

He mea ho'opilikia nui loa nā 'elelū a me ko lākou mau kūkae.

# NO NĀ 'ELELŪ



HIKI KE LOA'A MAI 'OE I KEKAHI MA'I NAENAE IKAIKA LOA.



E ho'oma'ema'e mauaku i ka  
hale me ka mīkini omo 'ōpala a  
i 'ole me ka pūlumi paha i mea e  
ho'ēmiaku ai i ka loa'a 'anaaku  
ou i ka ma'i naenae ikaika loa.

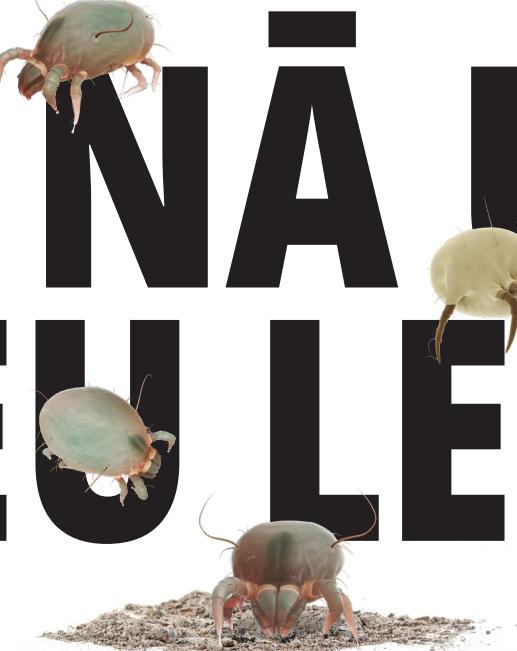
LOA'A NĀ MANA'O 'Ē A'E MA:

**ControlAsthma.hawaii.gov**



Hiki ke loa'a ma kahi o 10 miliona 'uku heu lepo  
e noho ana ma kou pela moe.

# NO NĀ UKU HEU LEPO



HIKI KE LOA'A MAI 'OE I KEKAHI MA'I NAENAE IKAIKA LOA.



**E holoi mau aku i kou mau uhi  
pela, nā pale uluna a me nā  
pēpē ki'i palupalu 'ūpī i mea e  
ho'ēmi aku ai i ka loa'a 'ana aku  
ou i ka ma'i naenae ikaika loa.**

LOA'A NĀ MANA'O 'Ē A'E MA:

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E hiki i nā 'ī'ī pulu wai ke ulu aku ma nā 'ano wahi  
like 'ole a 'oi aku ma nā wahi pulu mau.

# NO KA 'Ī'Ī PULU WAI



HIKI KE LOA'A MAI 'OE I KEKAHI MA'I NAENAE IKAIKA LOA.



**E maka'ala aku 'oe i ke kaula'i 'ana aku  
a malo'o maika'i kou mau lole 'au'au,  
nā kāwele, a me nā lole a pau i loa'a iā  
'oe i mea e ho'ēmi aku ai i ka loa'a 'ana  
aku ou i ka ma'i naenae ikaika loa.**

LOA'A NĀ MANA'O 'Ē A'E MA:

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'A'ole 'o kou mau 'akemāmā wale nō ka mea pilikia ma muli o ka māhu paka a i 'ole ka noho 'ana ma ka lumi like i piha i ka uahi paka.

# NO KA UAHİ PAKA A ME KA MĀHU PAKA O

HIKI KE LOA'A MAI 'OE I KEKAHI  
MA'I NAENAE IKAIKA LOA.



E mālama aku i  
kāu mau keiki ma  
nā wahi uahi 'ole i  
mea e ho'ēmi aku  
ai i ka loa'a 'ana  
mai o kāu mau keiki  
i ka ma'i naenae.

LOA'A NĀ MANA'O 'Ē A'E MA:

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