

# Haklo Hosh Tushpvt Kanimi aiokchayacha hinla.

## Katiohmichi Hosh Ish Apela Hinla?

Ishki vlheha akosh aiokchaya afehna. Apela abvna micha chakali takla micha vlla sholi kaishki vhleha ya haklot apela.

- Ohoyo isht vlhpisa afehna ikhvna.
- Nana anukfilli ka haklo.
- Abeka apela ya pisa chi ka im anoli. Nanvt vlhpesa kiyokma alikchi pisa chike. Nana ikachukmo yohmikma tushpvt alikchi pisa makvlla. Chakali kvt kiyokmvt afvmmi takla kash chakali atukmvt anola chike.
- Awant ia cha abeka ahalaia ya na ponaklo ya apela.
- Apela abvna ka nana holissochi cha anumpulit apela.
- Nan isht ahalaia ya apela.

## Ohoyo Isht Vlhpesa Afehna

*Kvna hosh chakali cho chakli tuk afvmmi achafa ittintakla ka nanvt hayakma alikchi pisa makvlla.*

- o Nushkobo hottopa fehna micha kania he kiyo cho ishahli
- o Chukfoloha cho tikambi
- o Ile hottopali cho chim vllosi hottopali ish ahni
- o Nishkin vt inla
- o Yanha yvt 100.4 cho ishahli
- o Nashuka micha iyi shatali fehna
- o Fiopa ataklvma
- o Ikishi hottopa cho chukash vt palhki
- o Hoeta bvna micha hoeta (onnahinli abeka ano kiyo)
- o Takoba hottopa palvmmi kvt ik isso
- o Chakali takla ka vllosi yvt kanalit issa cho pit luma
- o Chakali takla ka mitafa cho nana kia hoiya
- o Issish mitafa chiyyohmi cho nana balama chukma kiyo vlla shalit tuka
- o Hanali kommichi, homma cho shatali
- o Tikambi fehna

*Ohoyo yvt chakali takla ka nan ataklama ishi ka holisso pvt atahla chi kiyo. Nana afehna ataklama imma ya ishshlit ikhvna [cdc.gov/HearHer/AIAN](http://cdc.gov/HearHer/AIAN)*

## Haklo

Chakali nana ataklama yvt afvmmi achvffa takla ka yohma hinla. Kvna ish I hullo yvt nana ik aivlhpeso chim anolikma ish I batia cha nana ikhvna bvna ka im ahochi. Alikchi abvna ka is him ikhana chike. Isht anumpula hinla ka anumpa yvt pa ansha:

### Chakali Takla

- Nana moma kvt vlhpesa ka akostinichi ka kallo. Nana kvt himonasi inla. Nana ish anukfilli hokmvt achukmvt pisa makvlla.
- Anumpa ilvppa alikchi il im anoli ka afehna akmvt nana achukma hokma il ikhvna chi.
- Pa chim antta li. Nana a chi bvna ka alikchi kil im anoli.

### Chakali Antia

- Chi haknip ish ikhana ishahli kia vlvt chim anttakma chi tika bi anoti nana chi hottopa yvt yohma hinla. Nana chi ataklam mikma alikchi im anoli.
- Chim vllosi himona yvt nana lawa abvna kia, chishno ak kia ish ilapesanchikma.
- Chishno illa kiyo. Chi haklo li. abeka apela ya kil im anumpuli cha apela ke chim ishi.