

# Kahs In Kahsruh nuhke Sifwil Fohlohk ac Fohlohk Liye Ke Kihtin Pacl



## NUHSIN MWET MAUI MA SUN ONGAIYAC KE E LUHLAHP SAC

Ohfuhs luhn Hawai'i Department of Health (DOH) akihlen lah mwet fin acn uh ke fohlohk nuhke acn ma e luhlahp sac kuhnahoslah tari. Kuht luhlahlfongi lah in sifiwil fohlohk nuhke acn luhn mwet se sahpa kuh in kahsruh ahfihsracsryelah puhla lal ac muhtwacwack in wolac. Tuhsruhktuh, kahlwem lah kuhtuh ac sulaclah in in tiac fohlohk liye acn sac. Kom pa ac sulacla fin kom ke fohlohk nuhke acn se ma fihrihyak ah.

### **Etuhs Meet Liki Kom Som Nuhke Acn Ma Fihrihyak ah**

- Acn ma fihrihyak ah ac kuh na in sensen ac oasr acn kuh lohm ma tiac fokoko, osra ma koasroa, ac apact ma kuh na in oasr ma pwacsin kac. Tuhsruhktuh, fin orekmakihnyuck kuhfwen kahsruh ma ac loangwe kom lac ac itucklac ke inkacnek suwohs, sahpa kom kuh in som nuhke acn ma fihrihyak ah.
- Tuhlihk srihsrihk ac muhtwacn ma pihtuhtuh, oasr ke sensen yohk ke fohkohk ac kutkut ma tuhkuh ke e sac ac enenuh in TIAC som nuhke acn ma fihrihyak ah srihke in wi kahsruh ahknwacsnwacs.
- Kuht ahhkweye kom in us pac sie nuknuk in ayaol ac fahlohk lom, tuh kom in ayaolac ke pacl na sa tukun kom tuhkuh lom an.
- Use pack in kutkut (trash bag) tuh kom kuh in sang kuhfwen orekma lom (personal protective equipment (PPE)) ac nuknuk lom nuh lwac tukun kom som nuhke acn sac.
- Use kof in nihmnihm mweyen ac kuh na in fol na pwacye.
- Use tissue kuh tahol srihsrihk in ahkpahoye sroninmotom kuh fiyoh.

### **Ahksrihyelah Sun Apact ac Ma Ma Sensen uh**

Oasr kain in ma pwacsin oacna lead, asbestos, arsenic, polycyclic aromatic hydrocarbons (PAHs), dioxins kuh ma pwacsin sahyac ke kutkut ac apact uh. Tohs, fohk uh, ac apact kuh nan in som nuhke acn engyeng uh fin moklweyuck, ac oruh tuh mwe sensen se nuhke momong luhn mwet uh ac sun ma pwacsin inge. In sun ma pwacsin inge kuh na in pwacnacng cancer, mas nuhke acn in momong, ac kuhtuh pac mas sahyac.

### **Karingihn Kom Ke Kuhfwen PPE Ma Wo**

Mwet mahtuh enenuh in orekmakihn PPE weacng mask, goggle uh, glove, nuknuk ma ac nokomlah mahno nohfohn (full-body coveralls), sock, ac fahluhk (weacng mwe nokomlah fahlohk ma orekmakihnyuck pacl sefanna) tuh in loangwe kom lac liki apact. Mask ma oreklac ke ipin nuknuk ac tiac kuh in karingihn kom liki apact uh. Ip luhn DOH, ahhkweye kom in orekmakihn mask ma fal wo nuhke motom. Suk puhluh kahs inge, NIOSH kuh N95 in sihmlac ke mask lom an. Esam, wacngihn mask ac orekma wo nwe ke na e fal nuhke motom ac wo orekmakihnyac an.

PPE uh oreklac tuh in orekmakihnyuck pacl sefanna ke kom oasr ke acn ma e sac fuhreak. Tukun kom orekmakihn, kuhfwen PPE sac enenuh in sisiyang nuh in pack in kutkut ac som nuhke acn in sisi kutkut lom ah. Enenuh se in owul poum tukun kom sislah kuhfwen PPE ma kom orekmakihn ah.

Esam, sahpa kom kuh na in sun ohiyac ma sensen kuh ma ma pwacsin. Orekmakihn ma ma ac karingihn kom ac ahksrihyelah sensen lom in sun ma fohfohk uh.

### **Oasr kihsen siyuck?**

State luhn Hawai'i Maui Disaster Relief Call Center: 808-727-1550

Ikacklah lwen nuhkewa ke ao 6:00 litutacng - 10:00 fong

**Mwe Fwahkwack:**  
Kahs ma sihmlac ke sra se inge mwe ahkuhtweyac muhkwenac ac tiac ip srihsrihk. Ma sihmlac inge tiac oreklac in tuh aholah kahs in kahsruh luhn mwet pihsrlac ke ip luhn ono. Finsrak luhn ohfuhs ke Department of Healthpa in sang mwe ahkuhtweyac ma ac kahsruh inkaiyacn mwet uh fal nuhke ohiyacn acn ac mou; tuhsruhktuh, nuhke sulaclah ma ip srihsrihk ac ma nuh sum sifacna ac kuhpahs nuhke sie mas lom kuh enenuh luhn ono, nuhnakmuhnahs sramsram nuhsin sie daktuh ma oasr laisin la ac pihsrlac ke orekma lal. Mwacta lom sifacna kom fin utyak.

## **NUHNAKMUHNAHS UKWE KAHS IN KAHSRUH SIN MWET KOL KE ACN LOM AN.**



# Kahs In Kahsruh nuhke Sifwil Fohlohk ac Fohlohk Liye Ke Kihtin Pacl



## NUHSIN MWET MAUI MA SUN ONGAIYAC KE E LUHLAHP SAC

### Mwe Akuck nuhke Heat Stress

Nuhnakmuhnahs liye fin mwe akucl ke mas luhn fol inge sikyack, oacna insucf ngal, sruhi, kuluk insiyom ac ke woht, pihsrpihsr kihmkihm ke heart lom an, fiyoh upac, kuh muscle keim kwekwelac ac ngal. Mwe sensen in weack mas luhn fol inge kuh in fihsracsr in weack ke pacl se kom orekmakihn kufwehn PPE. Pwacnacng, eis monglac pacl pucspucs ac nihm kof in yohk. Nuhnakmuhnahs esam in nihm kof yohk, eis monglac pacl puhs ac suk acn ma lul oase we fin kuh. Kom fin puhla kuhtwena sin mwe akucl me kuhpahsr nuhke mas luhn fol inge, nuhnakmuhnahs tulokihnyac tuhkuh lom an nuhke acn ma e sac kuhnahoslah ac suk mwe kahsruh luhn ono.

### Tuni Fin Oasr Ma Upac nuhke Puhla Lom An

In sifwil fohlohk nuhke accn ma e sac kuhnahoslah ac acn ma mwet suc kuht lungse wacngihnlac weacng lohmsesr, ma lasr ac pispis lasr kuh in ahkngalye ac ahkkulukye puhla lasr na upac. Kom ac kuh na in puhla ahsor upac, sangweng, kasrkasrak, toasr, fosrngah, ac kuhtuh pac puhla sahyac ma kuh in ahkfohsye kom. Puhla inge kuh in sikyack in pacl sac nak uh tok kuhtuh. Kom fin puhla upac ma inge, nuhnakmuhnahs suk kahsruh yurin daktuh ma pahngpahng behavioral healt specialist ma oasr ke accn lom an kuh ke Lāhainā Comprehensive Health Center, ikack ke lwen 7 ke kais sie wik liki ao 9 litutacng nuhke 4 ekuh ac kom kuh in pahng nuhke 808-495-5113. In eis kahsruh nuhke mental health tukun ao in orekma, nuhnakmuhnahs pangon Hawaii'i CARES toll free ke 1-800-753-6879 kuh pahngon/text 988.

### Ahknwacsnwacsye Apact

Nikmet ohllah apact uh nuhke niyacn storm drain uh. Nikmet orekmakihn vacuum kuh leaf blower ma ac okack apact ac tohs nuhke acn engyengyeng uh. Nuhnakmuhnahs NIKMET MONGO ke puhluhn pacl se kom oasr ke accn ma e se fuhreack, tuh esam in eis monglac pacl pucspucs ac nihm kof in yohk. Eis monglac lom likin stosah ukom an tuh kom in tiac ahkfohkfohkyelah acn lwac. Nuhnakmuhnahs karingihn sucfah in kof nihmom an liki apact ac tohs tuh kom in te nohmlah.

### Nikmet Mokle Kutkut uh

In mokla ma ma sensen ma oasr ke acn se ma e se fuhreack ah, ma kunacn mwet kol.

### Taran Sahk uh, Sucl In Sahrom, kuh Ma Sensen Sahyac

Sahk uh kuh in akihlenyuck oacna sie ma sensen ke srihpen e sac. Finnwe sahrom soenna fohlohkot nuhke acn lom an, sucl in sahrom ma puhtatlac kuh fototo nuh infohk uh enenuh in fahsr liki. Lohm kuh ma ma tiac fokoko kuh na in putatlac ac kuhnahosla ma uh. Osra ac kuhtuh ma osra kohsroh sahyac kuh na in kantweyac mwet uh, ac kuh pacna in puhtacalah fahlohk uh. Kom fin liye tuh oasr sensen ke sie acn, som liki accn sacng ac riportiyac ma sensen inge nuhsin mwet kol.

### Tukun Kom Som nuhke Accn Se Ma Fihrihryak ah

Tukun kom ahksfahyelah som lom nuhke acn se ma fihrihryak ah, nuhnakmuhnahs sislah kuhfwen orekma nuhkewa (mask, coverall, goggles, glove, booties) nuhke sie pack in kutkut ac sislah ke acn in sisi kutkut.

Kuht ahkkweye kom in ahollah nuknuk ac fahlohk lom an ke pacl na sa tukun kom som nuhke acn se ma e se fuhreack ah. Ip luhn DOH ahkkweye kom pac in sraclah nuknuk liki nuknuk sahyac ke kom owul. E wo na pwacye in kom in kacweacng yuyu ac owul insifom meet liki kom sun mwet ma fihsracsr in weak mas oacna tuhlihk srihsrihk, mwet ma pihctuc, mwet ma mahl kuh COPD, ac mwet mahtuh uh. Fin tiac wo puhla lom an kuh oasr ma sasuc sikyack ke puhla ac monum, nuhnakmuhnahs suk kahsruh ke ono.

**In eis kahsruh nuhke medical ac behavioral healt, pahngon:**

**Lāhainā Comprehensive Health Center: 808-495-5113**

Ikack lwen 7 ke kais sie wik liki ao 9 litutacng nuhke 4 ekuh | [health.hawaii.gov/mauiwildfires](https://health.hawaii.gov/mauiwildfires)

## NUHNAKMUHNAHS UKWE KAHS IN KAHSRUH SIN MWET KOL KE ACN LOM AN.

