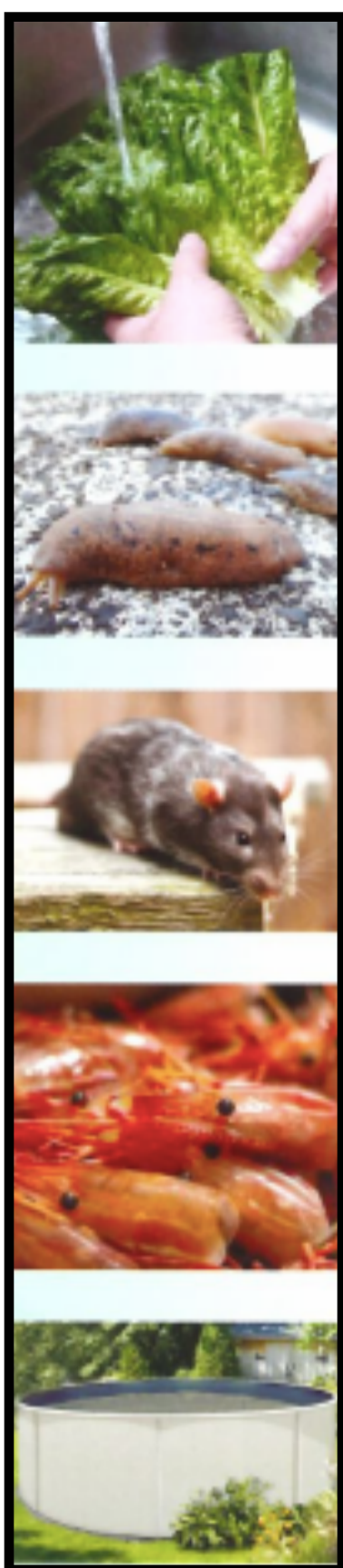


Ho'okāohi

Rat Lungworm Disease



HŌLOI I NĀ LAU'AI. E hōloi i nā lau'ai me ka maika'i me ka wai. E nānā i nā lau ho'okahi o nā lau'ai no nā kualā li'ili'i a me nā kamaloli. Inā aia nā lau'ai mai ka mākeke mahi'ai, mai ka hale kū'ai, a l'ole mai ka mahi'ai, e hōloi me ka maika'i ma mua o ka 'ai ana.

HO'OMAKE I NĀ KUALA A ME NĀ KAMALOLI. E ho'ohana i ka mea'ai hopu ma o ka nānā ana i nā kuhikuhi. E hūnā i nā keiki a me nā holoholona mai ka lā'au make. Kīloi i nā kamaloli a kualā make. Mai ho'opā me kou mau lima ponoī, e ho'ohana i nā mikilima.

KĀOHI I NĀ 'IOLE. E ho'ohana i nā lā'au make a me nā mea hopu e hopu i nā 'iole. Hāhai i nā kuhikuhi. E mālama i nā keiki a me nā holoholona mai ka lā'au make. E kau i nā 'iole make ma ke 'eke i pani 'ia a kīloi. E mālama i kou wahi noho me ka ma'ema'e i mea e loa'a 'ole i nā 'iole.

KUKE I KA MEA'AI. E kuke i nā 'ōpae, nā poloka, nā 'ōpae Pākē, nā kamaloli, a me nā pāpa'i ma o ka ho'olapa ana no 3-5 minute a i 'ole ma ke kuke ana ma 165 kekele no 15 kekona. Ma ke kule ana i nā hua'ai a me nā lau'ai, hiki ke kāohi i ka 'ōma'ima'i.

WAHĪ I NĀ PAHU A ME NĀ HŌKEO. E wahī a ho'opakele i kou hōkeowai. Hiki nā kualā ke kolo i luna o ka pahu a komo i ka wai. E wahī i nā hōkeo i nā manawa āpau e ho'okū i nā kualā a me nā kamaloli mai ke kolo ana i loko.

Pehea nā kanaka i hele a 'ōma'ima'i mai ka ma'i rat lungworm

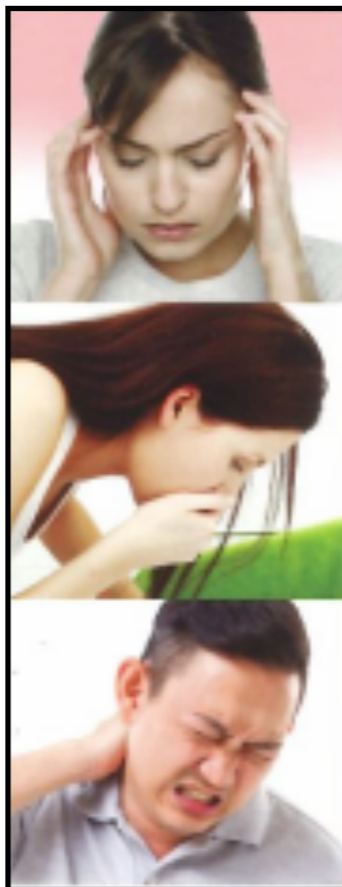
1. Ho'ouna nā 'iole ma'i i nā ko'e ma kona ki'o.



2. Loa'a mai nā kamaloli a me nā kualā i nā ko'e ma ka 'ai 'ana i nā ki'o 'iole. Loa'a mai nā 'ōpae, poloka, kamaloli, kualā, a me nā pāpā'i i nā ko'e ma ka 'ai ana i nā kualā a me nā kamaloli.



3. Hele a ma'i nā kanaka me ka ulia mai ka 'ai 'ana i nā lau'ai i kuke a hōloi 'ole ia. Hiki pū nā kanaka ke hele a ma'i mai ka 'ai ana i nā kualā, nā kamaloli, nā 'ōpae, nā poloka, nā 'ōpae Pākē, a me nā pāpā'i i kuke 'ole 'ia.



Nā Hō'ailona & Nā Hi'ohi'ona

'A'ole e loa'a ana nā kamaka a pau i nā hi'ohi'ona like. Ho'omaka nā hi'ohi'ona ho'okahi i 'ekolu mau pule aku i ka palahēhē 'ana. Hiki ke ho'omau kēia ma'i no 'elua i 'ewalu mau pule.

- 'Eha ka po'o no ka Manama lō'ihi
- Ka lua'i 'ana a me ka pailua
- Ka 'ā'i 'o'ole'a a me ke kua nanai
- Ka 'ili 'eha'eha a me ka 'ili konikoni
- Ka piwa li'ili'i
- A I kekahi mau manawa, ka hāiliili ai'ole ka make 'ana.

Hiki nā keiki ke hō'ike i nā lawena 'ē like me ka huhū wale, ka lilo 'ana o kō lākou na'au, a me ka māluhiluhi loa.

E 'ike i kou kauka ma ka manawa koke i hiki ina mana'o 'oe loa'a 'oe i kēia ma'i. E kelepona aku 'oe i ka Disease Reporting Line e a'o aku i nā mana'o 'ē a'e

(808) 586-4586

ai'ole ho'okipa aku ia:
www.health.hawaii.gov

