

## HO'OLAUNA

Wahi a ka 'Oihana Olakino o Hawai'i, 'o ka pākela 'ai lā'au ke kumu mua o nā make ulia ma Hawai'i, ma 'ō aku ho'i o nā ulia ka'a.

Kū like 'ole na'e i nā ulia ka'a, 'oiai he kīnākau ko ka po'e ho'ohana i ka lā'au no ka mea 'a'ole 'ae 'ia ka ho'ohana lā'au ma ke kaiapili e like me ke kalaiwa 'ana.

He kuleana ko nā kānaka a pau, me ka helu pū 'ana i nā kānaka ho'ohana lā'au, e ola piha me ke olakino maika'i a me ka ho'ohua.

'O ka lā'au 'ona opioid ke kumu mua o ka pākela 'ai lā'au a keu aku ka pō'ino o ka lā'au 'ona ke ho'ohui 'ia me ka lama a me nā lā'au 'ē a'e e like ho'i me ka lā'au ha'inole meto.

He pepa alaka'i kēia nona ka 'ikepili no ka ho'omaopopo 'ana a me ka ho'ōla 'ana i ka pākela 'ai lā'au 'ino opioid me ka ho'ohana 'ana i ke kīkina ihu naloxone.

He lā'au ho'ōla pākela 'ai lā'au 'ona opioid ka naloxone. E 'olu'olu, e ka'ana i kēia 'ike me nā hoa kama'āina a pau a e paipai iā ha'i e halihali mau i ka naloxone.

## I MEA PALE PĀKELA 'AI LĀ'AU KA NALOXONE

Ke ho'ohana pololei 'ia, hiki i ka lā'au *Naloxone* ke ho'ōla piha i ka pākela 'ai lā'au opioid. E halihali mau nā kānaka 'ai lā'au 'ona opioid i ka *Naloxone*, mea paha o hālāwai me ka pilikia 'o ka pākela 'ai lā'au. E loa'a mau ka *naloxone* i nā kānaka i kuhikuhi 'ia ai ka lā'au 'ona opioid iā lākou, i loko nō o ke kuhikuhi 'ia e ke kauka.

Kū kānāwai ka halihali 'ana a me ka ho'ohana 'ana i ka *naloxone*. Palekana ke kōkua i kekahi e pā nei i ka pākela 'ai lā'au 'ona opioid.

- 'A'ole pono ke kuhikuhi e ho'ohana a e hā'awi ai 'oe i ka *naloxone*.
- 'A'ole ili ke kuleana ma luna ou no nā hopena a pau ma muli o kou hā'awi 'ana i ka *naloxone*.
- E nānā i ke Kānāwai 68 (SB 2392)

## NO KĒIA PEPELU

Kāko'o 'ia kēia pepa alaka'i *naloxone* e ka *Hawai'i Health Harm Reduction Center (H3RC)*. Hakuloli 'ia ka ma'i'o mai nā kāleka Pākela 'Ai Lā'au 'Ona Opioid a *H3RC*, ka *SAMHSA Opioid Overdose Prevention Toolkit*, a me ka pepa alaka'i Pākela 'Ai Lā'au Opioid na ke *California Consortium for Urban Indian Health*.

I kōkua? E ho'oka'a'ike iā *Hawai'i Health Harm Reduction* no ke a'oa'o a kāka'ahi *naloxone* manuahi.

E kele aku iā [hhrc.org/request](http://hhrc.org/request) a training  
Lekauila: [info@hhrc.org](mailto:info@hhrc.org)  
Kel: (808) 521-2437

# 'IKE 'ONI & HO'OLA PĀKELA 'AI LĀ'AU 'ONA OPIOID



HAWAII HEALTH  
& HARM REDUCTION CENTER



Papa Ola Lokahi  
Nana I Ka Pono Na Mea



@HHHRC\_  
@PAPAOLALOKAHI



# INĀ MAHU' I 'OE I KA PĀKELA 'AI LĀ'AU 'ONA OPIOID:

## 1 - E HO'Ā'O MUA E HO'ĀLA IĀ IA

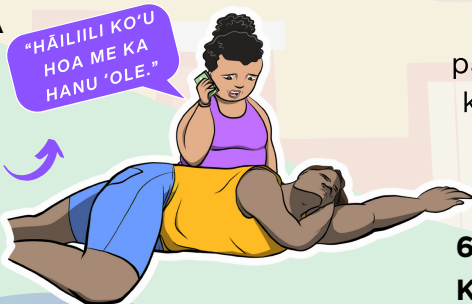


E nīnau mua inā maika'i 'o ia. E hō'oni i nā po'ohiwi a e lomi ikaika i ka umauma me ka "lomi iwi umauma"

Me ka pu'u o ka lima e lomi ai i kona iwi umauma. Inā ala 'o ia, 'a'ole 'o ia pā i ka pākela 'ai lā'au.

## 2 - E KELEPONA IĀ 911

Inā 'a'ole 'o ia ala i ka wawā a 'eha paha, 'o kou kelepona koke iho nō ia iā 911 me ka 'ōlelo



## 3 - E HĀ'AWI I KA NALOXONE E HO'OLA AI I KA PĀKELA 'AI LĀ'AU OPIOID

E wehe i ke kīkina naloxone ma ka 'ōlepe 'ana i ka lepe

A'ole e ho'ā'o mua i ke kīkī

Ho'okahi wale nō māhele lā'au o ke kīkina

## 4 - E HĀ'AWI I KE KĪKINA IHU NALOXONE

E pa'a ke kīkina ma o ke kau 'ana i ka manamana nui ma ka 'ūkaomi. kau ka manamana kuhi a me



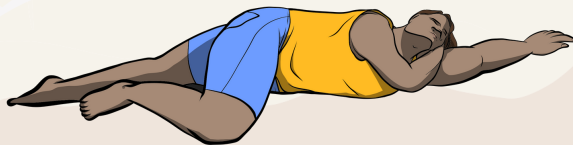
ka manamana kau ma nā 'ao'ao o ka nuku. E ho'ō i ka nuku a i loko loa o ka puka ihu.



E kaomi i ka 'ūkaomi me ka ikaika e hā'awi ai i ka māhele lā'au. Komo ka māhele lā'au holo'oko'a i loko o ho'okahi puka ihu.

## 5 - E HŌ'OIA I KE ALA O KE KANAKA A ME KA HANU 'ANA

E ho'onohonoho i ke kanaka ma kona 'ao'ao ma ke kūlana kino ho'opalekana.



He lā'au kū manawa ka naloxone. He pāpaha ka pono e kīkī hou aku i ka lā'au, keu ho'i ma ka pō'aiapili o ka pākela 'ai lā'au i ka lā'au 'ona fentanyl.

## 6 - INĀ 'A'OLE I ALA KE KANAKA I LOKO O 2-3 MINUKE

E hā'awi i ka māhele lā'au 'elua o ka naloxone me ka ho'ohana 'ana i ke kīkina hou a ho'ohana 'ole 'ia a e kīkī i nā mea o loko i ka puka ihu a'e.

E noho me ke kanaka a hiki mai nā kōkua olakino pōulia.

\*Kāmau nā hopena o ke kīkina naloxone no 30-90 wale nō minuke. Ke hala ia wā, hiki ke pākela 'ai lā'au hou ma muli o nā lā'au 'ona opioid e mau nei ma ko ke kanaka 'ōnaehana kino.

I 'ike: Inā mau nō ke ala 'ole 'ana o ke kanaka, pā paha 'o ia i kekahi hihia olakino ma waho o nā hihia e kōkua 'ia e ka naloxone. E hō'oia i kou kelepona 'ē 'ana iā 9-1-1 i hiki i nā kōkua olakino pōulia ke kōkua.

## HE AHA NĀ LĀ'AU 'ONA OPIOID?

'O ka lā'au 'ona opioid nā lā'au lapa'au e lapa'au ai i ka 'eha, e la'a ho'i me ka mōpine, codeine, oxycodone, hydrocodone, a me ka buprenorphine, pēlā pū nā lā'au pāpā kānāwai 'o ka heroina a me nā lā'au ikaika e like me nā fentanyl analogs (e.l.m. carfentanil). No ke 'ano o nā lā'au 'ona opioid, hiki ke hei ikaika koke a hiki ke hahai pū ka ho'ohana lā'au 'ona hikiāloa ma hope o 5 wale nō lā.

## HE AHA KA PĀKELA 'AI LĀ'AU 'ONA OPIOID?

Kāohi ka lā'au 'ona opioid i ka 'ōnaehana lolokū, 'o ia ho'i mālie mai nā hana a kou lolo, kou pu'uwai, a me kou akemāmā. Inā 'ai i nā lā'au 'ona opioid he nui, pau piha paha ka hana a kou pu'uwai a me kou akemāmā.

## HE AHA NĀ KUMU?

Nui nā kumu o kekahi pākela 'ai lā'au opioid, me ka helu pū 'ana i ka pākela ho'ohana 'ana, ka ho'ohui 'ana i nā 'akano a lā'au lapa'au paha, ke emi o ka palena pilikino, ka ho'ohana 'ana i nā lā'au 'ano maika'i 'ole, ka ho'ohana ho'okahi 'ana, a me ka loa'a i nā hihia olakino e kū nei e like me nā pilikia ake a me nā pilikia hanu.

## PEHEA KA NĀNĀ 'ANA O KA PĀKELA 'AI LĀ'AU 'ONA OPIOID?

'O nā hopena pō'ino loa o ka pākela 'ai lā'au ka pu'ua, ka ma'i hohola, a me ke kauhola.

'O nā hō'ailona o ka pākela 'ai lā'au:

- Alo ha'akea a 'ālikalika
- Kino malule
- Lehelehe a miki'ao uliuli/poni/ha'akea
- Maka kāka'a i hope, 'ōnohi maka 'u'uku
- Hanu pāpa'u a mālie paha, nonolo, a 'olā'olā
- Pana pu'uwai mālie a pau paha
- Hiki 'ole ke ho'āla 'ia ke kanaka