

## Ka ho'omalu 'ana iā 'oe iho:

- E hamo a i 'ole kīkī ma kou 'ili ahuwale i ka 'aila pale makika i loa'a ka mea pale 'o "DEET" o loko. E ninau i nā nīnau e pili ana iā "DEET" i kekahi kanaka kāwili lā'au a i 'ole e nānā i kā mākou paena pūnaewe.
- E komo iho i nā lole ho'omalu e like me ka pālule lima loa, ka lole wāwae loa, nā kākini a me nā kāmā'a ma nā hola kakahiaka nui a ma ke ano ahiahi, 'o ia nā manawa e 'aki nui ai nā makika 'aki lā.



- E pani i nā pukaaniani a me nā pani puka i loa'a 'ole ka uea makika.
- E maka'ala, he 'eha 'ole paha ka 'aki a ka makika, akā na'e he ma'i nui paha ka loa'a.

## E ninau i nā nīnau i kāu a i 'ole i ka "Oihana Ola o ka Moku'āina 'o Hawai'i

- Big Island:  
808-974-6001 or 808-322-4880
- Oahu: 808-586-8021
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David Y. Ige

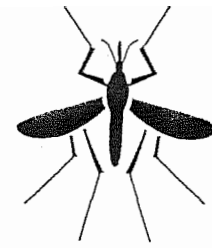
Governor of Hawaii

Virginia Pressler, M.D.

Director of Health



HAWAII STATE  
DEPARTMENT  
OF HEALTH



# Dengue

# Fever

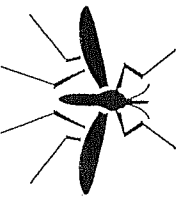


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(Hawaiian)

## He aha ai mea?

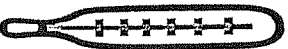
'O Dengue (kona inoa haole a i ho'opuka ia: den gee) ka ma'i mū hōlapu i ho'oili ia i nā kānaka ma o ka 'aki a kekahi makika i loa'a mua ia ma'i. 'O ka makika Aedes ka mea e ho'olaha ana ia ma'i.



'A'ole lele pololei kēia ma'i mai ke kanaka mai i ke kanaka aku.

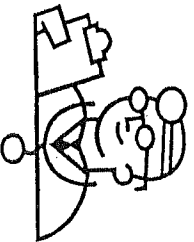
## Nā Hi'ona:

- Ka piwa wela loa
- 'eha loa ke po'o
- 'eha ke kino a me nā 'ami



- ka luai'i
- 'eha ka maka
- ka 'ōhune

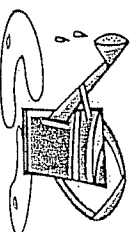
E hele aku i ke kauka ke loa'a ia mau hi'ona



E ho'omahu iā 'oe iho a me kau 'ohana mai ka piwa Dengue. 'A'ohē iā'au ho'ōia. Hiki na'e iā 'oe ke pale ia ma'i ma ke kāohi 'ana i nā makika a ma ka ho'omahu 'ana iā 'oe iho.

## Ke kāohi 'ana i nā makika:

- E lawe aku, kāpili hou a I'ole kahuli iho i kēlā me kela mea e ho'opa'a i ka wai ua e like me: nā kini, nā 'ōmole, nā pākeke, nā kaea kahliko, nā poho mea kanu, nā puluni kaupuku i ho'opa'a 'ia, nā 'ōmuku kumu iā'au, nā paia paomeki a me nā paipu pā i pani 'ole 'ia, nā ka'a waiho wale 'ia, nā wa'a a me nā moku, nā mea kanu e like me ka polomeiaka, ka lilia hala kahiki a me ka 'ohē.



- E nānā a kāpili hou ke koi 'ia i nā pani puka uea makika a me nā pukaaniani uea makika.

- E ki'oi i ka wai ma loko a holo'i i ho'okahi iā o ka pule i nā pā wai a me nā kula wai hāinu a nā hānaihuhu a me nā holoholona.



- A me kēlā e hana like ai i nā pika pua kekahi.



- E ho'ohui i 4 - 6 'aumeki kopa holo'i pā me ho'okahi kālani wai a e ki'oi aku ma ka 'ili o nā wai kū a pau, kahī e hānau ai nā makika, a e ki'oi hou i nā lā he 2 - 3 a pau. Mai ki'oi ma nā pahu 'apo wai a i 'ole ma ka wai inu.

- E pepehi i nā makika o'o ma loko o ka hale me ka iā'au make 'elala ki'oi i hana 'ia no ka pepehi 'elala lele.

- E nānā a kāpili hou i kāu pahu 'apo wai e komo 'ole ai nā makika ma loko.

