

Ke Kū ai Kūpono ia: Ka Paka 'Ala a me ke Kaiāulu AA & NH/PI

Ke Kū ai Kūpono ia i nā Kaiāulu AA & NH/PI.

Ua hana nā hui paka ma mua iho:



- Ua kāko'o i nā 'aha'aina mo'omeheu a me nā hanana.
- Ua ho'olaha ma nā pāpaho 'ōlelo kūloko o AA & NH/PI.
- Ua ho'ohana i nā ki'i a me nā 'ono kūpono i ka mo'omeheu.
- Ho'okomo pinepine nā huahana i nā 'ono i kama'āina i nā kaiāulu AA & NH/PI (la'ana: nā hua 'āina wela, nā lā'au lapa'au kūlohelohe).

Hūnā nā Ono i ka Pō ino.

- 'Onā 'ono e like me ka manakō, laikī, mineka, a me nā mea 'ono kō e hūnā i ka 'awa'awa o ka paka.
- Ho'onui kēia i ka pilikia o ka pa'a 'ana (addiction) — 'oi aku ka nui i waena o nā 'ōpio a me nā mākua 'ōpio.

Ke kumu he mea nui nā 'ono i ko kākou mau kaiāulu.

- Ho'onui ka ho'okokoke mo'omeheu i ka 'ike 'ana a me ka ma'amau.
- Hō'emi ka ho'olaha 'ōlelo kūikawā i ka 'ike i nā pilikia.
- Ho'onanea nā 'ono kūikawā o ke kaiāulu i nā huahana

Nā Mea Nui

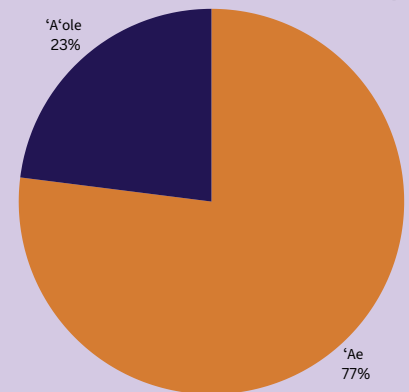
Ho'ohana Nui 'ia nā Mea Menthol a me nā Mea 'ono

Ho'oma'alahi ka menthol i ka ho'omaka 'ana i ka paka a pa'akikī ka ha'alele 'ana.

Ke Pi'i Nei ka Ho'ohana ma nā Kaiāulu NH/PI

Ma waena o nā mākua Hawai'i 'ōiwi a me nā po'e Mokupuni Pākīpika e puhi paka ana, ma kahi o 77% ho'ohana i nā paka menthol

Ka Hō'ike Pilikino o ka Ho'ohana Paka Menthol i nā Mākua NH/PI



Nā Mea 'ono a me nā 'Ōpio AA & NH/PI

He mea makemake nui 'ia nā e-cigarette 'ono e nā 'ōpio.



For inquiries please contact:
rodlew@appealforhealth.org