

E HĀNAI I KA MEA‘AI PIHA ME KE CALCIUM, IRON, A ME KA VITAMIN C

NO KEKAHI ‘IKE HOU AKU



Hawaii Childhood
Lead Poisoning
Prevention

Na ke Calcium e ho‘ēmi i ke omo ‘ia o ke kēpau a nāna ho‘oikaika i ka niho me ka iwi.

CALCIUM

- Waiū, yogurt, waiūpa‘a
- Tofu
- Kini makalē, kāmāno (kini kāmāno me nā iwi pū)



Hana pū ka iron me ka vitamin C e ho‘ēmi ai ke omo ‘ia o ke kēpau.

IRON

- ‘I‘o pākā, moa, pōkeokeo, nā ‘ano i‘a like ‘ole
- Ceral i ho‘opiha ‘ia me ka iron, a me ka palaoa pū
- Pāpapa malo‘o me ka pāpapa pī
- Pāpapa koiū
- Hua moa



VITAMIN C

- Jabong, ‘alāni, grapefruit
- Hē‘ī, halakahiki, kūawa
- Kiwi, ‘ōhelopapa
- ‘Uala
- ‘Ōhi‘a lom, broccoli, bell pepper
- Lau ‘inika, kale, a me nā ‘ano lau ‘ai ‘ōma‘oma‘o ‘ē a‘e



MAI PUNI I KĒIA MAU ‘ANO MEA‘AI

- French fries, kipi ‘uala kahiki, ‘ili moa, ‘ili pua‘a, pekona, na‘aukake, mea‘ai palai ‘ia, a i ‘ole ka mea‘ai i nui ka momona

Ka Papa Hana Hawaii Childhood Lead Poisoning Prevention

Ka ‘Oihana Ola

Lead.hawaii.gov

doh.lead@doh.hawaii.gov

808-733-9055

Ke Kikowaena Disease Control and Prevention

Cdc.gov/nceh/lead

Environmental Protection Agency

Epa.gov/lead

Ke Komokina Consumer Product Safety

Cpsc.gov

Hawaii Poison Center

Hipoisoncenter.org

1-800-222-1222



Na ka ‘Oihana Ola o ka Moku‘āina ‘o Hawai‘i e ho‘olako i nā papa hana like ‘ole me ka ho‘okae ‘ole i ka lāhui, ka ‘ili, ke kupa o ka ‘āina ‘ē, ka ‘ōlelo, ka pae makahiki, inā he kāne a wahine paha, ka ‘ao‘ao kāne a wahine paha i mana‘o ‘ia ai, ka puni kāne a wahine paha, ka ‘ao‘ao ho‘omana, a i ‘ole ke kīnā o ke kino. E leka i ka luna nui o ka Affirmative Action ma ka P.O. Box 3378, Honolulu HI 96801 a i ‘ole e kelepona i ka 808-586-4616 (leo/TTY) ma loko o 180 mau lā ma hope o ka loa‘a i ka pilikia.

‘Apelila 2019



MAI HĀNAI I KE KĒPAU I KĀU KEIKI

HIKI KE PALE 'IA KA MA' I KE KĒPAU E nīele i kou kauka e nānā no ke kēpau

NĀ MEA E HIKI AI KE HANA I KĒIA LĀ!

E HOLOI I NĀ LIMA O KĀU KEIKI

- E holoi i nā lima me ka maka o kāu keiki ma mua o ka pā'ina 'ana a ma hope o ka pā'ani ma waho.

E HOLOI PINEPINE

- E wehe i ke kāma'a me ka pale wāwae ma mua o ke komo 'ana ma loko o ka hale.
- E holoi i ka papahale, ka moena weleweka, me nā pono hale me ka wākiūma HEPA.
- E holoi i ke ehu lepo ma ka papahale me ka welu holoi i hiki ke holoi 'ia a kiloi 'ia paha.
- E holoi i ka mōlina pukaaniani me ke kopa me ka wai.
- E kiloi i ka 'ūpā, ke kāwele pepa, a me ka welu ma hope o ka ho'oma'ema'e 'ana.
- E holoi pinepine i nā mea pā'ani, me nā mea a kāu keiki e ho'okomo ai ma loko o kona waha, 'oi aku ka mea nui ma hope o ko lākou palahuli 'ana ma ka papahale.

E 'AI I KA MEA'AI KŪPONO NO KE OLAKINO

- E hānai pinepine i kāu keiki i ka mea'ai maoli me ka mea'ai māmā, no ka mea, he ma'alahi ke omo 'ia o ke kēpau ke pōloli ka 'ōpū.
- E hānai i ka mea'ai kūpono no ke olakino i kāu keiki me ke calcium, ka iron, a me ka vitamin C he nui.
- E ho'ēmi i ka mea'ai i nui ai ka momona e ho'ēmi ai i ka nui o ke kēpau e omo 'ia ma loko o ke kino o kāu keiki.

E HO'OHANA I KA WAI HU'IHU'I

- E ho'oholo i ka wai hu'ihu'i he 30 kekona a 'oi ka lō'ihī inā 'a'ole i ho'ohana 'ia ka piula wai he 6 hola a 'oi ka lō'ihī.
- E not kuke, inu, a i 'ole hana i ka waiū e hānai ai i kāu keiki me ka wai wela o ka piula.

NĀ HANA 'Ē A'E E HIKI AI KE HANA

- E ho'one'e i nā moena pēpē me nā pā pā'ani mai kahi kokoke aku i nā wahi e nakaka nei ka pena.
- Ke hana kekahi po'e ma loko o kou hale me ke kēpau, e 'au'au a kuapo lole ma mua o ke komo 'ana ma loko o ka hale. E holoi ka'awale i kēia lole, mai ho'ohuihui me nā lole 'ē a'e o ka 'ohana.
- E ho'oka'awale i kāu keiki mai nā wahi aku e ho'oponopono 'ia mai nei ma loko o ka hale a i 'ole nā wahi kūkulu hale.
- E nānā pono 'a'ohe kēpau ma loko o nā ipu pālolo, nā pā pālolo, me nā kī'aha.

Ke ho'opā kāu keiki i ke kēpau 'a'ole paha e 'ike 'ia nā hō'ailona, akā, hiki nō ke pilikia ka no'ono'o 'ana a pēlā e pilikia ai kona a'o 'ana me kāna mau hana ma ke kula.

'O ka po'e hiki nō ke pilikia loa, 'o ia ka pēpē, ke keiki 'ōpio pio loa, me nā keiki o'o iki.

He pi'i ke kēpau ma loko o ke koko ma muli o ka 'ai a i 'ole ka hanu 'ana i ke kēpau ma loko o nā 'ano mea like 'ole e like me ka 'āpana pena li'ilī'i me ke ehu, nā mea pā'ani, ka lepo, ka wai, a me nā pā pālolo.

He loa'a nō paha ke kēpau ma loko o kou home, ka home o nā hoa noho, a i 'ole ma nā wahi a pau e hele pinepine ai kāu keiki.

He hānai nō ho'i ka wahine hāpai me ke kēpau pi'i ma loko o kona koko i ke kēpau i kāna keiki ma loko o ka 'ōpū.



He mau 'ano pā pālolo i hiki ke loa'a ke kēpau ma loko