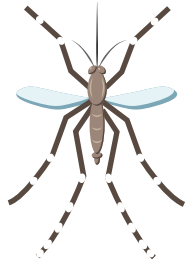


He aha ai mea?

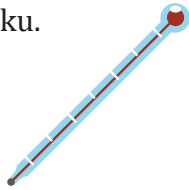
'O Dengue (kona inoa haole a i ho 'opuka 'ia: den-gee) ka ma'i mū hōlapu i ho'oili 'ia i nā kānaka ma o ka 'aki a kekahi makika i loa'a mua ia ma'i. 'O ka makika Aedeia ka mea e ho'olaha ana ia ma'i.



'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 lua'i
- 'eha ka maka
- ka 'ōhune

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

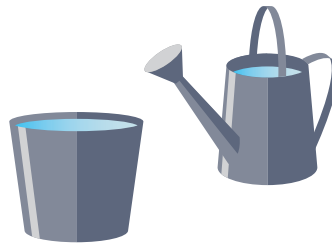


E ho'omalua iā 'oe iho a me kau 'ohana mai ka piwa Dengue

'A'ohe lā'au ho'ōla. Hiki na'e iā'oe ke pale ia ma'i ma ke kāohi'ana i nā makika a ma ka ho'omalua 'ana iā 'oe iho.

Ke kāohi 'ana i nā makika:

- E lawe aku, kāpili hou a i 'ole kahuli iho i kēlā me kēlā mea e ho'opa'a i ka wai ua e like me: nā kini, nā 'ōmole, nā pākeke, nā kaea kahiko, nā poho mea kanu, nā pulumi i kaupoku i ho'opa'a 'ia, nā 'ōmuku kumu lā'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 wa'a a mea kanu e like me ka polomeliaka, ka lilia hala kahiki a me ka 'ohe.

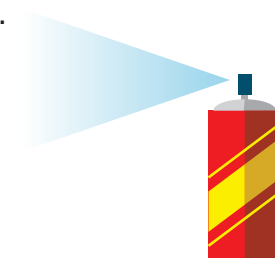


- E nānā kāpili hou ke koi 'ia i nā pani puka uea makika a me nā puanianai uea makika.

- E kīloi i ka wai ma loko a holo i ho'okahi lā o ka pule i nā pā wai a me nā kula wai hāinu a nā hānaiahuhu a me nā holoholona.

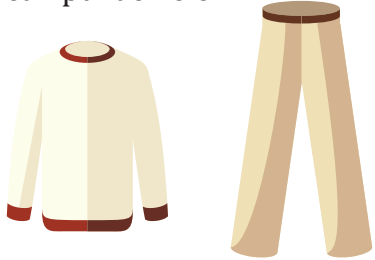


- A me kēlā e hana like ai i nā pika pua kekahi.
- E ho'ohui i 4—6 'auneki kopa holo i pā me ho'okahi kālani wai a e kīkī aku ma ka 'ili o nā wai kū a pau, kahi e hānau ai nā makika, a e kīkī hou i nā lā he 2—3 a pau. Mai kīkī ma nā pahu 'apo wai a i 'ole ma ka wai inu.
- E pepehi i nā makika o'o ma loko o ka hale me ka lā'au make 'elala kīkī i hana 'ia no ka pepehi 'elala lele.
- E nānā kāpili hou i kāu pahu 'apo wai e komo 'ole ai nā makika ma loko.

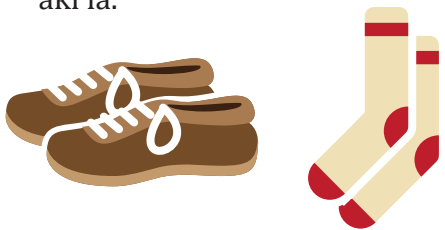


Ka ho'omalu 'ana iā 'oe iho:

- 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 ninau e pili ana iā "DEET" i kekahi kanaka kāwili lā'au a i 'ole e nana i kā mākou paeān pūnaewele.



- E komo iho i nā lōle ho'omalu e like me ka pālule lima loa, ka lōle wāwae loa, nā kākini a me nā kāmā'a ma nā hōla kakahiaka nui a ma kea no ahiahi, 'o ia nā manawa e 'aki nui ai nā makika 'aki lā.



- E pani i nā pukaaniāni 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 ninau i kāu i 'ole i ka "Oihana Ola o ka Moku'āina 'o Hawai'i":

- On the Big Island: 808-974-6001 or 808-322-4880
- On Oahu: 808-586-8021
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Governor of Hawai'i

Virginia Pressler, M.D.

Director of Health



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