

# INFOMESEN PEPA

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

## #1 OL MAN/WOMAN WE OLI STAP FISING



### FROM WANEM

Infomesen long saet blong prisevem fresnes blong fis blong longfala taem:

- From i save hollem taet valiu blong fis blong longfala taem
- Fis blong yu i save taes gud mo hemi helti blong yu mo ol kastoma blong yu



### KEA

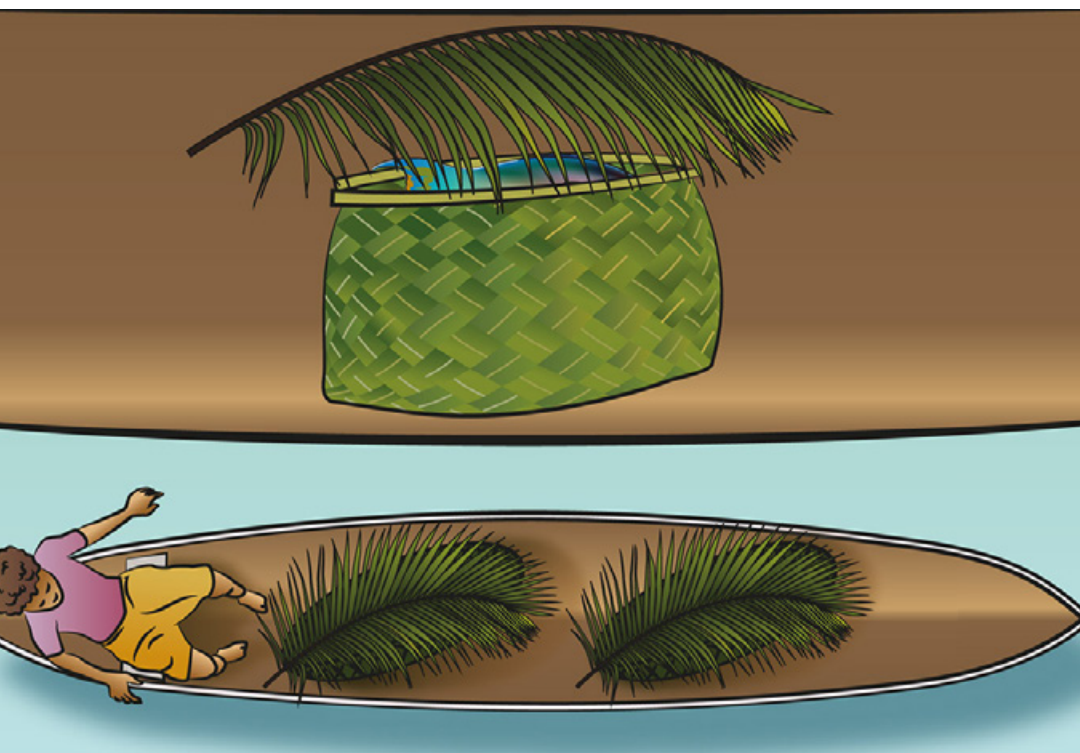
Handelem fis wetem kea.

Fis i save nogud hariap taem we yumi no lukaotem gud. Sapos yumi sak sakem, mekem skin i brok o spos we gat o bel blong fis i brok i save mekem fis i nogud hariap. Fasin blong killim fis hariap (killim hed blong hem long wan ston) bae i mekem i moa isi blong storem mo stoppem fis blong kasem kill long bodi blong hem.



### KOLKOL

Taem we temperaja (hot) blong fis i hae tumas, bakteria (smolsmol bebet) mo enzaem isave spoilem kwaliti blong fis hariap.



Kipim fis i kolkol oltaem mo daonem temperaja blong fis hariap afta we yu karemaot gil, gat mo klinim fis. Blong kipim fis i kolkol, yu save:

- Mekem fis i wetwet mo kipim long wan ples we igat shed
- Packem gud fis long aes Tanem (bel iko antap sipos we yu no karemat gut blong hem iet)
- Putum fis insaed long wan kontena we i fulap long solwota mo aes blok
- Putum fis insaed long wan aes box

Hemi impoten blong kipim fis i kolkol oltaem stat long taem we yu kasem go kasem taem we yu salem fis blong yu.

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## KLIN

### Bakteria mo toti i save spolem kwaliti blong fis

Yumi save faenem bakteria mo toti:

- Long bodi blong fis mo long gat blong hem
- Long eria we fis i stap long hem mo long ples yu stap prosesem fis
- Long ol tul we yu usum
- Long man/woman we i handelem fis

Long ples we yumi usum blong klinim mo storem fis i mas klin oltaem mo yumi mas wasemaot toti blong fis hariap afta we yumi klinim mo muvumaot fis.

### Neva putum fis blong yu stret long graon :

Blong mekem sua se bakteria mo toti ino spolem fis mo mekem se i no moa sef blong kakae; yu mas:

- usum kiln wota blong wasem fis blong yu
- usum kwaliti mo kiln aes blong mekem sua se fis blong yu i kolkol i stap
- usum ol kiln kontena blong storem fis blong yu
- mekem sua se fis blong yu i kolkol gud oltaem
- mekem sua se fis i stap long shed oltaem



## KWIK TAEM

### Karemaot gill mo gat, klinim mo mekem fis blong yu i kolkol hariap

Bakteria hemi save gro hariap. Taem yumi klinim mo mekem fis i kolkol hariap, fis blong yumi hemi save stap fres, swit mo sef blong kakae longtaem. Yu shud karem fis igo long maket kwik taem afta we yu kasem.