

በዛፅባ መንገዲ ፕሮግራም WIC ግዝኣት WA ዝቐርቡ ፓምፕታት ጡብ ብዝበለፀ ንምፍላጥ እዞም ኣብ ታሕቲ ዘለዉ ፀጋታት ተጠቀሙ።

Ardo

- Alyssa ናይ ጡብ ፓምፕ ከመይ ጌርና ንጥቀመሉ፡- bit.ly/AlyssaBP1 (Video)
- Alyssa ናይ ጡብ ፓምፕ-ከመይ ጌርና ንእኩብ፡- bit.ly/AlyssaBP2 (Video)
- Alyssa ናይ ጡብ ፓምፕ - ካብ ቴሌፎን ይሰርሖ፡- bit.ly/AlyssaBP3 (Video)
- Bellis ቅልጡፍ መምርሒ፡- bit.ly/BellisGuide (PDF)
- ናይ ጡብ ቅርፊት ምትእትታው - ከመይ ጌርና ንእኩብ፡- bit.ly/Breast-shell (Video)
- Pumpset - ከመይ ጌርና ንእኩብ፡- bit.ly/Pumpset1 (Video)
- Pumpset - ከመይ ጌርካ ተፍርሶን ተፅርዮን፡- bit.ly/Pumpset2 (Video)



Hygeia

- EnDeare, Case, Universal PAS ውልቃዊ መሰርሒ ስርዓት መምርሒታት፡- bit.ly/HygeiaHowTo4 (Video)
- EnDeare ን Enjoye - ከመይ ናይ ግላዊ መለዋወጢ እኩብካብ ምትሕሳዝ ከምዝክኣል፡- bit.ly/HygeiaHowTo5 (Video)
- Enjoye, Evolve ከምኡ እውን PRO Pump ሺድዮታት፡- bit.ly/HygeiaHowTo1 (Webpage) (እንግሊዝኛ & ስፓኒሽ)
- Evolve ፓምፕ - ከመይ ጌርካ ትሰርሖ፡- bit.ly/HygeiaHowTo6 (Video) (እንግሊዝኛ)፡
bit.ly/HygeiaHowTo6-SP (Video) (ስፓኒሽ)
- ሓደ ኢድ 2-ምዕራፍ ማንዋል ናይ ጡብ ፓምፕ፡- bit.ly/HygeiaHowTo3 (Video)
- Pro ናይ ጡብ ፓምፕ መምህሪ ሺድዮ G2፡- bit.ly/HygeiaHowTo2 (Video) (እንግሊዝኛ)፡
bit.ly/HygeiaHowTo2-SP (Video) (ስፓኒሽ)



Lansinoh

- ላንሲኖህ ፀባ ጡብ ዝእኩብ ሲሊኮን ፓምፕ ጡብ፡- bit.ly/LBCollector (Video)
- ሲሊኮን ሓበሬታ ፓምፕ ጡብ፡- bit.ly/LSiliconeBP (PDF)
- Smartpump 2.0፡- bit.ly/smartpump2 (Video)
- Smartpump 2.0 - ከመይ ጌርና ንእኩብ፡- bit.ly/LS2HowTo (Video)
- Smartpump 2.0 ድርብ ኤሌክትሪክ ጡብ ፓምፕ፡- bit.ly/LS2double (PDF)
- Smartpump 3.0 - መእተዊ፡- bit.ly/smartpump3 (Video)



Medela

- Lactina ጡብ ፓምፕ - ከመይ ጌርና ንእኩብ፡- bit.ly/LactinaHowTo (Video)
- Pump In Style ምስ MaxFlow ሺድዮታት፡-
 - ጀምር፡- bit.ly/PSGet-Started (Video)
 - ከመይ ጌርና ነፍርስ፣ ነፅርዮ፣ ንእኩብን ንሰርሖን፡- bit.ly/PSHow-To (Video)
 - ስፍሓት ዋልታ ጡብ፡- bit.ly/PS-Shield (Video)
 - ትሑት ወይ ዘይምክኣል ፀገም ምፍታሕ፡- bit.ly/PS-Suction (Video)
 - ፀገማት ሓይሊ ምፍታሕ፡- bit.ly/PS-Power (Video)



Medela (ቀጺሉ)

- ለውጤቱ ተቀባይነት አዳጥተርን፡- bit.ly/PS-Tubing-Adapter (Video)
- ናይ መሳርሒ ምትእስሳር ቪዲዮ፡- bit.ly/PS-Accessory1 (Video)
- ናይ መሳርሒ ምትእስሳር ሰንጠረዥ፡- bit.ly/PS-Accessory2 (PDF)

Rumble Tuff



- Breeze – መለተዊ፡- bit.ly/RTBreeze (Video)
- Breeze Pro ብዙሕ ተጠቃሚ መምርሒ፡- bit.ly/BPGuide1 (PDF)
- Breeze Pro ብዙሕ ተጠቃሚ ዘለዎ ናይ ጠው ፓምፕ፡- bit.ly/BreezePro (Video)
- Expression ኮሌክሽን ኮምፖ ኪትስ ከመይ ጌርና ንእኩብ፡- bit.ly/RTHowTo1 (Video)
- Sweet Essence ናይ ኢድ ፓምፕ – ጠብ ከመይ ጌርና ንእኩብ፡- bit.ly/RTHowTo2 (Video)
- Wave Form – መለተዊ፡- bit.ly/RTWaveForm (Video)

Unimom



- Opera ብዙሕ ተጠቃሚ
 - Opera መምርሒታትን ትምህርትን ቪዲዮ፡- bit.ly/Opera-videos (Webpage)
 - Opera ሆስፒታል-ግፊድ ተንቀሳቃሲ ፓምፕ ጠብ ከመይ ጌርካ ትጥቀመሉ፡- bit.ly/OperaHG (Video)
 - Opera መምርሒ ቅልጠፍ ስርሒ፡- bit.ly/OperaGuide2 (Video)
 - Opera ሚኒዮትን ፓምፕ ምስ ዞሚ ኣእዳው ነፃ ስብስብ ኩባያታ፡- bit.ly/OperaHF (Video)
- ሲሊኮን ካብ ኢድ ነጻ ዝኾነ ናይ ምእካብ ኩባያታት – ከመይ ጌርና ንእኩብ፡- bit.ly/SiliconeHF (Video)
- Zomee መምርሒታትን ትምህርትን፡- bit.ly/Zomee-videos (Webpage)
- Zomee ብቕዕ
 - Zomee Fit ክልብስ ዝኽእል ናይ ጠብ ፓምፕ፡- bit.ly/ZFit (Video)
 - Zomee Fit – ከመይ ጌርካ ይሕጽብ፡- bit.ly/ZFitHowTo1 (Video)
 - Zomee Fit – ከመይ ጌርካ ይጸርይ፡- bit.ly/ZFitHowTo2 (Video)
- Zomee ካብ ኢድ ነጻ ዝኾነ ኩባያታት እኩብ - ከመይ ጌርካ ይእኩብ፡- bit.ly/ZomeeHF (Video)
- Zomee Z2
 - Z2 ናይ ኣቀራርባ ቡክሌት፡- bit.ly/Z2booklet (PDF)
 - Z2 ድርብ ኤሌክትሪክ ናይ ጠብ ፓምፕ፡- bit.ly/Z2double (Video)
 - Z2 – ከመይ ጌርካ ይጥቀም፡- bit.ly/Z2HowTo1 (Video) (እንግሊዝኛ)፤ bit.ly/Z2HowTo1-SP (Video) (ስፓኒሽ)
 - Z2 – ከመይ ጌርካ ይእኩብ፡- bit.ly/Z2HowTo2 (Video) (እንግሊዝኛ)፤ bit.ly/Z2HowTo2-SP (Video) (ስፓኒሽ)
 - Z2 – ከመይ ጌርካ ይሕጽብ፡- bit.ly/Z2HowTo3 (Video) (እንግሊዝኛ)፤ bit.ly/Z2HowTo3-SP (Video) (ስፓኒሽ)



DOH 961-1281 October 2023 Tigrinya
 እዚ ትካል እዚ ወሃቢ ማዕረ ዕድላት እዩ፡ ናይ ዋሽንግተን WIC ኣድልዎ ኣይገብርን፡ እዚ ሰነድ ብኻልእ መንገዲ ክቐርበልካ ንምሕታት፡ ብ 1-800-841-1410 ደውል፡ ጽሑፍን ወይ ናይ ምስማዕ ጸገም ዘለኩም ዓማዊል፡ ብኽብረትኩም ናብ 711 ደውሉ (Washington Relay) ወይ ናብዚ ዝስዕብ ኢሜይል ስደዱ
wic@doh.wa.gov



ስካን ግብሩኒ!
 ዲጂታላዊ ቅዳሕ ናይቶም ጸጋታት ሊንክ ንምርካብ ነዚ QR ኮድ ስካን ግብሩ፡፡