

# Ranga'en witim

[palmscheme.gov.au](https://palmscheme.gov.au)

Witim eiy ranga'en rabadam tsinit germs mwe buog'n ranga wam health. Iya tsimine an ouwak am kamarar dogin witim, wanum dorera ngabem iat maguroa nanga dogida.



## Boir mwe arakun witida

### Iken ngea boir mwe arakun witita?

- Boir eiy imiton ngea mwirara aeaen ngea biyada ean witim.
- Ngana boir gona kadudu (1 cm) or ouwak (5 cm or ijuw) ngaben.
- Ngane mwane arakun witida meta atsin eat bacteria, virus, fungi or parasite (teiy ura ngain eat emwarere mwe earak).



### Etamwan am go'r tsinit boir mwe arakun witida

- Wanum teiy daen am gabur bem eat ebok mwe soap.
- Amwa num eo' epo owanen wamie torr, gibaer, soap mwe bwabweituwamie.
- Amwa num teiy daen gabur wamie torr mwe babweituwamie.
- Iya mwa tow wong bemie, amwa num eodogin jimwa'eat bandage eaden an gara bita iuta. Iya eo' gara bita euta, amwa num dorera ngabemie iat makur oa nanga dogida.
- Amwa num eodogin ugo ian ebamwin mwe erowun amie eameong.
- Amwa num eodogin gabur wamie bedsheets mwe witin etemie. Ean kor mungana edae ngana ekinijo eb.



### Itama ngana amwa num kania

- Mwirara, mwe epwe, mwe witin ngea kamu mwe biyada men.
- Domwamwun witin oa domwamwut ekamu.
- Ekenimwa ngea kinjo or arak.



## Imit inon ngana towe arakun witida

### Etow, ekoda mwe ibwir ean witim

- Etow mwe ekoda:
  - Wanum dudu'eat ebok.
  - Wanum abidan antiseptic (tekeiy Betadine, Savlon oa Dettol).
  - Wanum jimwa'ean bandage ngea derder.
  - Wanum nuwaw eat earak mwe nanga dogida iya kob men bita utu'm oa teiy daen an okke arran.

- Ibir:
  - Amwa num eo' bwa men ngana ibir.
  - Amwa num jimwa met ibir eow ean bandange ngana dereder mwe mok.
  - Iya bwaw met ibir, wanum gabur'an ebok mwe abidan antiseptic.



### Sunburn

- Amwa num eodogin eduwa kwomie, mwe jimwa witimie, mwe abidan kamie sunscreen SPF 50+. Amwa num eodogin bet mamek e'at etang ngana turr tsinit ekwan, tekey amie gona.
- Ogamwe'en: Totuwa etorr ngea ogiten dudu mwe abidan aloe vera. Teiy daen am renn ebok. Nanga dogida iya eo' mo bita iuta, iya meta ibir mwe iya wo arak am kenimwa.



### Mwit demininer

- Ogamwe'en: Obidan kamie insect repellent mwe amwa num eduwa korowun ngana roko ben mwe roko nanan.
- Ogamwe'en: Totuwana ice pack. Mwe iya gomgom, wanum geidu iat Chemist mwe kuda kagamwe mwe ogamwe'en. Tsimine kagamwe ngana wo' eab gona owunan iya wo' dreiba. Wanum nanga dogida iya tsimine an pwe'da mwem oa pwe'da ian orom mwe wo' eogona kanano.



### Eh'ya

- Ogamwe'en: Odon oa totu jungit ebok ngea gurura dogin anaramwae minute. Jimwa'eat dedegeiy dereder oa dressing. Nanga dogida iya ouwaka ngabet 20 cent bita iuta oa iya mek ian mwem, nanam oa ean mwam.

## Onaniet epuok



Iya tsimine am kuda oa tengeiy ipuok, wanim oudona:

- wam health safety oa first aid officer
- ngabem iat PALM scheme
- wam welfare mwe wellbeing officer
- bita PALM scheme support service line (engot' ipuok): **1800 51 51 31** (ung gona bukuw atsin ean 8:30 joran eaduwa 6:30 jemero) oa gona bet emailey: ([palm@dewr.gov.au](mailto:palm@dewr.gov.au))
- wam health insurance company.