



## Angei Opposun

Influenza ika “flu” mei tongeni anapano samwau chou. Appos ina eochun me anninisin an epwe appet sonuk me omw famini.



## Pwonu awomw fansoun mwor ika mwesi

Pwonu awomw me potumw ngeni poun ufomw, ika churukami (napkin) fansoun mwesi ika mwor, poutano omw nimengawen churukami (napkin) non nenien kapich, me tonu poumw mwirinon.



## Tonu poum

Sopwuni poum iteitān pwan chonupwichi ika fen eaea hand-cleaner (mi wor alcohol non) ne totonu poum.



## Kosapw attapa mesom, pwotum me awom

Ika ke attapa mettoch mei wor manamanen ei semwen ren, a pwan tongeni toruk ren chok omw atapa mesom, pwotum me awom.



## Nomw neim fansoun a uruk ei semwen

Monun ewe samwau mei chou fetan ian kopwe no ia ika pwe mei uruk ei semwen. Nomwetiw non iimw ika check ren noumw chon pioing/tokter ika mei tongeni.



Ren sopouloson poraus,  
korkori 2-1-1 ika katon [www.hawaii.gov/health](http://www.hawaii.gov/health)

# Weiresin ei Semwinin Matter (“Flu”) Ka tongeni pusin epeti sonuk ei semwen