



E AKAMAI KA HELE 'ANA

E OLA Ā OLA LOA

01 E A'O I KA MEA E PONO AI:

- E a'o no nā pilikia i hiki ke loa'a ma ka 'āina 'ē āu e hele ai, a e ho'omākaukau ma mua
- E nānā i nā a'oa'o 'ana o nā wahi like 'ole, nā hale holo pakele, a me nā ala e pakele ai
- Ke loa'a kekahi mea pono 'ī e pono loa ai kou olakino, e ho'oholo i ka hana e loa'a ai ke kōkua ke loa'a 'oe i ka ma'i a 'eha paha

02 E KŪKĀ ME KE KAUKA:

- E hui me kou hui lawelawe olakino he 4–6 pule ma mua o ka hele 'ana i ka huaka'i
- E a'o no nā lā'au ko 'oko ' o ma'amau ma mua o ka hele 'ana i ka 'āina 'ē
- E nīele i kou kauka no nā lā'au lā ' au ko 'oko ' o a me ka lā'au no kahi āu e hele ai

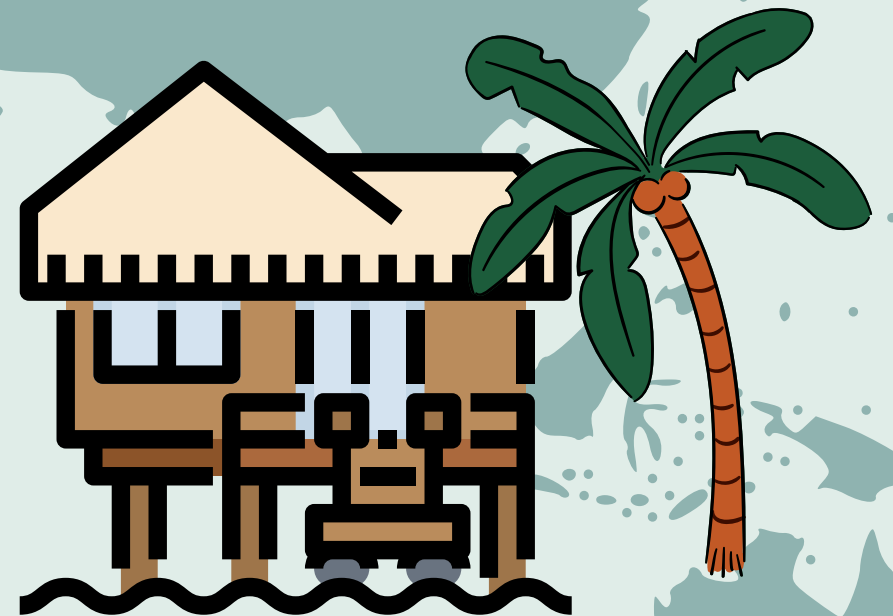


03 E HŌ'ALO I KA MA'I:

- E holo pinepine i kou mau lima
- E koho pono i ka mea 'ai a me ka mea inu
- E ho'ohana i ka lā'au pale lā
- E ho'ohana i ka lā'au pale mū

04 KE PAU KA HOLOHOLO:

- E maka'aka i ka hō'ailona ma'i ma hope o ka hele 'ana i ka 'āina 'ē
- Ke 'ōma'ima'i mai 'oe, e hui me ke kauka a e ha'i aku iā ia no kou hele 'ana i ka 'āina 'ē



No ke a'o i ka mea hou aku:

<https://health.hawaii.gov/docd/resources/travelers-health>

<https://wwwnc.cdc.gov/travel/>

