

# KATITI AC MAS COVID-19 FIN ACN HAWAI'I

Mwe Fahkwack Yohk Srihpac ac Mwe  
Kahsruh nuh sin Pahpah ac Ninac ac Sucu



## 1 KATITI EL KARUHNGANWAC NG

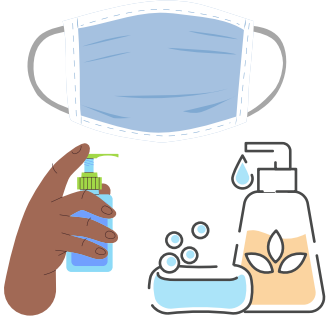
Katiti el kahsruh karihngihn ahwowo nuhtum an liki kain in mas puhs. Sronin titi luhn ninac pa mwe mongo fal wo omeet nuh sin ahwowo, ac kahsruh na yohk katiti el oraclah nuh ke kuh luhn mahno. Ke mwe etuh srihsrihk oasr yohrohsr uh, kuht kahlwem kac muh tiac kuh in fahsrelihk ut ke sronin titi mas COVID-19 se inge.

## 2 SIKALENI IN KATITIT



Ninac se enenuh in ahkfalye katiti na ac tiac tui finne motkoeyuck kuh kahlwem muh el weack mas COVID-19 tuhsruhktuh elan karihngihn in nwacnwacs: Katiti el ke ao se na omeet el tuhfhahna isuslac, katiti muhkwenana ne ke el mahlwem 6, kihtacl mongo kwekwe ke el mahlwem 6, na sikaleni in katiti ne ke el ahluhkwehac yac 2 matwac. Fin ninac se el arulacna muhnahs in katiti ac wacngihn pac kahsreyacn sronin titi sahyac nuh sel ahwowo, na kom kitacl formula (titi kar ke suhfah) ma e wo sef nuh sel.

## 3 OHIYACN KATITI WO SEF KUH TIAC SENSEN



Ninac katiti nuhkewa enenuh in owo po met liki elos mwukuikui kac ahwowo. Ohllah in nwacsnwacs pump (mwe pam) ac suhfah nimacl an tukun el tari kac, na ahknwacsnwacsyelah kewa fin acn kom puhsral kuh kahlihmihn an.

Ninac muh motkoeyuck kuh kahlwem muh weack mas COVID-19 enenuh in orekmakihn mask (mwe lihsrlihsr muhta) ke pacl se el katiti uh. Tukun el tari ke pump (mwe pam) ac suhfah nimacl an na kom ohllah in wo etahi oacna atac se sihmlac ke pwepuh an. Fin ninac el arulacna muhnahs tiac kuh in katiti, el kuh in titi suhfah\*, tuhsruhktuh e wo mwet se kahsruh kitacl an in tiac pac mas ac elan orekmakihn mask (mwe lihsrlihsr muhta).

## 4 MONGO FAL MA USE KUH



Yohk srihpac ninac katiti se ac tuhlihk srihsrihk nahtuhl in kang mongo fal ma sang kuh nuh selos. Finne upac nuh sum, yohk na ke koluklac luhn pacl uh ke srihpen mas, srihke kuhiyom in mongo fukun sahk in yohk, wi whole grains (fihtac ke mah ma mongo), ac ikoac. Mwe mongo inge kuh in ma fresh (sasuc), ma ayuck ne puhlamlamlah, ma ke tin, kuh ma frozen (frisiyucki lun aes).

## 5 SENSENKIHN LIKI MIL MA TIAC FAL



Fin wacngihn sronin titi in sang kihtacl ahwowo na kom kuh in tahfwelah kuh alyaol ke titi kar ke suhfah. Nimet kihtacl ahwowo (matwac fuhsr liki yac se) sronin titi luhn kaho kuh ke sronin titi tiac fal nuh sin ahwowo, ma inge kuh in mwe sensen nuh sel. Soklah sel taktuh ma lah piac formula (titi kar ke suhfah) wo uh na wi kaks in kahsruh lalos nuh ke atacn mongo lal an.

\*Kuh pac in orekmakihn kuhp kuh supun nwacsnwacs fin wacngihn suhfah in titi nwacsnwacs ahkolah.

KOSRAEAN



**HMIHC**  
HAWAII MATERNAL & INFANT  
HEALTH COLLABORATIVE

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

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

[HTTPS://DOCS.GOOGLE.COM/DOCUMENT/D/1YSK63Y8LSVFSK9QJVO-UHGUQT4UKZYTQN77KGBZCCAG/EDIT?USP=SHARING](https://docs.google.com/document/d/1YSK63Y8LSVFSK9QJVO-UHGUQT4UKZYTQN77KGBZCCAG/EDIT?USP=SHARING)

# ADDITIONAL RESOURCES

## for Mothers & Families

1

### BREASTFEEDING

Click the links below!

- **Virtual perinatal support and community resources:** Healthy Mothers Healthy Babies Coalition of Hawai'i provides state perinatal resources, including telehealth/virtual support for mental health, lactation, smoking cessation, doula, safe sleep, new parent support, and childbirth education. Visit <https://hmhb-hawaii.org/>, email [info@hmhb-hawaii.org](mailto:info@hmhb-hawaii.org), or call 808-737-5805.
- **Find lactation support on your island:** Breastfeeding Hawai'i maintains a list of resources around the state. <https://bfhawaii.org/index.php/lactation-support/>
- **Free two-way breastfeeding text support:** Nest Breastfeeding Peer Counselors and Lactation Consultants provide ongoing feeding and parenting support. Visit <https://nestfamilies.org/> or call/text 808-212-9324.
- **Free virtual parenting groups:** Family Hui Hawai'i supports parents through virtual groups and other resources. Visit <https://familyhuihawaii.org/>, email [jade@familyhuihawaii.org](mailto:jade@familyhuihawaii.org), or call 808-230-7112.
- **National Women's Health and Breastfeeding Helpline:** Trained specialists can answer questions about women's health and provide breastfeeding support. Call 1-800-994-9662 (M-F, 3:00 AM - 12:00 PM HST), <https://www.womenshealth.gov/about-us/what-we-do/programs-and-activities/helpline>.
- **Breastfeeding support and advocacy for military families:** MOM2MOM Breastfeeding In Combat Boots supports military families, and they have a local chapter. <https://www.mom2momglobal.org/>
- **When breastmilk is unavailable:** Get info on safe infant formula prep and storage. <https://www.cdc.gov/nutrition/InfantandToddlerNutrition/formula-feeding/infant-formula-preparation-and-storage.html>

2

### FOOD SECURITY

- **Māna 'ai Food Distribution Program (O'ahu):** Delivers food and baby essentials to mothers in need (in 3rd trimester of pregnancy or with an infant 0-6 months old). Visit <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:** Get information and apply online. <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.activatehawaiiid.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/>