



Faatinoga Amata o le Soifua Maloloina ma le Saogalemu

Taiala mo Auaunaga
tau I le Tausiga o Tamaiti



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FAAFETAI

Matou te faafetaia I latou nei na fesoasoani mai I le atinaeina o le *Faatinoga Amata o le Soifua Maloloina ma le Saogalemu: Taiala mo Auaunaga tau Tausiga o Tamaiti*

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O le atiaeina o Ienei Taiala mo le Soifua Maloloina ma le Saogalemu o loo faatupeina mai le Matagaluega o le Setete o Hawai'i mo Auaunaga mo Tagata e ala I se konekarate ma le Poloketi o le Aoaoina mo le Tuputupua'e, Winward Community College.

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Faasologa o Mataupu

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Upu Tomua

E fananau mai tamaiti ma le tele o mea e mafai ona latou faia ma le mafai ona aoaoina, atiaa, ma ola tuputupua'e. Latou te faalagolago I o latou matua ma e o tausia I latou ina ia maua se siosiomaga saogalemu, soifua maloloina, ma le faafailele ina ia latou tuputupua'e ai ma ola lelei.

Ua saunia le *Faatinoga Amataga mo le Soifua Maloloina ma le Saogalemu: Taiala mo Auaunaga tau I le Tausiga o Tamaiti* mo oe e avea o se taiala mo faatinoga aupito sili ona lelei mo le soifua maloloina ma le saogalemu. E lua vaega ua vaevaeina ai lenei tusi: 1) Soifua Maloloina ma le 2) Saogalemu. E tofu le vaega ma faamatalaga auilili o faatinoga ma faasologa patino e mafai ona e faatinoina I lou siosiomaga o loo tausia ai tamaiti e fesoasoani ia tumau le ola maloloina ma le saogalemu o tamaiti o loo e vaaia, ma le faamamafa I le mafuaaga e t̄aua ai nei faasologa. Ae le gata I lea, o loo iai foi mea e mafai ona e faaaogaina faapea ma faataitaiga I Mea Faaopoopo I le pito I tua o lenei tusi. O loo ta'ua I lenei tusi le Matagaluega o Tulafono o le Faafoga o Auaunaga mo Tagata a Hawai'i (HAR) mo Nofoga Tutotonu mo Pepe ma Tamaiti Laiti (IT Chapter §17-895), Fale mo le Tausiga o Tamaiti I Aiga (FCC Chapter §17.891), Nofoga Tutotonu mo le Tausiga o Tamaiti I Vaega ma Fale mo le Tausiga o Tamaiti I Vaega (GCC/GCCH Chapter §17.892.1), Nofoga mo le Tausiga o Tamaiti a'o le'i amata ma le faaiuga o Aoga (BAS Chapter §17-896), ma Auaunaga mo le Tausiga o Tamaiti (CCS Chapter §17-798.3), e pei ona faailoa atu I faamatalaga I le pito I lalo o le itulau I itulau talafeagai.

I totonu o lenei tusi, o loo faaaogaina ai upu e pei o le “tagata tausii”, “tagata e ofoina atu le auaunaga o le tausii”, poo le “l̄e e ofoina atu le tausiga” ma le “siosiomaga o le tausiga o le tamaitiiti” poo le “siosiomaga o le tausiga”. O le upu “tagata tausii”, “tagata e ofoina atu le auaunaga o le tausii”, poo le “l̄e e ofoina atu le tausii”, e faatatau I se tagata na te tausii se tamaitiiti l̄aitiiti I le va o le faatoa fanau mai I le 5 tausiga le matua. O le upu “siosiomaga o le tausiga o le tamaitiiti” poo le “siosiomaga o le tausiga” e faatatau I le nofoaga o loo ofoina atu ai lenei tausiga; e mafai ona avea o se nofoaga tutotonu mo le tausiga o tamaiti, fale mo le tausii o tamaiti I se aiga, o le fale o l̄e o loo ofoina atu le tausiga, poo le aiga o le tamaitiiti. Ae le gata I lea, o loo faaaogaina foi upu o le “matua” poo “m̄atua”. E faatatau lea upu I soo se sui o le aiga poo l̄e e vaaia ma nafa ma le tamaitiiti.

O lou faamasani, malamalama, ma faaaoga nei faatinoga mo le soifua maloloina ma le saogalemu, ete fesoasoani ai I tamaiti o loo e tausii ina ia saogalemu, ola maloloina ma sauni e manuia!



Soifua Maloloina

E fiafia tamaiti e su'esu'e ma e faaaoga o latou faalogoga e aoaoina ai le tele o mea I o latou lalolagi. E fananau mai ma le manaoga ia su'esu'e ma pule I o latou siosiomaga ma auai I lo latou lava aoaoina. I totonu o lenei faasologa, e ta'ua o le aoaoina mai faalogoga, o le a fetagofi, tofo, tuu gutu, pe lamu mea e tau atu iai e taumafai ai ia malamalama atili ai I ia mea. E ui o se faataamilosaga taua lea mo tamaiti laiti, e iai le avanoa e aafia ai I latou I siama ma faama'i pipisi.

I le avea ai o oe ma tagata tausii, e telè lou sao taua I le fausia ma le faatumau o siosiomaga ola maloloina lelei mo le aoaoina e mafai ai e tamaiti ona su'esu'e ma a'oa'o. A avea oe ma faataitaiga lelei o le tumama ma se olaga maloloina lelei, e telè le avanoa e faata'ita'i foi iai tamaiti. A e fausia le tele o avanoa mo tamaiti e talanoa ai ma faataitai nei faiga masani ma tomai o le ola maloloina lelei, ua e fesoasoani e aoaoina I latou I auala tāua e mafai ai ona faatumau ai lo latou ola maloloina lelei.

O lenei iunite mo le Soifua Maloloina o loo aafia ai faamatalaga nei:

- **FAATUMAU LE OLA MALOLOINA O TAMAITI**
 - *Siakiina I Aso Uma o le Ola Maloloina o Tamaiti*
 - *Faia o Tui Puipui*
 - *Faasologa o le Faate'aeseina o Faamai Taatele e maua ai Tamaiti*
 - *Faia o Vailaau mo Togafitiga*
 - *Meaai Paleni ma le Faamalosii Tino*
- **TUMAMA**
 - *Faasologa o le Fufuluina o Lima*
 - *Faasologa o le Faiga o Totigi Lima*
 - *Faasologa o le Suia o Napekini Pepa o Tamaiti*
 - *Faasologa o le Fufuluina, Faamamaina ma le Aveesea o Siama*

SOIFUA MALOLOINA

Faatumauina o le Ola Maloloina o Tamaiti

E tāua le ola maloloina mo le ola tuputupua'e ma le atinae o tamaiti. O tamaiti ola maloloina lelei e sili atu ona saunia ma mafai ona aoaoina ma oo atu "I isi laasaga" taua I lo latou atinae. Talu ai ona o le faiga o o latou tino e tetee atu ai I faamai – lea e fesoasoani ia I latou e tetee atu I faamai ma ma'i – e le'i atiae atoatoa seia oo I le fitu I le valu tausaga le matutua, o le faatumauina o le ola maloloina o tamaiti laiti e mafai ona avea ma lu'itau I nisi o taimi. E avea o latou tino laiti ma le mu'amu'a ma mea e sili ai ona ono aafia I faamai e mafai ona tuai ai lo latou atiae ma le aoaoina. O le faia o tui puipui o se mea faigaluega taua lea mo le faatumau o le ola maloloina o tamaiti; o le mea aupito sili lea ona taua e mafai ona faia e matua e puipuia ai a latou fanau mai faamai pipisi ogaoga ma tulaga faigata e fesootai ma ia faamai.

O se tasi o auala e lagolagoina ai le ola maloloina o tamaiti o loo e vaaia, o le siakiina lea o le ola maloloina o le tamaitiiti I aso uma. O le faia pea o nei siaki e mafai ona fesoasoani ia te oe e faavae se faalogoga e tusa ai ma le tulaga lelei e tatau ona iai o latou foliga ma amio, ina ia faigofie ai ona iloa ni suiga pe a tulai mai. O isi auala taua e mafai e oe o loo tausia tamaiti ona faatumau lo latou ola maloloina, o le aoaoina atili lea e tusa ai ma faamai taatele o tamaiti ma le taimi e tatau ai ona tuueseeseina tamaiti mamai mai isi tamaiti, ma mulimulita'i I faasologa sa'o mo le tuuina atu o vailaau mo togafitiga. Ma le mea mulimuli, o le unaia ma le faia o faataitaiga lelei o le taumafa I meaai e maua ai le soifua maloloina lelei ma le faamalosi tino e fesoasoani I le faavaeina o ni faiga masani lelei o le olaga ma mafai ona puipuia ai le tino puta I tamaiti ma luitau e fesootai ma lea tulaga. O le ola maloloina o tamaiti e faalagolago se vaega I le lava o le iloa ma le sauniuni o oe o loo tausia.

SIAKIINA O LE OLA MALOLOINA O TAMAITI I ASO UMA

Aisea e Tāua ai?

- O le vave faailoa o ma'i I tamaiti e mafai ona fesoasoani I le tagata o loo tausia e faia gaoiioiga talafeagai e lagolagosua ai I manaoga tau I le soifua maloloina o le tamaitiiti ma faaitiitia le pipisi o ma'i poo faamai I isi.

Faasologa:

1. Faatino le Siaki o le Soifua Maloloina I Aso Uma pe a faato'ā taunuu le tamaitiiti I totonu o lau nofoaga e tausia ai tamaiti ma I le taimi o loo iai o latou matua/mātua. E mafai ona toe fai le Siaki o le Soifua Maloloina I soo se taimi o le aso, pe a manaomia.
2. Amata I lou punou I lalo ia tutusa le lua maualuga ma le tamaitiiti.
3. VAAI mo ni faaio ma auga o ni ma'i:
 - Suiga I ona faalogoga poo amioga
 - Suiga I le tulaga tiotio ma le malosī, lē nofonofo lelei, poo le faigata ona gaoioi
 - Tafe le isu; tafe mai le vai I mata, taliga, poo po'u I le tino
 - Suiga I le pa'u o le tino e pei o mea mageso, fulafula, patupatu, pe mūmū
 - Valu, pe tosotoso se vaega o le tino pe o le u'u o se vaega o le tino
 - Pua'i poo le tatā o le manava
4. FAALOGO poo a tala a le matua/mātua e ta'u atu e uiga I le tamaitiiti poo nisi faamai I totonu o le aiga. Faalogo pe faitio le tamaitiiti ma/poo ni leo e lē masani ai ona fai e le tamaitiiti e ono faailoa mai ai e lē o lelei le faalogo a le tama/teine:
 - Oioi
 - Tagi faaumiumi poo le faiaso e lē masani ai
 - Tale vivini, mafatua, manavanava loloa
 - Fa le leo
 - Tale



SIAKIINA O LE OLA MALOLOINA O TAMAITI I ASO UMA

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5. AUTAGO mo se suiga I le pa'u o le tino e ono atagia ai se fiva poo le lē lava o le vai I le tino:

- *Susū*
- *Mafanafana e lē masani ai*
- *E lē toe fiti mai le pa'u o le tino pe a oomi laitiiti*

6. SOGISOGI pe iai ni manogí e lē masani ai e ono faailoa mai ai se faamai o loo mau ai:

- *·Mānava suamalie pei ni fualaau aina*
- *·Lē manogí lelei le mānava*
- *·Manogí e lē masani ai o le feau vai poo feau mamao*

7. Faamau tulaga ua e maitauina I luga o le Lisi o le Siaki o le Soifua Maloloina I Aso Uma (vaai I le Pepa Faaopoopo A). Afai ete vaaia ni auga e pei ona ta'ua I luga, o lona uiga ai o ma'i le tamaitiiti ma e tatau ona e faia tulaga nei o le a ta'ua I lalo, pe a talafeagai:

- *I le amataga o le aso a'o iai pea le matua/mātua: faatalanoa ma le matua/mātua se fuafuaga e fai e lagolago ai I le soifua maloloina o le tamaitiiti. Afai e manaomia le aveese mai o le tamaitiiti mai le vaaiga, ia ave e le matua/mātua le tamaitiiti I le fale ma tausi ai (vaai I le Faasologa o le Aveesea mai o Tamaiti ona o Faamai Masani)*
- *Afai ae ma'i le tamaitiiti I le aso: faailoa I le matua/mātua ma malilie faatasi pe faapefea ona tausia le tamaitiiti. Ave ese mai le tamaitiiti ma'i mai isi tamaiti ona ne'i pipisi atu I isi, ina ia faaitiitia ai le ono aafia. Ta'u I le matua/mātua e ono manaomia le ave o le tamaitiiti e vaai se fomai a'o le'i toe foi atu le tamaitiiti I le nofoaga o loo tausia ai.*
- *Soo se taimi lava ete masalomia ai o loo sauāina pe tuulafoaia le tamaitiiti, e tatau ona tuuina atu se ripoti I le Matagaluega o Auaunaga mo Tagata, e tusa ai ma Tulafono toe lloilo a Hawai'i §350-1.1. (vaai I le pepa o le Ripotia o le Sauāina ma le Tuulafoaia o Tamaiti).*

HAR §17-891.1-21 (4), §17-891.1-23, §17-892.1-21 (3), §17-892.1-23, §17-895-22 (d), §17-895-23, §17-896-20 (c), §17-896-22 (b) (c)

IA TUMAU LE OLA MALOLOINA O TAMAITI

TUI PUIPUI

Aisea e Tāua ai?

- E fesoasoani tui puipui e puipuia tamaiti mai faamai pipisi.
- O le faiga o tui puipui o le auala aupito sili ona saogalemu lea ua faamaonia faasaienisi mo le puipuiga o le pipisi o le tele o faamai matautia.
- Ina ia aogā lelei tui puipui, e tāua le faia o tui puipui e tusa ai ma le faasologa o le faiga o tui puipui na tuuina mai e le Nofoga Tutotonu mo le Puleaina o Faamai (CDC).

Faasologa:

1. Faamasani I Fautuaga Aoa mo Tui Puipui ma Aiaiga a le Setete mo Tui Puipui. Tagatagai I upega tafailagi nei mo faamatalaga:
 - *Nofoga Tutotonu mo le Puleaina o Faamai ma le Taiala mo Puipuiga, Tui Puipui Fautuaina mo Tamaiti mai le Faato'a Fananau Mai seia oo I le 6 Tausaga* <http://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf>
 - *Faasilasilaga Tāua mo Mātua: Aiaiga mo le Soifua Maloloina I Aoga a le Setete o Hawai'i* <http://health.hawaii.gov/docd/requirements-by-grade/school-health-requirements-brochures/>
2. Ia faamautinoa e o gatasi aiaiga o le faiga o tui puipui a lau polokalame ma tulafono a le setete.
3. Ia faamautinoa o loo iloa e le matua/mātua o le tamaitiiti lau faiga faavae tau faamaumauga faasoifua maloloina (fmf. tui puipui, kilia o le TB, ma le suesueina o le tino) a'o le'i resitaraina lana tama ina ia e vaaia ina mautinoa ai le usitaia o au aiaiga.
4. Tagatagai I le *Lisi mo le Siakiina o le Soifua Maloloina o Tamaiti I Aso Uma* e faia ai se siaki o le soifua maloloina a le tamaitiiti o loo e vaaia.
5. Tagatagai I le *Faasologa o le Aveesea mai o Tamaiti ona o Faamai Masani* e iloa ai le mea e ao ona fai pe afai ete masalomia ua aafia se tamaitiiti ona o se faamai na mafai ona puipuia pe ana fai se tui puipui.



HAR §17-891.1-20 (1), §17-892.1-9 (6), §17-892.1-20, §17-895-8 (6), §17-895-20 (3), §17-896-19 (a)

FAASOLOGA O LE AVEESEA MAI O TAMAITI ONA O FAAMAI MASANI

Aisea e Tāua ai?

- O le tuuina faaeese o tamaiti o loo mamai mai isi e faaititia ai le pipisi o mai poo faamai.
- O lou malamalama I āuga o faamai masani o tamaiti e fesoasoani ia te oe e tuuina atu le tausiga talafeagai mo le tamaitiiti.

Faasologa:

1. Tagatagai I le pepa o le Lisi o le Siaki o le Soifua Maloloina I Aso Uma e faia ai ni siaki o le soifua maloloina a tamaiti o loo e tausia.
2. Vaai mo ni faailo o ni ma'i. Mo nisi faamatalaga, tagatagai I pepa o faamatalaga o faamai masani o tamaiti I le <http://health.hawaii.gov/docd/dib/disease/#C>
3. Afai o iai ni faailo o ni ma'i, ia faamautu poo le ma'i
 - E faigata ai I le tamaitiiti ona auai lelei I faatinoga
 - E manaomia se isi tausiga e sili atu nai lo le tausiga o loo mafai ona e ofoina atu e aunoa ma le lamatia ai o le soifua maloloina ma le saogalemu o isi tamaiti ma oe
 - E ono tulai mai ai se tulaga e pipisi atu ai faamai ogaoga I isi tagata

A faamalieina soo se tasi o aiaiga ua ta'ua I luga, e tatau ona tuuina ese le tamaitiiti mai isi tamaiti o loo e vaaia, tusa lava poo le a le ituaiga ma'i.
4. Tuu le tamaitiiti I se nofoaga mamā ma le saogalemu, ma e mafai ona e iloa atu pe lagonaina, seia oo ina taunuu mai le matua/mātua.
5. Logo le matua/mātua o le tamaitiiti e tusa ai ma āuga o le ma'i ma mulimuli I au faiga faavae o le soifua maloloina (fmf. fai iai e o mai e ave atu le tamaitiiti).



FAASOLOGA O LE AVEESEA MAI O TAMAITI ONA O FAAMAI MASANI

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6. A taunuu atu le matua/mātua o le tamaitiiti, fautua iai e ono manaomia le ave o le tamaitiiti e vaai se fomai a'o le'i toe ave atu le tamaitiiti I lau vaaiga. A manaomia, tuuina atu I le matua/mātua se tusi e mafai ona ave I le fomai a le tamaitiiti. E tatau ona ta'ua I le tusi le taimi na vaaia ai āuga, tulaga na matauina I le tamaitiiti, faailo tāua ma taimi (fmf. o le fiva e 101.5°F I le ta o le 10:30 I le taeao) ma ni gaoioiga na faia ma le taimi na faia ai ia gaoioiga.
7. Ia mautinoa e faamamā ma faavailaau nofoaga, mea na faaaoga ma mea taalo na tago iai le tamaitiiti ma'i a'o le'i toe faaaogaina e isi tamaiti (vaai I le pepa o le *Faasologa o le Fufuluina, Faamamāina ma le Faavailaauina*).

HAR §17-891.1-23 (d), §17-891.1 (10), §17-891.1-21, §17-892.1-6 (15), §17-892.1-23, §17-892.1-24, §17-895-21 (d), §17-895-23 (a), §17-896-20, §17-896-22

FAAINUINA O VAILAAU MO TOGAFITIGA

Aisea e Tāua ai?

- O vailaaau mo togafitiga (na faatonuina e le fomai ma maua mai I faletalavai) e mafai ona tāua tele I le soifua maloloina ma le ola lelei o tamaiti, ae e mafai foi ona telē le tulaga lamatia pe a lē lelei ona faatautaia.
- E tatau ona teu vailaaau mo togafitiga I se nofoaga e lē mafai ona maua ai e tamaiti.

Faasologa:

1. A'O LE'I faainuina vailaaau mo togafitiga:

- *la mautinoa ua mae'a ona faatumu e le matua/mātua le Pepa Faatumu o le Maliega mo le Faainuina o Vailaaau mo Togafitiga (tagatagai I le Pepa Faaopoopo B).*
- *Siaki faamatalaga uma I luga o le pepa o le maliega ia mautinoa e sa'o.*
- *Aveese vailaaau mo togafitiga mai nofoaga o loo teu ai pe afai e mafai ona au iai le tamaitiiti.*
- *Fufulu mamā ou lima (tagatagai I le pepa Faasologa o le Fufuluina o Lima mo nisi faamatalaga).*
- *Tui ni totogilima e lē iai ni vailaaau o faia ai pe a nini le tino ini kulimi mo togafitiga poo le tuluina o mata ma taliga.*
- *Toe siaki ma faamautu le igoa o le tamaitiiti, le aso ma le taimi e lē tatau ona toe inuina ai le vai poo le fualaa, le igoa o le fualaa poo le vailaaau, le aofaiga e tatau ona inumia, ma ia tusia I luga o le vai/fualaa faatonuga a le fomai.*
- *Tuuina atu le fualaa/vailaaau I le tamaitiiti e pei ona faatonuina.*



2. MAE'A ona tuuina atu vailaaau mo togafitiga:

- *Faamau le taimi ma le aso na tuuina atu ai le vailaaau ma le aofaiga.*
- *Teu faalelei vailaaau I se nofoaga e le au iai tamaiti.*
- *Fufulu mamā ou lima (tagatagai I le pepa Faasologa o le Fufuluina o Lima mo nisi faamatalaga).*
- *Matau le tali mai o le tamaitiiti I le vailaaau. A iai ni aafiaga e tulai mai ona o le vailaaau, faamau lea tulaga ona valaaau/faailoa I le matua/mātua o le tamaitiiti I se taimi vave ma pe a manaomia, valaaau le 911.*

HAR §17-891.1-23 (b)(1), §17-892.1-23, §17-895-23 (c), §17-896-22

MEA PALENI MA LE FAAMALOSITINO

Aisea e Tāua ai?

- Ua silia I le faaluaina le tulaga o le tino puta o tamaiti I totonu o le 30 tausaga ua mavae. I le 2012, o le 10.2% o tamaiti mai le lua I le fa tausaga le matutua mai aiga e vaivai le tamaoiga I totonu o Hawai'i e lapopoa tele ma le isi 12.8% e matuā lapopoa tele.
- O tamaiti e matuā lapopoa tele e telē le avanoa e tumau ai I lea tulaga e oo lava ina matutua ma maua ai I faafitauli tau soifua maloloina e aofia ai le ma'i suka ituaiga 2, faafitauli o ponaivi ma sooga o ponaivi, ma'i fatu, ma nisi ituaiga kanesa.

Faasologa:

1. Faaaoga metotia lelei ma mafai ona lagolagoina ai le fafagaina o pepe

- *Lagolagoina le faasusu na'o suasusu o le tinā le pepe seia oo ina 6 masina le matua ma faaaoga metotia talafeagai mo le faasusu I fagu e utu I suasusu o le tinā poo apasusu ua tuu iai minerale manaomia.*

2. Fafagaina na'o meaai & vaiinu paleni

- *Faia meaai ma vaiaiga e faavae I luga o taiala a le Polokalame o Meaai mo le Tausiga o Fanau ma Tagata Matutua (CACFP).*
- *'Alo ese mai meaai ma vaiinu e faaopoopo iai le suka, masima poo nisi mea faaopoopo.*

3. Unaia le faamalositino e ala I le taalo I aso uma mo tamaiti uma, e aofia ai pepe ma tamaiti e iai manaoga faapitoa

- *Tuu pepe I ituaiga siosiomaga e unaia ai le gaoioi, fmf. sosolo I le manava, faaosooso I luga, faataavalevale, a'a, totolo. E tatau ona faaititia ma iai se tapulaa o taimi e tuu ai I totonu o nofoa poo suigi, pe 'aua foi nei tuua iai.*
- *E tatau ona faataga se taimi e tusa ma le 60-90 minute I se aso e 8-itula e faataaalo ai tamaiti laiti ini taaloga feololo pe matuā faataalo.*
- *O tamaiti aoga faataitai, e tatau ona faataga le 90-120 minute I se aso e 8-itula e taaalo ai ini taaloga feololo pe matuā faataalo.*
- *O taaloga e matuā faataalo ai e aofia ai I totonu o le fale poo fafo, fuafuaina (e iai lona faasologa), ma le tuu e taalo lava ia.*
- *Faatulaga ni taimi paganoa mo le moe poo le mālōlō, ona e iai le sootaga o le lē lava o le moe ma le faatupulia o le mamafa lē maloloina lelei.*



IA TUMAU LE OLA MALOLOINA O TAMAITI

MEA PALENI MA LE FAAMALOSITINO

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4. Faaitiitia le taimi e faaoga ai e tamaiti mea e pei o (fmf. televise, komepiuta, taaloga I luga o le tv, telefoni ma tama'i komepiuta feavea'i).

- *O tamaiti I lalo o le 2 tausaga, e tatau ona laitiiti pe leai se taimi e faaoga ai ia mea.*
- *Afai ae faaoga e tamaiti, e tatau ona faaoga mo le fesootai I se auala matuā aogā lelei, mo aoaoga, pe unaia ai le faamalositino.*
- *'Alo ese ma le faaogaina o ia mea I le taimi e aai ai.*

5. Ofoina ni tulaga e mafai ai ona aoaoina tamaiti I le tāua o meaai paleni a'o faagasolo le aso, e aofia ai ma taimi o meaai ma vaiaiga

- *Faaalia fe'au mo le taumafa soifua maloloina. 'Alo ese mai faalauiloa o meaai e lē maua ai se soifua maloloina.*
- *Unaia le auai I faatinoga e faaoga ai o latou lima, e pei o le gaosiga o meaai, faia o togalaau, tofoina o meaai, ma le asiasi I faatoaga.*

6. Fai se faiga ia auai ai aiga e lagolago ituaiga olaga e soifua maloloina toe eseese I le itu tau I le aganuu ma ituaiga tagata

- *Galulue faatasi ma le matua/mātua I le atiaeina o fuafuaga ma taiala o le taumafa paleni ma le faamalositino. Ia amanaia le mafai o le tamaitiiti, mea e fiafia iai, ma lana aganuu pe a fuafuaina meaai.*
- *Fai ma tuuina atu faamatalaga tau soifua maloloina I aiga.*



Na aumaia ma toe fetuunai mai Taiala mo le Ola Manuia mo Faamalositino ma Taumafa Paleni I totonu o Aoga Amata ma Aoaoga a Hawai'i

HAR §17-891.1-25, §17-891.1-13, §17-892.1-26, §17.892.1-13, §17-895-25, §17-895-12, §17-896-24, §17-896-13

SOIFUA MALOLOINA

Tumamā

A aogā le tumamā, o le ki lea l le puipuiga o le pipisi o siama – siama pipisi, vairasi, mmf. – e mafai ona mafua ai faamai pipisi. O le 'auga o puipuiga o le faamuta lea o le pipisi o ia siama. O le tumamā lelei o lona uiga o le aga'i tonu lea l tulaga 'autū o faatinoga tumamā l taimi talafeagai e aveesea ai siama a'o le'i toe pipisi atili.

Mafuaaga taatele o le pipisi o faamai:

- *TAGATA o loo aafia poo feaveaia se faamai*
- *MEAAI aemaise lava l meaai e lē faavelaina poo meaai e le'i lelei le sauniga poo le teuina*
- *VAI ma/poo nofoaga e to'a ai le vai, mmf. pesini fufulu ipu, falelēta'ua, mea e faaaoaga e faamamā ai mea, solo o foliga*
- *MEAOLA*

Talu ai ona o loo e tausia tamaiti, e tele ina e latalata l taimi o loo e vaai, ma o oe lava e iai le malosiaga e aveai ai le tumamā ma tulaga e ave iai lau faamamafa ina ia fausia ma faatumau ni siosiomaga soifua maloloina mo aoaoga mo tagata uma. O le faatumauina faaauau o le tulaga tumamā, e fesoasoani l le tumau o le ola maloloina o tamaiti, ma mafai ma sauni e aoaoina.

E tāua le faia o tulaga lelei o le tumamā faaauau l aso uma. Tusa poo lou mulimuli l le auala sa'o e faia ai napekini o le pepe, fufuluina o lima, ma le faia o totigilima e puipuia ai mai siama, poo le fufulu, faamamā, ma faavailaau faaauau o luga o mea ma meataalo e lotea e tamaiti, e le gata ina e puipuia lo latou ola maloloina (ma oe foi); o loo aoaoina foi ia l latou ni faiga masani lelei mo le ola maloloina o le a faia pea l o latou olaga atoa l le unaia o lo latou lava ola maloloina lelei.

TUMAMA

FAASOLOGA O LE FUFULUINA O LIMA

Aisea e Tāua ai?

- O le fufuluina o lima o le laina muamua lea o puipuiga mai le pipisi o siama e mafua ai faamai pipisi; o le auala lea e tasi e aupito sili ona aogā lelei e puipuia ai le maua ini ma'i, ma e aupito taugofie foi.

Faasologa:

1. Ki le paipa.
2. Faasusū lima I le vai.
3. Faaaoga le fasimoli.
4. Fufulu ma faa'oa faalelei lima mo le 20 sekone (tusa ma le umi e usu faalua ai le pese o le "Manuia lou Aso Fanau"). Ia mautinoa e olo tumutumu ma totonu o lima, lalo o atigilima, ma le va o tamatamailima.
5. Faamamā lima I lalo o le paipa ia Iē I lalo ifo o le 10 sekone.
6. Solo mago lima I se solo pepa mama ma a uma loa tia'i.
7. Tapē le paipa e faaaoga ai le solo pepa.
8. Tia'i le solo pepa I totonu o se lapisi e ufi I le uga ma iai sona tapuni.



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TUMAMA

FAASOLOGA O LE FUFULUINA O LIMA

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Faafia ona Fai:

- *Pe a taunuu*
- *A'o le'i ma pe a mae'a ona taumafa, tagofia meaai, poo le fafagaina o se tamaitiiti*
- *Pe a uma ona faaaoga le falelëta'ua/ sui le napekini poo le fesoasoani I se tamaitiiti e faaaoga le falelëta'ua*
- *Pe a uma ona tale, mafatua, poo le lotea o suavai o le tino (tafe le isu, toto, pua'i)*
- *A'o le'i faaaogaina pe ua mae'a ona faaaoga laulau I le vai e sili atu I le toatasi le tagata na faaaogaina*
- *Pe a uma ona taaalo I fafo*
- *Pe a uma ona lote ni meaola poo otaota o meaola*
- *Pe a palapala lima*
- *A'o le'i alu I le fale*



HAR §17-891.1-34, §17-892.1-35, §17-895-31, §17-896-33

TUMAMA

FAIGA O TOTIGILIMA

Aisea e Tāua ai?

- E iai le pa e puipuia ai oe pe a faaoga totigilima e tetee atu ai I siama e mafua ai ma'i

Faasologa:

1. Fufulu lima a'o le'i tuiina totigilima (tagatagai I le Faasologa o le Fufuluina o Lima mo nisi faamatalaga).
2. Tui ni totigilima mamā. Faaititia le avanoa e ono "leaga ai ona o le pa'i atu": 'Aua ne'i tagofia ni mea o loo I lou siosiomaga (fmf. Ki o mōlī, 'au o pusatoso) poo lou tino (fmf. Solo lou isu poo le lote o au matatioata) e ono faaleagaina ai totigilima mamā pe ono pipisi atu ai siama I isi.
3. Sui totigilima I le taimi e faaoga ai pe afai ae masae pe palapala tele.
4. Aveese faalelei totigilima e aunoa ma le tagofia o mea ua faaleagaina:
 - Uu le totigilima muamua I le alofilima ma toso ese le totigilima.
 - Faaoga lou lima lea o loo iai pea le totigilima e numinumi ai le totigilima palapala.
 - Faaoga le lima (mamā) e le'o iai se totigilima, aveese le totigilima mai lalo o le tapulima, ma faamafiti le totigilima.
5. Tia'i I le taimi lava lea totigilima palapala I totonu o se lapisi uga e ufi malu. 'Aua lava ne'i tāina pe toe faaoga totigilima e uma loa lafoai.



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TUMAMA

FAIGA O TOTIGILIMA

continued from previous page

6. Fufulu ou lima pe a uma ona faaaoga totigilima pe a uma ona tia'i (tagatagai I le Faasologa o le Fufuluina o Lima mo nisi faamatalaga).

E fautuaina le faaaoga o totigilima I taimi nei:

- *Pe a lotea mea tau toto poo ni vai o loo iai I totonu le toto mai se tamaitiiti aemaise lava pe a iai ni manu'a poo ni po'u I ou lima (fmf. Pe a faaaogaina le fesoasoani muamua e togafitia ai se manu'a o se tamaitiiti, pe o le suiina o se napekini o loo alualua I le toto pe a tatā le manava)*
- *Pe afai o lae fufulu ni mea poo le loteina o ni ofu poo ni mea ua leaga I le toto pe ua faaleagaina I vai o le tino, e pei o le pua'iga, feau vai, poo feau mamao*
- *Tausiga o mea o loo leaga o le pa'u ua aloua pe po'ua*
- *Pe a tausia le gutu poo le mata ma faiga faapitoa mo togafitiga e pei o le tuiina o le tamatamailima mo le suega o le suka I le toto, mmf.*

TUMAMA

FAASOLOGA O LE SUIGA O NAPEKINI

Aisea e Tāua ai?

- O le suiga o se napekini I se auala mamā, o se tasi lea o auala aupito sili ona tāua e puipuia ai le pipisi o siama ma isi ma'i pipisi o loo I totonu o feau mamao ma feau vai.
- O le sui soo o le napekini ma le lava lelei o le vaauga o le pa'u, e puipuia ai le tamaitiiti mai le mageso o le pa'u e mafai ona mafua mai I le umi ona tuu o feau vai ma feau mamao (otaota).

Faasologa:

1. Fufulu ou lima (tagatagai I le Faasologa o le Fufuluina o Lima mo nisi faamatalaga).
2. Ia lata ane I le nofoaga e sui ai napekini ia mea uma e manaomia. Ia aofia ai mea nei:
 - Napekini e le'i faaaogaina
 - Pepa e laina ai le mea e taoto ai le tamaitiiti pe a sui, ia telēia mafai ai ona ufi mai tauau seia oo I vae o le tamaitiiti, poo se nofoaga mafola mago, ma le mitiia ai se vai, e lē to'a ai le palapala ma faigofie ona faavailaau e faamamā ai
 - Pepa solo susū, 'ie'ie susū, poo ni pepa solo susū
 - Taga pepa iila mo ni ofu ua eleelea
 - Ia faamafiafia le niniina o kulimi a'o le'i faia le napekini poo se isi u'u mo le tino, ia faaoga pe a malie iai le matua/mātua mo le puipuia ma le togafitia o le pata o le tino, ia aveese mai le mea o loo teu ai e ala I le faaoga o se pepa e uma loa tia'i e pei o le pepa e laina ai poo se pepa solo foliga / pepa mo le falelēta'ua
3. Tuu le tamaitiiti I luga o se nofoaga mamā, e mamao ese mai nofoaga e aai ma tapena ai meaa. Ia taofi e lou lima I taimi uma le tamaitiiti a'o iai I luga o le nofoaga o loo sui ai.
4. Faamamā le tamaitiiti:
 - Tatala le napekini, ae tuu ai pea le napekini leaga I lalo o le tamaitiiti.
 - Lifi I luga vae o le tamaitiiti, I le tulaga manaomia, ma faaoga solo pepa susū e faamamā ai le tamaitiiti e solo atu I luma e a'agai I tua.
 - Faaoga se solo pepa susū fou I taimi uma ete soloina ai le tamaitiiti.
 - Tuu solo pepa susū ua uma ona faaoga I totonu o le napekini leaga poo totonu o se lapisi uga e iai lona ufi.



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FAASOLOGA O LE SUIGA O NAPEKINI

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5. Aveese le napekini ma ofu ua leaga:

- *Gaugau agai I totonu le napekini ua faaleagaina.*
- *Afai ua leaga ai ma ofu, tuu I totonu o se taga pepa iila ona nonoa mau lea o le taga pepa ma tuu I se nofoaga e lē mafai ona au iai se tamaitiiti, ma ave I le matua/mātua pe a o atu e aumai le tamaitiiti.*

6. Fai se napekini mamā o le tamaitiiti.

- *Faasee ifo se napekini mamā e le'i faaaogaina I lalo o le tamaitiiti.*
- *Faaaoga se pepa solo e nini ai ni kulimi napekini e manaomia, ma tiai I totonu o se lapisi uga e iai lona ufi.*
- *Faamau le napekini.*
- *Solo ou lima ma lima o le tamaitiiti ini solo pepa susū eseese.*
- *Fauma ona faaofu le tamaitiiti.*

7. Fufulu ou lima ma lima o le tamaitiiti (tagatagai I le pepa o le Faasologa o le Fufuluina o Lima).

8. Fufulu ma faavailaau le nofoaga na sui ai le napekini.

- *Tia'i le pepa na faataoto ai le tamaitiiti I totonu o se lapisi uga e iai sona ufi.*
- *Aveese ni palapala o iloa atu ma fufulu ma faavailaau le nofoaga (tagatagai I le pepa mo le Faasologa o le Fufuluina, Faamamāina, ma le Faavailaauina).*

9. Fufulu ou lima (tagatagai I le pepa mo le Faasologa o le Fufuluina o Lima).

10. Faamau soo se ituaiga pata o le tino poo ni tulaga sua I feau mamao e lē masani ai (pata; lē masani ai le fai soo o feau mamao, o le lanu, manogi, ma le taimi) I totonu o se api e faaali I le matua/mātua I aso uma.

Faamatalaga mo ituaiga napekini faaaoga: *I totonu o nofoaga o loo tausia ai tamaiti, e fautuaina le faaaogaina na'o napekini e uma loa tia'i e gaosia I pepa e mafai ona mitiia le susū (fmf. polimā) se'i va'ana e iai se tulaga tau soifua maloloina e lē mafai ai e le tamaitiiti ona faaaoga napekini pepa (e pei o le faaletonu ai o le tino). Afai ae faaaoga napekini ie, e tatau ona iai se ie e laina ai totonu o le napekini o loo affi I totonu o se ufi e lē mafai ona susū. O se isi mea e mafai ona faaaoga o napekini ie e iai le ufi e lē sao iai se vai e faapipii I le ie. Afai ae faaaoga se napekini ie e ese se mea e laina ai, e tatau ona sui faatasi le ufi I fafo ma le ie o loo laina ai I le taimi e tasi ma e lē tatau ona toe faaaoga I totonu o le nofoaga o loo tausia ai tamaiti. E lē tatau ona vaimamā pe lafoai ni otaota I totonu o napekini ie I le nofoaga o loo vaaia ai tamaiti. O napekini ie ua faaleagaina e tatau ona affi lelei I se mea e lē ati mai I fafo ma tuu I se mea e lē au iai se tamaitiiti, ma ave sa'o I le matua/mātua o le tamaitiiti pe a oo I le taimi e aveese mai ai le tamaitiiti.*

TUMAMA

FAASOLOGA O LE FUFULUINA, FAAMAMĀINA, MA LE FAAVAILAAUINA

Aisea e Tāua ai?

- O le fufuluina, faamamāina, ma/poo le faavailaauiina o fola ma meataalo, o nisi ia o laasaga aupito tāua e mafai ona faia e faaitiitia ai le sosolo o faamai pipisi I totonu o nofoaga o loo vaaia ai tamaiti.
- Faaaogaina o faiga sa'o mo le fufuluina, faamamāina, ma le faavailaauiina, e puipuia ai tamaiti ma I latou o loo ofoina atu le auauaaga mai le mānavaina o kasa oona.
- Na o oloa resitaraina I lalo o le Faalapotopotoga mo le Puipuia o le Siosiomaga a Amerika (EPA) e tataua ona faaaogaina. Ua faaalua e nei oloa lo latou aogā lelei I le faaitiitia poo le faalēaogaina o siama ma lē aafia ai lou soifua maloloina poo le siosiomaga I se auala lē lelei pe a faaaoga e tusa ai ma faatonuga ua tuuina mai.

Faasologa:

1. Faamautu pe manaomia e le fola poo meataalo le fufulu, faamamā poo le faavailaaui.

- *A'o upu:*
 - **FUFULUINA** o lona uiga o le aveesea lea o palapala uma ma mea ua faaleagaina. O le oloina o mea pe a fufulu, e aveesea ai le tele o siama ma faaalua ai ni siama o loo totoe ai ina ia faigofie ai ona aveesea e se vailaaui faamamā poo se vailaaui e aveesea ai siama.
 - **FAAMAMĀINA** o lona uiga o le faaaoga o se oloa e faaitiitia ai siama I se tulaga saogalemu e tusa ai ma aiaiga ma tulafono o le soifua maloloina lautele, ae lē aveesea uma ai. E mafai ona faaaoga se mea faamamā I luga o fola e faia ai meaai (ipu mafolafola, mea e faaaoga e fai ai kuka, laupapa tipi ai meaai, ipu e faaaoga I nofoa 'ai a tamaiti), meataalo e ono tuu e tamaiti I o latou gutu, ma mea e tuu I gutu o tamaiti e faagā ai.
 - **FAAVAILAAUINA** o lona uiga o le faaaoga o se oloa e faatamaia ma faalēaoga ai siama. E ono talafeagai le faaaoga o se vailaaui e faamamā ai luga o fola malō, ma lē to'a ai le vai e pei o laulau e sui ai napekini, luga o kapoti maualalalo, 'au o faitotoa ma pusatoso, ma le falelētua ma isi fola I totonu o le faletaele.



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TUMAMA

FAASOLOGA O LE FUFULUINA, FAAMAMĀINA, MA LE FAAVAILAAUINA

continued from previous page

2. Tagatagai I le Faatulagaina I Aso Uma o le Fufuluina, Faamamāina, ma le Faavailaauna (silasila I le Pepa Faapipii C) e iloa ai pe fufulu, faamamā, ma/pe faavailaau le fola.

3. Tapena le vailaau mo le faamamāina poo le faavailaauna:

- *Siaki le pepa o loo pipii I luga o le oloa pe o iai sona numera resitara I le EPA.*
- *Ta I totonu le numera resitara mo le EPA I le <http://iaspub.epa.gov/apex/pesticides/f?p=PPLS:1>*
- *E tatau ona iloa atu faamatalaga e tusa ai ma le oloa ma lalo ifo, o se faila PDF o loo faaalua ai aso na resitaraina ai lenei oloa e le EPA. Oomi le faila PDF I le pito I luga o le lisi, lea o loo tuuina mai ai faatonuga na faamaonia talu ai nei mo le faaogaina o lau oloa o se vailaau faamamā poo se vailaau e tapē ai siama.*
- *A saunia se vai e faapa'epa'e ai:*
 - *Filifili se fagu na gaosi mai I mea e lē manino (fmf. Se fagu faapasī e lē manino le fagu).*
 - *Tui totigilima ma se mea e puipui ai mata.*
 - *Faaaoga se faamamā.*
 - *Ave se vailaau faapa'epa'e I le vai nai lo le ave o se vai I le vailaau e faaititia ai le iai o se mu.*
 - *la mautinoa e tele le 'ea o loo sao atu I totonu o le potu.*
 - *'Aua lava ne'i suia pe teuina faatasi le ammonia ma le vailaau faapa'epa'e poo ni oloa o loo iai I totonu le vailaau faapa'epa'e.*
 - *la sui I le vai le vailaau faapa'epa'e I aso uma; tusi ma faapipii I le fagu mea o loo gaosia mai ai ma le aso na sui ai.*



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FAASOLOGA O LE FUFULUINA, FAAMAMĀINA, MA LE FAAVAILAAUINA

continued from previous page

4. Faaaogaina saogalemu o le vailaau faapa'epa'e poo se isi mea sui ua faamaonia e le EPA:

- *A iloa atu se palapala, fufulu le fola l se fasimoli poo se vailaau faamamā ma toe faamamā l le vai a'o le'i tuuina atu iai le vailaau.*
- *A faaaoga se fagu e faga ai, ia fua lelei ia maua ai se vai fagaina malosī ae lē o le na o sina susū.*
- *la iai se faatagaga mo le taimi o fesootaiga o loo iai l le pepa o loo faamatalaina ai lenei oloa.*
- *Faia lea tulaga pe afai e lē o iai ni tamaiti o latalata ane.*
- *Faa'ea lea vaega e ala l le faataga o le 'ea fou e sao atu iai ma ia faataga se taimi e faamago ai fola pe solo mago pe a uma le taimi faatulagaina a'o le'i toe aumaia tamaiti l totonu o lea vaega.*
- *Teuina vailaau ma mea uma na faaaoga e fufulu ai l totonu o se nofoaga malu l se auala e lē pauu ma masaasaa ai, l totonu o se kapoti e mafai ona loka pe iai se loka ia 'aia ai nei mafai ona tago iai se tamaitiiti, ma mamao ese mai tamaiti.*

HAR §17-891.1-34 (6), §17-891.1-36 (c), §17-892.1-35 (6), §17-892.1-38, §17-895-14 (d), §17-895-30 (a) (4), §17-895-32 (a) (c), §17-896-35



Saogalemu

O le mautinoa o loo saogalemu tamaiti – fausia o se siosiomaga saogalemu ma le puipuia poo le faaitiitia o le ono tutupu mai o ni faalavelave faafuasei – o le matafaioi fai fai pea lea a tagata matutua o loo vaaia tamaiti. A'o tuputupua'e tamaiti, latou te taumafai e a'oa'o ni tomai fou I taimi uma, faataitai auala eseese e faaoga ai ni mea, ma faafesagai ai ma ni tulaga e fou ia I latou. O le latou fia iloa ma le mananao loa I se mea fai loa, o tulaga ia o loo unaia ai lo latou a'oa'oina. E mafai ona oo atu ai ini tulaga lamatia ona o ia mea, ma siitia ai le avanoa e manunu'a ai. Talu ai ona o tamaiti e sogasoga e sailiili, o le matafaioi o tagata matutua o le mautinoa o loo saogalemu tamaiti ae unaia pea lo latou a'oa'oina. E tãua le faaitiitia o le tulaga lamatia mai mea e ono aafia ai ma faalavelave faafuasei I le mautinoa o loo saogalemu tamaiti.

O faalavelave faafuasei o le mafuaaga aupito sili lea ona manunua ma uma ai le ola o tamaiti laiti, ae o le tele lava e mafai ona puipuia. E tatau ona suia le faiga o puipuiga pe a suia foi mea e fiafia ai tamaiti, o lo latou matutua, ma mea e mafai ona latou faia. E eseese tulaga e faia e faasaogalemu ai se pepe mai mea e ao ona fai e faasaogalemu ai se tamaitiiti aoga faataitai. E tãua le matau pea e I latou o loo tausia tamaiti ia le tamaitiiti ma lona siosiomaga, faia puipuiga talafeagai, ma vaaia tamaiti I taimi uma.

E tele vaega o le vaaiga ma le puipuiga o tamaiti e feagai ma oe o loo vaaia le tamaitiiti. E aafia ai, ae le gata ai, I le vaai faalelei o tamaiti mo ni faailo o le sauãina ma/poo le tuulafoaina ma faia ripoti talafeagai, pe a manaomia; ia mautinoa o loo tuu tamaiti I nofoa mo le saogalemu I totonu o taavale; faaoga auala sa'o mo le teuina ma le kukaina o meaa; faailoa ma teu malu vailaau oona ma vailaau fagavao I totonu ma fafo atu o le nofoaga o loo tausia ai; siaki lelei meataalo a tamaiti ma mea e faaoga ia latou taaloga ia faamautinoa e saogalemu ma talafeagai ma o latou tausaga ma le mafai; ia iai se fuafuaga mo faalavelave faafuasei ua tapena lelei; ma mulimulita'i I faatinoga saogalemu o le moe.

O le iunite leni mo le Saogalemu o loo aafia ai faamatalaga e tusa ai ma:

- **SAOGALEMU I TOTONU O LE TAAVALE**
 - Saogalemu o le Nofoa I le Taavale
 - Faasologa o le Femalagaai I le Taavale
 - Puipuia o le Oso o se Ma'i ona o le Vevela
- **SAOGALEMU MA LE TEUINA MALU O MEAAI**
 - Saogalemu o meaa
 - Meaa e aafia ai le tino
 - Saogalemu o le suasusu o le Tinã
- **FAASOGALEMU MO TAMAITI**
 - Auala e faasaogalemu ai le Nofoaga o loo Vaaia ai Tamaiti
 - Taiala mo le Puipuia mai Vailaau Oona
 - Saogalemu o le Vai
- **SAOGALEMU O MEATAALO MA MEA E FAAOGA I NOFOAGA E TAAALO AI**
 - Saogalemu o meataalo
 - Saogalemu O Mea e Faaoga I Nofoaga e Taaalo ai
- **SAUÃINA MA LE TUULAFOAINA O TAMAITI**
 - Ripotia o le Masalomia o le iai o le Sauãina ma/poo le Tuulafoaina o le Tamaitiiti
 - Puipuiga o le Ma'i e mafua ona o le Lũlũina o le Pepe
- **MOE SAOGALEMU**
 - Faatinoga Saogalemu o le Moe
 - Saogalemu o le Moega Pepe
- **FAASOLOGA I TAIMI O FAALAVELAVE FAAFUASEI**
 - Faasologa o le Fesoasoani Muamua/CPR
 - Sauniuni mo Faalavelave Faafuasei

SAOGALEMU

Saogalemu I Le Taavale

E tāua le mautinoa o saogalemu tamaiti I totonu o taavale (fmf. Taavale, SUVs, loli). O tamaiti laiti e aupito sili ona lamatia I le taimi e tu faafuasei/taofi ai le taavale pe fetoi ma se isi taavale. Tusa pe maualuga pe maualalo le aafiaga I le taimi e taia ai, e mafai ona avea ma ni mea e featofa'i solo pe afai e lē lelei ona faamau I totonu o nofoa faamaonia mo tamaiti I totonu o taavale. O le puipuiga sili e mafai ona e tuuina atu I tamaiti o le filifilia lea o se nofoa mo le saogalemu I totonu o le taavale e fetai ma le tamaiti ma le taavale ma faaoga I taimi uma e feoi ai I le taavale. E sui nofoa saogalemu mo le taavale ma le itu e faasaga iai a'o tuputupua'e le tamaiti. O le o gatusa ma nei suiga e faamautinoa ai lou ofoina atu o le puipuiga sili a'o iai tamaiti o loo e tausia I totonu o lau taavale. Ae le gata I lea, e aoaoina ai foi tamaiti ina ia saogalemu I totonu o se taavale pe a alu ma masani ai I le faaogaina o tulaga mo le saogalemu pe a iloa e manaomia le faia o lea tulaga I taimi uma e alu ai I le taavale.

E mafai ona avea taavale ma tulaga lamatia mo tamaiti, tusa lava pe le'o gaoioi. E iai tulaga lamatia e ono tulai mai pe a vevela tele ma oso ai se ma'i o se tamaiti pe o le uma ai o le ola pe a afai ae tuu na'o tamaiti I totonu o se taavale. I le ao, e mafai lava ona vave le vevela o totonu o se taavale. E sili ona maaleale tamaiti ma telē atu le avanoa e mamai ai ona o le vevela ma manunua ai nai lo tagata matutua ona o o latou tino e sili atu le vevela e gaosia mai ai pe a faatusa I le laiti o o latou tino, ma e le'i iloga ona mafai ona faamālū e o latou tino I latou lava e ala I le afu, e pei ona iai I tino malolosi o tagata matutua. E mafai ona fesoasoani I tamaiti pe a sa'o le faasologa o le feaveaiga I totonu o taavale e saogalemu ai a'o alu le taavale. O le faasaogalemu o tamaiti e aofia ai le siaki o lau taavale ae ete le'i alu ese ia mautinoa ai e le'o iai se tamaiti o galo ai I totonu. Ae le gata I lea, 'aia lava nei tuua na'o se tamaiti I totonu o se taavale I soo se taimi, ma ia 'aia nei lē lokaina lau taavale ina nei alu iai I totonu se tamaiti ae lē iloa atu. E faalagolago tamaiti I tagata matutua ina ia faia gaoioiga talafeagai ma manaomia mo lo latou puipuiga I taimi uma e iai ai I totonu o se taavale.

SAOGALEMU I LE TAAVALE

SAOGALEMU I LE NOFOA O LE TAAVALE

Aisea e Tāua Ai?

- Faaoga I taimi uma nofoa/faamau talafeagai mo le saogalemu o tamaiti ua faapipiina faalelei I totonu o taavale o loo alu ai le tamaitiiti e puipuia ai le tamaitiiti mai manuaga (poo le oti) pe a te'i ua tu/taofi faafuasei le taavale, faalavelave e tupu mai a'o alu lemu le taavale, ma faalavelave e tulai mai ona o le saosaoa.

Faasologa:

1. Filifili le ituaiga nofoa taavale talafeagai poo se nofoa faamaualuga ai le tamaitiiti e aupito sili ona fetau mo le mamafa, lapoa, ma le matua o le tamaitiiti, faapea foi le taavale o loo alu ai le tamaitiiti (tagatagai I le Pepa Faaopopo D mo Fautuaga mo Nofoa o Taavale mo Tamaiti poo le www.safercar.gov mo nisi faamatalaga).

- E tatau ona tuu le tamaitiiti I se nofoa mo le saogalemu I le taavale ua faamaonia e le Malo.
- 'Aua lava nei faaaogaina se nofoa ua silia ma le 6 tausaga poo se nofoa na I totonu o se taavale na lavea muamua (tusa lava pe foliga o la e lelei, ae ua ono leaga le fausaga). Afai e iai ni ou masalosologa e tusa ai ma se nofoa, pe ua ta'e ma iloa atu ua tuai, 'aua nei faaaogaina.



2. Ia iloa ona faapipii sa'o le nofoa mo le saogalemu I totonu o le taavale

- Faitau faalelei le tusi mo faatonuga. Afai ete manaomia se fesoasoani mo le faapipiina o le nofoa saogalemu pe ete manao I se tagata faapitoa e siakiina poo sao le faapipiina, alu I se nofoaga e siaki ai nofoa mo le saogalemu a tamaiti I totonu o taavale ma fesili mo se fesoasoani a se tagata faamaonia mo le siakiina o tulaga tau pasese tamaiti. E iai nofoaga faapea I vaega eseese I le setete I nofoaga mo le soifua maloloina/falemai ma ofisa o fuimu eseese.
- E tatau ona tuu nofoa mo le saogalemu o tamaiti I le nofoa pito I tua o le taavale, e fautuaina le tuu I le ogatotonu. E tatau ona faasaga le pepe poo se tamaitiiti I le pito I tua o le taavale seia oo I le lua tausaga le matua pe ua ausia le mamafa faatulagaina ma le umi faatapulaa o loo fautuaina mai e le fale gaosi nofoa.
 - Afai e leai se mea e mafai ona e faia ae na'o le tuu o le nofoa o le tamaitiiti I le pito I luma o le taavale (pe afai o lau taavale na'o le lua nofoa pe lē ofi le nofoa o le tamaitiiti I le nofoa pito I tua o le taavale), matuā unai I tua le nofoa o le pasese ia gata (Tagatagai foi I le #4)
- Faitau ma mulimuli I faatonuga I le tusi o faatonuga mo le taavale e iloa ai pe faapefea ona faaoga fusipa'u mo le saogalemu poo le faiga ua ta'ua o le LATCH (Puipuiga Maualalalo mo Tamaiti) faatasi ma se nofoa o le saogalemu mo tamaiti.

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SAOGALEMU I LE NOFOA O LE TAAVALE

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3. **Faitau atoa le tusi o faatonuga mo le nofoa saogalemu mo tamaiti. Ia mautinoa e siaki le faataatiaga fautuaina mo le faataatiaina o le nofoa pe a faasaga i luma poo tua.**
4. **'Aua lava nei tuuina se nofoa mo le saogalemu i totonu o le taavale i le nofoa pito i luma mo le pasese pe afai o lea taavale e iai sona taga pepa ea.**
 - *E fautuaina e le Pulega o le Saogalemu i Luga o Auala Tetele afai e tatau lava ona tuu se nofoa o se tamaitiiti i le nofoa pito i luma o le taavale ae e iai le ki o lau taavale e mafai ona tapē ai mo se taimi lē tumau le taga pepa ea i le pito a le pasese, ia tapē le taga pepa ea i le taimi atoa e iai ai le tamaitiiti i totonu o le taavale. Ia mautinoa le toe ki o le taga pepa ea pe a ave ese le nofoa mo le saogalemu.*
5. **Ia mautinoa e siaki le faataatiaga o le nofoa mo le saogalemu i taimi uma a'o lei faaaogaina.**
6. **Ia faamau faalelei fusipau o le tamaitiiti i taimi uma e alu ai le taavale.**
 - *E tatau ona i lalo ifo o le tumutumu o le nofoa mo le saogalemu le ulu o le tamaitiiti e tusa ma le 2 inisi (6 senitimita).*
 - *Ia mautinoa o loo faamau le fusipau ma tuu i totonu o mea e tuu ai ma o loo fetau pe i lalo ifo o tauau o le pepe.*
 - *Ia mautinoa e mau lelei le fusipau o le pepe, aemaise lava i luga o tauau ma ogavae. E tatau ona taoto mafolafola lelei le fusipau, ae lē milo. Afai o loo mafai ona ofi ai ou tamatamailima i lalo o le fusipau, lona uiga e 'ō'ō.*
 - *Ia fai ni ofu o le pepe e mafai ai ona saoloto pea ona vae ina ia mafai ai ona faamau faalelei le fusipau i le va o ona vae. Afai o loo malulu le tau, faamau muamua le fusipau o le pepe, ona faatoa ufi ai lea i se palanikeke ('aua lava nei ufiina le ulu o le pepe). 'Aua lava nei faamau se palanikeke i lalo poo tua o le pepe.*
 - *Afai ae mafuli le pepe i le pito e tasi (e taatele i pepe faatoa fananau), taai ni napekini ie poo ni sololima ma tuu i autafa uma o tauau o le pepe. 'Aua nei tuuina soo se ituaiga ufiufi poo se palanikeke i lalo o le pepe – e ono aafia ai le mafai e le fusipau ona taofi le tamaitiiti.*
 - *A gau mai i luma le ulu o le pepe (e taatele foi i pepe faatoa fananau), siaki le faataatiaga o le nofoa. Faaoga se solo poo se palanikeke e te'e laitiiti ai i tua le nofoa (e aupito sili pe a faataatia i le 30 i le 45 tikeri).*
 - *Toe fetuunai le fusipau pe a tupu le tamaitiiti.*
7. **Faatapulaa le taimi e iai ai se pepe i totonu o le nofoa i le taavale, aemaise lava pe afai ua lē o toe i totonu o le taavale. A umi tele le taimi e tuu ai i totonu o le nofoa mo le taavale, e faaitiitia ai gaioiga a le pepe ma avanoa e mafai ona gaioi ai, lea e manaomia mo le atiaeaina o lona tomai o le faalogoga ma le gaioi.**



HAR §17-891.1-12 (4), §17-892.1-12, §17-895-11, §17-895-17

SAOGALEMU I LE TAAVALE

FAASOLOGA O LE FEAVEAIGA I TOTONU O TAAVALE

Aisea e Tāua Ai?

- O le lavevea o taavale, o le mafuaaga numera tasi lea o le uma o le ola o tamaiti e l le va o le tasi l le sefulufa tausaga le matutua l totonu o Amerika. O le iai o ni talala poo le faasologa o le faiga o femalagaaiga, l totonu ma fafo o le taavale, e faaititia ai le lamatia o tamaiti l tulaga tau manuaga.

Faasologa:

A'O LE'I FEAVEAIA TAMAITI:

1. Ia iai se faiga faavae tusitusia e faasoa ma sainia e matua o loo tagofia ai le feaveaia saogalemu o se tamaitiiti l totonu o se taavale a'o iai l le nofoaga o loo vaaia ai. Tagatagai l le faasologa o le Saogalemu l totonu o Nofoa Taavale mo nisi faamatalaga. E tatau ona aofia ai l le mau faavae tulaga nei:
 - Aofai o tamaiti e faatusa l tagata faigaluega l le taimi e alu ai le taavale
 - Fuafuaga faapoopo mo le femalagaai l le taimi o faalavelave faafuasei
 - Faaagaina o le fuspau ma le nofoa mo le saogalemu o tamaiti l totonu o taavale, e aofia ai nofoa faamaualuga ai le tamaitiiti e pei aiaia l lalo o tulafono a le setete (<http://hidot.hawaii.gov/highways/safety-communities/child-passenger-safety/>)
 - Ia iai ma mafai ona maua se ato mo le fesoasoani muamua, tagata e faafesootai l le taimi o faalavelave faafuasei, ma faamatalaga tau soifua maloloina mo le tamaitiiti, ma se telefoni feaveai
 - Laisene, resitara, ma le inisiua o le taavale ma ave taavale
 - Umi faatulagaina o le taimi e tatau ona femalagaai ai
 - Faiga e mautinoa ai e leai se tamaitiiti e galo l totonu o se taavale pe a taunuu le malaga pe tuu na'o latou e leai se isi e vaaia l fafo poo totonu o le taavale l le taimi o lae la'u ai l luga poo lalo le uta (tagatagai l le pepa o le Puipuia o ni Ma'i Oso e mafua l le Vevela mo nisi faamatalaga)
2. Ia mautinoa e saogalemu, lelei le tausiga, resitaraina sa'o, ma inisiua le taavale o le a faaoga.
3. Faatalanoa ma tamaiti faatinoga saogalemu o femalagaaiga e tusa ai ma o latou tausaga ma le tulaga talafeagai o le atinae ua oo iai.



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FAASOLOGA O LE FEAVEAIGA I TOTONU O TAAVALE

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I LE ASO E FEMALAGAAI AI:

1. Siaki uamea o nofoa taavale, fusipau, ma le uga o loo ufi ai ina ia puipuia mai le mu. I le taimi e vevela ai le tau, puipui vaega na ini palanikeke poo ni solo pe a le'o faaaogaina le taavale.
2. Tuu le tamaitiiti I totonu o le taavale, e ui mai I le itu e le'o feoi ai taavale.
3. Faaaoga mea talafeagai ma le matua o le tamaitiiti e taofi ai. Ia mautinoa ua faamau ma faapipii lelei (tagatagai I le pepa mo le Saogalemu I totonu o le Nofoa o le Taavale mo nisi faamatalaga).
4. Ia lava ma talafeagai tagata matutua e vaaia tamaiti I totonu o taavale.
5. Siaki poo ai tamaiti o loo iai e ala I le siaki o o latou igoa ma foliga pe a ulufale I totonu o le taavale.
6. Ia fetau lelei le malulu poo le mafanafana o le ea mo tamaiti.
7. A taunuu I le mea na o iai, aveese le tamaitiiti mai le taavale I le itu e le'o feoi ai ni taavale, I le itu auala o loo iai le nofoaga o loo o iai.
8. Siaki poo ai tamaiti o loo iai e ala I le siaki o o latou igoa ma foliga pe a ulufafo ma le taavale.
9. Ia e alu e siaki atoa le taavale ia mautinoa ua o uma I fafo tagata uma.
10. 'Aua lava nei tuua na'o se tamaitiiti I totonu o se taavale na'o ia I soo se taimi lava, tusa lava pe o ola le ea malulu o le taavale pe o matala foi se faamalama.



HAR §17-891.1-6 (8), §17-891.1-12, §17-892.1-5 (12), §17-892.1-12, §17-895-11, §17-895-17, §17-896-12

SAOGALEMU | LE TAAVALE

PUIPUIGA O SE MA'I OSO ONA O LE VEVELA

Aisea e Tāua ai?

- O se tuufaatasiga e na o le oti le iuga pe a tuufaatasi le vevela o totonu o se taavale ma ni tamaiti, ona e mafai ona manunua pe uma ai le ola.
- E mafai ona puipuia ni ma'i oso poo ni maliu e mafua ona o le vevela.

Faasologa:

1. 'Aua lava nei tuua na'o se tamaitiiti I totonu o se taavale na'o ia I soo se taimi lava, tusa lava pe o ola le ea malulu o le taavale pe o matala foi se faamalama.
2. Faia ni laasaga e puipuia ai le galo ona aveese o se tamaitiiti mai totonu o le taavale:
 - Tusi se faamanatu ia te oe lava ma tuu I se nofoaga ete iloa atu a'o lei alu ese ma le taavale.
 - Tuu lau atotupe, atopa'u, mmf, I le nofoa pito I tua ina ia lē alofia ai lou siakiina o le nofoa pito I tua a'o lei e alu ese ma le taavale.
3. Ia loka faitotoa ma le keli I taimi uma ete ulufafo ai ma lau taavale, ma ia teu le ki I se nofoaga e lē oo iai se tamaitiiti.
4. 'Aua lava nei faataaloa se tamaitiiti I totonu o le taavale, pe tuu le ki I le mea e ki ai le taavale.
5. Afai o misi se tamaitiiti, ia siaki taavale uma I le taimi lava lea, e aofia ai ma le keli.



FAAMATALAGA: Mo se puipuiga faaopoopo, fai se fuafuaga ma le matua/mātua o le tamaitiiti o loo e vaaia ete vilia I la'ua pe afai ae lē oo atu le la tama I le nofoaga o loo vaaia ai I se taimi faatulagaina ma e le'i logoina muamua oe I se suiga o le taimi e taunuu atu ai le tamaitiiti.

HAR §17-891.1-31, §17-892.1-32, §17-895-34, §17-896-30

SAOGALEMU

Saogalemu Ma Le Teuina O Meaai

O le saunia ma le laulauina o meaai, o se tulaga e faia I aso uma I totonu o soo se siosiomaga o loo tausia ai tamaiti, ma e tāua tele mo le soifua maloloina ma le saogalemu o le tamaititi le mautinoa o le saogalemu o meaai ete fafagaina ai. E ui soo se isi lava e mafai ona ma'i pe afai e taumafaina e aunoa ma lona iloa ua faaleagaina e siama ni meaai, e sili atu le tulaga lamatia o tamaiti laiti ona o loo tau atiae pea o latou manava ma mea e mafai ona tetee e o latou tino laiti. E le gata la ina faaititia ai ituaiga meaai e tatau ona aai ai; e aafia ai foi le mafai ona latou tetee atu I mai pipisi ma faamai e mafua ona o le leaga o meaai ma e ono aafia ai le tamaititi ini tulaga tetee o le tino ma ono lamatia ai lo latou ola.

Afai e malamalama oe, o lē o loo tausia le tamaititi, ma faaaauu ona faatino tulaga faigofie mo le saogalemu mo le teuina, saunia, ma le laulauina o meaai, e aafia ai suasusu, e mafai ona e puipuia mai le faaleagaina, mafu, ma le ono pipisi o mai e mafua mai I meaai leaga. Ae le gata I lea, afai ete fesili I sui o aiga o le tamaititi e tusa ai ma ni meaai e aafia ai le tino o le tamaititi, ma e toaga ia mautinoa e lē fafagaina ai le tamaititi I ia meaai, e mafai ona e fesoasoani e puipuia le tamaititi mai le aafia ai I se tulaga tūgā.

SAOGALEMU MA LE TEUINA MALU O MEAAI

SAOGALEMU O MEAAI

Aisea e Tāua ai?

- **O le saunia ma le teu faalelei o meaai e faaitiitia ai le avanoa o le 'ōnā mai meaai ua leaga.**
- **O le taumafa I meaai ua leaga ona o siama e matuiā tele, ma e ono oo ai le oti I se tamaitiiti laitiiti.**

Faasologa:

1. Ia mamā I taimi uma le faiga o meaai ma le nofoaga o loo saunia ai:

- *Fufulu ou lima a'o lei tagofia meaai, faatele ona fufulu I le taimi o saunia ai meaai, ma pe a uma (tagai I le pepa mo Faasologa o le Fufuluina o Lima mo nisi faamatalaga).*
- *Fufulu ma faamamā fola uma ma mea na faaaoga e fai ai meaai (tagai I le pepa mo le Faasologa o le Fufuluina, Faamamāina, ma le Faavailaauina mo nisi faamatalaga).*
- *Puipui nofoaga e saunia ai meaai mai iniseti, manu faalafuā, ma isi meaola.*



2. Faeseese meaai e le'i kukaina ma meaai ua uma ona faavela:

- *Faeseese aano mata o manu fasi, moa, ma figota o le sami mai isi meaai.*
- *Tuu eseese mea faigaluega ma mea e faaaoga e kuka ai meaai e pei o naifi ma laupapa tipi povi mo le sauniga o meaai mata.*
- *Teu meaai I totonu o ni mea e lē liki ia 'aua ai nei pa'i meaai mata I meaai ua uma ona saunia.*

3. Kuka ia vela lelei:

- *Kuka ia vela lelei meaai, aemaise lava I aano o manu fasi, moa, fuamoa, ma meaai mai le sami, e tusa ai ma le vevela fautuaina.*

4. Teu meaai I le vevela fautuaina saogalemu:

- *Ia faavevela meaai vevela ma faamalulu meaai malulu.*
- *'Aua nei tuua I fafo meaai ua uma ona kukaina I le silia I le lua itula.*

5. Faaaoga mea faigaluega ma vai mamā ma le saogalemu:

- *Faaaoga vai mamā ma le saogalemu e fufulu ma kuka ai meaai.*
- *Fufulu fualaaui aina ma fualaaui faisua, aemaise lava pe a ai mata.*
- *'Aua nei faaaogaina ni meaai ua sili atu ma le aso e aogā ai.*

HAR §17-891.1-35, §17-892.1-36, §17-892.1-37, §17-895-38, §17-895-39 (a) (b), §17-896-34

SAOGALEMU MA LE TEUINA MALU O MEAAI

MEAAI E AAFIA AI LE TINO

Aisea e Tāua ai?

- A matuiā le aafia o le tino ona o meaai e mafai ona tupu ai le faigata ona mānava, pata le tino, faafaufau, faasuati, ma le pa'ū maualalo o le maualuga o le toto ma oo atu ina oti, pe a lē togafitia vave.
- E mafai ona maua le tamaitiiti I le tulaga lea o le aafia I meaai mo le taimi muamua a'o iai I le nofoaga e vaaia ai tamaiti, o lona uiga e tāua lou iloa o auga taatele ma malamalama pe faapefea ona pulea lea tulaga.

Faasologa:**1. A resitara se tamaitiiti fou I lau polokalame:**

- *Ao mai faamatalaga mai le aiga e tusa ai ma meaai e iloa e aafia ai le tamaitiiti.*
- *Fesili I le aiga e tuuina atu se fuafuaga mo le tausiga o le tamaitiiti na saunia e lana fomai e aafia ai mea nei:*
 - *Meaai e aafia ai le tamaitiiti*
 - *Auga patino e manaomia ai loa le inumia o se vailaau mo togafitiga*
 - *Igoa, aofaiga, ma metotia e faainu ai soo se vailaau mo togafitiga*
- *Afai e tuuina atu ia te oe e le aiga se EpiPen mo le faia o le togafitiga, fai I le matua/ mātua e a'o atu ia oe le faiga o lea tulaga.*
- *Ia faatumu e le aiga le Pepa Faatumu o le Maliega mo le Tuuina atu o Vailaau mo Togafitiga (tagai I faataitaiga I le Pepa Faapipii B).*

**2. Laasaga e uia e puipuia ai le aafia I ni mea ua iloa e aafia ai:**

- *Faapipii se faailo e tusa ai ma meaai e aafia ai le tino o se tamaitiiti I se nofoaga e iloa lelei atu e lau aufaigaluega I totonu o le nofoaga o loo sauni ai meaai ma/poo soo se mea lava e fai ai meaai.*
- *Mafaufau pe aveese atoa meaai ia e aafia ai tamaiti mai lau nofoaga ia faaitiitia ai le tulaga lamatia o le ono aafia ai o le tamaitiiti.*
- *Faailoa I aiga ni meaai e aafia ai tamaiti uma o loo e vaaia; ma fai iai e 'aua nei aumaia ia meaai I lau nofoaga.*

SAOGALEMU MA LE TEUINA MALU O MEAAI

MEAAI E AAFIA AI LE TINO

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3. Iloaina o auga o se tamaitiiti ua aafia lona tino I meaai:

- *Nonofo ma le tamaitiiti I le taimi o meaai. Matau ni faailo o le aafia o le tino, e pei o le faafuasei ona mafatua, mūmū le tino, pata le tino, mageso le pa'u o le tino, fufula pe tau lanu moana le pa'u o le tino poo laugutu, tau mole, pe o le lē mafai ona tautala.*
- *Faalogo ma vaai ini tulaga e iloa ai ua lē lelei lana faalogo. O le tamaitiiti e mafai ona tautala e mafai ona ta'u atu ia oe*
 - *E ese la'u faalogo I lo'u gutu*
 - *E iai se mea o loo oomia lo'u laulaufaiva*
 - *Ua mageso (pe mu) lo'u laulaufaiva (poo le gutu)*
 - *Ua vevela lo'u laulaufaiva*
 - *E iai se mea o loo mau I lo'u faa'ī*
 - *E fufusi la'u faalogo I o'u laugutu*
 - *E iai manu laiti I totonu o o'u taliga*

4. Togafitiga o le aafia o le tino:

- *Vave ona faainu le vai mai le fomai mo togafitiga e tusa ai ma le fuafuaga o le tausiga*
- *Vave logo le matua/mātua o le tamaitiiti pe a masalomia ua aafia pe ua pa'i lona tino I le mea lea e mafua ai ona aafia, tusa lava pe le'i iai ni foliga vaaia o le aafia.*
- *Afai ua tuuina atu iai le epineferine, valaau vave loa le 911.*
- *Alu ma feaveai le fuafuaga mo le tausiga ua uma ona tusi I lalo, se numera o le telefoni, numera o telefoni mo faalavelave faafuasei, ma vai talafeagai mo togafitiga pe a alu ni tou malaga I fafo atu o le nofoaga masani poo soo se ituaiga femalagaaiga I fafo atu o le nofoaga masani.*
- *Faafesootai le 911 pe a manaomia.*

HAR §17-891.1-25 (e), §17-892.1-26 (f), §17-895-25 (f)(g), §17-896-24 (h)

SAOGALEMU MA LE TEUINA MALU O MEAAI

SSAOGALEMU O LE TEUINA O SUASUSU

Aisea e Tāua ai?

- O le teu faalelei e faaititia ai le ono faaleagaina ma ma'i e ono oo iai mo pepe ma tamaiti laiti.

Faasologa:

1. la mautinoa e tusi le aso I luga o mea uma o loo utu ai le suasusu.
2. Teuina o suasusu faatoa tatau I totonu o le pusaaisa:
 - Tuu mea o loo utu ai suasusu I le ogatotonu o le pusaaisa, ae lē o le faitotoa.
 - Faaaoga le suasusu I totonu o le 5-8 aso.
3. Teuina mo se taimi I fafo o le pusaaisa:
 - Teu le fagu o loo iai le suasusu I totonu o se kula o loo iai ni aisa; e mafai ona teuina saogalemu e oo atu I le fa itula pe afai o le malulu o totonu o le kula e faaauau ona I lalo ifo o le 100 tikeri.
4. Teuina I totonu o le fulisa:
 - Teu suasusu ua faamalo I totonu o se vaega o le fulisa o le pusaaisa e oo atu I le 2 vaiaso.
 - Teu suasusu ua faamalo I totonu o se vaega o le fulisa e ese sona faitotoa e oo atu I le 3-4 masina.
5. Faavaivaiina o suasusu na faamalo:
 - Faavaivai le suasusu na faamalo I totonu o le pusaaisa pe I lalo o se paipa vai mafanafana
 - 'Aua nei faavaivai le suasusu faamalo I se ogaumu faavevela meaa pe faapuna I luga o se ogaumu.
 - Faaaoga suasusu na faamalo ae o lea ua faavaivai I totonu o le pusaaisa I totonu o le 24 itula talu ona faavaivai
 - Faaaoga suasusu ua uma ona faavaivai ma o loo I fafo o le pusaaisa I totonu o le 1 le itula.
 - 'Aua nei toe faamaloina ni suasusu ua uma ona faavaivai.



HAR §17-895-39(a)(b)

SAOGALEMU

Faasaogalemu Mo Tamaiti

O le natura lava o le tamaitiiti o le fia iloa o mea, ma o le alu e suesue ma iloilo vaega eseese o lona siosiomaga o auala tāua ia e aoaoina ai le tamaitiiti. Ae peitai, o lo latou fia iloa ma le fia suesue, e tele ai le tulaga lamatia o le mafai ona aafia ai ini faalavelave faafuasei. E manaomia e tamaiti le tuuina atu e tagata matutua o ni siosiomaga saogalemu e suesue ai – ituaiga siosiomaga e faaitiitia ai le lamatia mai faalavelave faafuasei ma mafai ona suia e fetau ma o latou manaoga ma le faatuputupulaia o le mafai.

Talu ai ona e tele ina sili atu le mafai e tamaiti ona fai o mea nai lo le tulaga ua iai lo latou malamalama ma tomai fetuutuunai, e le'o mafai ona latou malamalama atoatoa I auala e mafai ai e ni mea faitino poo ni mea e tutupu mai ona aafia ai I latou. I le aveai ai o oe ma se tasi e tausia tamaiti, e mafai ona e puipua le tulai mai o ni faalavelave faafuasei e ala I lou iloa o mea e mafai e tamaiti ona fai I laasaga eseese o lo latou ola tuputupua'e, o le iloa o mea faitino poo ni mea e ono tutupu mai I totonu o le nofoaga o loo tausia ai tamaiti, ma fetuutuunai le siosiomaga ina ia faaitiitia ai le tulaga lamatia.

Ia matuā faasaogalemu I lea e gata ai le siosiomaga o loo e tausia ai tamaiti e ala I le mulimuli I taiala faigofie mo le faasaogalemuina mo tamaiti. Siaki le siosiomaga I fafo ma totonu ia mautinoa ua saogalemu mo tagata uma. Vaavaai tamaiti pe a taaalo ia iloa ai poo a ni mea e ono lamatia ai o latou ola. Taoto pe nofo I luga o le foloa poo le palapala ia e iloa ai poo a foliga vaaia o le lalolagi mai lea maualalo mo tamaiti. Aveese pe poloka tamaiti mai le oo atu I mea e ono manunua ai. Ia 'aue nei aveesea ou mata mai tamaiti o loo e vaaia I taimi uma e iai ai I totonu poo autafa o se vai. Manatua e mafai ona malemo tamaiti I totonu o ni nai inisi o le vai.

Ae o le puipuga aupito sili ona lelei I mea uma lava, o le vaai faalelei. E na'o ni nai sekone lava e ono tupu mai ai se faalavelave. O le puipua ma le vaai faalelei o le ki lea o le faasaogalemuina o tamaiti.

FAASAOGALEMU MO TAMAITI

AUALA E FAASAOGALEMU AI LE NOFOAGA O LOO VAAIA AI TAMAITI

Aisea e Tāua ai?

- O le faaaogaina o mea ua faamaonia mo le saogalemu o tamaiti ma le faia o isi tulaga mo le saogalemu e faaitiitia ai le ono manua o se tamaitiiti.

Faasologa:

1. Vaai I le siosiomaga o loo tausia ai tamaiti e faailoa vaega e mafai ona avea ma tulaga lamatia. Suesue vaega uma mai le tulaga o le tamaitiiti – e ala I loo totolo I ou lima ma tuli ma sau mai lea potu I lea potu. Fesili oe ia te oe poo a ni mea e ono tosina iai le tamaitiiti ae poo a foi ni mea e mafai ona au iai (I le va o le foloa ma le 40 inisi I luga).
2. Aveese pe faamau faalelei soo se ituaiga mea e ono lamatia ai le ola o se tamaitiiti. Ia mautinoa soo se fana poo ni aupega (naifi fasi manu, fanafana āū, fana BB, fana Airsoft ma isi mea faapena) ia lokaina ma ia ese se isi nofoaga e loka ai pulufana I se mea malu.
3. Ia mautinoa o saogalemu faitotoa uma e ulufale ma ulufafo ai ma o loo avanoa faitotoa e o ai I fafo pe a tutupu mai ni faalavelave.
4. Faapipii ni mea faitino mo le saogalemu I luga o mea faigaluega, mea e faaoga mo kuka, ma meafale e puipua ai le ono tulai mai o ni manuaga. Faataitaiga, faaoga mea nei:
 - **FAAMAU MO LE SAOGALEMU MA LOKA** mo kapeneta ma pusatoso I totonu o le umukuka, faletaele, ma isi vaega. Vaai ni faamau mo le saogalemu ma ni loka e faigofie ona faapipii ma faaoga e tagata matutua ae ia malosi ina ia mafai ona tatālia le tatoso e tamaiti.
 - **PA MO LE SAOGALEMU** e faataamilo I fasitepu ma potu e ono iai ni tulaga e lamatia ai. Su'e ni pa mo le saogalemu e lē faigofie ona matala ae e faigofie ma mafai e tagata matutua ona tatala ma tapuni.
 - **UFI O 'AU O FAITOTOA MA LOKA O FAITOTOA** I luga o faitotoa. Ia mautinoa e malō le loka, ma mafai ona vave tatala ai le faitotoa e se tagata matua I le taimi e tupu ai se faalavelave faafuasei.



continued on next page

FAASAOGALEMU MO TAMAITI

AUALA E FAASAOGALEMU AI LE NOFOAGA O LOO VAAIA AI TAMAITI

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- **MEA FAAPIII E 'AUA AI NEI MU** *mo paipa ma gutu paipa o faletaele. Seti le vevela o le masini faavevela I le 120°F e puipuia ai le mu ona o le vaivevela.*
 - **SAILIGI MO LE AUSA MA LE KASA O LE KAPONI MONOSITE** *I soo se vaega ma totonu o potu uma I le nofoaga o loo tausia ai tamaiti. Siaki maa faatasi I le tausaga.*
 - **PUIPUI O FAAMALAMA MA NETI MO LE SAOGALEMU** *I faamalama, polotito, faatoso, ma vaega faaopoopo o le fale. Ia faaititia le tetele o faamalama I le fa inisi pe lalo ifo, e aofia ai ma le avanoa I le va o pa puipui o le faamalama.*
 - **PUIPIUGA O PITO MA ITU** *o meafale. Ia mautinoa e mau lelei ia puipuiga I luga o meafale.*
 - **KAVA O PALAKA MA KI** *I le mea o iai mea e alu I le eletise. Ia mautinoa e lē faigofie ona aveese e tamaiti ia kava ma ia tetele ia 'aua nei laoa ai se tamaitiiti.*
 - **UFI O FAAMALAMA E LEAI NI MANOA TOSO** *mo faamalama (poo ni manoa toso e nanā ia 'aua nei maua e le tamaitiiti).*
 - **TAULA** *mo meafale ma mea e faaaoga (fmf. Fata e tuu ai le televise, fata, fata tusi, kapoti, kesi, pusa ma laulau) ia faamau ai agai I le foloa poo le puipui.*
 - **TELE NI VAEGA E PUIPUIA AI NOFOAGA E IAI VAITAELE POO NISI MEA E FAAAOGA AI LE VAI.** *Fau se puipui e faataamilo atoā I le vaitaele poo se isi mea e faaaoga ai le vai, e aofia ai se pa e 4 futu le umi ae iai sona pa e mafai ona tapuni na loka lava e ia ia.*
5. Siaki I aso uma le siosiomaga o le nofoaga o loo tausia ai tamaiti ia mautinoa o loo mautu ia puipuiga ma/poo le toe fetuunai pe toe faapipii ni puipuiga fou e faaagaga ma puipuia ai le tamaitiiti a'o tuputupua'e ma umi ma malosi atu.

HAR §17-891.1-31, §17-891.1-32, §17-891.1-36, §17-892.1-32, §17-892.1-33, §17-895-34 (1), §17-895-32, §17-895-35, §17-896-30, §17-896-31

FAASAOGALEMU MO TAMAITI

TAIALA MO LE PUIPUIA MAI LE 'ŌNĀ

Aisea e Tāua ai?

- O le saogalemu mai mea oona ma le vaaiga lelei o tamaiti o auala aupito sili ona aogā lelei lea mo le faaitiitia o le tulaga lamatia o tamaiti I le 'ōnā faafuasei.

Faasologa:

1. IA ILOA:

- *la mautinoa ia teu faalelei mea e faaaoga I le fale ma vailaau mo togafitiga I se kapeneta e mafai ona loka poo se faamau e lē mafai ona tatala e se tamaitiiti.*
- *la mautinoa e teu vailaau mo togafitiga ma isi mea e faaaoga I le fale I totonu o fagu poo pusa na faatau mai ai.*
- *Fesili ma faaaoga vailaau mo togafitiga ma mea e faaaoga I le fale e I totonu o ni ufi e lē mafai e tamaiti ona tatala.*
- *Mo le teuina o oloa e faaaoga I le fale, ia mautinoa e vaai se nofoaga e ese mai I le mea o loo teu ai meaai ma vailaau mo togafitiga.*
- *'Alo ese mai le inumia o vailaau mo togafitiga a'o iloa atu oe e tamaiti ona e tele ina taumafai tamaiti e faataitai I tagata matutua.*
- *Faaigoa vailaau mo togafitiga I o latou igoa sa'o. O vailaau mo togafitiga e lē o ni "lole."*
- *la mautinoa na e faitaua le pepa o faamatalaga I luga o le oloa ae te lei faaaogaina.*



2. Faaaoga le Lisi e Siaki ai pe ua Faasaogalemu lou Fale mai Mea Oona: Puipuia o Potu Taitasi mai Mea Oona ma Vailaau Oona (tagai I le Pepa Faapipii E) e asiasi ai potu taitasi I tulaga lamatia o loo ono iai ini oloa oona. (Fetuunai pe a manaomia mo se nofoaga o loo ofoina atu ai se auunaga.)

- *la e alu I lalo I le maualalo o loo iai le tamaitiiti ia mautinoa ai e le'o iai ni tulaga lamatia e te le'o vaai atu iai.*

3. A'o e asiasia potu uma, togi le pusa sa'o I luga o lau lisi.

- *Afai na e tali "leai" I soo se fesili I luga o le lisi, mulimuli I laasaga I le itu taumatau e faaleleia ai le saogalemu o le tamaitiiti.*

4. Faaaoga soo lenei lisi e siaki ma faailoa ai oloa e ono lamatia ai le ola o loo ono mafai ona au iai le tamaitiiti.

5. Afai ete masalomia ua 'ōnā se isi, vave valaau le Laina Fesoasoani mo le 'Ōnā I le 1-800-222-1222 pe valaau le 911. Teu nei numera latalata ane I lau telefoni.

HAR §17-891.1-32 (6), §17-891.1-23, §17-891.1-29, §17-891.1-36, §17-892.1-33, §17-892.1-23, §17-892.1-30, §17-892.1-32, §17-895-32 (b), §17-895-23, §17-895-35 (9)(10), §17-896-22, §17-896-30, §17-896-31

FAASAOGALEMU MO TAMAITI

SAOGALEMU I LE VAI

Aisea e Tāua ai?

- **E mafai ona malemo tamaiti laiti I totonu o ni nai inisi o le vai, tusa lava pe ua uma ona a'o a latou aau.**

Faasologa:

1. 'Aua lava nei tuua na o se tamaitiiti na'o ia I totonu poo autafa o se vai.

2. Ia iloa tulaga e ono lamatia ai le tamaitiiti I le vai:

- *Teu tapu, kula, ma pakete I se nofoaga e le au iai le tamaitiiti ma aveese vai pe a uma ona faaaoga.*
- *Tapuni faleletaua ma faaaoga loka o nofoa o faleletaua.*
- *Faapoopo ia tele ni pa e faataamilo I vai taele poo nisi mea e faaaoga ai vai. Fau se pa e faataamilo atoa I le vai taele poo le mea e faaaoga ai le vai, e aofia ai se pa e 4 futu le umi ae iai lona pa e mafai ona tapuni ma loka lava e ia ia.*



3. Afai o latalata/totonu o le vai le tamaitiiti, mulimuli I tulafono nei tau le saogalemu:

- *E tatau ona aoaoina I le CPR tagata matutua o loo vaaia tamaiti ma e tatau ona iai se telefoni e mafai ona faaaoga I le vaega o loo iai le vai taele poo le vai I soo se taimi.*
- *Faamalositia tulafono o le saogalemu, e pei o le faasa ona tamomoe.*
- *Soo se tamaitiiti lava o loo taele I le vai, tusa lava poo se vai taele papa'u mo tamaiti laiti, e tatau ona mafai ona au iai le tagata matua ina ia mafai ona "vaaia ma tago atu iai". O le vaaia ma tago atu iai o lona uiga ia mafai ona e au I tamaiti o loo taele I taimi uma.*
- *Afai e faaaoga se ofu faaola, ia mautinoa e ofi lelei (fft, e lē mafai e le tamaitiiti ona toe ui ese le ofu mai lona ua pe a uma ona faaofu ai). Mo tamaiti e tai 5 ma lalo ifo tausaga, e tatau ona iai se kola faaopeopea o le ofu faaola ia faatusa'o ai le ulu ma foliga I fafo o le vai a'o aau.*
- *Siaki mea e faaalu ai le vai I totonu o vai taele ia mautinoa o loo mau lelei ma e le'o ta'ei, ma o loo iai faiga mo le puipuiga e pei o ufi o mea e faalu iai vai e lē mafai ona mau ai se isi ma se faiga e mafai ona saogalemu ai pe a mitiia I totonu o se mea.*
- *E manaomia se leoleo faaola faamaonia mo:*
 - *Soo se faatinoga e faia I le matafaga poo le vai taele*
 - *Vai taele e 24 inisi le loloto pe sili atu I vaega aupito loloto.*

HAR §17-891.1-37, §17-892.1-39, §17-895-40, §17-896-36

SAOGALEMU

Saogalemu O Mea Taalo Ma Mea E Faaaoga I Fafo E Taaalo Ai

E t̄ua tele le taalo I le ola tuputupua'e ma le atinae o le tamaitiiti. E manaomia e tamaiti laiti le tele o avanoa e taaalo ai, ma le tele o ituaiga meataalo eseese e saogalemu ia faaosofia ai o latou mafaufau sogasoga. O mea taalo o se vaega t̄ua lea o le olaga o soo se tamaitiiti, ae peitai e l̄e saogalemu I taimi uma le taaalo ai I ia mea.

E ui ua lisiina mai e fale gaosi mea taalo faamatalaga t̄ua tau saogalemu I luga o mea o loo affi mai ai mea taalo, o le saogalemu o mea taalo e le na'o le siakiina pe talafeagai le matua o le tamaitiiti ma mea taalo. O lou ofoina atu o le tausiga mo tamaiti, o le lelei o lau filifiliga o mea taalo ma mea e faaaoga mo taaloga I totonu ma fafo e saogalemu, mea taalo e talafeagai ma le matutua o tamaiti ma le tulaga ua iai lo latou atiaeina, o le laasaga muamua lea mo le puipuia o tamaiti o loo e vaaia. Ae peitai, e manaomia foi le faaaogaina sa'o ma le tausiga o nei mea taalo, ma le vaaiga faalelei o tamaiti pe a taaalo ai, ina ia puipuia ai mai ni manuaga e mafua ona o mea taalo ma taaloga e faia I fafo. O le iloa poo a ituaiga mea taalo ma mea e faaaoga I taaloga e faatauina, iloa ona teuina faalelei, ma vaa'i faalelei tamaiti, o auala t̄ua uma ia e faafiafia ma faasaogalemu ai tamaiti a'o taaalo.

SAOGALEMU O MEA TAALO MA MEA FAIGALUEGA I FAFO

SAOGALEMU O MEA TAALO

Aisea e Tāua ai?

- O le filifili lelei o mea taalo, teuina lelei o mea taalo, ma le vaaiga faalelei o tamaiti a'o taalo, o auala aupito sili ia ona lelei e puipuia ai tamaiti mai manuaga e mafua ona o mea taalo.

Faasologa:

1. Pe a faatauina mea taalo:

- Filifili faalelei ni mea taalo. Ia manatua tausaga o tamaiti, mea e fafia ai, ma le tulaga ua iai le tomai (tagai I le Mo le Lelei o Tamaiti: Mafaufau I le Saogalemu o Mea Taalo e ala I le Iloa o Tulaga e ono Lamatia ai le ola ona o Mea Taalo mai le Komisi o le Saogalemu o Oloa mo Tagata Faaaoga a Amerika I le lisi o tusi mo nisi faamatalaga).
- Saili mea taalo mo soo se matua e lelei le faiga ma fausia lelei.
- Ia mautinoa e manino lelei faatonuga, fautuaga, poo faasinoga – ia oe, ma, pe a talafeagai, I le tamaitiiti.
- Ia avea oe o se isi e faitaua pepa o loo faapipii I luga o oloa. Vaai ma usitai I fautuaga e pei o le “E lē fautuaina mo tamaiti I lalo ifo o le tolu tausaga.” Vaai mo isi pepa o le saogalemu e aofia ai le “Faigata ona sosolo ai se afi/Mafai ona tetee atu I le afi” I luga o oloa tau ofu ma “Mafai ona tāina e faamamā ai ie” I luga o mea taalo ma pepe taalo.
- **Tiai ni taga pepa poo mea na affi atu ai mea taalo pe a uma ona tatala.**



2. Mo le vaaiga lelei o mea taalo:

- Fai ma siaki mea taalo uma poo taei ma ni tulaga lamatia e tulai mai ai. E tatau ona faalelei vave ni mea taalo ua faaleagaina pe, afai e le mafai ona toe fai, tiai loa,
- Faasanipepa ma faalamolemole itu o mea taalo laupapa e ono maai poo ni fola ua gaulua.
- Fai ma suesue mea taalo uma e faaaoga I fafo poo elea pe ua iai ni vaega ua vaivai e mafai ona aafia ai le tamaitiiti.
- Aoao le tamaitiiti e ta'u atu ia te oe pe afai na te iloa ua leaga se mea taalo.
- Ta'u iai e ono le saogalemu se mea taalo e toe taalo ai pe afai e leaga.
- Aveese mea taalo ma mea e faaaoga I taaloga ua malepelepe e 'aia nei toe faaaogaina.

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SAOGALEMU O MEA TAALO

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3. Pe a teuina mea taalo:

- *Aoao I le tamaitiiti e teu ese faalelei ana mea taalo I luga o fata poo totonu o se pusa mea taalo pe a uma ona taalo e puipuia ai mai le lāvea ma sulu ai.*
- *Siaki pusa mea taalo/pusa mo ni tulaga mo le saogalemu. Faaaoga se pusa mea taalo e iai se tapuni e mafai ona matala I soo se ituaiga tatala e tatala ai ma e le pa'ū faafuasei I luga o se tamaitiiti. Mo se saogalemu faaopoopo, ia mautinoa e iai ni pūpū e alu atu ai le ea I totonu.*
- *Fufulu ma faamamā mea taalo a'o le'i teuina (tagai I le pepa mo le Fufuluina, Faamamāina, ma le Faavailaauina mo nisi faamatalaga).*
- *Fai ma siaki mea taalo e faaoga ma teu I fafo. E mafai e le timu poo le sau ona elea pe faaleagaina ai mea taalo poo vaega o mea taalo, ma ono tulai mai ai se tulaga lamatia.*



4. E tāua le vaaiga lelei ma le faaauau o tamaiti a'o taaalo ia mautinoa ai lo latou saogalemu ma puipuia ai le tutupu mai o faalavelave faafuasei:

- *Vaai faalelei le auala e taalo ai le tamaitiiti I mea taalo ma isi tamaiti ma auai oe pe a manaomia ia puipuia ai manua.*
- *Matau poo a mea taalo poo ni mea e fialia le tamaitiiti e taalo ai ma le auala na te faaagaina ai, ma e fesoasoani e faatonutonu I le faaagaina sa'o (ma le lē sa'o) pe a manaomia.*

HAR §17-891.1-32 (10), §17-891.1-15, §17-892.1, §17-892.1-33 (8), §17-892.1-15, §17-895-14 (d), §17-895-35 (8), §17-896-31 (7), §17-896-15

SAOGALEMU O MEA TAALO MA MEA FAIGALUEGA I FAFO

SAOGALEMU O MEA TAALO E FAAAOGA I LE NOFOAGA E TAAALO AI I FAFO

Aisea e Tāua ai?

- O le asiasia o mea taalo I fafo e mautinoa ai o loo lelei le fausaga ma lelei le tausiga e faaitiitia ai le tulaga lamatia o tamaiti I le ono manunua I taimi o taaloga ai fafo.

Faasologa:

1. Vaai faalelei le tamaitiiti I luga o mea taalo uma e mautinoa ai o loo saogalemu ma ia taaalo I luga o mea taalo e fetau ma o latou matutua.
2. Siaki ia mautinoa ai e lelei le tanuina o lalo ma autafa o le malae taalo.
 - O faapalaga, oneone, ma fala pa'u e lelei e avea ma mea lelei pe a pa'u iai. O mea e tanu ai le fola e tatau ona lē I lalo ifo o le 12 inisi le loloto ma toso I le 6 futu faataamilo I autafa o mea taalo uma.
3. Ia siaki I aso uma mo le saogalemu a'o le'i faaaogaina ia mautinoa ai le saogalemu o le nofoaga I fafo o loo taaalo ai, e aofia ai mea taalo, a'o lei ave I fafo tamaiti e taaalo ai.
 - **SUIGI** ia faatu mamao ese mai isi mea taalo ina ia 'aua nei taia se tamaitiiti I se suigi pe a faalue. E tatau na'o le lua suigi I totonu o lagolago taitasi, ma e tatau ona 24" e va ai. E fautuaina le fai o suigi e iai nofoa atoa pei ni pakete mo se tamaitiiti laitiiti.
 - **FAASEE** e tatau ona mau lelei ma ia iai ni mea mautu e tuu ai lima ma ia 'aua nei maseese fasitepu. E lē tatau ona iai se va o le faasee ma le mea e pa'u agai iai. E tatau foi ona iai se fola I le tumutumu o le faasee ia mafai ai e le tamaitiiti ona nofo I lalo a'o le'i faasee mai I lalo.
 - **SISŌ** e iai sipuligi e aupito sili ona lelei mo tamaiti laiti. O sisō e masani ai e tatau ona iai se pa'u taavale poo se isi mea I lalo o le nofoa ia 'aua ai nei tau I lalo.
 - **MEA TAALO FAATAAMILOMILO** e tatau ona lelei mea e pipii ai, ma e tatau ona taatia lelei le mea faataamilomilo ma ia 'aua nei iai ni pito maamaai ma ia lava le nofoaga faataalaelae.
 - **MEA E PE'APE'A AI** e le tatau ona mau luga atu I le 32" mo tamaiti laiti. O apefai taatia e lē tatau ona silia ma le 60" mo tamaiti e tai 4 ma 5 tausaga. Siaki sitepu ma uamea e pipii ai lima poo lelei ma ia mautinoa e iai pa faataamilo I ni mea mau luga.



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SAOGALEMU O MEA TAALO E FAAAOGA I LE NOFOAGA E TAAALO AI I FAFO

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4. Siaki pe iai ni pito maamaai ma ni mea faigaluega matautia, e pei o faaū “S” poo ni nati o loo lālā I fafo. Afai e iai ni tulaga lē saogalemu, ‘aia nei faatagaina tamaiti ona taaalo I luga o se mea taalo seia vagana ua uma ona toe faaleleia.
 - *Fai tulaga manaomia e toe faalelei ai pe ripoti ni tulaga lē saogalemu I le tagata/ faalapopotoga o loo tausia mea faigaluega.*
5. Faaofu talafeagai le tamaitiiti mo taaloga I fafo. Aveese ofu e iai pulou poo ni manoa ina nei lāvea I mea taalo. Ia mautinoa e lē umi se taimi e faalā ai le tamaitiiti a’o taalo.

HAR §17-891.1-15 (e), §17-891.1-32 (2), §17-892.1-15 (e), §17-892.1-33 (2), §17-895-14 (e), §17-895-35 (2), §17-896-31 (2)

SAOGALEMU

Sauāina Ma Le Tuulafoaia O Tamaiti

E manaomia e tamaiti laiti ona lagonaina le saogalemu ma le puipuiga mai ni mea e ono lamatia ai ina ia mafai ona tuputupua'e ma aoaoina. E ola lelei tamaiti pe afai e lelei, faafailele, ma tali atu tagata matutua o loo vaaia I latou I o latou manaoga. Ae peitai, afai ae sauāina pe lē lelei le vaaiga o tamaiti I le itu tau I le tino, o lagona, pe o le itu tau feusuaiga, o le a faafeagai lo latou tali mai. Ma e ono lagonaina pea e le tamaitiiti lagona lē lelei mai ia tulaga I lona olaga atoa.

O sauaga matautia, e pei ona maua I le Ma'i e Mafua ona o le Luluina o le Pepe, e mafai ona faaleagaina tumau ai le faiai o le tamaitiiti ma/pe oti ai lava. Soo se ituaiga faiga lē lelei lava o le tamaitiiti, e iai lona aafiaga lē lelei I le soifua maloloina o le tino ma lagona o le tamaitiiti. O le fai soo poo le faaauau o ia tulaga lē lelei, e mafua ai ona matuā aafia le tamaitiiti e mafai ona aafia ai le atiaeina o gaoioiga a le tino e tetee atu ai I faamai ma faalavelave ai I le vave atiae o lona mafaufau. O le taunuuga, o tamaiti e sauāina ma tuulafoaia, e maualuga atu le tulaga lamatia o iai e maua ai I faafitauli tau soifua maloloina pe a oo ina avea ma talavou poo tagata matutua. O nei faafitauli e aofia ai le tagofia tele o le ava malosi, matuā faanoanoa, tagofia o fualaau faasaina, ma'i e mafua mai I le lē lelei o meaai, ova o le tino puta, amioga tau feusuaiga e maualuga le tulaga lamatia e iai, ulaula tapaa, pule I le ola, ma faamai oti patino.

O le puipuia ma le faatumauina o le saogalemu o tamaiti mai le sauāina ma le tuulafoaia o le tiute lea o tagata uma. Soo se tamaitiiti I soo se matua e mafai ona aafia I soo se ituaiga sauaga. E ui e le'o iai se faamoemoe e faia e I latou o loo vaaia tamaiti ni suesuega pe saili pe ua sauaina ma tuulafoaia se tamaitiiti, e taua lou iloa o faailo ma auga taatele tau I le tino poo faalogoga e iloa ai e le'o lelei le vaaiga o le tamaitiiti, talu ai ona o loo faamalosi lou ripotia o lea tulaga I le Matagaluega o Auaunaga mo Tagata e tusa ai ma Tulafono toe Iloilo a Hawai'i §350-1.1, pe afai ete masalomia o loo sauaina pe tuulafoaia se tamaitiiti.

RIPOTIA PE A MASALOMIA UA SAUAINA MA/POO TUULAFOAINA SE TAMAITIITI

Aisea e Tāua ai?

- E faamalosia I latou e vaaia tamaiti ina ia ripotia le ono iai o le sauaina poo le tuulafoaina o se tamaitiiti, e tusa ai ma Tulafono toe Iloilo a Hawai'i §350-1.1.
- O le iloa o faailo ma auga o le sauaina o tamaiti ma le ripotia pe a masalomia ua sauaina pe tuulafoaia se tamaitiiti e tāua tele I le faasaogalemuina ma le puipuiga o tamaiti.

Faasologa:

1. Afai ete vaaia soo se faailo o le sauaina poo le tuulafoaia tau tino, feusuaiga, poo lagona, pe ua ta'u atu ia te oe e se tamaitiiti le aafia o ia I se mea, tusi I lalo faamatalaga patino e faamauina ai au matauga poo mea na fai atu ai le tamaitiiti; tusi I lalo ma le aso ma le taimi. (Mo nisi faamatalaga e tusa ai ma faailo ma auga pe a masalomia ua sauaina pe tuulafoaia se tamaitiiti, tagai I le *Malamalama I Faiga Lē Lelei ua faia I le Tamaitiiti* mai le Nofoaga Tutotonu e Faatonutonuina Faamai ma le Nofoaga Tutotonu Aoa mo le Puipuia ma le Faatonutonuina o Manuaga I le lisi o tusi faitau).
2. Afai ete masalomia ua sauaina pe tuulafoaia se tamaitiiti, ia vave ona ripotia I le faalapotopotoga talafeagai. Mo le faia o se ripoti, valaau I le Matagaluega o Auaunaga mo Tagata a le Setete o Hawai'i:
 - *mai O'ahu: 832-5300 (tatala mo le 24 itula)*
 - *mai se motu tuaoi: 1-800-494-3991 (vili fua ma e tatala mo le 24 itula).*
3. I le taimi o faalavelave faafuasei poo se tulaga tau faamatau poo le tulaga lamatia, valaau le **911**.

HAR §17-891.1-13 (3)(E), §17.892.1-13 (4)(E), §17-895-12 (2)(F), §17-896-13 (2)(E)

PUIPUIA O MA'I E MAFUA MAI I LE LŪLŪ O LE PEPE

Aisea e Tāua ai?

- O Ma'i e mafua ona o le lūlū o le pepe (SBS) o se ituaiga sauaina o le tino o le tamaiti e MAFAI ONA PUIPUIA; o le malamalama I mafuaaga o le SBS, o auala e puipua ai, ma taunuuga tūgā e oo iai, e mafai ona faaitiitia ai le ono tulai mai o le SBS.
- E fetagisi pep uma, tasi-lua itula I le aso, e ui e iai nisi e laitiiti ifo pe sili atu foi le taimi e tagi ai. E iai le mafuaaga e ala ai ona fetagisi: e ta'u mai o latou manaoga (fmf. Fiaai, fia moe, pe sui le napekini).

Faasologa:

1. A tagi se pepe, ia mautinoa e faamalieina ona manaoga amata; siaki poo fiaai le tamaitiiti pe ua leaga lona napekini.
2. Vaavaai pe iai ni faailo o se ma'i poo ni manuaga e manaomia ona tagatagai iai.
3. Fai ni faiga eseese e faanā ai le pepe:
 - *Luelue pe faasavali le pepe*
 - *Faataele I se vai mafanafana*
 - *Faafiafia I se mea taalo*
 - *Ave e faatietie I le taavale pepe poo le taavale*
 - *Pese pe talatalanoa I le tamaitiiti*
 - *O se mea e tuu I lona gutu e faanā ai*
 - *Pōpō pe mili le tua o le tamaitiiti*



PUIPUIA O MA'I E MAFUA MAI I LE LŪLŪ O LE PEPE

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Afai ae leai ma se mea o nei metotia e aogā ma ua lagona lou fiu poo le ita, manatua ia 'AUA lava nei e lūlūina se pepe.

- *Faataoto I lalo le tamaitiiti I luga o lona tua I totonu o se nofoaga saogalemu e pei o se moega pepe.*
- *Fai sau malologa – ua uma mea e mafai ona e faia ma ua e faamalieina manaoga uma o le pepe.*
- *Siaki le tamaitiiti I le tai 10-15 minute.*
- *Manatua, e leai se mea o iai pe a tagi le pepe – o se tulaga masani ma e lē afaina ai.*
- *Afai o loo e lagonaina lava le fiu poo le ita, fesili mo se fesoasoani! Vili le matua o le tamaitiiti, se uo, poo se sui o le aiga ma fesili mo le lagolagosua pe fesoasoani I le tausiga o le tamaitiiti ae sei fai sau malologa.*
- *Talanoa I le matua/mātua o le tamaitiiti ia iloa ai pe faapea foi le fiu e faanā o le tamaitiiti pe a la vaaia. Afai o lea, e mafai ona e fautua iai e vaai se famai e iloa ai pe iai se mafuaaga tau togafitiga e faapea ai le tamaitiiti.*



HAR §17-891.1-13 (3)(E), §17-895-12 (2)(F)

SAOGALEMU

Moe Saogalemu

E tele le taimi o pepe ma tamaiti laiti e alu I le moe. E tāua mo lo latou ola maloloina ma le tuputupua'e. O le iloa ona faasaogalemu tamaiti a'o momoe e tāua tele mo I latou e tausia, aemaise lava I latou e vaaia pepe.

O ituaiga moe e lē saogalemu (fmf. Moe faō poo le moe I le itu) e siitia ai le lamatia mai le Ma'i o le Oti Faafuasei o le Pepe (SIDS) poo faalavelave matuiā e mafua mai ona o le moe. O le faamoe taliaga o le tamaitiiti e faaititia ai le lamatia mai le SIDS.

E mafai foi e I latou o loo tausia tamaiti ona lagolago I le faasaogalemu o le mea e moe ai le tamaitiiti e ala I le aveesea o mea vaivai e pei o aluga, mea taal vaivai, mea e faanā ai, ma puipui o taavale mai le mea o loo moe ai le tamaitiiti, ma ia mautinoa o le siosiomaga o loo tausia ai ma soo se taavale e alu ai le tamaitiiti, e lē ulaula ai nisi, faamoe o le pepe I totonu o se moega pepe ua faamaonia le saogalemu, ma 'aua nei tuu faatasi le tamaitiiti I le moega e tasi e momoe ai ma isi. O nei ituaiga gaoioiga o auala e lagolagoina ai siosiomaga soifua maloloina e momoe ai pepe ma faaititia ai le ono tulai mai o ni faalavelave e fesootai ma le moe ona o le tatao, mole, poo le titinaina.

MOE SAOGALEMU

FAATINOGA SAOGALEMU O LE MOE

Aisea e Tāua ai?

- O le lē saogalemu o le faataotoina o le pepe I le taimi e moe ai e siitia ai le tulaga lamatia e ono oti ai.
- O gaioiga faigofie e mafai ona telē se suiga e maua ai I le faaitiitia o avanoa e maua ai I le Ma'i o le Oti Faafuasei o le Pepe (SIDS) poo isi oti o pepe e fesootai ma le moe.

Faasologa:

1. la faataoto pepe (I lalo o le 12 masina le matua) I luga o lona tua e moe ai – I le taimi e moe ai I le ao ma le po. O le faataliaga ae moe I lona tua o le auala aupito sili lea ona saogalemu.
 - O pepe e faataliaga e laitiiti le avanoa e ono oti ai mai le SIDS nai lo pepe e faafaō pe faamoe autafa.
 - E tāua taimi uma e moe ai. O pepe ua masani I le moe taliaga ae toe faafaō I le taimi e faamoe ai I le ao, e matuā maualuga le avanoa e maua ai I le SIDS.
2. Faamoe le pepe I luga o se mea malō, e pei o se momi o se moega pepe, e ufi I se ieafu ua afe faamalō, I totonu o se moega pepe ua faamaonia e saogalemu (tagai I le Saogalemu I totonu o Moega Pepe mo nisi faamatalaga) e faaitiitia ai le lamatia I le SIDS ma isi oti o pepe e fesootai ma le moe.
 - O mea malō e mafai ona faamoe ai e aofia ai moega pepe ua faamaonia le saogalemu, ma mea e taaalo ai totonu tamaiti laiti (fmf. Teu ma taalo, poo nofoaga taalo e mafai ona feaveai).
 - 'Aua nei faaagaina se nofoa taavale, mea e feaveai ai le pepe, suigi, poo se mea faapena e faamoe ai pepe I aso uma.
 - 'Aua nei faamoe le pepe I luga o fola vaivai, e pei o nofoa momi poo sofa, aluga, ie soosoo tetele, ie mamoe, poo palanikeke.
3. 'Aua nei avatu I totonu o mea e momoe ai pepe ni mea vaivai, mea taalo, ma ni ieafu e lei faamauina. E aofia ai ma aluga, palanikeke, ie soosoo tetele, ie mamoe, poo ni ufi moega pepe e pei o ni aluga. Aveese uma mai foliga o le pepe mea e mafai ona poloka ai lana mānava.
4. E faasā le ulaula a'o e vaaia tamaiti. E tele atu le lamatia o pepe e manavaina le ausa o le sikaleti pe momoe ma I latou e ulaula I le oti faafuasei.
5. la faalatalata le mea e moe ai le pepe, ae lē tuufaatasia, ma le mea o loo momoe ai isi. E na'o le tasi le pepe e tatau ona tuu I totonu o moega pepe taitasi poo mea e taaalo ai. Mo le puipua o le tatao lē fuafuaina o le pepe, pe taavale ai I luga, e lē tatau ona momoe faatasi le pepe I se moega ma ni tagata matutua poo nisi tamaiti.



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FAATINOGA O LE MOE SAOGALEMU

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6. **Ave I le pepe (matua atu nai lo le tasi le masina) se mea mago e faanā ai – ia ‘aua nei faapipii I se manoa – I le taimi e moe ai ma I le po e faaitiitia ai le lamatia mai le SIDS.**
 - *‘Aua nei e fosia le pepe e ave le mea e faanā ai.*
 - *Afai ae pa’ū ese le mea e faanā ai le pepe mai lona gutu a’o moe, ‘aua le toe tuuina I totonu o lona gutu.*
7. **‘Aua nei vevela tele le pepe a’o moe. A mafanafana tele, e sili atu le lamatia o le pepe mai le oti faafuasei.**
 - *Faaofu le pepe i ofu savili (e lē sili atu I le tasi le ofu faapoopo e mafai e le tagata matua ona tui ina ia lelei ai lana faalogo) ma ia faamālū le potu I se tulaga e talafeagai mo se tagata matua. E mafai ona faaaoga se ofu moe soloatoa pe o se taga moe e ave ma ofu moe. Afai ua afu pe manavanava loloa le pepe, lona uiga ai ua vevela tele.*
8. **‘Alo ese mai oloa e faapea e faaitiitia ai le lamatia mai le SIDS. O le tele o ia oloa e lei suesueina mo le aogā lelei poo le saogalemu.**
9. **E tatau ona matauina sa’o le pepe e ala I le vaai poo le faalogo I taimi uma, e aofia pe a o e momoe, taimi o loo momoe ai, poo le amata ona toe ala mai. ‘Aua ete faalagolago I le faaaogaina o mea e matau ai pepe I le fale e faaitiitia ai le lamatia mai le SIDS. E tatau ona faatalanoa e matua le faaaogaina o mea e matau ai pepe mo nisi ituaiga ma’i ma a latou fomai.**
10. **Ia faia se “taimi mo le manava” – o se taimi e faafaō ai pepe ma faataoto I lona manava a’o ala ma a’o vaaia e se isi ia mautinoa e le’o puni lana manava. E lelei le tai lua I le tolu taimi mo le manava mo pepe I aso uma mo sina taimi puupuu (3 I le 5 minute). A tupu pepe ma faaalua lona fiafia I le taimi mo le manava, e mafai ona e faaumiina le taimi. Lapataiga: ‘Aua nei faamoeina le pepe a’o faafaō pe o le taoto I lona manava.**

TAIMI MO LE MANAVA e tāua ona o tulaga nei:

- *Fesoasoani e puipuia le iai o ni vaega mafolafola I le pito I tua o le ulu o le pepe*
 - *E faamalosi ai maso o le ua ma tauau ina ia mafai ona nofo I luga le pepe, tologo ma savali*
 - *E faaleleia ai tomai gaoioi o le pepe (faaaogaina o maso e gaoioi ma faamea ai se gaoioiga)*
11. **E tatau ona sui ie moega a’o lei faaaogaina e se isi tamaitiiti. Afai ae faaaoga fala, e tatau ona fufulu pe a uma ona faaaoga e isi (tagai I le pepa mo le Fufuluina, Faamamāina, ma le Faavailaauina mo nisi faamatalaga).**

HAR §17-891.1-15, §17-891.1-41, §17-891.1-42, §17-895-14, §17-895-45, §17-895-46

MOE SAOGALEMU

SAOGALEMU O LE MOEGA PEPE

Aisea e Tāua ai?

- O moega pepe e lē ausia aiaiga mo le saogalemu fou ma le faaleleia a le mālō e iai tulaga lamatia ogaoga mo tamaiti laiti. O moega pepe na faapipiina sese pe o misi, lusi, pe ua leaga o latou totoga e mafai ona taomia ai le tamaitiiti, mole, pe titian ai pepe pe a mau l va o loo iai.

Faasologa:**1. Ia siaki l taimi uma le moega pepe mo le saogalemu, e aofia ai tulaga nei:**

- *O se ie ufi moega malō, ofi lelei ia ‘aua nei mafai ona mau ai le pepe l le va o ieafu ma le moega pepe*
- *‘Aua nei iai ni fao poo nisi totoga o loo misi, lusi pe ua leaga l luga o le moega pepe poo le mea o loo tuu ai luga le momi*
- *‘Aua nei iai ni vali ua matafi pe ua amata ona fofoe ese*
- *Ia le sili atu l le 2 -3/8 inisi (e tusa ma le lautele o se apainu) l le va o puipui o le moega pepe*
- *Ia le sili atu ma le lua tamatamai lima e ofi l le va o le momi ma le pito o le moega pepe l le itu pito l maualalo*
- *‘Aua nei iai ni vaega o le puipui o le moega pepe o loo misi pe laulua*
- *‘Aua nei iai ni pou l le pito e sili atu l le 1/16th inisi le maualuga e mafai ona lāvea ai le ofu o le pepe*
- *Leai ni pūpū l le ulu o le moega poo lalo l vae e mafai ona mau ai le ulu o le pepe*
- *Leai ni moega pepe e mafai ona tuu l lalo se pito o le moega, seia vagana ua iai ni mea e ‘aua ai nei mafai ona faia lea tulaga l le moega, e tusa ai ma le Komisi o le Saogalemu o Oloa mo Tagata Faaaoga (CPSC).*



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SAOGALEMU O LE MOEGA PEPE

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2. Siaki le upega tafailagi a le Komisi o le Saogalemu o Oloa mo Tagata Faaaoga (CPSC) mo aiaiga fou o moega pepe: www.cpsc.gov.

3. Mo le puipuia o le tutupu mai o faalavelave:

- *Faaaoga na'o se ie ufi moega pito I lalo e ofi lelei na faia faapitoa mo moega pepe.*
- *'Aua nei tuuina se moega pepe I autafa o ni manoa mai ufi faamalama tautau, ie faamalama, poo ie faamalama tetele. E mafai ona lāvea ai pepe I manoa ma mole ai.*
- *'Aua nei tuuina ni moega tautau ma nisi mea e suigi I luga o se moega pepe ona e mafai ona mole ai le pepe.*
- *Faamaualalo le ie moega a'o lei nofo I luga le pepe. E tatau ona taatia le ie moega I le maualalo e tatau ona iai a'o lei tu I luga le pepe.*
- *Ia aua nei au le pepe I mea taalo tautau I luga o le moega pepe (mea taalo tautau, mea taalo mo moega pepe).*
- *Aveese soo se mea taalo tautau mai le moega pepe pe a ua mafai e le pepe ona unai ia e faaaoga ai ona lima ma tulivae (poo le taimi e aulia ai le 5 masina o le pepe). E mafai e ia mea taalo ona titinaina le pepe.*
- *'Aua nei toe faaaogaina se moega pepe pe a oo le umi o le pepe I le 35 inisi, pe ua tele le tamaitiiti pe ua gaoioi ma au I le loka o le moega pepe pe ua mafai ona pe'a I fafo ma le moega pepe. O le taimi lea e tatau loa ona sui le mea e moe ai le pepe I se siosiomaga fou fmf. Moega mo tamaiti poo se fala moe.*

HAR §17-891.1-41, §17-891.1-42, §17-895-45, §17-895-46

SAOGALEMU

Faasologa I Le Taimi O Faalavelave Faafuasei

O le avea ai o oe ma se tasi e tausia tamaiti, ua e iloa o lau matafaioi aupito sili ona tāua o le puipuia lea o tamaiti o loo e vaaia. Ae peitai, tusa lava pe ua e faia laasaga uma e fausia ai se siosiomaga saogalemu, e mafai lava ona tulai mai faalavelave faafuasei, e pei o se manua faafuasei poo se faalavelave matuiā faanatura pe na mafua I se isi. I le taimi o soo se faalavelave faafuasei, o le tele o tamaiti e le'o malamalama I le mea ua tupu ma e le'o iai I se tulaga lo latou malosi ma le atiae e mafai ai ona puipuia e I latou I latou lava. I taimi faapea, o le saunia o oe lava ia ma le iai o sau fuafuaga e mafai ona faaititia ai le aafiaga o se faalavelave matuiā ma fesoasoani e faatumau se siosiomaga filemu ma le saogalemu mo tamaiti.

O le fausia, toe iloilo, ma faataitai o nei fuafuaga/faasologa, a'o lei tupu mai se faalavelave, e mafai ai ona e iloa mea o loo manaomia, sitepu e tatau ona e faia ia saogalemu ai oe ma tamaiti, ma le faasologa mo lou fesootai atu I aiga o tamaiti o loo e vaaia. O lou iloa o le mea e fai, e mafai ai ona e tali vave atu I se auala aogā lelei, lea e aoga tele I le taimi o se faalavelave.

FAASOLOGA I TAIMI O FAALAVELAVE FAAFUASEI

FAASOLOGA O LE FAIGA O LE FESOASOANI MUAMUA/CPR

Aisea e Tāua ai?

- Iloa o faailo o le pagatia ma mafai ona faatino le Fesoasoani Muamua ma le CPR I se tamaitiiti e mafai ona faasaoina ai se ola.

Faasologa:

1. E manaomia le tali atu I le fesoasoani muamua mo manuga nei:

- | | |
|------------------------------|--------------------------|
| ▫ Manua o mata | ▫ Manuaga o le ulu |
| ▫ Gau o ponaivi ma le mapeva | ▫ 'Ōnā I se vailaau oona |
| ▫ U ma ai e manu | ▫ Matapogia |
| ▫ Mu | ▫ Toto le isu |
| ▫ Manua o le pa'u | ▫ Manua o nifo |
| ▫ Ma'i oso | ▫ Fiva |

2. Siaki le tulaga o iai le tamaitiiti ua manua I se taimi vave.

- Faaaoga tomai na maua I lau aoaoga o le Fesoasoani Muamua ma le CPR e iloilo ma/pe togafiti ai le tamaitiiti ua manua.
- Tui totigilima e uma tiai pe afai o loo sau le toto I le tamaitiiti. Tagai I le pepa mo le Faasologa o le Faiga o Totigilima.
- Faaaoga lau ato o le fesoasoani muamua e faia ai le fesoasoani amata. Tagai I le Lisi e Siaki ai le Fesoasoani Muamua (tagai I le Pepa Fapipii F e iloa ai poo a mea e tatau ona I totonu o lau ato o le fesoasoani muamua).

3. A'o e feagai ma le tamaitiiti ua manua, ia mautinoa o loo saogalemu isi tamaiti o loo e vaايا.



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FAASOLOGA O LE FAIGA O LE FESOASOANI MUAMUA/CPR

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4. Valaau le 911 pe afai e manaomia e le tamaitiiti se fomai mo le tulaga ua oo iai.
5. Faafesootai le matua/mātua o le tamaitiiti e tusa ai ma ona manuaga ma ta’u iai laasaga ua e faia e togafitia ai le tamaitiiti.
6. Vili lau tagata fesoasoani ia te oe pe afai ete manaomia se fesoasoani I le vaaiga o tamaiti.

FAAMATALAGA MO AOAOGA FAAMAONIA O LE FESOASOANI MUAMUA/CPR:

- <http://www.redcross.org/take-a-class>
- <http://www.heart.org/HEARTORG/>

HAR §17-891.1 (6), §17-891.1-21, §17-891.1-22 (i), §17-892.1-6 (9), §17-892.1-21, §17-892.1-22, §17-895-6 (12), §17-895-21 (a), §17-895-22

FAASOLOGA I TAIMI O FAALAVELAVE FAAFUASEI

SAUNIUNI MO FAALAVELAVE FAAFUASEI

Aisea e Tāua ai?

- O faalavelave matuiā faanatura ma faalavelave faafuasei e mafai ona telē le aafiaga o lagona e maua ai, faaleagaina ai meatotino, ma lamatia ai oe ma tamaiti o loo e vaaia. O fuafuaga mo faalavelave faafuasei e fesoasoani e faamautinoa ua e sauna e tali vave atu I le taimi o faalavelave faafuasei.

Faasologa:

1. Tagai I le vaega o loo iai lau nofoaga ma faailoa poo a tulaga lamatia, faalavelave faanatura ma faalavelave faafuasei e ono aafia ai lau polokalame (fmf. sunami, mafuie, afā, lologa, fetauaiga). Tagai I upega tafailagi nei mo faamatalaga:
 - *Matagaluega o le Puleaina o Faalavelave Faafuasei*
<http://www.oahudem.org>
 - *Faalapotopotoga o le Puleaina o Faalavelave Faafuasei a le Malo*
<http://www.fema.gov/>
 - *Matagaluega o le Nofo Sauniuni mo Faalavelave Faafuasei a Amerika mo le Saogalemu*
<http://www.ready.gov/>
 - *Itulau a le Setete o Hawai'i mo le Koluse Mumu a Amerika*
<https://www.redcross.org>
2. Faamautu pe mafai e lau nofoaga ona tatālia nei faalavelave matuiā poo faalavelave faafuasei.
3. Fau se Fuafuaga mo Faalavelave Faafuasei e tagofia ai tulaga lamatia, faalavelave faanatura, ma faalavelave faafuasei ua e faailoaina I le Sitepu 1 (Tagai I le Pepa Faapipii G mo le Faataitaiga o se Fuafuaga mo le Nofo Sauniuni I le Taimi o Faalavelave Faafuasei).
4. Tuufaatasi se Atom o Faalavelave Faafuasei/Vave o Ese e lagolago ai lau fuafuaga (tagai I le Pepa Faapipii H mo le Ato o Sapolai I taimi o Faalavelave Faafuasei). Fai ma siaki lea ato ia iloa ai poo lelei pea sapolai o loo iai I totonu.



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SAUNIUNI MO FAALAVELAVE FAAFUASEI

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5. Ta'u I aiga lau fuafuaga o iai I totonu o lau tusi o faamatalaga mo matua ma/poo totonu o se tusi poo se pepa faalauiloa. Ia mautinoa e tofu le aiga ma se kopi o lau fuafuaga.
6. Teu se kopi o lau Fuafuaga mo Faalavelave Faafuasei I totonu o au faila ma faapipii se kopi I se nofoaga e mafai ona iloa gofie ma faitau ai le matua/mātua o le tamaitiiti.
7. Faataitai lau faasologa mo taimi o faalavelave faafuasei faatasi I le masina ma tamaiti o loo e vaia e faamasani ai I le faiga.



HAR §17-891.1-30, §17-892.1-31, §17-895-33, §17-896-29



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Mea Faaopoopo

Mea Faaopopo A

SAMPLE DAILY HEALTH CHECKLIST

| CHECKLIST FOR A HEAD TO TOE CHECK | NO | YES, COMMENTS |
|---|----|---------------|
| Shows a change in behavior or mood: less active, less energy, more sleepy, easily irritated | | |
| Looks different from normal | | |
| Complains of not feeling well | | |
| Has itchy skin or scalp | | |
| Is pulling at ear | | |
| Has drainage from the eyes | | |
| Has a runny nose | | |
| Is coughing severely | | |
| Has skin rash or discoloration | | |
| Has drainage from an open sore | | |
| Has unusually warm or flushed (red) skin | | |
| Eating or drinking more or less than usual | | |
| Is vomiting | | |
| Has abnormal stools: white bowel movement, gray bowel movement, diarrhea, or unusual odor | | |
| Is not urinating | | |
| Is off balance or walks unevenly | | |

Adapted from North Carolina Child Care Health & Safety Resource Center

Mea Faaopoopo B

SAMPLE CONSENT FORM FOR THE ADMINISTRATION OF MEDICATION

I, (print name) _____, authorize _____
to give my child _____ the prescribed dose of medication as follows:

Name of Medication: _____ Dose: _____

At the following time(s): _____

On the following date(s): _____

Prescribed by Dr. _____

Further, I agree to hold harmless and indemnify _____ (name of care provider or center) _____ for any charges or damages not covered by insurance, arising out of mistakes in administering the medication.

Parent (signature): _____ Date: _____

Date of prescription: _____ Name of prescription: _____

Medication must be in its original container.

Long term medication must be renewed every 3 months.

Possible side effects if any: _____

Physician's Name: _____

Physician's Signature: _____ Date: _____

For Care Provider to Complete

Date prescription was filled (must be current): _____

Physician's directions for use: _____

Child's own name on label: _____

Record of Dispensation

| DATE | DAY OF THE WEEK | AUTHORIZED STAFF'S SIGNATURE | TIME ADMINISTERED |
|-------|-----------------|------------------------------|-------------------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

Mea Faaopoopo C

ROUTINE SCHEDULE FOR CLEANING, SANITIZING, AND DISINFECTING

| AREAS | BEFORE EACH USE | AFTER EACH USE | DAILY (At the End of the Day) | WEEKLY | MONTHLY | COMMENTS |
|-----------------------------|-----------------|-----------------|----------------------------------|--------|---------|--|
| FOOD AREAS | | | | | | |
| Food preparation surfaces | Clean, Sanitize | Clean, Sanitize | | | | Use a sanitizer safe for food contact |
| Eating utensils & dishes | | Clean, Sanitize | | | | If washing the dishes and utensils by hand, use a sanitizer safe for food contact as the final step in the process; Use of an automated dishwasher will sanitize |
| Tables & highchair trays | Clean, Sanitize | Clean, Sanitize | | | | |
| Countertops | | Clean | Clean, Sanitize | | | Use a sanitizer safe for food contact |
| Food preparation appliances | | Clean | Clean, Sanitize | | | |
| Mixed use tables | Clean, Sanitize | | | | | Before serving food |
| Refrigerator | | | | | Clean | |
| CHILD CARE AREAS | | | | | | |
| Plastic mouthed toys | | Clean | Clean, Sanitize | | | |
| Pacifiers | | Clean | Clean, Sanitize | | | Reserve for use by only one child; Use dishwasher or boil for one minute |
| Hats | | | Clean | | | Clean after each use if head lice present |
| Door & cabinet handles | | | Clean, Disinfect | | | |
| Floors | | | Clean | | | Sweep or vacuum, then damp mop, (consider micro fiber damp mop to pick up most particles) |
| Machine washable cloth toys | | | | Clean | | Launder |
| Dress-up clothes | | | | Clean | | Launder |
| Play activity centers | | | | Clean | | |
| Drinking Fountains | | | Clean, Disinfect | | | |
| Computer keyboards | | Clean, Sanitize | | | | Use sanitizing wipes, do not use spray |
| Phone receivers | | | Clean | | | |

continued on next page

Mea Faaopoopo C

ROUTINE SCHEDULE FOR CLEANING, SANITIZING, AND DISINFECTING

continued from previous page

| AREAS | BEFORE EACH USE | AFTER EACH USE | DAILY (At the End of the Day) | WEEKLY | MONTHLY | COMMENTS |
|--------------------------------------|-----------------|------------------|-------------------------------|--------|---------|---|
| TOILET & DIAPERING AREAS | | | | | | |
| Changing tables | | Clean, Disinfect | | | | Clean with detergent, rinse, disinfect |
| Potty chairs | | Clean, Disinfect | | | | |
| Hand washing sinks & faucets | | | Clean, Disinfect | | | |
| Countertops | | | Clean, Disinfect | | | |
| Toilets | | | Clean, Disinfect | | | |
| Diaper pails | | | Clean, Disinfect | | | |
| Floors | | | Clean, Disinfect | | | Damp mop with a floor cleaner/ disinfectant |
| SLEEPING AREAS | | | | | | |
| Bed sheets & pillow cases | | | | Clean | | Clean before use by another child |
| Cribs, cots, & mats | | | | Clean | | Clean before use by another child |
| Blankets | | | | | Clean | |

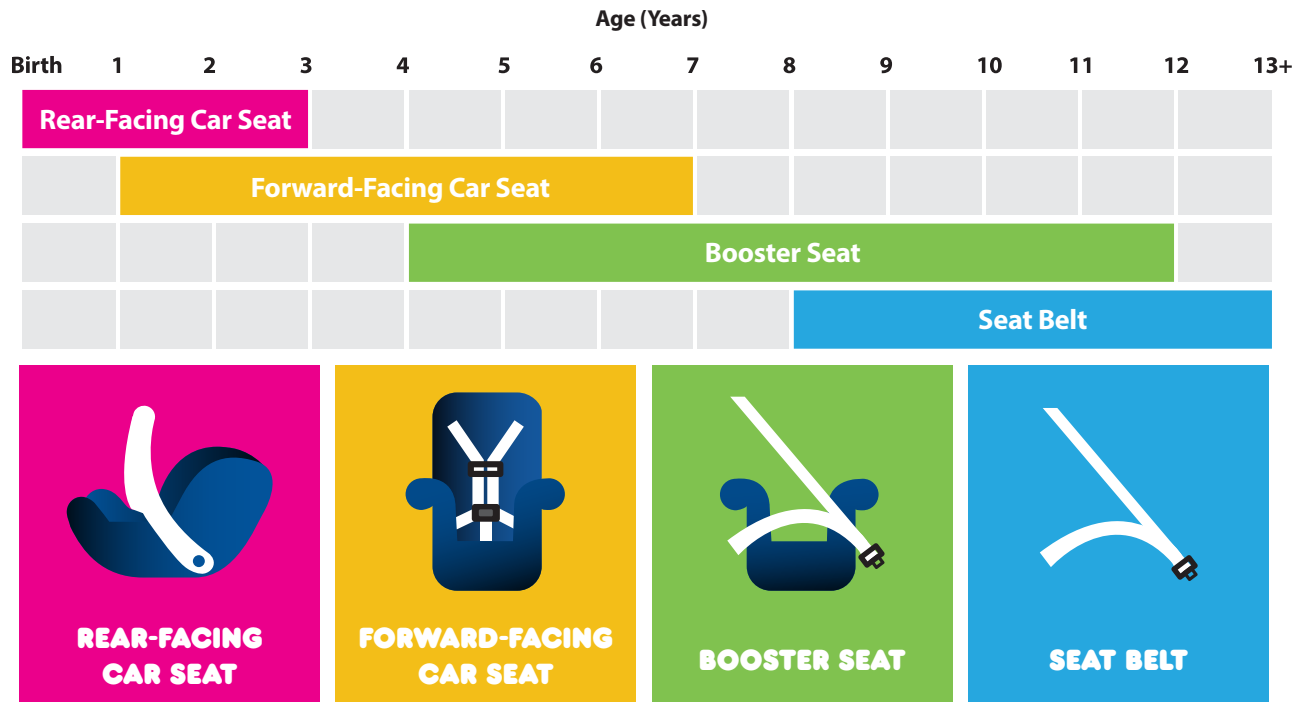
Adapted from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, Third Edition

Mea Faaopoopo D

CAR SEAT RECOMMENDATIONS

Car Seat Recommendations for Children

There are many car seat choices on the market. Use the information below to help you choose the type of car seat that best meets your child's needs.



- Select a car seat based on your child's age and size, choose a seat that fits in your vehicle, and use it every time.
- Always refer to your specific car seat manufacturer's instructions (check height and weight limits) and read the vehicle owner's manual on how to install the car seat using the seat belt or lower anchors and a tether, if available.
- To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements.
- Keep your child in the back seat at least through age 12.

Adapted from www.safercar.gov

Mea Faaopoopo E

POISON PROOF YOUR HOME: ONE ROOM AT A TIME PESTICIDE POISON PREVENTION CHECKLIST

Pesticide Poison Prevention Checklist

| Questions | Action Steps | |
|--|---|---|
| Bathroom | | |
| Did you inspect the bathroom and move toilet bowl cleaners, medicine, cosmetics, tile cleaners, bathroom deodorizers, mouthwash, and other personal hygiene products out of reach from small children in a high, locked cabinet? | <input type="checkbox"/> Yes <input type="checkbox"/> No | <ul style="list-style-type: none"> Re-close containers if interrupted during an application (e.g. phone call or doorbell). Make sure all harmful containers are fully sealed and out of a child's reach during temporary absence. |
| Are all medications and pesticide products, such as bathroom cleansers and mouthwashes, tightly sealed with child-resistant caps? | <input type="checkbox"/> Yes <input type="checkbox"/> No | <ul style="list-style-type: none"> Read the Label First. Follow all directions exactly as they are written on the label, including any noted precautions and product restrictions. |
| Bedroom | | |
| Did you store items like mothballs, cosmetics, hair sprays, colognes, nail polish remover, and medicine products in a locked cabinet away from a child's reach? | <input type="checkbox"/> Yes <input type="checkbox"/> No | <ul style="list-style-type: none"> Mothballs should be hung in containers. If such products are used in closets or chests, they should be stored out of children's reach. |
| Living Room | | |
| Have you placed all ant or roach baits and rodent pellets out of children's reach? | <input type="checkbox"/> Yes <input type="checkbox"/> No | <ul style="list-style-type: none"> Place roach and rodent baits in areas where children can not touch them. If possible, place rodent bait in a tamper-resistant bait station. |
| Kitchen | | |
| Did you store hazardous products like bleach, bug spray, drain cleaners, ammonia, floor wax, furniture polish, and disinfectants up high in a locked cabinet? | <input type="checkbox"/> Yes <input type="checkbox"/> No | <ul style="list-style-type: none"> If items cannot be moved up high, install safety latches on lower cabinets to keep children out. |
| Did you store household cleaning products, such as dishwashing detergent, disinfectants, oven and window cleansers, and drain cleaners in a place away from food? | <input type="checkbox"/> Yes <input type="checkbox"/> No | <ul style="list-style-type: none"> Pesticides and foods should never be stored on the same shelf as pesticides may be mistaken for food. |
| Are all kitchen cleanser, drain opener, and ammonia substances in their original containers? | <input type="checkbox"/> Yes <input type="checkbox"/> No | <ul style="list-style-type: none"> Keep all substances in their original containers. Using beverage bottles or cans for storing cleaning liquids and other household mixtures is very dangerous and may be mistaken for a drink. Plus, labels on original containers give first-aid information in case of accidental poisoning. |
| Are all cleaning liquids and medicines properly sealed? | <input type="checkbox"/> Yes <input type="checkbox"/> No | <ul style="list-style-type: none"> Keep potentially hazardous cleaning products and medicines properly closed while using, even if a container is briefly left unattended. |
| Garage | | |
| Did you store gasoline, kerosene, car wax and soaps, weed killers, pesticide sprays, paint, windshield washer fluid, and anti-freeze substances up high out of the reach of young children? | <input type="checkbox"/> Yes <input type="checkbox"/> No | <ul style="list-style-type: none"> Poisonous anti-freeze tastes sweet to dogs and cats—clean up spills and leaks immediately. |
| Have you stored all hazardous fluids and pesticides high in a locked cabinet where children can't gain access? | <input type="checkbox"/> Yes <input type="checkbox"/> No | <ul style="list-style-type: none"> Store all hazardous fluids and pesticides high in locked cabinets where children can't gain access. |
| Laundry Room | | |
| Are chemicals and laundry detergents or softeners out of the reach of young children? | <input type="checkbox"/> Yes <input type="checkbox"/> No | <ul style="list-style-type: none"> Using bottles and cans for storing detergents can be dangerous. Also, labels on original containers provide critical first-aid instruction in case of accidental poisoning. |
| Is the bleach container closed properly? | <input type="checkbox"/> Yes <input type="checkbox"/> No | <ul style="list-style-type: none"> Keep all laundry and cleaning substances in their original containers. |
| <p>For more information on pesticides or pesticide poisoning prevention, refer to EPA's Pesticides Program Web site at www.epa.gov/pesticides, or call the National Pesticide Information Center at 1-800-858-7378.</p> | | |

Mea Faaopoopo F

FIRST AID CHECKLIST

Your first aid kit should contain:

- 1. Disposable nonporous gloves (latex free recommended)
- 2. Scissors
- 3. Tweezers
- 4. A non-glass thermometer, “baby safe” version if infants are being cared for
- 5. Bandage tape (latex free)
- 6. Sterile gauze pads
- 7. Flexible roller gauze
- 8. Triangular bandages
- 9. Safety pins
- 10. Pen/pencil and notepad
- 11. Cold pack
- 12. Current first aid guide
- 13. Liquid soap (to be used with water) or moist towelettes for cleaning wounds
- 14. Hand sanitizer (not to be used on children under the age of 24 months) to be used if no water is available
- 15. Adhesive strip bandages
- 16. Plastic bags for disposal of cloth, gauze, and other materials used in handling bodily fluids
- 17. Emergency phone numbers, including phone numbers for parents and legal guardians

Mea Faaopoopo G

SAMPLE EMERGENCY PREPAREDNESS PLAN

PURPOSE: This plan establishes emergency procedures to be followed during the time I am in charge of individuals under my care. The plan covers fire, tsunami, flooding, earthquake, hurricane/tropical storm, and other hazards as deemed appropriate.

1. FIRE:

- a. The signal for fire is:

We will leave according to the posted evacuation plan and proceed to:

We will return to the facility when given permission by the Fire Department.

- b. Should the facility be damaged by fire, we will be housed temporarily at:

We will call all families for further information and action.

- c. Drills will be held periodically.

2. TSUNAMI:

I will take the following actions based on the Tsunami Evacuation Zone Maps.

The facility IS NOT in the Evacuation Zone. We will not evacuate when a tsunami watch or warning is issued.

The facility IS in the Evacuation Zone. The following procedures have been adopted:

- a. TSUNAMI WATCH - We will immediately begin preparing for the issuance of a Tsunami Warning and evacuation.
- b. TSUNAMI WARNING - When we hear the sirens, we will begin to evacuate and continue to monitor official emergency broadcasts.
- c. If a Tsunami Warning is issued, we will evacuate to:
-
- d. We have prepared survival kits and will take them with us when we evacuate. We will attempt to call all families once the official "All Clear" is announced.

3. HURRICANE/TROPICAL STORM:

- a. WATCH: We will monitor the storm and make preparations to evacuate in the event a Warning is issued. Watches are typically issued far enough in advance to allow time to close the facility in an orderly manner, or to remain closed if we are not yet open for the day.

- b. The Hurricane/Tropical Storm public evacuation shelter closest to this facility is:

continued on next page

Mea Faaopoopo G

SAMPLE EMERGENCY PREPAREDNESS PLAN

continued from previous page

4. EARTHQUAKE:

- a. If we are inside when an earthquake occurs, we will stay inside and immediately take cover under desks or tables, in supported doorways, etc.
- b. If outdoors, we will stay outdoors and move toward the open field that is away from electrical lines, tall buildings, and trees.
- c. If the facility is not damaged, we will remain in place and listen for official emergency instructions. I have made necessary preparations for us to survive in place for up to 72 hours without outside assistance.
- d. If the facility is damaged, we will gather our survival kits and attempt to move to shelter at:

5. FLOODING:

- a. If instructed by civil authorities to evacuate or if water begins to rise around the facility, we plan to gather the survival kits and immediately move to higher ground at:

6. OTHER HAZARDS:

- a. If instructed to shelter in place (e.g., due to airborne hazardous materials, terrorist threat, or other community emergencies), I will close and lock all windows and doors, and evacuate everyone to a room in the center of the site farthest from the outside and keep a low profile. I will await further instructions from authorities.
- b. If necessary to evacuate the facility, we will use the following evacuation plan and move to the designated shelter or another shelter as directed by civil authorities. I will attempt to contact the families as soon as possible. In the meantime, I urge families to listen to official emergency broadcasts for more information.

EVACUATION PLAN:

| | |
|--|--|
| Evacuation routes/exits: | _____ # of doors on ground level _____ # of windows on ground level _____ Exit over stairs will be required |
| Evacuation infants/toddlers: | State how you will get non-mobile infants out safely |
| Notification: | <ul style="list-style-type: none"> ▫ Once all children are evacuated: ▫ 911 will be called ▫ Parents will be notified |
| Emergency kits/Information: | State where the kit and family contact information is stored |
| Evacuation sites: | <ul style="list-style-type: none"> ▫ In neighborhood: _____ ▫ Out of neighborhood: _____ |
| Transportation to evacuation locations: | <ul style="list-style-type: none"> ▫ By car with (#) _____ car safety seats ▫ On Foot |

Adapted from Hawai'i Department of Emergency Management

Mea Faaopoopo H

EMERGENCY SUPPLY TOOL KIT

Emergency Supply Tool Kit

| | Short Term Emergency | 72-Hour Emergency |
|-------------------------|---|---|
| 8 Basic Supplies | Evacuation Backpack | Sturdy, waterproof, covered container with a cover |
| Important Papers | <input type="checkbox"/> Emergency information on each child in a small notebook or on child identification cards <input type="checkbox"/> Emergency plans and number <input type="checkbox"/> Medical Releases <input type="checkbox"/> Relocation site agreements and Maps | <input type="checkbox"/> Emergency Transportation Permission |
| Water | <input type="checkbox"/> One gallon of water for every four children/staff | <input type="checkbox"/> ½ gallon of water per child and 1 gallon per adult |
| Food | <input type="checkbox"/> Non-perishable food items such as granola bars and crackers <input type="checkbox"/> Formula for infants <input type="checkbox"/> Disposable cups | <input type="checkbox"/> Non-perishable food items such as canned fruit and meat <input type="checkbox"/> Appropriate eating utensils <input type="checkbox"/> Special food for infants <input type="checkbox"/> Non-electric can opener |
| Clothing& Bedding | <input type="checkbox"/> Aluminum safety blankets <input type="checkbox"/> Pair of work gloves | <input type="checkbox"/> Change of clothes per person, especially socks <input type="checkbox"/> Extra bedding/blankets |
| First Aid | <input type="checkbox"/> Small First Aid kit <input type="checkbox"/> Any needed medications | <input type="checkbox"/> Large First Aid kit <input type="checkbox"/> Any needed medications |
| Sanitation | <input type="checkbox"/> Diapers and wipes <input type="checkbox"/> Toilet paper <input type="checkbox"/> Hand sanitizer | <input type="checkbox"/> Additional diapers and wipes <input type="checkbox"/> Additional toilet paper and emergency toilet facilities, if possible <input type="checkbox"/> Hand soap <input type="checkbox"/> Paper towels <input type="checkbox"/> Plastic bags (varied sizes) <input type="checkbox"/> Feminine supplies |
| Comfort and Safety | <input type="checkbox"/> At least one age appropriate play activity <input type="checkbox"/> Flashlight with batteries <input type="checkbox"/> Pencils <input type="checkbox"/> Blank paper or notebook | <input type="checkbox"/> Several age appropriate play activities to rotate <input type="checkbox"/> Extra keys <input type="checkbox"/> Matches and candles <input type="checkbox"/> Duct tape and plastic sheeting (for sheltering-in-place) <input type="checkbox"/> Utility knife |
| Communication | <input type="checkbox"/> Weather radio and extra batteries <input type="checkbox"/> Charged cell phone or calling card | <input type="checkbox"/> Walkie-talkie <input type="checkbox"/> Cell phone <input type="checkbox"/> Signal/flare |

- Decide which supplies are a priority. Request donation from families and community. Date your supplies and keep an inventory.
- Yearly or every six months: Rotate your food, water, and medical supplies in your daily operations before expiration date. Update important papers; check sizes of clothing and age appropriateness of activity.

Adapted from Family Child Care Emergency Preparedness Guide

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