



PUIPUI A KOE MO E HAAU A MAGAFAOA HE VAHĀ MAKALILI NEI – FINATU KE MOUA E HUKI PUIPUI FULŪ HAAU, MOUA NOA

Ko e tau tagata Pasifika i Niu Silani to hagahaga kelea lahi a lautolu ke moua he gagao fulū (Influenza) mua atu kia lautolu e tau mamatua, tau fanau ikiiki, tau tama muke mo e tau fifine fakafua tama.

Ko e taha he tau puhala mahuiga ke puipui aki a koe mo e haau a magafaoa ke moua e huki puipui fulū haau he tau tau oti. Ko e huki puipui fulū kua aoga lahi ke lata ma e tau tagata Pasifika he tau nei ha kua pa e tau katofia mo e falu a motu he lalolagi ke he ua e tau kua mole.

Iloa e tautolu tote lahi e fulū kua fano viko ai ke he tau maaga tali mai he magaho ne kamata ai e gagao lahi he lalolagi koe KOVITI-19. Ko e kakano he mena nei ko e tu tokolalo e puipuiaga he tau tino ha tautolu ai tuga fa mahani, ti ko e mena ia kua lata ke moua e huki fulū haau.

Loga e tau puhala kua fitā he fakaaoga e tautolu ke totoko atu kehe KOVITI-19 ti maeke foki ke fakaaoga ke lata ma e fulū – tui e pa ihu/pa gutu, moua e huki puipui, nofo i kaina kaeke kua gagao a koe, holoholo tumau e tau lima, mo e pa e gutu mo e ihu haau ka tihe poke kohō.

TAU HUHŪ MOE TAU TALI **Koe heigoa e tau fakakiteaga he fulū?**

Ko e fulū maeke ke putoia ai e falu poke putoia oti e tau fakakiteaga nei:

- Fiva
- Mamahi e tau leke poke tino katoa
- Mamahi e ulu
- Lolelole – neke kelea lahi mo e to galo ka hoko ke he ua e faahi tapu poke molea
- Koho magomago
- Mamahi e kakia
- Tafe/hihina e ihu
- Kokō mo e hihī – kitia tumau ke he tau fanau fakatatai atu ke he tau tagata lalahi

Ko e fulū nakai ni ko e “tatalu kelea”. Pete ni ko e falu a fakakiteaga ne tatai, ka ko e fulū ne maeke ke kelea lahi, ha ko e mafiti e tupu he tau fakakiteaga mo e maeke ke gagao lahi e tagata mo e toka he fale gagao.



Ko e hā kua lata ia au ke moua e huki puipui fulū?

To ligaliga tokoluga e amaamanakiaga ke moua he fulū ha kua fakaaatā tuai e tau tagata ke fakafetui auloa mo e o atu ke he tau toloaga tagata. Ko e tau katofia ha Niu Silani mo e tau motu he lalolagi kua hafagi tuai, mo e to kitia e tautolu e fulū ka totolo atu ke he tau maaga.

Ko e huki puipui fulū ko e puhala ke puipui aki a koe mo e haau a magafaoa neke gagao lahi ha ko e fulū, tuga he kitia foki kehe gagao KOVITI-19.

Maeke he fulū ke fakagagao lahi a koe ti moua he pneumonia (falu he tau fakakiteaga ko e koho, fiva, mamahi e fatafata, otioti e fafagu, mamahi e ulu). Ko lautolu ka gagao lahi to ligaliga taatu mo e toka ke he falegagao mua atu kia lautolu e tau mamatua motua, tau fanau ikiiki, fifine fakafua tama, mo lautolu kua moua he tau gagao nofo tumau ke he tino tuga e tau gagao ke he atevili, tau gagao ke he māmā/fatafata poke gagao suka.

Fuafua ki ai ko e molea e 500 e tagata ka mamate ha ko e fulū he tau tau oti i Niu Silani, mo e tokologa ke he tau teau tagata ka toka he falegagao.

Tokologa e tau tagata ne maeke ke moua e huki fulū, ka e kaeke kua nakai malolō a koe ti fakatali ke liu malolō e tino haau to finatu a koe ke moua e huki fulū haau.

Maeke nakai au ke moua foki falu a huki puipui he taha e magaaho?

E maeke ia koe ke taute pihia. Maeke ia koe ke moua e huki puipui KOVITI-19 poke huki fakamaō he taha e magaaho ka moua ai e huki fulū haau. Haohao mitaki ka taute pehe nei mo e nakai fakatali foki a koe ke fai magaaho to liu moua e huki puipui haau.

Maeke foki e tau fanau ke tatai e magaaho ka moua e huki MMR (measles, mumps & rubella) mo e huki fulū. Kaeke ke nakai iloa poke nakai manatu e koe kua fitā he moua ua e huki MMR he tama haau, fakamolemole matutaki atu kehe ekekafo haau.

Hataki atu fakalahi kaeke kua nakai la moua oti e tau huki KOVITI-19 haau poke huki fakamaō fakamolemole lali ke moua oti e tau huki nei haau moe huki fulū he taha e magaaho.

Fiha e totogi ke lata ma e huki fulū?

Ko e huki fulū moua noa ke lata ma e tau tagata Pasifika kua:

- Molea e 55 tau he moui.
- Fakafua tama
- Fai gagao kua leva e nofo ke he tino tuga e gagao suka, gagao he atevili, tau gagao he hala fafagu, lekua kehe manamanatuaga, leva e mamahi he tino, tau gagao ke he tau fua ifi mo e falu a gagao tuga e nimoia e loto.
- Tau fanau i lalo hifo he 5 e tau mo e kua toka he fale gagao ha ko e tau lekua ke he hala fafagu poke tau gagao kua leva e nofo kehe tino tuga e iniini.

Ke moua noa e huki haau kua lata ia koe ke moua e talahauaga koe tagata nofo mau i Niu Silani.



Kaeke kua nakai fakaatā au ke moua noa e huki fulū?

- Tutala atu ke he haau a ekekafo poke nosi ke iloa ko e heigoa falu a puhala ke moua noa e huki fulū. Ko e falu a puhala, neke teki kua fakaatā e magafaoa ka-toa ke moua noa e huki fulū.
- Maeke agaia a koe ke moua e huki fulū, ka e totogi ke he vahaloto he \$25-\$45 uta ni ke he huki mo e matakau ka foaki atu kia koe.

Kaeke kua moua noa e huki fulū haau ke he tau magaaho kua mole to ligaliga fakaatā foki a koe ke moua noa e huki fulū haau.

Kaeke kua nakai moua e huki fulū haau he tau magaaho kua mole, kae fai gagao nofo leva kehe tino haau fakamolemole matutaki atu kehe haau e ekekafo poke vilo atu kehe Healthline he numela 0800 611 116 ke iloa ko e maeke nakai a koe ke moua noa e huki fulū.

Ko e heigoa e tau fakakiteaga nakai hagahaga mitaki fa kitia/ logona tumau he huki Fulū?

Hahā i ai e tau fakakiteaga nakai hagahaga mitaki fa kitia mo e logona tumau ka moua e huki fulū mo e teitei ni ke tatai mo e tau fakakiteaga ka moua e huki KOVITI-19.

Tau fakakiteaga fa kitia mo e logona tumau:

- Mamahi e lima poke uhu, magiho poke kula e matahuki he lima (1 mai he 3 e tagata lalahi)
- Mamahi moe uhu e tino (1 mai he 10 e tagata lalahi)

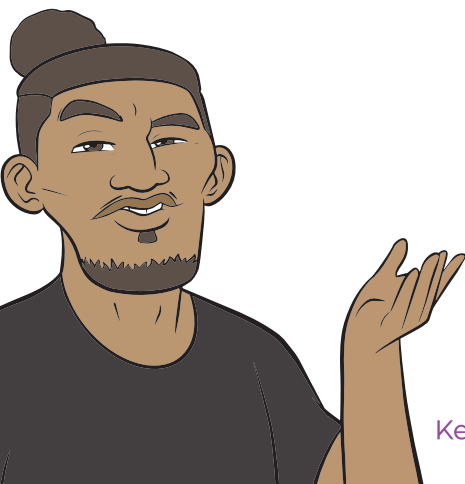
Ko e falu a tagata nakai fai fakakiteaga ka moua e huki fulū.

To ligaliga fakailoa atu kia koe ke fakatali ke he 15 – 20 e miniti ka oti e huki haau ke maeke ke tului fakamafiti e tau fakakiteaga kelea lahi kaeke kua kitia ke he magaaho ia.

Lalafi atu ki ai, ko lautolu kua fai lekua hagahaga kelea lahi pehē nei ke he tau magaaho kua mole ha koe tau huki puipui kua lata ke fakatutala fakamua mo e ekekafo to moua e huki fulū.

Ko e heigoa i loto he huki fulū?

Kua mahuiga lahi ke iloa ko e huki fulū nakai maeke ke foaki atu kia koe e fulū, nakai fai moko moui (live virus) ne nofo i loto he huki nei.



Nakai fai preservatives, thiomersal poke mercury. Hahā i ai e vala fufua moa (protein) tote, ka e haohao mitaki agaia e huki ke lata mo lautolu ka fai lekua ka kai e fufua moa (egg allergies). Kaeke kua tupetupe a koe ha ko e vai huki ti tutala ke he haau a ekekafo poke nosi.





Ko e mitaki fefē e huki fulū?

Ko e huki fulū ha Niu Silani ke lata ma e tau 2022 ke puipui aki 4 e faga moko fulū – 2 e faga influenza type A moe 2 e faga influenza type B. Ko e tau tau oti ko e huki fulū kua taute ke lata ma e tau faga moko fulū kehekehe kua ligaliga ke tupu i Niu Silani.

To hoko atu kehe 2 e faahi tapu ka oti e huki haau to kamata e vai huki fulū ke puipui e tino haau.

Kua mahuiga foki ke manatu ko e huki fulū nakai foou e huki nei fakatatai atu kehe huki KOVITI-19.

Ko e kakano he mena nei, hahā i ai loga e tau kumikumiaga mo e tau vala tala ne pehē kua mitaki e huki fulū ke fakaaoga. Ko e tau tagata kua moua e huki nei ke he loga e tau tau kamata mai he tau fanau ikiiki kua tu e ono mahina ke hoko atu kia lautolu e tau mamatua kua molea e 100 tau he moui.

Maeke nakai he huki KOVITI-19 ke puipui a koe mai he fulū?

Nakai. Ko e huki KOVITI-19 ke puipui a koe ke he KOVITI-19 ni hokoia. Nakai fai vai huki foki ke puipui aki a koe mai he fulū, ko e huki fulū ni ke puipui a koe.

Kua lata nakai au ke tupetupe ke he tau faga moko fulū foou?

Ha kua hafagi e tau katofia ha Niu Silani ke he falu motu he lalolagi, to kitia e tautolu e tau faga moko fulū foou ka fakapikitia falu a tagata he tau maaga.

Ko e vai huki fulū ke lata ma e faahi toga he lalolagi he tau 2022 ne toka ai e tau faga moko fulū kua o fano ai he vahā fulū he faahi tokelau he lalolagi. Kua mitaki ke moua e huki fulū ke puipui aki a koe ha kua liu tuai hafagi e tau katofia ha Niu Silani ke he tau tagata o fenoga he lalolagi.



Tau Fale Gahua

Ko e fulū mukamuka ke feutaaki mo e fakapikitia atu e tau tagata ka fakafetui fakatata tuga e tau fale gahua.

Ko e mena ia, kaeke ko koe ko e tagata gahua mo e tau fanau poke tau mamatua motua, fakamolemole finatu ke moua e huki fulū haau.

Kumikumi atu ke he fale gahua haau ko e moua noa nakai e huki fulū.

Ko e tau pule gahua maeke ke fai tauteaga ke lata ma e tau tagata gahua ke moua noa e huki fulū kaeke kua manako e pule gahua ke taute pihia. Ko e tagata huki ke lata ma e tau fale gahua maeke ke finatu ke he fale gahua haau ke huki a koe.

Moua ki fē e huki fulū moua noa kaeke kua fakaatā a koe

- Ekekafo haau
- Tau fale ke moua e tau tegavai
- Tau fale huki puipui
- Hea atu ke he Healthline numela 0800 611 116 (nakai totogi e numela nei)

Maeke foki a koe ke finatu ke he kupega hila winterwellness.nz poke healthpoint.co.nz ke moua falu a fakamaamaaga.

Kua lata nakai au ke uta e tohi fakamooli ka finatu ke moua e huki?

Nakai. Ko e tagata gahua huki ka fakamooli e tau haau he moui ka talaage e koe e higoa tohi haau moe maeke ai ke kumi mo e fakatatai aki e numela NHI (National Health Index) haau.

Fakafua Tama

Nakai unuunu hake e amaamanakiaga ke fai lekua hahahaga kelea ka tupu mai he huki fulū kaeke ko koe ko e fifine fakafua tama poke tama muke ne nofo i loto he manava haau to fanau mai. Kaeke kua fai mena ne tupetupe a koe ki ai, ti matutaki atu ke he haau a ekekafo.

