

Pakitnikāsowin Nakayāskamiwēwin: Nanātawihisowin Kiskinwahamāsowin

(General Discharge: Care Instructions)

Kī-Nanātawihisowin Kiskinwahamāsowin

(Your Care Instructions)

Pēyak ahpō ayiwāk maskihkīwiyniw kī-wāh-wāpamik ohci kī-māyimahcihowin, nitawāpahtam kī- mōsihtāwina, mīna kakwēcimik ohci kayāhtē kī-nanātawihitowin māyāyāwina. Kī-wāh-wāpamikawiyin ispihk ka-nitawēyihākwhak.

Mwēkwāc anoch, maskihkīwiyniw itēyihitam nahiyikohk ta-kīwiyn.

Mitoni nīkānēyihākwan ta-pimitisahamin ōma sīhkimiwewin ta-wāh-wāpamit maskihkīwiyniw. Kīspin kēyāpic kī-māyimahcihowin, ahpō ētikwē ē-nitawēyihākwhak āyiwak tāh-wāpamikāwiyin ahpō nanātawihiwēwin.

Maskihkīwiyniw kwayask kī-wāh-wāpamik, māka māyāyāwin mwēstās ta-kī-mōsihcikātēw. Kīspin kī-pisiskapahtēn piko itowahk māyāyāwin ahpō osk-āyi mōsihtāwina, **sēmāk natona nanātawihiwēwin**

pamihiwēwin.

Ta-wāh-wāpamit maskihkīwiyniw māmawaci nīkānēyihākwan ohci ki-nanātawihiwēwin mīna pisiskēyihcikēwin. Kēhcināhow ta-osīhtayin mīna itohtēyin kahkiyaw kiskimowin, mīna pīkiskwāta maskihkīwiyniw ahpō maskihkīwiskwēw isi sēwēpicikēwin kīspin kī-māyāyān. Cīhkēyihākwan ta-kiskēyihamin ōhi ka-kī-wāh-wāpamikawiyin pīkiskwātamowina mīna kanawēyihita tahto maskihkīya ka-otinamin.

Tanisi ta-pisiskēyimsōyin kī-wīkiwahk?

(How can you care for yourself at home?)

- Pisiskēyihita tahto osk-āyi mōsihtāwina ahpō pītosī isi kī-mōsihtāwina.
- Aywēpi iskohk ta-miyomahcihoyin.
- Pisiskēyihcikē asici kī-maskihkīya. Otina kī-maskihkīya ēkosi isi ka-wīhtamākawīyin. Pīkiskwāta kī-maskihkīwiyniw ahpō maskihkīwiskwēw isi sēwēpicikēwin kīspin itēyihamin ē-māyiskākoyin kī-maskihkīya.
- Kāwiya pamihcikē mwēstas ispihk ka-otinamin isi ka-wīhtamākawīyin wīsaki-maskihkīya.



Pakitinikāsowin Nakayāskamiwēwin: Nanātauihisowin Kiskinwahamāsowin Paskinikēwin pēyak ohci nīso

Tānispīhk ta-kī-Sēwēpicikēyin kiki wīcihiwēwin?

(When should you call for help?)



Sēwēpicikē 911 piko ispīhk kīspin ki-itēyihten ē-nitawēyihtamin ciyēstapayiwīn kanawēyihtākosiwin. Tāpiskōc, sēwēpicikē kīspin:

- Kī-tikinēpayin (kī-wanihtan āpahkawīwin).

Pikiskwāta kī-maskihkīwiyniw ahpō maskihkīwiskwēw isi sēwēpicikēwin sēmāk ahpō natona sēmāk ciyēstapayiwīn kanawēyihtākosiwin kīspin:

- Kī-ayān osk-āyi mōsihtāwin tāpiskōce kisisowin, kakwātakatāmowin, pwākamowin, ahpō mōskipayiwīn.
- Kī-ayān osk-āyi ahpō pītos āhkosiwin.
- Kī-wanēyihēn mīna kī-āyimihon ta-māmitonēyihcikēyin.
- Kī-mōsihtāwina āyiwak isi-ayāwin.

Pisiskēyiha kwayask kīspin mēskwacipayin kī-itamahcihowin, mīna pīkiskwatik kī-maskihkīwiyniw ahpō maskihkīwiskwēw sēwēpicikēw kīspin:

- Namōya kī-miyomahcihon ēkosi isi ka-ihkatēyihcikātēk.

Kiki tāpitawī maskihkīwiskwēw kakēskwēwin mīna nakayāskamiwēwin miyo-ayāwin kiskēyihitamohiwēwin sēwēpicikē isi Health Link ita 811.

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