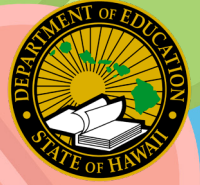


PALAPALA KŪ'I'O E PILI ANA I NĀ LĀ'AU OPIOID: KŌKUA PALE HO'OHANA HEWA A ME NĀ KA'INA HANA KŌKUA



HE AHA LĀ KĒLĀ 'O NĀ LĀ'AU OPIOID?

'O nā lā'au opioid, kapa pū 'ia ho'i he lā'au 'ona, a he mau lā'au ma nā pae lā'au e like me nā lā'au kuhikuhi no ka lapa'au 'ana i ka 'eha nui a me nā lā'au 'ino i ho'okapu 'ia.

'O kekahi la'ana ho'i o kēia 'ano lā'au opioid nei 'o ia no ka lā'au Oxycodone (OxyContin®), ka lā'au hydrocodone (Vicodin®), ka lā'au codeine, ka lā'au mōpina, ka lā'au fentanyl a me ka lā'au heroina a he nui aku no koe nā lā'au opioid 'ē a'e.



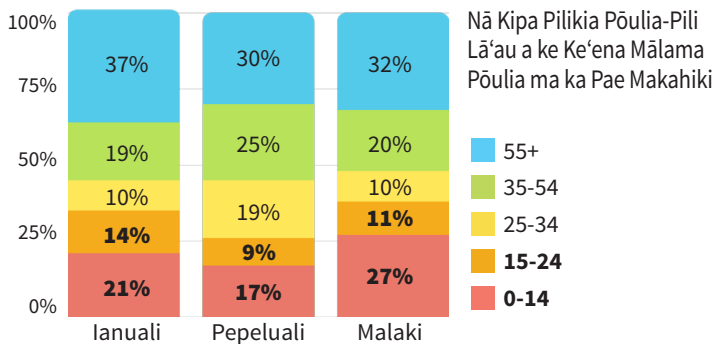
He lā'au opioid hakuahua 'ia ka lā'au Fentanyl a o kōna ikaika 'ona he

50x 100x

ikaika hou a'e ma mua o ka lā'au heroina

ikaika hou a'e ma mua o ka lā'au mōpina

NĀ 'IKEPILI PŌULIA NO HAWAI'I 2022



Waller, V. (2022, 'Okakopa 5). Nā Hō'ike Palapala Kau Makahiki Punimoku'aina a ka hui Maka'ala Pākela 'Ai Lā'au & Lapa'au Ma'i Lāulā o Hawai'i Nei (MĀHELE LĀ'AU) MAKĀHIKI 'ALEMANAKA 2021 ĀPAU A ME HAPAĀ MUA O KA MAKĀHIKI 2022, Ka Polokalamu Ho'olaha 'Ikepili 'o Lāulima. [Hō'ike PowerPoint]. Na Kōkua Pale Pākela 'Ai Lā'au Opioid a me ka Lā'au 'Ino Hau (Methamphetamine), Hawai'i, Honolulu, HI, 'Amelika Hui Pū 'Ia (mamao).

E KŌKUA I KA PALE 'ANA I KA HO'OHANA HEWA 'IA 'ANA O KA OPIOID

- E mālama i nā lā'au ma kekahi wahi kapu a palekana 'ia.
- Kīloi pono i nā lā'au ho'ohana 'ole 'ia. E kipa aku ma hawaiiopioid.org no ka huli 'ana aku i kekahi wahi ho'ihō'i-hou no nā lā'au ho'ohana 'ole 'ia. Ho'olako nō ho'i ka polokalamu National Prescription Drug Take Back Day (Ka lā no ka ho'i-ho'i hou 'ana i nā lā'au kuhikuhi kaumoku'aina) i nā wahi 'ē a'e he nui a e loa'a mau nō ho'i kēia hana nei ma nā kau kupulau a me nā kau ha'ulelau a pau, e kipa aku ma dea.gov/takebackday no nā mana'o he nui a'e.
- E lawe kūpono nō ho'i i nā lā'au ma ke 'ano o ke kuhikuhi 'ia 'ana e lawe. Mai ka'ana like aku i nā lā'au kuhikuhi me kekahi po'e 'ē a'e.
- E ho'onoho nō ho'i i kekahi wahi palekana no ke kūkā 'ana aku e pili ana i nā maka'u i hiki ai ke kupu mai mamuli o nā lā'au lapa'au a me nā lā'au 'ino 'ē a'e.

NĀ HŌ'AILONA PĀKELA 'AI LĀ'AU OPIOID

- 'A'ohe pane mai a i 'ole pau ka ho'omaopopo 'ana
- Mālie a lohi, nāwaliwali ke nānā aku, a i 'ole e hanu 'ole nei a i 'ole 'a'ohe pana pu'uwai
- Lohe 'ia ke kalea 'ana a i 'ole lohe 'ia paha ka 'olā'olā 'ana
- Ka malule o ke kino
- Hu'ihu'i a me / a i 'ole 'ālikalika paha ka 'alu'alu
- Hāuli, lehu a i 'ole ke'oke'o paha nā lehelehe a i 'ole nā miki'ao manamana lima
- Li'ili'i nā 'ōnohi maka, pū'ali paha, "'ū'uku ka 'ōnohi maka"

NĀ KUMUWAIWAI KŌKUA

- E 'imi aku i kōkua ma ke kāhea kelepona 'ana aku iā Hawai'i CARES ma 1-800-753-6879 a i 'ole e hele aku ma findtreatment.gov/.
- E ki'i aku ho'i i kekahi o nā lā'au lapa'au ho'ohuli hope pākela 'ai lā'au, e like me ka naloxone. Ua hiki i nā 'ano po'e like 'ole ma Hawai'i nei ke hāpai pū aku i kēia mau lā'au nei me lākou.
 - Hiki no ke loa'a aku nā lā'au naloxone ma: hawaiiopioid.org/prevent-overdose/ a i 'ole ma hhrc.org/naloxone.
- Loa'a no nā mana'o 'ē a'e ma cdc.gov/opioids/index.html.

INĀ MANA'O PAHA 'OE KE PĀKELA NEI PAHA KEKAHI MAI KA PĀKELA 'AI LĀ'AU MAI

1

E kāhea koke aku i ka helu 911.

2

Inā loa'a, e ha'awi aku i ka lā'au naloxone.

3

E maka'ala ho'i e ho'āla a ke mau nei no ka hanu 'ana o ka mea e ma'i nei. Inā 'a'ohe pana pu'uwai a i 'ole ke hanu 'ole nei paha, e ho'omaka i ka CPR.

4

Ho'omoe aku i kēlā mea ma'i ma kō lākou 'ao'ao i mea e pa'a 'ole ai kō lākou hanu.

5

E noho pū aku me kēlā mea ma'i a hō'ea mai nā kōkua mālama pōulia.