):** <https://mauiifoodbank.org/>
- **Activate Hawai'i Aid (Hawai'i Island):** <https://www.activatehawaiiid.org/>
- **Hawai'i Food Basket (Hawai'i Island):** <https://www.hawaiiifoodbasket.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/>



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