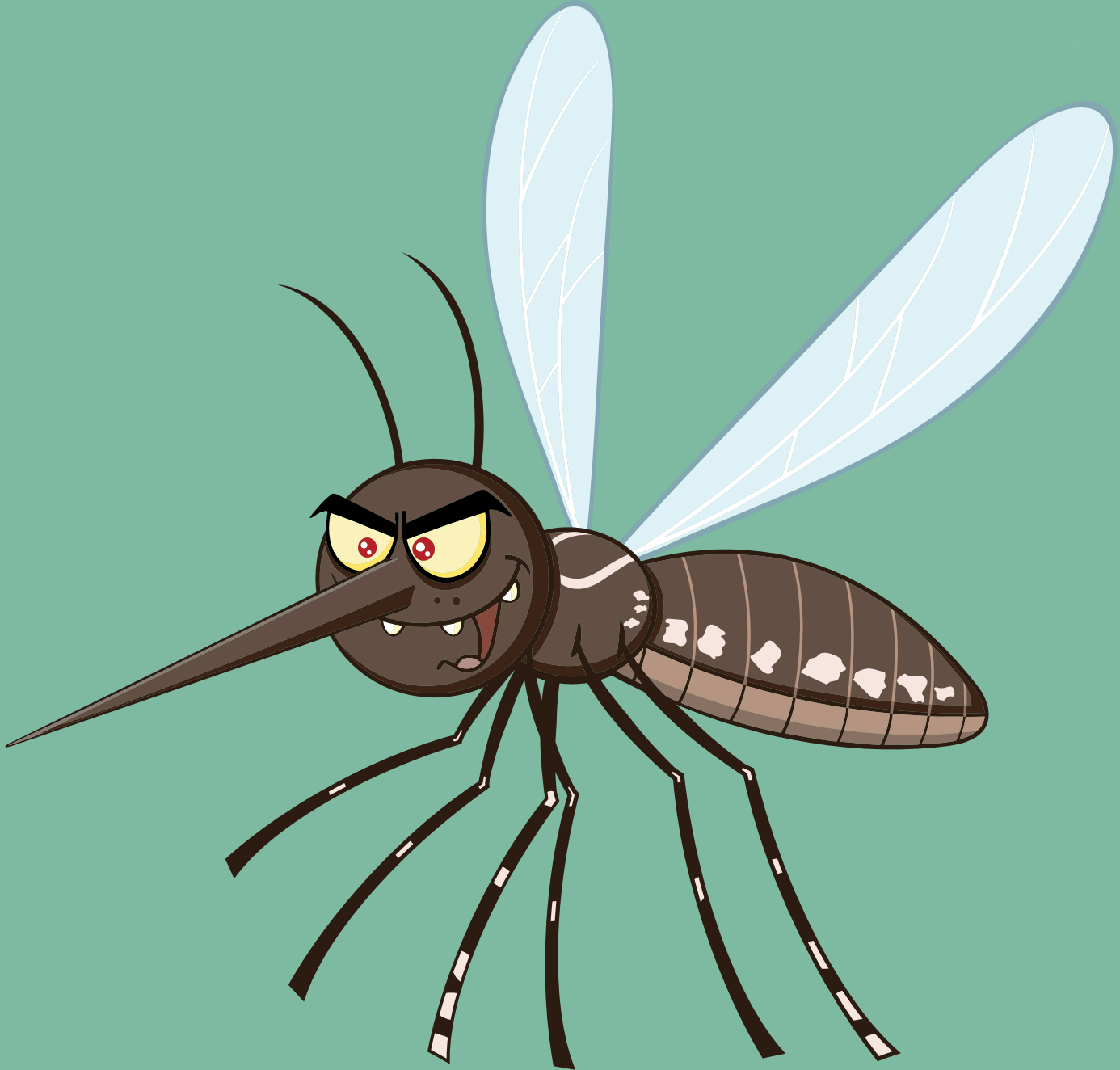


ELEAGA PE A U OE E NAMU!



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

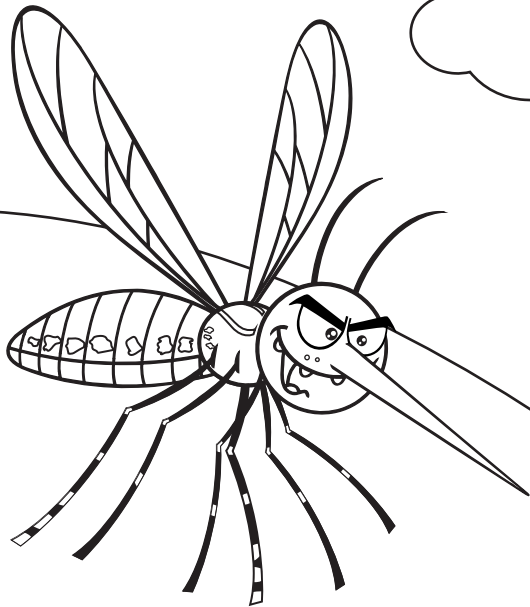


SUAFA: _____

Fa'aaliga i Matua ma Faia'oga

Ua fuafuaina e le Vaega Tutotonu e Puipuia ma Pulea Fa'ama'i lenei tusi mo matua ma faia'oga e fai ma auala e fa'aailoa ai i alo ma fanau e maua le tagata i le ma'i pe a u e namu. E taua le iloa e mafai e le u a namu ona fa'apesi faama'i e pei o le West Nile, Zika, dengue, chikungunya, ma isi ona o le u mai namu.

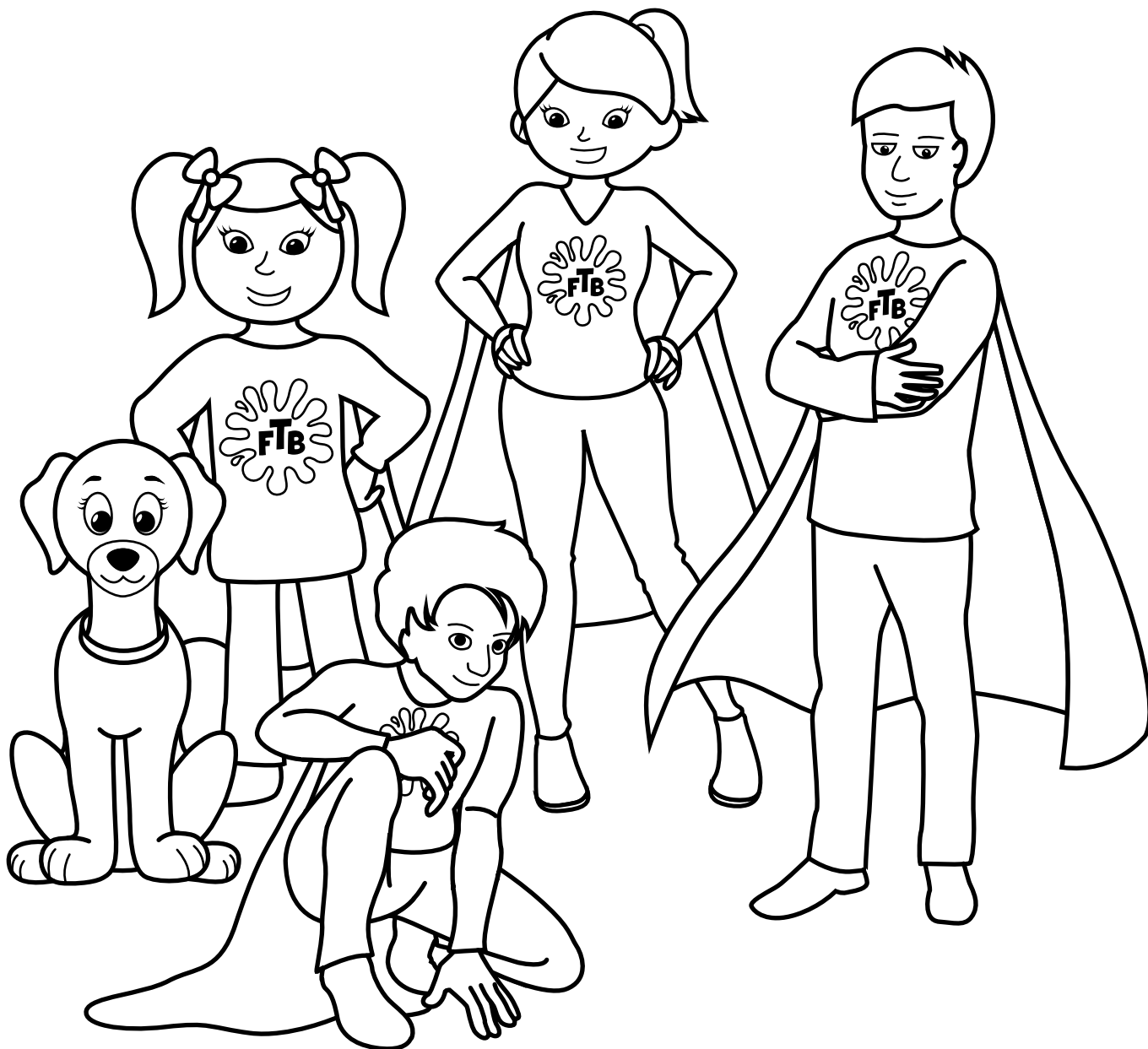
O namu mo manu nini'i o lo'o
felelei ma u tagata.



E mageso pe a u oe e namu, e mafai fo'i ona maua
oe i le tino ma'i.



O le auala sili e mafai ona tete'e atu i nei fa'ama'i pipisi o le 'alofia mai i le u a namu! Avea oe o se toa. Puipui lou tino mai u a namu.



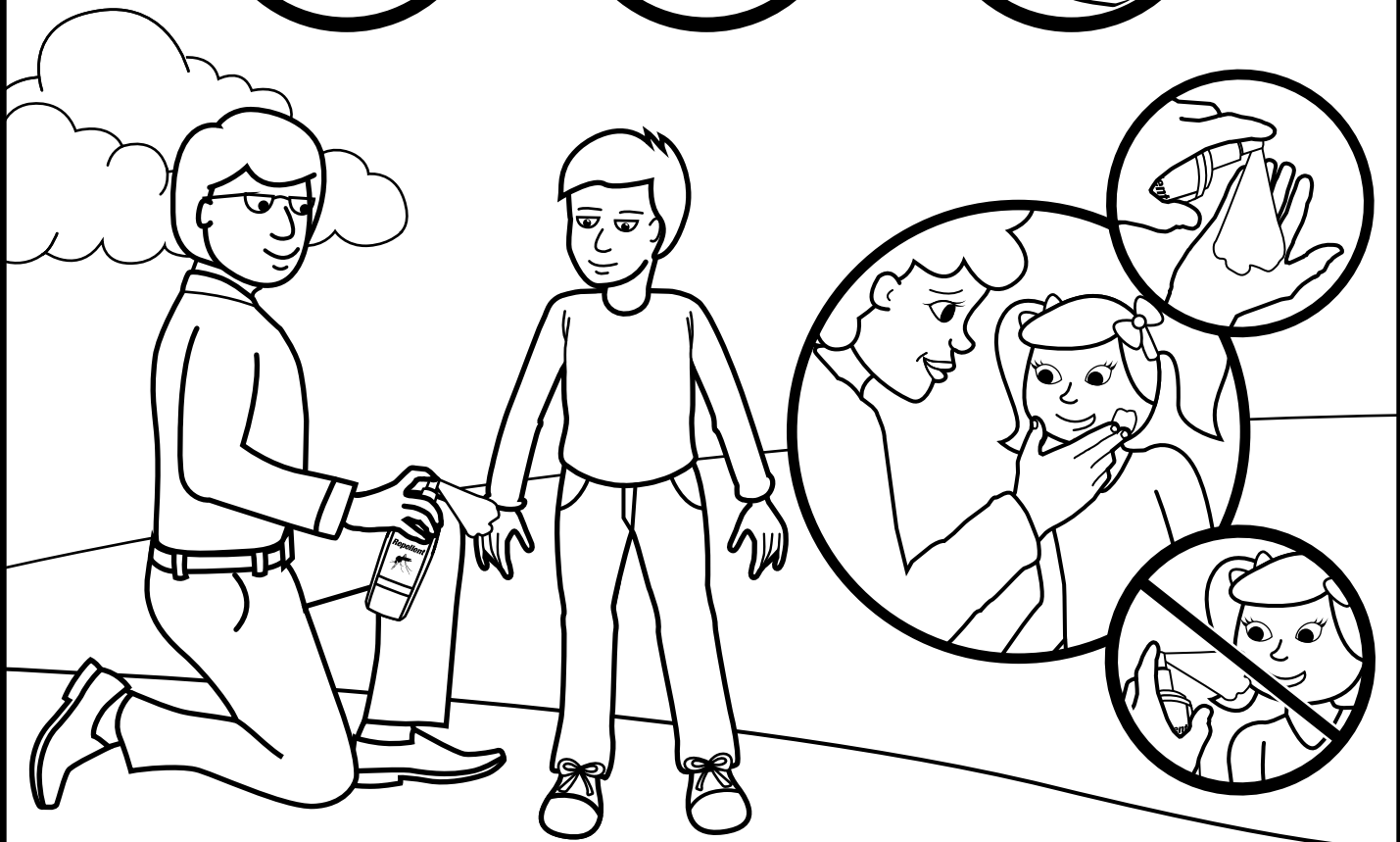
**FA'ASAGATAU
ATU i U A NAMU**

Ofu mitiafu lima u'umi pe a fai ni ou laei. 'Aua ne'i galo ona fai se'evae e kava atoa ina ou vae! E le mafai e namu ona u oe pe a lelei ou ofu ma se'evae e fai.

Vali ofu e tatau ona e laei ina ia puipui mai ai oe i le u a namu.

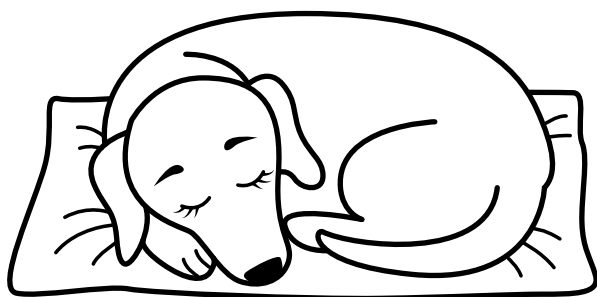


Fesili i se tagata matua e fana lou ofu i le fana namu ia
 puipuia mai ai oe i le u a namu. O le fana namu e
 fa'aaoga mo lou tino ae le'o mata ma lalo o ou ofu. Ia
 mautinoa e fa'aaoga le fana namu i fafo ma 'aia le
 fanaina latalata i le mea e iai manu ma meaai



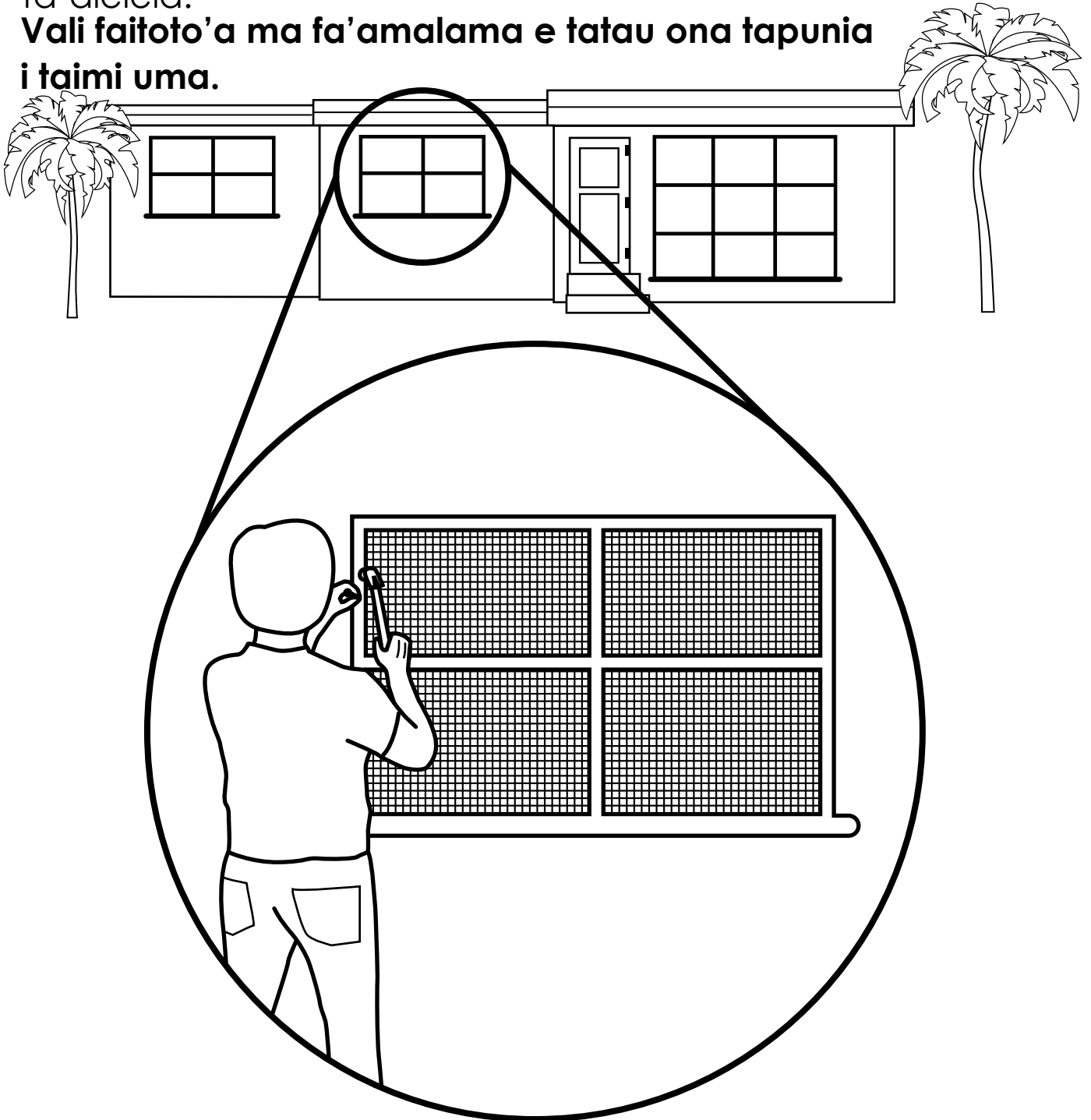
Ia e fa'aeteete pe a fa'aaogaina le fana
 namu! E tatau i se tagata matua ona fanaina
 ona lima i le fana namu ona olo loa lea i ou
 foliga. 'Aia le fana sa'o i ou foliga!

E mafai e le ta'inamu ona puipuia oe mai le u a namu
pe a e moe i le po.



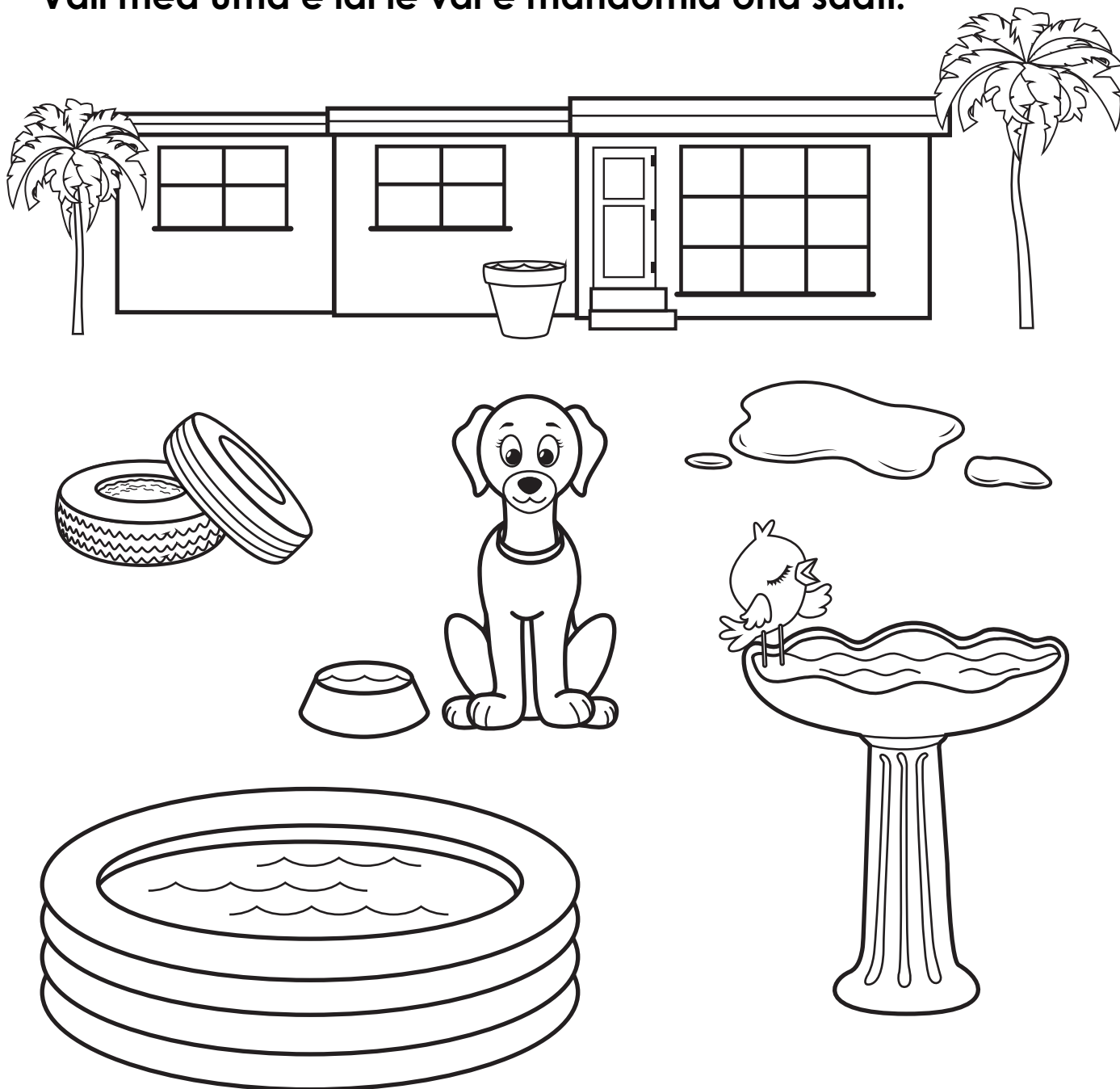
Fesoasoani i le fa'atumauiina o namu i fafo. 'Aua le fa'amatalaina le faitoto'a. Ia fa'amanatu i se tagata matua ina ia tapunia uma faitoto'a ma fa'amalama o lou fale. Afai e iai uaea valavala o fa'amalama, fesoasoani i tagata matutua e toe faaleleia! A fa'apea ua malepe pe masae le uaea valavala o fa'amalama, fesoasoani i se tagata matua e toe fa'aleleia.

Vali faitoto'a ma fa'amalama e tatau ona tapunia i taimi uma.



E manaomia e namu se vai ina ia faatupu ai fuanamu. E mana'omia e namu ona fofoa a latou fua i totonu o vai. Sasa'a ma fufulu, fa'afao, kava, ma tia'i mea e mafai ona to'a ai le vai e pei o pakete, apa tu'u la'au, mea ta'alo, ma apa lapisi fa'atasi i le vaiaso. Siaki i totonu ma fafo o lou fale. Fesoasoani i ou matua i mea mamafa e tatau ona tafuli, ia 'aia ai ne'i to'a le vai.

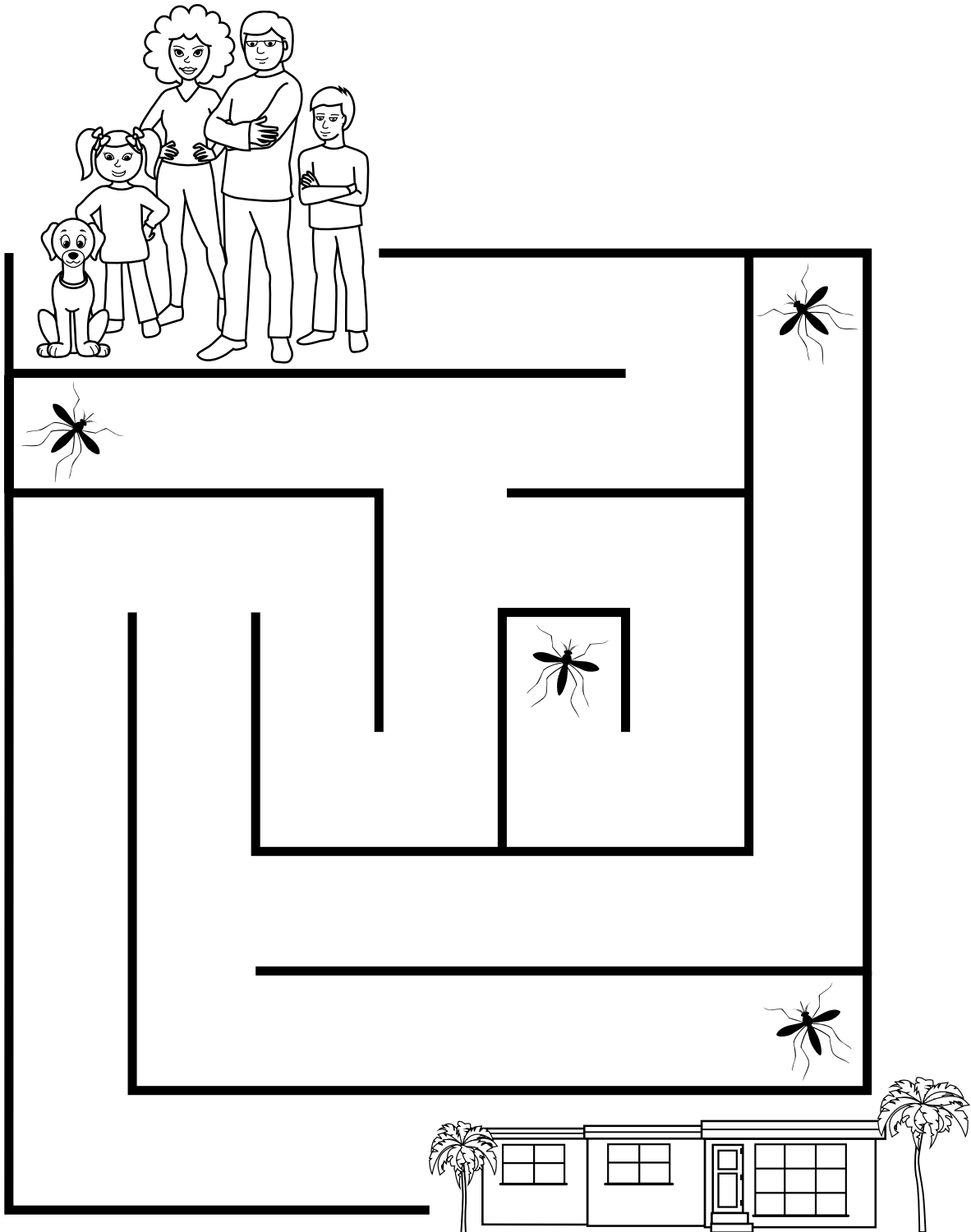
Vali mea uma e iai le vai e manaomia ona saati.



AUALA SAVALI

Puipui mai i le u a namu

Fesoasoani i le aiga e alofia le namu ma ulu atu i le fale.



SU'E UPU

E tele auala ua e a'oa'oina ina ia taofia ai le u a namu.

Fa'ali'o upu o lo'o i lalo. E mafai ona maua upu fa'a-alu i luga, lalo, po o le autafa.

I	W	U	U	T	Y	L	Z	P	O	Y	R	W	R	N
W	E	P	Y	G	H	K	X	O	F	T	F	Z	Y	A
Y	T	E	I	B	F	J	C	I	U	R	B	S	K	S
A	N	G	M	V	A	H	V	U	V	E	N	X	L	Y
T	V	A	A	F	I	G	B	Y	A	W	H	A	I	T
Z	Q	H	W	R	T	F	N	T	E	D	Y	O	U	R
C	S	A	D	E	O	D	M	R	H	F	J	I	F	S
O	G	W	H	D	T	S	P	U	I	P	U	I	G	A
P	O	S	K	C	O	A	K	E	F	H	G	J	G	L
F	A	N	A	M	A	N	U	N	I	N	I	I	F	I
G	J	R	B	S	P	O	H	Q	S	N	R	V	D	U
K	U	E	V	W	Q	I	G	M	A	B	Y	C	Q	P
N	R	N	Q	Q	W	U	F	N	P	V	I	D	A	F
L	I	M	A	U	M	I	D	V	O	C	L	Q	Z	V
A	S	Z	E	Z	R	T	L	E	A	S	E	V	A	I

OFU LIMA

U'UMI

OFU VAE

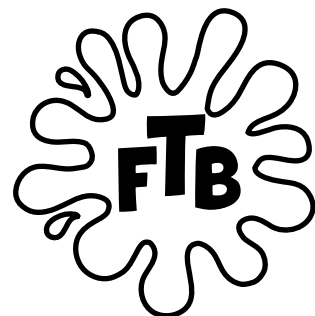
FANA MANU NINIII

TA'INAMU

PUPUNI

FAITOTOA

LEAI SE VAI



**FA'ASAGATAU ATU
i LE U A NAMU**

MALO LE GALUE!

(Igoa)

ua sauni e taofia le u a namu!

Manatua:

- Faadaoga le fana namu
- Ofu mitiafu lima u'umi ma ofuvae vae u'umi
- Taumafai e taofi namu i fafo o lou fale! Nofo i totonu o le potu e ea malulu ma fa'aaoga uaea valavala i luga o faitoto'a ma fa'amalama
- Ta'itasi i le vaiaso ona e saati, faamama, kava pe tia'i so o se mea i fafo e iai le vai. Siaki, fa'amama, kava pe tia'i mea e mafai ona to'a ai le vai.

O nisi nei o mea sa ou a'oa'oina:

1 _____

2 _____

3 _____





Matagaluega o le Soifua Maloloina ma Tagata Lautele
Vaega Tutotonu e Puipuia ma Pulea Fa'ama'i