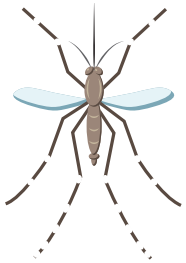
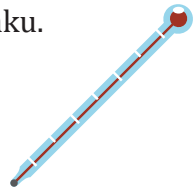
He aha ai mea?

‘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 Aedea 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

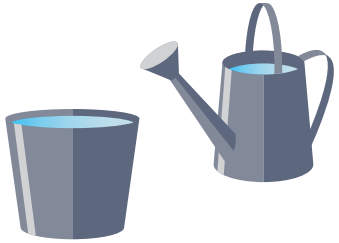
E hele aku i ke kauka ke loa‘a ia mau hi‘ona.

E ho‘omalu 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‘omalu ‘ana iā ‘oe iho.

Ke kāohi ‘ana i nā makika:

- E lawe aku, kāpili hou a i ‘ole kahuli iho i kēlā me kēla 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.



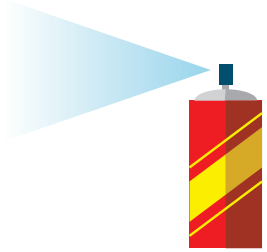
- E nān¯kāpili hou ke koi ‘ia i nā pani puka uea makika a me nā puaanianai uea makika.

- E kīloi i ka wai ma loko a holoi 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 holoi 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.

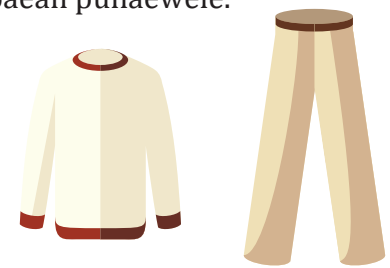
- E pepehi i nā makika o‘o ma loko o ka hale me ka lā‘au make ‘elala kīkī i hana ‘ia no ka pepehi ‘elala lele.



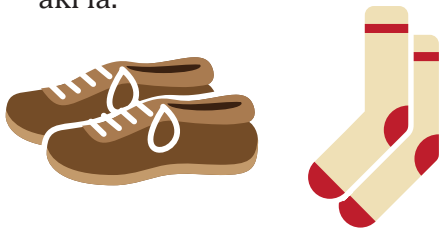
- E nānā kāpili hou i kāu pahu ‘apo wai e komo ‘ole ai nā makika ma loko.

Ka hoʻomalu ʻana iā ʻoe iho:

- E hamo a i ʻole kīkī ma kou ʻili ahuwale i ka ʻaila pale makika i loaʻa ka mea pale ʻo "DEET" o loko. E ninau i nā nīnau e pili ana iā "DEET" i kekahi kanaka kāwili lāʻau a i ʻole e nana i kā mākou paean pūnaewele.



- E komo iho i nā lole hoʻomalu e like me ka pālule lima loa, ka lole wāwae loa, nā kākini a me nā kāmaʻa ma nā hola kakahiaka nui a ma kea no ahiahi, ʻo ia nā manawa e ʻaki nui ai nā makika ʻaki lā.



- E pani i nā pukaaniani a me nā pani puka i loaʻa ʻole ka uea makika.

E makaʻala, he ʻeha ʻole paha ka ʻaki a ka makika, akā naʻe he maʻi nui paha ka loaʻa.

E ninau i nā nīnau i kāu i ʻole i ka "Oihana Ola o ka Mokuʻāina ʻo Hawaiʻi":

- On the Big Island: 808-974-6001 or 808-322-4880
- On Oahu: 808-586-8021
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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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