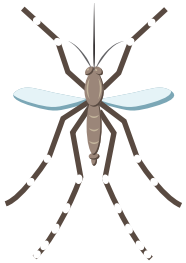
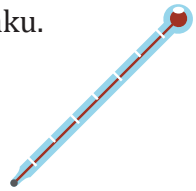
He aha ai mea?

ʻO Dengue (kona inoa haole a i ho ʻopuka ʻia: den-gee) ka maʻi mū hōlapu i hoʻoili ʻia i nā kānaka ma o ka ʻaki a kekahi makika i loaʻa mua ia maʻi. ʻO ka makika Aedea ka mea e hoʻolaha ana ia maʻi.



ʻAʻole lele pololei kēia maʻi mai ke kanaka mai i ke kanaka aku.



Nā Hiʻona:

- ka piwa wela loa
- ʻeha loa ke poʻo
- ʻeha ke kino a me nā ʻami

- ka luaʻi
- ʻeha ka maka
- ka ʻōhune

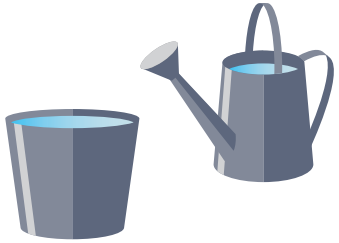
E hele aku i ke kauka ke loaʻa ia mau hiʻona.

E hoʻomalu iā ʻoe iho a me kau ʻohana mai ka piwa Dengue

ʻAʻohe lāʻau hoʻōla. Hiki naʻe iāʻoe ke pale ia maʻi ma ke kāohiʻana i nā makika a ma ka hoʻomalu ʻana iā ʻoe iho.

Ke kāohi ʻana i nā makika:

- E lawe aku, kāpili hou a i ʻole kahuli iho i kēlā me kēla mea e hoʻopaʻa i ka wai ua e like me: nā kini, nā ʻōmole, nā pākeke, nā kaea kahiko, nā poho mea kanu, nā pulumi i kaupoku i hoʻopaʻa ʻia, nā ʻōmuku kumu lāʻau, nā paia paomeki a me nā paipu pā i pani ʻole ʻia, nā kaʻa waiho wale ʻia, nā waʻa a me nā moku, nā waʻa a mea kanu e like me ka polomeliaka, ka lilia hala kahiki a me ka ʻohe.



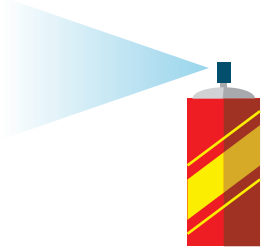
- E nānā kāpili hou ke koi ʻia i nā pani puka uea makika a me nā puaanianai uea makika.

- E kīloi i ka wai ma loko a holoi i hoʻokahi lā o ka pule i nā pā wai a me nā kula wai hāinu a nā hānaiahuhu a me nā holoholona.

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

- E hoʻohui i 4—6 ʻauneki kopa holoi pā me hoʻokahi kālani wai a e kīkī aku ma ka ʻili o nā wai kū a pau, kahi e hānau ai nā makika, a e kīkī hou i nā lā he 2—3 a pau. Mai kīkī ma nā pahu ʻapo wai a i ʻole ma ka wai inu.

- E pepehi i nā makika oʻo ma loko o ka hale me ka lāʻau make ʻelala kīkī i hana ʻia no ka pepehi ʻelala lele.

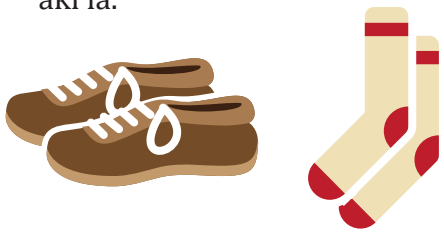


- E nānā kāpili hou i kāu pahu ʻapo wai e komo ʻole ai nā makika ma loko.

Ka hoʻomalu ʻana iā ʻoe iho:

- E hamo a i ʻole kīkī ma kou ʻili ahuwale i ka ʻaila pale makika i loaʻa ka mea pale ʻo "DEET" o loko. E ninau i nā nīnau e pili ana iā "DEET" i kekahi kanaka kāwili lāʻau a i ʻole e nana i kā mākou paean pūnaewele.

- E komo iho i nā lole hoʻomalu e like me ka pālule lima loa, ka lole wāwae loa, nā kākini a me nā kāmaʻa ma nā hola kakahiaka nui a ma kea no ahiahi, ʻo ia nā manawa e ʻaki nui ai nā makika ʻaki lā.



- E pani i nā pukaaniani a me nā pani puka i loaʻa ʻole ka uea makika.

E makaʻala, he ʻeha ʻole paha ka ʻaki a ka makika, akā naʻe he maʻi nui paha ka loaʻa.

E ninau i nā nīnau i kāu i ʻole i ka "Oihana Ola o ka Mokuʻāina ʻo Hawaiʻi":

- On the Big Island: 808-974-6001 or 808-322-4880
- On Oahu: 808-586-8021
- On Maui, Lanai, and Molokai: 808-873-3560
- On Kauai: 808-241-3306

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David Y. Ige
Governor of Hawaiʻi

Virginia Pressler, M.D.
Director of Health

HAWAII STATE DEPARTMENT OF HEALTH

Rev. 4/2016

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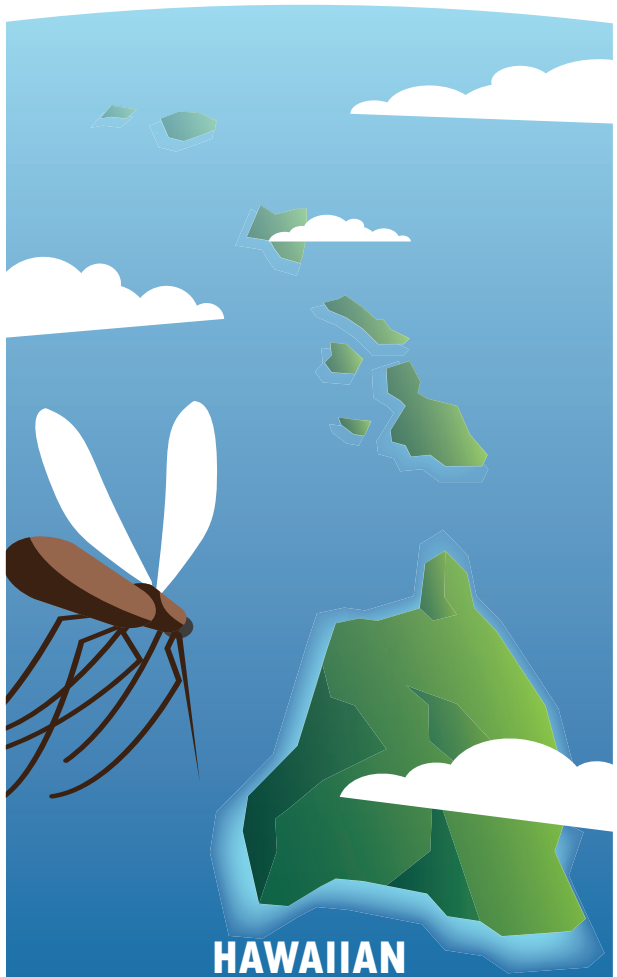

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