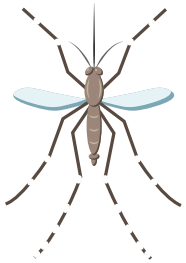
‘

## Koe ha‘a mofi tengi?

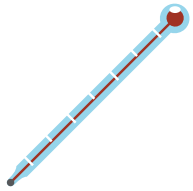
Koe Mofi Tengi koe mahaki ia ‘oku malava ke ma‘u ‘e he tangata‘, i hono u‘u kita ‘e he namu ‘oku ‘osi ma‘u ‘ae mahaki ni.



Koe mahaki ko ia koe Tengi ‘oku ‘ikai ke mafola hangatonu ia meha tangata ki ha tangata

## Koe ngaahi faka‘ilonga ‘oe mofi tengi:

- Mofi lahi aupito
- Langa ‘ulu lahi
- Felanga aki hoto hokotangahui



- lua
- langa mata
- veli

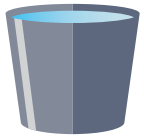
Fetu‘utaki he vave taha ki ho‘o toketa kapau ‘oku ke ma‘u ‘a e ngaahi faka‘ilonga ko ena ‘oku ha ‘i ‘olunga.

## F akapapau‘i ‘oku ke hao koe mo ho family mei he Mofi Tengi

He‘oku ‘ikai hano faito‘o. Te ke lava pe ‘o hao ‘i ha‘o fai‘eni.

## Tokanga‘i‘a e fanganamu:

- Fakamaha, pea fetongi‘a e ngaahii me‘a kotoa pe ‘oku malava ke ne tanaki ‘ae vai uha, hange koe nge‘esi kapa, nge‘esi hina, ngaahi kapa ‘akau, ngaahi toka‘anga vai he fakatali, ngaahi pamu, ngaahi va‘e me‘alele, moe ngaahi me‘a kotoa pe ‘oku ne ma lava ke tanaki ha toka‘anga vai.

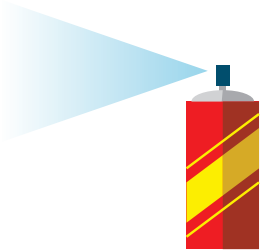


- Fakapapau‘i ho‘o ngaahi matapa moe ngaahi uaea namu kotoa pe ‘oku ‘osi ngaahi
- Fakamaha pea fululu ma‘u pe ‘a e ngaahi poulu ‘oku malava ke toka ai ‘a e vai tu‘o taha ‘i he uike.

- Fakamaha pea Fetongi ma‘u pe ‘a e ngaahi vaasi matala‘i ‘akau tu‘o taha he uike.

- Fana ma‘u pe ‘a e ngaahi vai tuku‘anga ika, ngaahi vai kaukau ‘oku ‘ikai ke faka‘aonga‘i, mo ha ngaahi fu‘u koniteina lalahi ‘oku malava ke toka ai ‘a e vai ‘aki ‘a e ounisi 4-6 koa fufulu peleti. Fai pehe tu‘o 2-3 ‘i he aho.

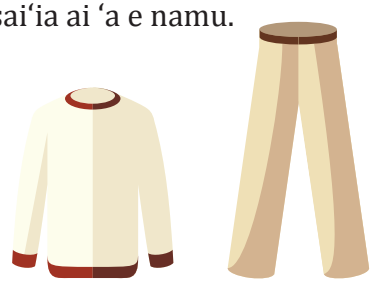
- Fakapapau‘i ma‘u pe ‘oku ‘ufi‘ufi ‘a e ngaahi tangike vai, ‘aki ha uaea namu.



- Fakasi‘isi‘i ‘a e ngaahi fu‘u namu lalahi ‘aki hono fana ‘aki ‘a e me‘a fananamu.

**Ko hono maluʻi koe:**

- Ngaueʻaki ʻa ngaahi meʻa milimili ʻoku fana pe mili ki hoto sino hange koe "OFF" ʻoku ʻikai ke saiʻia ai ʻa e namu.



- Tui maʻu pe ha sote nima loloa, pea mo ha talusese loloa, tautautefito ki he taimi pongipongi pea moe houa efiafi, he koe taimi ia ʻoku puna holo lahi taha aiʻa e ngaahi fuʻu namu lalahi.

- Tapuni maʻu peʻa e ngaahi matapa ʻoku ʻikai hano uaea namu.

- Fana maʻu ʻaki peʻa e ngaahi meʻafana namu ke fakasiʻisiʻi ʻae puna ʻa e namu ki fale

**Manatuʻi, ʻoku ʻikai ke mamahiʻa e uʻu ʻa e namu, ka take lava keke pukelahi ai.**

**Kapau ʻoku ʻiai haʻo fehu'i fekau ʻaki moe mahaki ni fetuʻu taki ki hoʻo toketa pe koe potungaue moʻui, ʻi he ngaahi fika koʻena ʻoku ha atuʻilalo.**

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- On Oahu: 808-586-8021
- On Maui, Lanai, and Molokai: 808-873-3560
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**David Y. Ige**
Governor of Hawaiʻi

**Virginia Pressler, M.D.**
Director of Health

HAWAII STATE DEPARTMENT OF HEALTH

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