

HEALTH EDUCATION EXPLANATIONS IN TETUM

For common cold, URTIs, etc.

Moras ne ladun todan. Isin sei hetan diak la ho aimoruk, maibe ho aihan, aifuan, modo, be barak. Ita hemu aimoruk barak liu, bele estraga fali isin. Vitamin la cura moras ne maibe aban bain rua bele proteja isin husi moras.

[This illness is not very serious. Your body will get better on its own, not with the help of medicines, but by eating fruits and vegetables and drinking a lot of water. Taking too many unnecessary medications can actually harm your body. Vitamins will not cure this illness but can help protect your body from getting sick in the future.]

On breastfeeding instead of medications

Ba moras ne, ba labarik kik, inan-nia susuben diak liu. Aimoruk la diak ba labarik, diak liu fo susuben inan-nian nafatin. Susuben inan-nian proteja husi infesaun. Se bebe hetan moras makas liutan, fila fali.

[Mothers' breastmilk is the best medication for small children with an illness like this. Medications are not good for children and babies; it is better to continually give breastmilk. Mothers' breastmilk protects against infection. If the baby becomes much more ill, come back to the clinic.]

On chronic pain and pain meds

Ba moras ne, aimoruk la cura hotu, sei alivia deit. Hemu ohin, diak liu itaun, maibe la kleur moras mai fali. Aimoruk hamate moras-nian labele hemu beibeik, se lae aimoruk bele estraga fali isin. Aimoruk ne ladun diak cuando ita hemu barak liu. Hemu deit cuando moras makas.

[This illness cannot be completely cured by medications; medications will only temporarily alleviate the pain. You can take the medication today and feel a bit better, but before long, the medication will run out and the pain may return. It is not good to constantly be taking painkillers – this can actually harm your body instead of helping. These kinds of medications are not so good when you take them too often. Take them only when you are experiencing very strong pain.]

On eating healthy, prevention, etc.

Hau-nia hakarak ita bot sira cuidado isin diadiak ho hahan (hanesan modo cor verde, aifuan), be barak loloron, deskansa. Tratamento natural diak liu tanba agora hetan aimoruk maibe aban bain rua aimoruk caro, karik la hetan. *[I want you to take care of yourself by eating good food (such as dark green vegetables and fruit), drinking lots of water everyday, and resting. Natural treatments like these are better because although you may be able to receive medications at this clinic today, who knows whether we'll still be around in the future, medications may become very expensive, etc.]*

On dehydration and diarrhea

Moras te ben halo bebe-nia isin-nia be sae hotu. Depois tenki aumenta be -- hemu be (ho oralyte) barak, fo susuben nafatin.

[Diarrhea makes the baby's body lose all its water. So when a baby has diarrhea, you have to replenish its water by giving lots of water (with oralyte), and continually breastfeeding.]