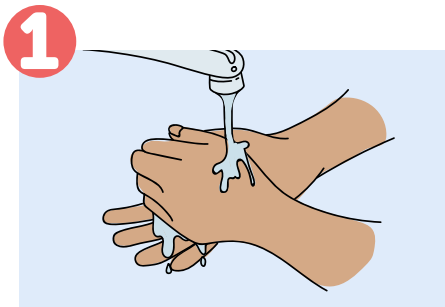


DHĚL YE DERDER TIŇP DER

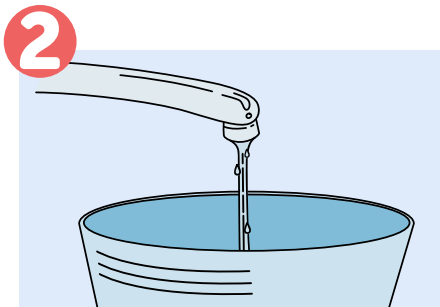
TĚ der yĭń derder tiŇp, ka derder tuęę ee ya derder tiŇp ku derder rou ee ya derder cĚ thiań, ku yeen ee nuōi gĚl alŇh thĭń. Derder tiŇp a cĚ path bĚ ya puōl meth kōu akōl thok ebĕń rin ye yen dĚl cōl a kōu wei.

Yĭń a bĚ kākā wĭc:

- AduŇ lāu yĭc ye kāŇ liāp thĭń
- Pĭu tuc amāāth
- Matholon bĚēr alath bĚ ya derder tiŇp
- Matholon bĚēr alath bĚ ya derder cĚ thiań (cĕmĕń matholon pajama)
- Gamĭńh alath bār kōk bĚ ya derder tiŇp
- Gamĭńh alath bār kōk bĚ ya derder cĚ thiań
- Miōk laak – biĕny tĚ cĭ ye lueel
- Wāl Cortisone ya diāń tĚ cĭ ye lueel
- Diāń



1 kaam kĕc yĭń gua gōc, kōŇ yĭ ciĭń lōk ku wec yĭ ciĭń.



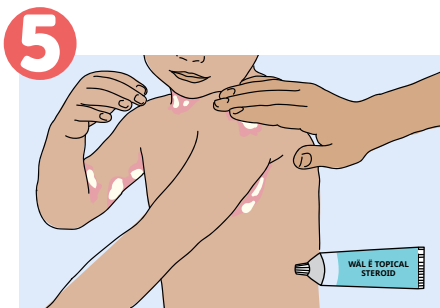
2 Tem aduŇ Ňuĕĕń kōu pĭu tuc amāāth.



3 TĚ cĭ ye lueel, mat biĕny 1 ě miōk laak thĭń.



4 Tāu matholon 1 ku gamĭĕńh tōk aduōk yĭc.



5 Na cĚ lueel, ka yĭ tōc wāl cortisone ya diāń guōp kōu ebĕń guōp cĚ kuōōk (eczema).



6 Tekdā bĚ Yĭ lĕk aya ba ba diāń kaŇ tac ka yĭ kĕc derder tiŇp gua tac. Na loi keya, ka yĭ tĕc diāń guōp kōu ebĕń ku nyĭń.



7 Tāu alĕth tiŇp manh du kōu.



8 Tāu alĕth cĚ thiań alĕth tiŇp kōōth manh du kōu.



9 Lōc derder tiŇp cuōōth bei tĚ cĭ kek gōc thiań ku tōc guōp kōu ebĕń ku nyĭń diāń.