



YEE WĒT Ë ŃU GÖR BĪN Ë THĒM DE PĪŃ DE MĒNHDIË BĒER PINY?

Mĭth juĕc aaye gōör bĭi thĕm de pĭŃ den bĕer piny.

Kān aci ye nyuocth lon nōŃ mĕnhdu cuōk pĭŃ. Alĕu bĭi naŃ kōk gōör ĕ ke thĕm de pĭŃ bĭi bĕer piny naa rou.

Kā yenĕ thĕm de pĭŃ dac bĕer piny ee ya tĕ nōŃ yen kĕ cĭ duōt ka kĕ cĭ mĕnhdu boot yĭc ke cĭi thōl ĕ dhiĕth.

Kā juĕc aayenĕ thĕm de pĭŃ de rou looi keke Ńoot panakiĭm keke mĭth ken.

Na cĭ lĕu rot bĭi pĭŃ them ke yĭn Ńoot keke menhdu panakiĭm, kĕ mĕnhdu abĭ luōi thĕm de pĭŃ ke we tō ayeer panakiĭm ka nĕ lon tō wek thĭn nĕ baaiduōn cieŃkĕ, nĕ kaam thĭn koor puoc ĕ week lony panakiĭm.

Ran ĕ gĕm yĭn wargāŃ kān abĭ yĭn lĕk tĕ bĭnĕ thĕm de rou looi thĭn ku yee nin ben rot looi.

KĀ CĪI YÖK

Tĕ cĭi pĭŃ de thĕm thōk, kĕ kā cĭi yōk aabĭ ke lār yic yĭn ku gĕt ĕ ke piny nĕ BuŃ ĕ Pial-ĕ-guōp de Raan cĭi yiĕn menhdu (BuŃ Malak).

Na cĭ dhuk ĕ yic de thĕm de pĭŃ de rou nyooth thĕm lon puocth, kĕ mĕnhdu abĭ tuōc dupĭŃ bĭi pĭŃde lō caar yic. DupĭŃ ee ran nōŃ nyĭny dĭt tĕ de thĕm de pĭŃ.

Apuocth arĕĕt ku bĭi dac yōk na ye mĕnhdu nyĭec piŃ apuocth ka cie nyĭec piŃ apuocth ago yĭn kekĕ mĕnhdu nyĭec wĕĕt kony week yōk.

YÖK WĒL KÖK KE LĒK NEM YE
WEBTHAIT TÖ PIINYĒ

<http://www.health.nsw.gov.au/kids-families>

Kā ke jam/Wĕl kĕ rōm

Na wic wĕĕt ne pial Ńuōp ke yĭn yupĕ *healthdirect*
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