



**Eis fahkfuhk
in kosrkosr
mas**

Mas se ngwe pahngpahng influenza kuh "flu" el kuh in pwen mas upac. Fahkfuhk in kosrkosr mas pa wo emet in kasre kom as sucu lom an in tiac weack.



**Kosraclah kohfko hf
kuh sinac lom an**

Afinyac inwaculum kuh infwem ke poun fohrohk lom an kuh ke tisu ke pacl kom kofkof kuh sinac uh. Tohllah tisu kom orekmakin an kuhke mwe sisi kutkut ac ohllah poum.

**Kosraclah
Mas
Flu**

**Kosrkosr
mas se ngwe
mutwacwacack
urum**



Ohllah poum

Ohllah poum in wo ke soap ac kof fuhsrfuhsr kuh orekmakin mwe owo paho ma oasr alcohol kac.



**Taran kom in te kahl
motom, infwem, ac
inwaculum**

Fin kom kahl acn ma mas se ngwe oasr kac, kom kuh in weack fin kom kahl motom, infwem, ac inwaculum.



**Mwet forfor
kom fin mas**

Virus se ke flu uh forfor nuhke ac nuhkewa kom ac som na we uh ke kom weack mas se uh oruh kom te forfor kuh kom lohngohk sin hospital kuh doctor lom an pacl enenuh an.



**Fin oasr kisensiyuck kom
pahngon nempu 2-1-1 kuh kom suk kasruh ke
web link se ngwe www.hawaii.gov/health**