

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



Hygeia

- EnDeare, Case, Universal PAS ውልቃዊ መሰርሒ ስርዓት መምርሒታት፡- [bit.ly/HygeiaHowTo4 \(Video\)](https://bit.ly/HygeiaHowTo4)
- EnDeare ን Enjoye – ከመይ ናይ ግላዊ መለዋወጢ እኩብካብ ምትሕሓዝ ከምዝክኣል፡- [bit.ly/HygeiaHowTo5 \(Video\)](https://bit.ly/HygeiaHowTo5)
- Enjoye, Evolve ከምኡ እውን PRO Pump ቪዲዮታት፡- [bit.ly/HygeiaHowTo1 \(Webpage\)](https://bit.ly/HygeiaHowTo1) (እንግሊዝ & ስፓኒሽ)
- Evolve ፓምፕ – ከመይ ጌርካ ትሰርሑ፡- [bit.ly/HygeiaHowTo6 \(Video\)](https://bit.ly/HygeiaHowTo6) (እንግሊዝኛ)፡ [bit.ly/HygeiaHowTo6-SP \(Video\)](https://bit.ly/HygeiaHowTo6-SP) (ስፓኒሽ)
- ኣደ ኢድ 2-ምዕራፍ ማንዋል ናይ ጡብ ፓምፕ፡- [bit.ly/HygeiaHowTo3 \(Video\)](https://bit.ly/HygeiaHowTo3)
- Pro ናይ ጡብ ፓምፕ መምህሪ ቪዲዮ G2፡- [bit.ly/HygeiaHowTo2 \(Video\)](https://bit.ly/HygeiaHowTo2) (እንግሊዝኛ)፡ [bit.ly/HygeiaHowTo2-SP \(Video\)](https://bit.ly/HygeiaHowTo2-SP) (ስፓኒሽ)



Lansinoh

- ላንሲኖህ ፀባ ጡብ ዝእኩብ ሲሊኮን ፓምፕ ጡብ፡- [bit.ly/LBCollector \(Video\)](https://bit.ly/LBCollector)
- ሲሊኮን ኣብሬታ ፓምፕ ጡብ፡- [bit.ly/LSiliconeBP \(PDF\)](https://bit.ly/LSiliconeBP)
- Smartpump 2.0፡- [bit.ly/smartpump2 \(Video\)](https://bit.ly/smartpump2)
- Smartpump 2.0 – ከመይ ጌርና ንእኩብ፡- [bit.ly/LS2HowTo \(Video\)](https://bit.ly/LS2HowTo)
- Smartpump 2.0 ድርብ ኤሌክትሪክ ጡብ ፓምፕ፡- [bit.ly/LS2double \(PDF\)](https://bit.ly/LS2double)
- Smartpump 3.0 – መእተዊ፡- [bit.ly/smartpump3 \(Video\)](https://bit.ly/smartpump3)



Medela

- Lactina ጡብ ፓምፕ – ከመይ ጌርና ንእኩብ፡- [bit.ly/LactinaHowTo \(Video\)](https://bit.ly/LactinaHowTo)
- Pump In Style ምስ MaxFlow ቪዲዮታት፡-
 - ጀምር፡- [bit.ly/PSGet-Started \(Video\)](https://bit.ly/PSGet-Started)
 - ከመይ ጌርና ነፍርስ፣ ነፅርዮ፣ ንእኩብን ንሰርሑን፡- [bit.ly/PSHow-To \(Video\)](https://bit.ly/PSHow-To)
 - ስፍሓት ዋልታ ጡብ፡- [bit.ly/PS-Shield \(Video\)](https://bit.ly/PS-Shield)
 - ትሑት ወይ ዘይምክኣል ፀገም ምፍታሕ፡- [bit.ly/PS-Suction \(Video\)](https://bit.ly/PS-Suction)
 - ፀገማት ኣይሊ ምፍታሕ፡- [bit.ly/PS-Power \(Video\)](https://bit.ly/PS-Power)



Medela (ቀጺሉ)

- ለውጤቱ ተገቢ ኣዳገተኛ:- 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 – መእተዊ:- 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 – መእተዊ:- bit.ly/RTWaveForm (Video)

Unimom



- Opera ብዙሕ ተጠቃሚ
 - Opera መምርሒታትን ትምህርትን ቪዲዮ:- bit.ly/Opera-videos (Webpage)
 - Opera ሆስፒታል-ግሬድ ተንቀሳቃሲ ፓምፕ ጠብ ከመይ ጌርካ ትጥቀሙ:- bit.ly/OperaHG (Video)
 - Opera መምርሒ ቅልጠፍ ስርሒ:- bit.ly/OperaGuide2 (Video)
 - Opera ሚኒዮትን ፓምፕ ምስ ዘመደ 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 ዝኾነል ናይ ጠብ ፓምፕ:- bit.ly/ZFit (Video)
 - Zomee Fit – ከመይ ጌርካ ይሕጸብ:- 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 ይሕጸብ:- 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 ክቐርብልካ ንምሕታት፡ ብ 1-800-841-1410 ደውል። ጽሑፍን ወይ ናይ ምስማዕ ጸገም ዘለኩም ዓማዊል፣ ብኹብረትኩም 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።