

TAEM WAN ETKWEK I KAM

NILDAON



**HAEDEM
HED**



**HOLEM
STRONG**



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Taem wan etkwek i kam

NILDAON, HAEDEM HED, HOLEM STRONG

Etkwek i save kasem evri ples long Niu Zilan. Taem we yu save stret aksen blong tekem kwiktaem, bae man i no save kasem kil mo yu save sevem laef blong man.

Taem wan etkwek i kam, Nildaon, Haedem Hed, Holem Strong. Olsem etkwek i no save kapsaedem yu, yu no soem bigfala bodi long ol ting we oli foldaon o flae olbaot, mo yu lukaotem gud hed, nek mo ol impotan pat blong bodi blong yu.

- **NILDAON** long han mo ni blong yu. Olsem yu no save foldaon be yu save muv igo long narafala ples sapos yu nid blong muv.
- **HAEDEM HED** mo nek (o ful bodi sapos i posibel) aninit long wan strong tebol o desk (sapos i gat wan klosap long yu). Sapos i no gat wan ples blong haed, kavremap hed mo nek blong yu long han blong yu.
- **HOLEM STRONG** ples we yu haed long hem (o holem taet hed mo nek blong yu) kasem graon i nomo seksek. Sapos etkwek i seftem ples we yu haed aninit long hem, yu seftem wetem.

Sapos i no gat wan ples blong haed klosap, wokbaot fo leg i go long wan kona blong rum mo kavremap hed mo nek blong yu wetem han blong yu. Yu no ron i go aotsaed. Yu no stanap stret long ples blong doa. Fulap man oli stap kasem kil taem we oli traem wokbaot **TAEM WE** graon i seksek. Bae yu mo sef sapos yu Nildaon, Haedem Hed mo Holem Strong kasem taem we graon i nomo seksek.

Mekem wan plan tede. Faenemaot hu nao i save helpem yu mo hu nao i save nidim help blong yu. Ofis blong Civil Defence Emergency Management Group long ples we yu stap long hem i gat ol infomesen long saed long eria blong yu.

