

Ka Palū

Nā nīnau e nīnau pinepine 'ia

'O ka palū, he ma 'i lele ia e ho 'olaha ma 'amaui 'ia mai 'Okakopa a i Mei i nā moku 'āina a me nā panalā 'au o 'Amelika.

Eia iho kekahi mau nīnau i nīnau pinepine 'ia e pili ana i ka palū, a me nā ha 'ina i mea e palekana 'oe i kēia makahiki.

Pehea e ho'olaha 'ia ai ka palū?

Ho'olaha 'ia ka palū ma ka pu'awai i ke kunu, ke kihe, a me ka 'olelo 'ana o kekahi i loa'a 'o ia i ka palū.

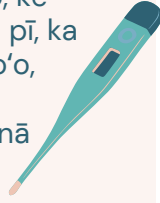


'O wai ka mea e loa'a ka lā'au ko'oko'o palū?

'O nā kānaka a pau ho'i. 'Āpono 'ia e The Centers for Disease Control and Prevention (CDC) ke kui 'ia 'ana o nā po'e a pau mai ka 6 mahina a 'oi i kēlā me kēia kau palū, keu ka po'e i 'oi aku ka pāma'i i ka palū. 'Āpono pū 'ia ke kui 'ia 'ana o ka po'e hāpai i ka lā'au ko'oko'o palū.

He aha nā hō'ailona a me nā 'ōuli o ka palū?

'O nā kānaka i ma'i i ka palū, hō'ike 'ia kekahi a i 'ole kēia mau 'ōuli a pau: ka piwa/ke anu o ke kino, ke kunu 'ana, ka 'ako, ka pipī o ka ihu a me ka ihu pī, ka 'eha o ka mākala a me ke kino, ka 'eha o ke po'o, ka luhī, a i kekahi manawa ka lua'i a me ka hī ('oi aku ka ma'amaui no nā kamali'i ma mua o nā kānaka makua).



'O wai ka po'e pāma'i i ka palū?

Hiki ke ma'i kākou a pau i ka palū, akā 'oi aku ka pō'ino no ka po'e pāma'i e like me nā kamali'i a me nā keiki, nā kānaka he 65 makahiki a 'oi, nā wāhine hāpai, a me ka po'e i loa'a 'ē i kekahi mau ma'i a me nā 'ōnaehana pale 'ea nāwaliwali. 'O ke kui 'ia 'ana i kēlā me kēia makahiki i ka lā'au ko'oko'o palū ka hana 'oi loa e palekana ai i ka ma'i.

Āhea e loa'a ai ka lā'au ko'oko'o ia'u?

Aia ke kau palū mai 'Okakopa a i Mei. 'O ka manawa kūpono loa e kui 'ia ai no ka palū, 'o ia ho'i i ka Hā'ulelau a i 'ole i ka Ho'oilō i mea e palekana ai i loko o ke kau palū.



He aha nā 'ano lā'au ko'oko'o palū like 'ole?

'O ka ma'amaui, hā'awi 'ia ka lā'au ko'oko'o palū ma ke 'ano he kui i ka lima a i 'ole ma ke kīkī i ka ihu. 'Āpono 'ia ke kui palū no ka po'e he 6 mahina a 'oi. 'Āpono 'ia ke kīkī ihu no ka po'e he 2 makahiki a i ka 49 makahiki. He mau lā'au ko'oko'o palū like 'ole i 'oko'a i ka hui hana kāpili.

Aia ka 'ike hou no nā CDC Seasonal Flu Vaccines ma lalo iho nei: cdc.gov/flu/prevent/flushot.htm



No ke aha e loa'a ai ka lā'au ko'oko'o ia'u?

'O ke kui 'ia 'ana no ka palū ka hana 'oi loa no ka palekana 'ana iā 'oe iho a me kou mau mea aloha nui 'ia i ka palū a me nā ma'i e pili ana i ka palū. Hiki nō ke emi pū mai ka papaha o ka ma'i i pili i ka palū, ka noho 'ana ma ka haukapila, a me ka make.

No ka 'ike hou e pili ana i ka waiwai o ke kui 'ana no ka palū, e kaomi i ka loulou ma lalo iho nei: cdc.gov/flu/prevent/vaccine-benefits.htm

Source: Centers for Disease Control and Prevention (cdc.gov)



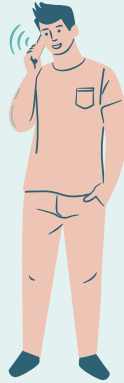
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Ka Palū

Nā nīnau e nīnau pinepine 'ia

He aha ke kumu kū'ai no ka lā'au ko'oko'o palū?

Aia ke kumu kū'ai o ka lā'au ko'oko'o palū i ke 'ano o kāu 'inikua olakino. Hiki iā 'oe ke kama'ilio me kāu hui 'inikua olakino i mea e nīnau ai iā lākou i kahi e hā'awi 'ia ai ka lā'au ko'oko'o palū ma ke 'ano he kumu kū'ai emi paha a manuahi paha. Eia hou, hā'awi 'ia paha nā lā'au ko'oko'o palū no ke kū'ai emi paha a manuahi paha e nā 'ōnaehana olakino kaiāulu. No ka 'ike hou aku, e nānā mai i ko kākou Vaccination Cost and Flu Guide ma lalo iho nei: Aa-nhpihealthresponse.org



Ma hea e loa'a ai ka lā'au ko'oko'o palū?

Hiki ke loa'a iā 'oe i ka lā'au ko'oko'o palū i kēia mau wahi:

- Kou kauka pono'i
- Hale Mālama Ko'iko'i
- 'Ōnaehana Olakino Pekelala Kūpono
- 'Ōnaehana Olakino Kua'aina
- 'Ōnaehana Olakino Hawai'i
- 'Ōnaehana Olakino 'Inikini
- Ke'ena Olakino Kūloko
- Hale Kū'ai Lā'au (e.g., Walmart, Walgreens, CVS, Rite-Aid)



E 'ike ana au i kekahi hopena 'ē ma hope o ke kui 'ia 'ana?

Maika'i a palekana ka lā'au ko'oko'o palū. 'Ike 'ia e kekahi po'e ka hopena 'ē iki e like me ka 'eha o ka lima, ka piwa iki, a me ka 'eha o ke kino ma hope o ke kui 'ia 'ana e ahona ai i loko o ka manawa pōkole wale nō.

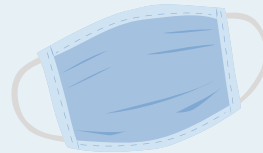


Hiki ke kui 'ia au no ka Ma'i Kolona a me ka Palū i ka manawa ho'okahi?

Inā kūpono ka mea ma'i, hiki nō ke hā'awi 'ia ka lā'au ko'oko'o no ka palū a me ka Ma'i Kolona i ka manawa ho'okahi, e like me ka 'āpono 'ia 'ana e ka CDC a me ka Advisory Committee on Immunizations Practices (ACIP).

He aha ka 'oko'a ma waena o ka palū a me ka Ma'i Kolona?

He ma'i lele ka palū a me ka Ma'i Kolona e pilikia ai ka 'ōnaehana hanu, akā 'oko'a ke 'ano o ka mea ho'oma'i. 'O ke kumu o ka Ma'i Kolona ka palahēhē i ka SARS-CoV-2, a 'o ke kumu o ka palū ka palahēhē i kekahi ma'i palū i ho'olaha 'ia ma waena o kānaka i kēlā me kēia makahiki.



Source: Centers for Disease Control and Prevention (cdc.gov)

APIAHF
ASIAN & PACIFIC ISLANDER
AMERICAN HEALTH FORUM



Papa Ola Lokahi
Nana I Ka Pono Na Ma

For additional AA and NH/PI translated resources, please visit our National AA and NH/PI Health Response Partnership Webpage at: www.AA-NHPIHealthResponse.org

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