

# Kuhiyuck Pa Kom



Tuhlik srihsrihk uh  
kuh in tulokihnyac  
COVID-19!

**IASC**  
Inter-Agency Standing Committee

## Orek lac luhn "Kuhiyuck Pa Kom"

Book se inge, ma ke project se ma oreklac sin International Agency Standing committee Reference Group ke Mental Health and Psychosocial Support nuhke Emergency Setting (IASC MHPSS RG). Project se inge ma kahsreyuck sin kwewana mwet luhn muhtanfacl 104, ke Member Agencies ke IASC MHPSS RG, wi paahpah, ninac, kuh mwet karihngihn tuhlihk, mwet luti ac tuhlihk srihsrihk. Tuh oasr survey se kihtakatwelihk ke kain in kahs ke Arabic, English, Italian, French ac Spanish, in srihkeyac luhanpan elyah kuh enenuh luhn tuhlihk srihsrihk uh ke srihpen COVID-19. Ma sikyak ke survey se inge orekweni in sang kahsruh mwe sramsram ma ac elakihnyuck lun story soko inge. Book se inge sruhmuhnyuckwelihk nuh sin tuhlihk ke muhtuhnfacl puhkantwen ma sun COVID-19. Fahk luhn tuhlihk, paahpah ac ninac wi mwet karihngihn tuhlihk ke story soko inge orekmakihnyuck in sang ahkyohkye story soko inge. Puhs liki tuhlihk 1,700, paahpah ac ninac, mwet karihngihn tuhlihk, ac mwet luti fin facluh kahsruh in sruhmuh ac ahkyohkye ke ma elos puhla ke COVID-19. Kuloh luhlahp nuh sin mwet inge kwewa ke elos kuh in nwacklah survey sac, suc sang ahkyohkye mwe sramsram ke story soko inge. Sramsram soko inge ma oreklac nuh sin tuhlihk nuhkewwa fin facluh.

U se pahngpahng IASC MHPSS RG luhngse akihlacnuhl Helen Patuck ke el suhmuhslah ac srolwaclah puk se inge.

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## Introduction

"Kuhiyuck Pa Kom" pa puk se suc sihmlac nuh sin tuhlihk srihsrihk nuhkewa fin facluh ma puhlakihn COVID-19.

"Kuhiyuck Pa Kom" enenuh in ritiyuck sin pahpah kuh ninac, mwet to kuh mwet karihngihn tuhlihk, kuh teacher se nuhsin kais sie tuhlihk kuh un tuhlihk. Yohk pahtokyac tuh in oasr mwet mahtuh se in wi tuhlihk an in sruhmuhn story soko inge. Oasr supplementary quide se pahngpahng {Actioins for Heroes" (suc ac tuhfah oreklac tok) ahkoeyucklac in ahkyohkye ke mwe sramsram ma kuhpahsr nuke COVID-19, suc kuh in kahsruh ac ahkkweye sie tuhlihk ke ma el puhla, wi pac kuhtuh ohiyac ma tuhlihk uh kuh in oruh.

## Translations

Sihmlac ke kahs Kosrae sel Jack G. Nedlic. "This translation/adaptation was not created by the Inter-Agency Standing Committee (IASC). The IASC is not responsible for the content or accuracy of this translation/adaptation. The original English edition "Inter-Agency Standing Committee. My Hero is You: How Kids Can Fight COVID-19! Licence: CC BY-NC-SA 3.0 IGO shall be the binding and authentic edition."





Ninac kiacl Sara ah pa kuhiyac Sara, mweyen el pa ninac se ma wo oemet uh, oacyacpac el pa scientist se ma lahlmwetmwet oemet fin facluh uh. Tuhsruhktuh, Ninac kiacl Sara ah, el koflah konoacack ono se ma kuh in onwelah coronavirus.

"Kuh fuhkah atacn COVID-19?" Sara el siyuck sin ninac kiacl ah.

"COVID-19, kuh coronavirus, el arlac srihklac, kuht tiac kuh in liye," ninac kiacl Sara ah fahk. "Tuhsruhktuh, el fahsrwelihk ke pacl mwet mas uh kohfkohf, kuh sinac, ac ke pacl eltahl kahl mwet kuh ma oan siskacl tahl. Mwet se fin weack mas corona, elac fol, kohfkohf, ac mahl."

"Kalmac pa, kuht tiac kuh in laenuhl tahl, mweyen kuht tiac kuh in liyacltahl? Sara el siyuck. Kuht kuh in laenuhltahl," ninac kiacl Sara ah fahk. "Pa oruh nga enenuh kom in tiac weack mas uh, Sara. Virus se inge, kuh wet se inge, kuh in sikyak nuh sin kain in mwet kuh matwac nuhkewa, oruh mwet nuhkewa kuh in kahsruh in uniyac kuh ahkwacngihnyelah. Tuhlihk srihsrihk uh kuh pac in wi kahsruh. Kom enenuh in tiac weack mas, mweyen kuht ac enwenwe komtacl. Na, kom pa kuhiyuck, kom pa nga luhlahlfongi uh.



Sara el som oana fin bed kiacl ah. El tiacna puhla muh el mwet meun puhlaik se. El suhlahlahlfongi muh el pa kuhiyacn Ninac kiacl ah. El luhman suhpwacrlac. El ke som wi lutlut, uh kauli lutlut ac. El ke liye kawuck lal ah, a tiac pac kuh. El ke tulokihnyac coronavirus in wacnginhlac fin facluh, mwet uh in tilac mas, kuh fosrngah.

"Mwet mweun kuhtanglah uh, oasr power kuh kuhnna usrnugck lalos, meac oasr yuruk an?" el fahk nuh sel sifacna, ke el ahkolah in mutullac ah.

In kihtin pacl ah, na muh puhsra na muhlahlah se pahnglol ke lohsr ah me.

"Meac kom enenuh uh, kom in muh sie mwet lahlahlfongiyuck kuh sie mwet ma kuhiyacsuh, Sara?" puhsra sac siyuck.

"Nga enenuh sie ohiyac ah in fahkwelihk nuh sin tuhlihk srihsrihk nuhkwewa fin facluh, elos in karuhnguhnuhltahl sifacna, elos in ma kuh in kahsruh mwet nuhkwewa..." Sara el fahk.

"Koacl, na meac kom ke nga in eklac nuh kac uh?" puhsra sac siyuck.

"Nga enenuh sie ma ma kuh in sohksohk ah...ma yohklac puhsra ah... ma kuh in kahsruh ah!"

Na muh, whoosh, ma na usrnugck se tulac ke kuhsruhn mahlwem ah...





"Meac se kom uh?" Sara el siyuck.

"Nga pa Ario," ma sac topuk fahk.

"Nga soenna wi liye Ario uh," Sara el fahk.

"Koacl, nga nuhna muhta na ngwe," Ario el fahk. "Nga tuhkuh ke heart lom an,"

"Efin kom wiyc...na nga kuh in fahkwelihk  
nuh sin tuhlihk srihsrihk nuhkewa fin  
facluh ke coronavirus?" Sara el fahk.

"Nga kuh in mwet luhlahlfongiyuck se  
kuh mwet pwengpweng se ac nga pa e  
kuhiyen mwetuh! Tuhsruhktuhk, kollac  
win, Ario, kuh wona fin kuht forfor fin oasr  
coronavirus?"

"Kom fin wiuc, Sara," Ario el fahk.

"Wacngihn ma e kuh in sikuak nuh sum ke  
pacl se nga ac kom tuhkweni uh.





Na Sara el ahtuyang nuh fintohkohl Ario, na eltahl sohkwick, yuclac ke winto ah. Eltahl sohkwick som ne ke itu ah ac fahk hello nuh sin mahlwem ah.

Ke fah ah takwack ah, eltahl oai e ke yen  
mwesis ah, sisken pyramids ah, tuh nuh  
tuhlihk srihsrihk sritacl. Tuhlihk ah isracsr nuh  
seltahl ac orek pwacnguhk nuh sel Sara ac  
Ario.

"Paing kowos, nga pa Salem," sie sin tuhihk  
ac fahk. "Meac komtacl oruh e ngwe an?  
Sislah koluk, kuht tiac kuh in kihluckoht fototo  
nuh yuruwos, kuht eneuh in tu loes liki meter  
se!"

"Pa kuht tuhkuh kac uh!" Sara el fahk.  
"Nga pa Sara ac eluh pa Ario. Kom etuh lah  
tuhlihk srihsrihk uh kuh in karihngihn mwet  
tuhlan, kawuck, papah ac ninac, ac mwet  
mahtuh lasr uh in tiac weack coronavirus?  
"Ahok. Kuht enenuh in..."

"Ohllah pahosr ke soap ac kof!" Salem el  
isracsrelihk fahk. "Kuht etuh, Sara. Kuht  
kohfkohf nuh ke pahosr fin kuht mas – ac  
kuht tiac usrusr paho. Kuht srihke pac kuht in  
muhta lun lohm ah, tuhsruhktuh kuht muhta  
ke acn na puhslac mwet kac se..tiac mwet  
nuhkewa kuh in muhta lun lohm ah.

"Hmm, sahp nga kuh in kahsruh ma sacn,"  
Ario el fahk. "Elos tiac kuh in liye coronavirus,  
tuhsruhktuh...eltahl kuh in liye yuc! Sroacng  
nuh feik, muhta ke mwe sohksohk luhk uh...  
sahp meter se inmahsrllo."



Ario el sohkwick na Sara ac  
Salem muhta ke mwe sohksohk  
lal ah. El yuclac fuhluhngiyac  
acn mwet ah muhta kac ah, na  
el lihksreni on, sasa. Salem el  
wowoyak nuh sin tuhlihk tu ke  
inkacnek ah, angwe:

"Som, fahk nuh sin sucu lowos  
ah, lah kuht fin muhta lun  
lohm, kuht ac safe! Kuht kuh in  
akarihngihni fin kuht muhta na  
lohmah."

"Mwet ah fwefwelac ke ma elos  
liye ah. Eltahl kolwack paholos  
ac pounset nuh seltahl. Elos  
insese in som nuh lun lohm  
selos ah.





Ario el sohkwick ne lucng ke puhkuhnyeng ah. Salem el sasa, engan. E lucng, oaksohk soko yuclac ke puhkuhnyeng ah, na mwet ah ngwetlah liyactahl, arulacna fwefwelac.

"Ke pacl na sa, mwet uh enenuh in ahksrihkyelah forfor lalos ke oaksohk uh," Salem el fahk. Tilokihnyucki forfor ac kalkalyak acn nuhkewa, kuht enenuh in wi mwet ma kuht lungse uh, muhta.

"Arlac puhseni ma eklac pacl inge," Sarah el fahk. "Kuhtuh pacl uh, nga sahngweng ke nuhnkweyac uh."

"Kuht kuh in puhla fosrngah, ac fohsack, ke pacl ma uh, ac eklac uh, Sara," Ario el fahk. "Pacl ma nga sahngweng uh, nga e momong kahkahsrih – na fihlackuhnlah e fihrihr!"

Ario el fihlackuhnlah e fihrihr na luhlahp se!!!

"Ke pacl kom sahngweng uh, meac kom e oruh kom in tilac? Ario el siyuck seltahl.



"Nga luhngse nuhnkuh, kuh petsacelah sie mwet ma nga luhlahlfongi ah," Sara el fahk.

"Nga pac, nga nuhnkuh ke mwet ma kahsreyuc, kain se ninac mahtuh kuh pahpah mahtuh tuhmuhk ah," Salem el fahk.

"Nga asrelnlah. Nga tiac kuh in sruohkohltahl, mweyen nga kuh in sang coronavirus nuh seltahl. Kuht wacna muhtwacta yorohltahl ke weekend nuhkewa, uh pa ingena kuht tilac."

"Kom kuh in pahngloltahl?" Sara el siyuck sin kawuck se lal ah.  
"Oh, ahok!" Salem el fahk. "Eltahl pahngonyuc lwen  
nuhkewa, na nga e fahkwacng ma nuhkewa ma kuht oruh e lohmah ah.

"Oruh nga pwacr ac eltahl engan pac."

"Kuht e nuhna ahsrelah mwet ma kuht luhngse uh, ma kuht tiac kuh in ohsun nuh se uh," Ario el fahk. "Ahkkahlwemye lah kuht lungse eltahl, ac kuht fosrngah seltahl. Ac wo sum, fin kuht som ohsun nuhsin kuhtuh mwet ma kuht luhlahlfongi ac kuhtuh mwet ma kuhiyacs ah?

"Ahok, nuhnakmuhnahs! Fin kuh," Sara ac Salem tuhkweni na fahk.

"Wona, kawuck se luhk inel pa Sasha, el oasr kuh na usrnghuk lal pac," Ario el fahk. "Kuht som!"





Na, eltahl puhtati tuhkuh nuhke facluh te oai sisken mura se ngwe. Oasr tuhlihk muhtwacn se tu sisken lohm sel ah kihnkihn ros. Ke pacl se el ngwet tuh liyaclwack Ario ah, wi tuhlihk srihsrihk luo muhta ke mwe sohksohk lal ah, el isracslah.

"Ario!" tuhlihk muhtwacn sac isracslah fahk.  
"Kuht enenuh in tiac fototo liki meter se inmahsrlosr, na oruh nga e tohloht na sie asruhi ngwe! Na el oraclah pahol oruh in nuhmuh el sruokilyac Ario. "Meac komtacl oruh an?"

"Nga kuh in puhla hug se lom an ke na kom oruh ngwacn, Sasha," Ario el fahk. "Nga lungsena ke kuht kuh in orekmakihn kahs kuh ohiyac in sang ahkahlwemye luhan luhngse lasr uh. Nga ke kawuck luhk inge in etwaclah ke kuh-na usrnghuk se lom ah."

"Kuh, meac, kuh-na usrnghuk fuhkah se luhk an? Sasha el fahk.

"Ke srihpen oasr mwet se ke sucu lom an maswack, kom muhta na lohm an meyen kom sruhnga mwet sahyac in weack," Ario el fahk."

"Ahok, pahpah tuhmuhk ah, elac muhtana lun rum lal ah ne kena el kwelac na pwacye," Sasha el fahk.



"Tuh tiac pacna koluk! Kuht tuhkweni sritacl, orek mongo, imac, ac tuhkweni muhta mongo. Nga, tuhlihk mukul se wiyuck, sritacl, dance. Kuht riti puk, oruh nga srackna eis etwacack ke pacl ma nga tiac wi lutlut uh. Kuht e suhpah ke kuht e muhta na lohm ah uh, tuhsruhktuh, ingena nga pahlah."

"Tena ma fihsracsr se pa ngwacn, Sasha," Ario el fahk. "Kom konoacack kainin ohiyac ma kom ac sucu lom an kuh in oruh ke pacl ma kom enenuh in muhta lohm ah." Nga luhlahlfongi kom, ac kom pa sie kuhiyuck!"

"Oasr pacl, kom kuh mwet ke sucu lom an lokoaloklac kuh fohsack?" Salem el siyuck.

"Kuhtuh pacl uh kuht fohsack," Sasha el fahk. "Kuht enenuh in arlacna oakikuhti, in mong fihsracsr, ac srihke in aetuhilac kuh pihsiphsr in taltal koluk. Ohiyac na usrnguhk ac kuh pa inge, mweyen ohiyac inge kuh in ahkfihsracrsye ac ahkenganye kuht kais sie. Nga luhngse pac in oasr pacl nga kuh in muhkwena. Nga luhngse muhkwena on kuh dance. Oacyacpac srackna kuh in pahngon kawuck luhk ngwe..."

"Tuh, Ario, fuhkah mwet ma som loeslac liki acn seltahl ah, kuh, elos suc wacngihn lohm sel tahl ah?" Sara el siyuck.

"Kihensiuck na wowo se pa ngwacn," Ario el fahk.

"Kuht som soklah ac konwacack."





Eltahl fahk goodbye nuh sel Sasha, na eltahl sulpac sohkwick som. Ke eltahl ahkolah in oai fin tuhka se e in meoa ah, elos puhla lah fucsr fucsr eng ah.



Ke acn se inge, eltahl liye lah lohm nuknuk se, nwacnwaclah ke mwet. Oasr tuhlihk muhtwacn se liyacltahlwack, tuh el tu na loeslac ac pounset nuh seltahl.

"Hi Ario, nga arulacna enganwack ke sifil liye kom uh!" tuhlihk muhtwacn sac fahk. "Kuht srihke in tiac fototo liki meter se, oruh tari nga e tuna inse sramsram. Tuh nga ke osun nuh sin kawuck lom ngwacn! Inek pa Leila."

"Hi Leila! Inek pa Sara, na eluh pa Salem," Sara el fahk. "Kom fahk tuh oacna in kom srihke in karihngihn kom liki coronavirus. Meac pac kom srihke in oruh uh?"

"Kuht oul pahosr ke soap ac kof nwacsnwacs!" Leila el tohpohkohlah fahk.

"Kuh kom srihke pac in kohfkohf nuhke ye poum?" Salem el siyuck.

"Kom kuh in srihke oruh kuht in liye?" Leila el sifil siyuck. Na Salem el oruh atacn kohkohf sac."

"Kuht nuhfohna srihke kuht in puhlaik, tuhsruhktuh, ma se pa nga elyah kac uh," Leila el fahk. "Nga kuh in sramsram nuh sum kac? Nga lohng muh, oasr mwet weack mas uh, te eltahl misac, oruh nga luhman sensen. Kuh pwacye mwet uh kuh in misac ke coronavirus?"



Ario el fuhlwaclihk mongol, pihtucki nuh ten.

"Ahok, tuhlihk srihsrihk, arlac usrnguck." Kuhtuh mwet uh, tena puhla muh eltahl mas, a kuhtuh kuh in misac. Pa oruh kuht enenuh in sensenkihn mwet mahtuh wi elos such oasr mas sahyac selos, meyen eltahl pa fihsracsr in weack mas se inge uh. Kuhtuh pacl uh, fin kuht sahngweng, kuh sensen, ac kahsrekuht efin kuht nuhnkuh ke sie acn ma mihs, wacngihn fohs we ah. Komtacl luhngse wiyuc srihke nuhnkuh?"

Eltahl nuhfohna fahk aohk, na Ario el sap eltahl in nuhnkuh ke sie acn ah.

"Esamwack kuh petsac elah sie acn ma kom puhla muh kom safe oemet we ah." Ario el fahk.

Tohkohyang el siyuck seltahl lah, meac eltahl liye ac meac eltahl kuh in ngok ke acn se inge. El siyuck lah oacna oasr mwet eltahl ke in weluhltahl ne ke acn se inge, ac lah oacna meac elthal e tuhkweni suhmuhn uh.

"Kom kuh in som ne ke acn se inge, efin kom puhla suhpwacr kuh sahngweng," Ario el fahk. "Pa inge kuh na usrnguck se lowos uh, ac kowos kuh pac in suhmuhn nuh sin kawuck kuh sucu lowos an. Esam lah nga fosrngah sumtacl, wi mwet na puhkantwen. Ohiyac se inge kuh in kahsruh pac.



Leila el angwe, "Kuht kuh in akarihngihni."

"Pwacye sum, Leila," Ario el fahk. "Kuht nuhfon kuh in akarihngihni, ac akacsruhi. Suc lungse wi kuht ke fuhfahsryucsr kuh muhtwacta sahflah se lasr inge?"

Leila el sulaclah muh elac weluhl Ario ac kawuck lal ah. Sara el enganwack lah Leila elac weluhltahl, mweyen el etuh lah kuhtuh pacl uh, kuht enenuh in tuhkweni akacsruhi. Ke eltahl sohklah ah, wacngihn mwet sramsram, tuhsruhktuh Leila el etuh lah kawuck sasuc lal inge luhngse el ac fosrngah pac kacl.



Eltahl kuh in liye finohl ah nwacnwaclah ke snow, ke pacl se Ario el puhtati in oai sisken mura srihsrihk sac. Oasr tuhlihk srihsrihk ekahsr tu sritacl sisken infacl soko.

"Ario!" sie sin tuhlihk ah pahnglol ac pounset nuh sel.

"Lwen wo Kim," Ario el fahk. "Tuhlihk, nga ke kowos in ohsun nuh sin kuhtuh kawuck luhk ma weack mas coronavirus, tuh elos kwelac."

"Fuhkah kuh meac kom puhla?" Salem el siyuck.

"Nga kohfkohf, ac kuhtuh pacl uh nga fol na upac. Nga oacyacpac fohrohti, ullac sruhnga sritacl, lwen ekahsr ma," Kim el fahk."

Tuhsruhktuh, yohk pacl nga mutul, na sucu luhk ah fosrngakihnyuc. Kuhtuh sin pahpah kuh ninac wi mwet mahtuh lasr inge som ne hospital. Nurse ah wi doctors ah arulacna kuhlwacng nuh sesr, ac mwet ke mura ah kahsre kuht. Tukun week ekasr ma na kuht kwelac.



"Kawuck se luhk pa Kim," sie sin tuhlihk ah fahk. "Kim el weack coronavirus, tuh kuht srackna kawuck, fin ne nga el suhkwac ohsun. Nga tena suhngwacllah, na pa ingena, kuht engan lah kuht kuh in sifil sritacl."

"Kuhtuh pacl uh, ma se ma wo oemet kawuck uh in oruh uh pa, akarihngihni," Ario el fahk. "E finne sie suwos enenuh in muhta srenglah, yohk srihpac in akarihngihni ac akacsruhi."



"Kuht kuh in oruh ma inge in kahsre kuht kwewa." Leila el fahk.

"Na sahp sie pacl, kuht kuh in sifil fohlohk nuh ke lutlut ah, sritacl pwacr oacna ke kuht oruh met ah." Salem el fahk.

Pacl se inge, pacl in fohlohk ne lohm seltahl ah, ac Sara el fahk kuloh nuh sin kawuck lal ah. Eltahl muh, eltahl ac tiacna muhlkuhnlah muhtwacta se laltahl inge.

Sara el luhman ahsorack lah sahp eltahl e tilac arlac aliyei. Tuhsruhktuh el esamna fahk se luhn kawuck se lal Kim ah. E finne, kom tiac kuh in aliyei, tiac kalmac pa kom tilac luhngse eltahl.



Ario el usaclahah ne lohm seltahl ah te muhta sano Sara elan mutullac tuhfah el som.

"Kuht kuh in sulpac oruh kainsac lutu? Sara el siyuck.

"Moh Sara. Pacl se inge, pacl in kom wi sucu lom an," Ario el fahk. Esamyacna story soko lasr inge. Kom kuh in kahsruh ac karihnginhn mwet kom luhngse uh, kom fin ohllah poum, kom fin tiac forfor –muhta na lohmah. Nga e te som loeslac liki kom. Kom kuh in konweyucyak fin kom sulpac som ne ke acn safe se lom ah, acn se ma kom e mutullac, nuhnkuh, ac petsacelah ah."

"Kom pa hero luhk uh, ac kom pa kuhiyuck," Sara el kahkahsrihk fahk.

"Kom pac pa hero luhk uh, Sara. Kom pa kuhiyacsruh fahk, mwet Kosrae uh.



Sara el mutullac... ne muhtwaclihk tuh Ario el wacngihihlac, el som tari. Na el tuhkahkwek, som ne ke acn safe se lal ah elan sramsram nuh sel Ario, na el srohlwaclah petsac se ke ma eltahl liye ac etwaclah ke fuhfahsryucsr se laltahl ah. Tari na el us som sroal se lal ah ne oruhl Ninac, elan sruhmuhn nuh sel ma sikyak ah.

"Ninac, kuht kuh in kahsruh mwet nuhkwewa, elos in safe," Sara el fahk. Nga ohsun nuh isn mwet na puhlaik ke mutwacta se lasr ah."

"Oh Sara, pwacye sum!" Ninac sac fahk. "Puhkantwen mwet na puhlaik suc kampare in lain coronua virus, mwet uh in ma tiac mas, kain se lal doctor ah kuh nurse ah. Oacyacpac, kom oruh nga esamwack lah kuht nuhfohnna kuh pac in wi pahngpahng mwet mweun puhlaik, tuh kom ka palaik oemeet. Kuhiyuck pa kom.

