

#3 BLONG OL KASTOMA



FROM WANEM

Kad ia i kavremap ol infomesen long save blong jusum fres fis, mo hao blong kipim fresnes blong fis blong evriwan isave enjoem long wan sef mo helti wei.



INFOMESEN PEPA

blong ol man/woman we oli stap fising, salem mo kakai fis



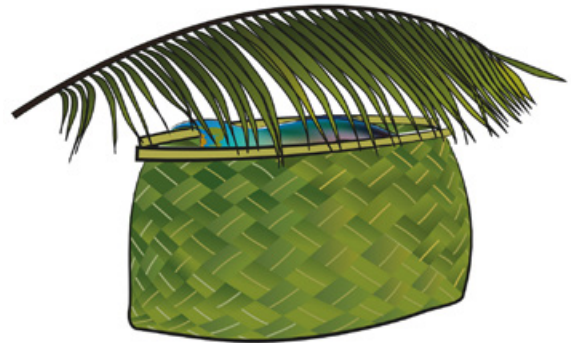
KOLKOL

Bakteria (smolsmol bebet) mo enzaem we i save mekem fis i nogud oli moa aktif taem temperaja i hae mo ples i hot.

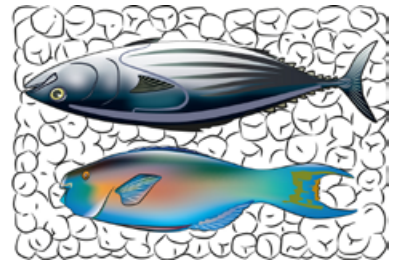
Jusum fis we oli kipim i kolkol stat long taem we oli kasem ko kasem taem we oli salem.

Fis i save stap kolkol spos yumi mekem olgeta fasin ia:

- mekem fis i wetwet mo stap andanit long shed



- pakemap fis wetem smolsmol aes sipos we i ga
- draonem fis long wan kontena o eski we igat solwota mo aes insaed.
- Putum fis long aes box



KEA

Jusum fis we oli handelem wetem kea.

Fis i ko nogud hariap taem oli kat kil, skin blong olgeta i broke o gat blong olgeta i brok. No jusum fis we oli gat:

- brokbrok skin
- kala blong olgeta nomo naes mo i lus
- sopsop mit
- fis we oli no karemaot gat blong hem iet bae bel blong hem ino mas brok



Hemi impoten blong kipim fis i kolkol taem yu karem fis i go long haos. sipos yu no gat aes o wan samting blong kipim fis blong yu i kolkol, yu mas hariap blong ko bak long haos.

INFOMESEN PEPA

blong ol man/woman we oli stap fising, salem mo kakai fis

**BLONG OL
KASTOMA**

#3



KLIN



JEKLIST

Fis i save nogud from bacteria mo toti.

Yu save faenem bacteria mo toti long:

- fis, mo insaed long gat blong fis
- raon long eria blong wok blong yu
- ol tul yu stap usum olsem naef
- ol man

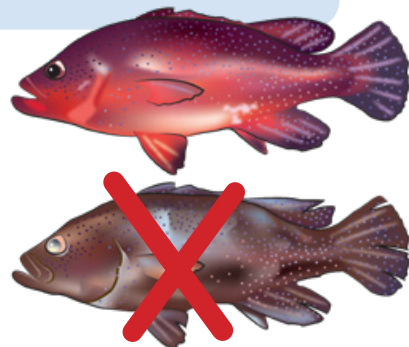
Pem fis long ol man/woman we oli kipim tebol o ples we oli sel long hem i klin

Gudfala fasin blong wan man/woman we i stap salem fis hemi:

- Usum klin wota blong wasem fis.
- Taem hemi gat aes, hemi usum kiln aes blong mekem fis i kolkol i stap.
- Usum klin kontena blong storem fis.
- Kipim fis i kolkol gud oltaem.
- Kavremap fis oltaem
- No allawem blong fis we no i tan blong i tajem o mix wetem fis we i tan finis.
- Kipim eria blong wok ples i klin oltaem
- Oli kipim olgeta klin oltaem
- Oli wasem gud hand wetem ol tul we oli stap usum oltaem.
- Oli no handelem fis taem oli sik.
- Kipim ol animol mo ol isekt aot long ol fis.
- Kipim ol bag blong toti o eni toti longwe long fis.
- Neva putum fis lo graon

Gudfala fis we i fres i shud:

- gat ol gills we i red gud
- nogat smell
- kala blong fis i gud
- no slakslak be strong nomo i stap
- kala blong ae blong fis i no lus mo ae blong hem i no draon i ko insaed long hed.



KWIK TAEM

Ol bebet olsem bacteria oli save gro hariap. Mekem sua yu kipim fis i kolkol oltaem, mo karem iko long haos hariap. Olsem bae fis blong yu i fres, swit mo sef blong kakai mo i save stap long taem. Mekem sua yu priperem mo yu kakai fis bifo i ko nogud lo haos.

Hemia hemi wan tebol blong helpem yu jusum fis we i fres mo helti:

	I gud tumas	Gud	I oraet yet	I no gud	I no gud finis
Gills	Braet Red	Red	Pink	Braon	Dak Brown
Smel	Olsem solwota	Nogat	Fis	Smel olsem we istat blong sting	Sting nogud
Lukluk	Kala blong fis ino lu	Kala blong fis istat blong lus	Grey	Dak	Kala blong fis i lus evriwan
Mit	Mit i strong	Mit i strong be i slak lelpet	Mit stat blong slak	Sopsop	Sopsop tumas
Ae	Klia	Klia be gat smol blad	Ae kala olsem smok wetem smol blad	Kala blong ae olsem smok mo ae i draon go insaed	Kala blong ae i smok bigwan (waet) mo ae i draon iko insaed.
Kala	Braet gud	Braet	Kala stat blong lus	No braet	Kat ol braon mak mak long hem