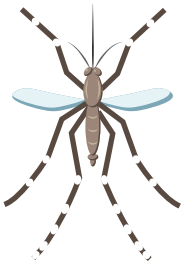
0 le a lea fiva?

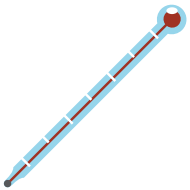
Dengue ale fa‘ama‘i e feavea‘i e le namu pea utia e le namu e igoa o le aedes.



Dengue e le pipisi mai le tasi tagata i le isi.

Symptoms include:

- Maualuga le fiva
- Tiga tele le ulu
- Tiga le tino atoa ma so’oga o ivi



- Pua‘i
- Tiga mata
- Mageso

Fa‘afeso‘ota‘i lau foma‘i pea maua oe i fa‘alloga e pei ona ta‘ua i luga.

Puipui oe ma lou aiga mai le Dengue fiva

E leai se togafiti. E na‘o na puipuia oe mai le.

Taofia le fa‘ateleina o namu:

- Aveese, fa‘afou, pe sasa‘a uma mea e ono to‘a ai suavai pei o: atigi apa, atigi fagu, pakete, pa‘u ta‘avale ua le toe fa‘aogaina, ipu tu‘u teu, alavai, oga ofe ma tagutugutu o la‘au, va o puipui, gutu paipa o pa e leo tapunia, ta‘avale e le‘o toe fa‘aogaina, ma va‘a.

- Siaki uma faitoto‘a valavala ma fa‘amalama ma fa‘afou ni mea e tatau ona fa‘aleleia.

- Fa‘agaogao ma fa‘amama ipu ‘ai ma mea e tu‘u ai vai mo fagafao i vaiaso ta‘i tasi.

- Fa‘agaogao ma fa‘amama vase tu‘u teu i vaiaso ta‘itasi.

- Fefiloi le 4-6 aunese o le moli fufulu ipu ma le kalone vai, ona fana ai lea o ogaeleele o lo‘o fanafanau ai namu pei o vai tu lota e tu‘u ai i‘a, loto taele ua le‘o toe fa’aaogaina.

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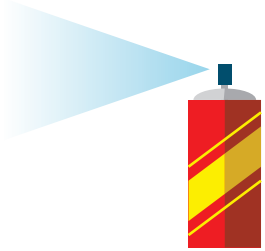
- la mautinoa lelei, o tane o lo‘o tuu ai vai e le‘o saofia e namu.



- Fa‘aaoga vaila‘a ua fa‘atonuina e tāpē ai namu lapopo‘a ma meaola felelei i totonu o fale.

Puipuia oe:

- Fa‘aaoga vaila‘au tuli namu e maua ai le “DEET” (N,N-diethylmeta-toluamide) mo vaega o lou tino o lo‘o fa‘asausau. Mo ni fa‘amatalaga au iliili e uiga i le “DEET,” fesili i le fale talavai pe feso‘ota‘i ane i le website.

- Fa‘aaoga laei e puipuia ai oe mai namu pei o, ofu lima uumi, ofu vae uumi, totigi ma se‘evae, aemaise lava le taeao ae le‘i malamalama, ma le afiafi ae le‘i pogisa. 0 le taimi tonu lena o le titio ma le taufea‘ai o namu.

- Tapuni faitoto‘a ma fa‘amalama e le‘o puipuia i ni uaea valavala.

Manatua, atonu e le tiga le u a le namu, ae mafai ona matua‘i e ma‘i al lava.

Mo ni fesili, vala‘au lau foma‘i po‘o le Ofisa o le Soifua Maloloina e pei o:

- On the Big Island: 808-974-6001 or 808-322-4880
- On Oahu: 808-586-8021
- On Maui, Lanai, and Molokai: 808-873-3560
- On Kauai: 808-241-3306

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David Y. Ige
Governor of Hawai‘i

Bruce S. Anderson, Ph.D.
Director of Health

HAWAII STATE DEPARTMENT OF HEALTH

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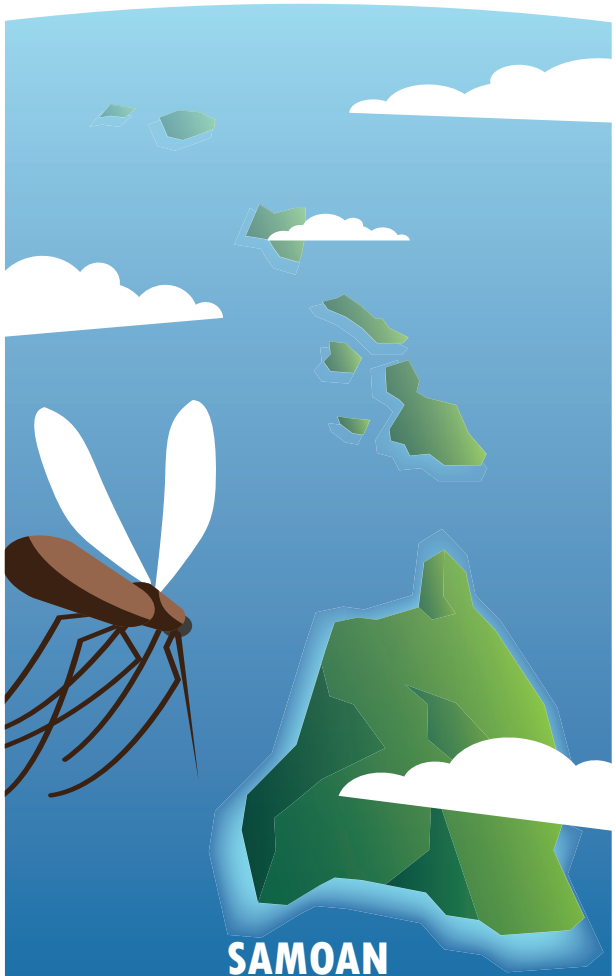
PROTECT YOURSELF FROM DENGUE FEVER



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