**BHOLAIKI RAKHUM-IA**

Ondumchea vorsa amkam pavsalleachi vatt khub dis pollevnchi poddli. Soglleamchoch jiv gormen bezarlolo ani soglleamchich nodor mollbak lagloli. Ani magir vatt polleun-polleun ekdacho pavsallo suru zalo. Soglleamchoch jiv dhadoslo, gormen taploli bhuim nhinvli, zhaddam-peddank panchvo rong choddlo , nhoeo-baiyeo bhorleo, xrixtti jivi zali. Punn hea etlea pavsallea vangddach zaitim duensam-i bi bhitor sortat ani hakach lagun heam disamni bholaikechi odik zotnai ghevchi poddtta. Pavsa disamnim hovaman (weather) bodolta, soglleak udok santtovta, zollaraim vaddttat. Duensanchim karonnam veg-vegllim asum pun ek-ek favtti him duemsam marekar ani jiv ghennim zatat.

Dengue, malaria, chikungunya, cholera, typhoid, viral fever, common cold, skin allergies he sarkim duensam heam disamnim chodd promanant zatat.Hanchea pasun pois ravpak kaim sompe upai amchean ghevum etat.

1. Zaitem udok pievchem pun tem xizoil’lem ani nitoll asunk zai.

2. Pavsant zata titlem bhizonastonam ravpacho ami proitn korpak zai ani hakach lugun amchi sotri vo kapot vhorunk heam disamni ami visorchem nhoi.

3. Zollaram pasun zata titlem ami pois ravchem ani goroz zalear “mosquito repellent” hancho vapor korcho.

4. Pavsant bhizlear rokhddench udok nhalear chodd borem, oxem kelear kuddicho “temperature” normal zavpak sompem zata.

5. Amchim pavlam olim zalear tim pumsun sukim dovorchi chodd goroz.

6. Amcheam bhurgeank ami santtovlo’lea udka lagim khellunk divchem nhoi.

7. Khavche poilim ani sonddansantlean (toilet) ailea uprant chukoinastonam hat dhuvche.

8. Follam ani bhaji-palo boro dhuvun khavcho.

9. Bhizlolea ani olea kopddeamni chodd vell ravchem nhoi.

10. Sorbhovtonnim nittol dovorchem ani jeam vostumnim udok santtovta tosleo vostu zoxeo kotteo, tyres pois korcheo.

Bholaikechi kallji ghevpak vavrum-ia kiteak ti zaun asa amchi girestkai.

**Golda Gracias**