



**Kōjbarōk ejmour an
baamle eo am**



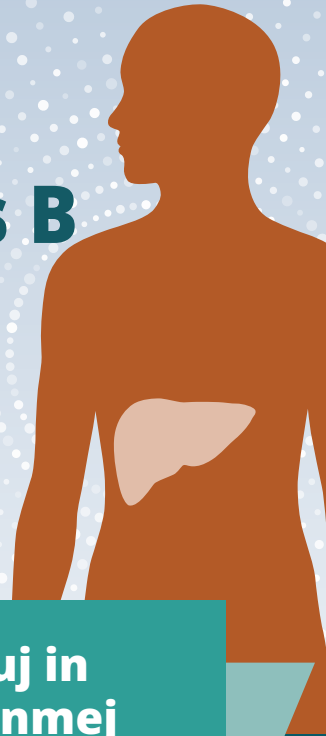
**Lale bwe armij eo ippām im ro
rej jokwe ippām ren bōk teej
im wā jān hepatitis B. Wā eo ej
kōjbarōk armij ro rejañin kār
bōk nañinmej in hepatitis B.**



DOH 420-444 November 2022 Marshallese
Ñan kajjitōk bwe ren lewōj peba in ilo bar
juon wāwein, kwōn kallōk
1-800-525-0127 Armej ro rej jarroñroñ ren
kallōk 711 (Washington Relay) ak email
civil.rights@doh.wa.gov.

Ñan melele ko relaplak:
Hepatitis B Foundation, www.hepb.org
Centers for Disease Control and Prevention
(CDC, Jikin Kantūrol Nañinmej im Bōbrae)
www.cdc.gov/hepatitis/hbv/

**Mour ilo
an wōr
Hepatitis B
ippām**



**Ta eo kwōj aikuj in
jellā kake nañinmej
in hepatitis B**

**Hepatitis B emāroñ in kōmman elap,
būrabōlōm ko ilo ejmour, koba ippān
cancer in aj, akō jorāan in aj.**



**Ejelak uno ñan e, akō ewōr uno ko
rej bellok im kwōj māroñ in kōmman
oktak jidik ko ñan ukōt ejmour
eo am.**

Hepatitis B ej jelōt aj eo am. Ilo an aj eo eddo ki eloñ wāwen jermal aurōk ilo enbwinnim, juōn jermal eo aurōk ej ainwōt juōn kein "karreo" ñan enbwinnim. Aj eo ej karreo (jolak) men ko rekajur ilo mōñā, arkool, im uno ko enbwinnim ejjab aikuji. Aurōk ñan aṃ kōjbarōk aj eo aṃ ñe ewōr aṃ nañinmej in hepatitis B.

Ta eo kwōj aikuji in kōmmene ñan kōjbarōk aj eo aṃ?



Loe lak taktō aolep ien.

Pād iumin lale eo an juōn taktō ewōr an imenene in lale armij ro rej bōk nañinmej in hepatitis B. Taktō remāroñ in lale kakōlle ko an nañinmej in aj im lewaj uno ko rekkar. Armij ro rej nañinmej in hepatitis B rej aikuji etal ippān taktō juōn akō ruo alen juōn yiiō ñan juōn teeji in enbwinnim, teeji in bōtōktōk, im teeji in aj.



Lale ippān juōn taktō mokta jān aṃ idāāk jabdewōt uno ko emōj lewaj, uno ko kwōj bōk ilo jikin kauno, uno ko jān menin eddek, akō vitamin ko.

Elōñ uno ko rej deloñ e aj. Jōt uno ko rekajur, ainwōt jōt uno in metak, remāroñ kakure aj eo.



Kajitok ippān taktō eo ñe kwōj aikuji in bōk hepatitis B im teeji ñan hepatitis C. Baerōj kein rej bar kakure aj eo am.



Kōnnaan ippān taktō eo aṃ kake nañinmej ko rekajur.

Kabōjrak an laplak nañinmej ainwōt lap jān joñan boun, toñal, akō elap kūruij emāroñ in jibāñ aj im.



Kōjbarōk aṃ mōñā

- ✓ **Jab idāāk arkool** kinke emāroñ in kakure aj im.
- ✓ Mōñā elaplak leen wōjke, ine, ek, jelele ko ejelak kūruij, im ELAP pejtōbal elaptata cabbage, broccoli, im cauliflower.
- ✓ Kadiklak jukwa im kūruij. Kadiklak aṃ mōñā im dān ippān jukwa ko emōj koba (āinwōt kōla, juuj, im mōñā in kakajur ko) akō kūruij ko (āinwōt jelele ko elap kūruij im mōñā ko rej būrae). Enij jibāñ kabōjrak an laplak kūruij ej eddek ilo aj eo am.
- ✓ Kāmāte mōñā in lojet ko kijōm. Jab ukood akō diik aṃ kāmāt mōñā ko ewōr kilin (ainwōt mejānwōd, kakur, im jidul im emāroñ in wōr kij ie.
- ✓ Lale ñe ewōr etoon ilo ṇat im ine ko, elaptata ñe rej tutu im jab kwōn. Epāake eo ilo ien aitok ñan etoon ko emāroñ in kalaplak an kauwōtata ñan cancer in aj.



Kwōn Emakitkit.

Rūtto ro rej aikuji 150 minit in ekjōjaej im makutkut ko ñan kōmman bwe en kajur lak majal ko aṃ kajojo wiik. Emāroñ in koba ippān etetal mokaj, tutu lojet, uwe ilo baajkōl, akō māroñ in bar kōjerbale loṇṇor.



Eman lak aṃ menono:

- ✓ Lōmṇak in kabōjrak kōbaatat im etolak jān tūr in ro rej kōbaatat.
- ✓ Etolak jān uno, kein jolak uno, glue, kein karreo, kein jolak uno ko ilo peim, im men ko jōt rekajur.



Bōk elap kakije.

Rūtto rej aikuji 7 akō elaplak yiiō ñan kajojo boñ.



Lewaj jouj ñan eok māke.

Juōn oktak ilo juōn yiiō. Mōnōnō kin tōprak ko am.

Elmen bōk uno ñan hepatitis B? Ejjab aolep armij ro rej nañinmej in hepatitis B rej aikuji uno. Ñe kwōj aikuji uno, ewōr eloñ uno ko remāroñ in jibāñ eok ñe elaplak jorāñ ilo aj eo am. Kwe māroñ in aikuji in bōk uno ñan jemlakin mour eo aṃ akō ñan ñe ewōr uno eo enij lukkun jolak. Kōnnaan ippān taktō eo aṃ kin uno ko.