

KUA HOKO NAKAI E TAU TAU MOUI HAU KE HE 15-30?

LIGA LATA IA KOE KE HUKI FAKAGATA KE PUIPUI MAI HE GAGAO MISELE

Ko e gagao misele ko e gagao kelea lahi ne maeke ke aofia matemate kelea lahi ai a koe. Ko e huki fakagata ko e puhala mitaki ke puipui aki a koe mo e magafaoa haau, pihia mo e tau tagata oti, ke aua neke moua mo e fakapikitia atu e gagao misele.

PUIPUI A KOE MAI HE GAGAO MISELE – KO E MENA MUKAMUKA MO E NAKAI FAI TOTOGI

Kia talia e koe, kaeke kua manako e pulotu leveki malolotino ke foaki noa atu e huki fakagata misele ke lata mo koe.

Maeke foki a koe ke ole ke he haau a Ekekafo ke moua e taha huki fakagata ke lata mo e gagao misele. Ko e mena nai nakai fai totogi.

Maeke foki a koe ke moua e huki fakagata taute noa mai he falu a fale talavai kaeke kua 16 po ke molea atu foki e haau a tau tau moui. Kumikumi atu ke he tau fale talavai he matakavi ne nofo ai a koe, po ke maeke nakai ke moua a koe taha huki fakagata ma e gagao misele, gagao mo mo e gagao lupela. Kaeke kua maeke ia koe, ti fina atu hako a koe ki ai. Nakai lata ke fakamau e magaaho ahiahi. To fakakite e tagata he koloa kemisi atu ki a koe taha poko ke taute aki e fekau nei.

**Ko e taha higoa he huki fakagata misele ko e MMR.
To lagomatai mo e puipui he huki nai a koe mai he
tau gagao lalahi ko e misele, mo mo e lupela.**

Nakai iloa tonu po kua huki fakagata misele nakai a koe?

Tokologa a lautolu he vahalo 15 ke he 30 e tau tau moui ne nakai katoatoa e tau huki fakagata he vaha ne iiki ai. Ko e kakano, to mukamuka ia koe ke moua mo e fakapikitia atu e gagao misele.

Huhu age ke he ekekafo, haau a matua po ke tagata ne leveki a koe ke iloa po ke lagaua nakai e huki fakagata MMR haau he vaha ne tama tote ai.

Kaeke kua nakai maeke ke iloa, kua lata tonu ni ke taute e huki fakagata ke lata mo koe. Nakai fai lekua kaeke kua liu ke lafi ki luga e tau huki MMR.

HAHA I AI E TAU KAKANO MITAKI NE KUA TONU KE TAUTE E TAU HUKI FAKAGATA

- **Maeke foki ke lahi e kafokia kaeke ke moua a koe he gagao misele**
Maeke ia koe ke moua falu gagao lafi ki luga tuga e gagao nimonia, matefua mo e fufula e uhoni. Maeke e tau tagata ke mamate ha ko e gagao misele.
- **Maeke foki ia koe ke foaki e matemate kelea mai he gagao misele nai ke he falu tagata**
Ko lautolu ne iiki agaia, po ke fai gagao kua aofia ai e tau puhala puipui he tino, to nakai maeke a lautolu ke moua e vaihuki fakagata ko e MMR. Kaeke kua moua a koe he tau huki fakagata, to maeke ai a koe ke totoko atu ke he gagao misele mo e nakai fakapikitia ke he falu a tagata tino lolole.
- **Kaeke ke moua a koe he gagao misele he magaaho ne fakafua tama*, to maeke foki ke fai lekua e haau a tama**
Maeke foki e tau lekua nei ke nofo leva mo e fakalavelave e malolotino he mukemuke haau. To maeke foki ke mamahi e manava ti fanau mai tuai e haau a tama, po ke tokolalo lahi e fuafuaga mamafa he muke haau.

* *Nakai maeke a koe ke moua e vaihuki fakagata ko e MMR kaeke kua fatu.*
- **Maeke foki ke galo noa e tau magaaho kua lata ia koe ke moua tupe, fakaako mo e tau feua fiafia**
Kaeke kua nakai la moua ia e koe vaihuki fakagata ko e MMR, ti haha i ai a koe ke he poko fakalataha mo e tagata kua moua he gagao misele, to nofo fakamamao mo e vevehe kehe a koe ke he ua e faahi tapu. Ko e kakano ne taute ai pihia, ke maeke ke iloa tonu po kua nakai aofia a koe he gagao misele, mo e fakapikitia atu ke he falu tagata.

- **Nakai la leva ia e tupu lahi he gagao misele kia tautolu**
Ko e motu nai ko Niu Silani, **kua molea e 2,000 tagata ne moua he gagao misele** he tau 2019. **Toko 700** ne taatu ke he falegagao. Mua atu kia lautolu e tau tagata Māori mo e Pasifika. Manako lahi **ke hoko ke he 95 e pasene** ia lautolu ne kua puipui mo e talahau pehe ko e 'fakagata he tau tagata' (po ke 'fakagata auloa') mo e lagomatai ke taofi e pikitia he tau aho i mua.
- **Ko e gagao misele kua mafiti tuga mo e heke vakalele**
Toka agaia e gagao misele ke he loga he tau motu kehe. Maeke he tau tagata ke tamai ki Niu Silani kae nakai mailoga e lautolu. Maeke foki a koe ke pikitia kaeke kua fenoga atu a koe ke he falu motu kehe he lalolagi.

KO E VAIHUKI FAKAGATA MMR, NE GAHUAHUA KE MOUA HE TINO HAAU E TAU PUIPUIAGA KE TAMATE AKI E TAU MOKO GAGAO MISELE

Ko e puhala ke moua e koe e tau vai MMR nai, to huki e vaihuki he he paka lima.

Ka hoko e vaihuki MMR ki loto he tino haau, to kamata agataha e tau puhala puipui ke totoko mo e tului e gagao misele kaeke kua hu atu ke he tino haau.

Ko e puhala ha nai ke puipui a koe – pihia foki mo lautolu ne nonofo mo koe – ke ua moua he gagao misele, mo e fakapikitia atu ke he falu.

KO E HEIGOA I LOTO HE VAI HUKI FAKAGATA?

Ko e vaihuki MMR ne ha ha ki loto e tau valavala ikiiki mai he tau moko ne moua mai e tau gagao misele, mo mo e lupela. To fakalagakina he tau mena nei e tino haau ke talaga haana a tau puipuiaga-tino ke tului mo e tamate aki e tau moko, he magaaho ka hoko atu kia koe.

Haha i ai foki he vaihuki e tau valavala ke fakatumau aki e malolo mo e mautali ke fakaaoga. Ko e falu he tau valavala he vaihuki nei, kua haha i ai e tau putuputuaga ikiiki tuga ne fa moua tumau he tau mena kai mo e tau vai inu kehekehe.

KO E VAIHUKI FAKAGATA MMR, KUA MITAKI LAHI E TAU FAKAILOAAGA KE HE AOGA MO E HAOHAO MAFOLA HE VAI NEI

Ko e vaihuki fakagata MMR kua fakaaoga tumau i Niu Silani tali mai he tau 1990.

Ko e vaihuki fakagata MMR, kua to lahi e aoga mo e gahuahua mitaki. Ka oti e huki fakamua, kua fuafua ko e 95 e pasene he tau puipuiaga ka moua he tagata mai he gagao misele, mo e 99 e pasene ka oti e huki ke ua aki.

To gahoa foki a lautolu he tau tagata ne kua katoatoa e tau huki fakagata ka e moua agaia ni he tau gagao nei. Ka e nakai kelea lahi ha lautolu a tau gagao kaeke ke fakatai atu kia lautolu ne nakai moua he tau puipuiaga vaihuki fakagata.

I lalo hifo he taha mai he 10 e tagata ne maeke ke moua mahunu he gagao ka hoko ke he 5 mo e 12 e aho he oti e huki fakagata, tuga mo e tokoluga e fiva, magiho e kili he tino, po ke fufula e tau tegaliki.

Haha i ai foki falu lekua ikiiki ka tutupu mai (fa mahani ke taha po ke ua e aho he oti e huki fakagata), tuga e:

- mamahi ulu
- tokoluga fakatote e fiva (velavela)
- hahalua (fia kokō)
- mate-fua poke lialiapou e ulu (lauka ke kai fakamua to huki)
- logona e tino kua lololole.

Gahoa lahi e tau magaaho ka kitia e tau lekua ha ko e vaihuki fakagata MMR, ti lahi ni ke kitia ke he 20 e minute he oti e huki fakagata. Ko e mena haia ne fa ole atu ai ke fakatali a koe ke molea e 20 e tau minute he oti e huki MMR, to liu atu ki kaina. Kaeke kua tupu ha lekua pehe nai, to maeke he tagata ne taute e huki ke tului fakahako ke he lekua ia.

To maeke foki he ekekafo, nosi po ke tagata talavai ke tutala mo koe ke he tau lekua ne fa mahani ke tutupu mai he tau magaaho pehe nai.

Toko gahoa lahi e tau tagata ne nakai maeke ke moua e tau huki fakagata. Tutala mo e pulotu he faahi malolo tino kaeke kua fa mahani a koe ke moua he tau lekua ne tutupu ha ko e tau vaihuki fakagata, po ke tului he gagao kenesa po ke ha gagao kelea lahi ni, po ke fagai toto he tahata e tau kua mole. Nakai lata ia koe ke moua e taha vaihuki fakagata MMR kaeke kua fatu.

Ko e falu a motu, kua huki fakagata ni ke he misele mo e lupela. Ko e mena ia, pete ni kua huki fakagata a koe ke he misele he nofo he tau motu kehe, ka e lata ke liu huki ke he vaihuki MMR i Niu Silani ke maeke foki ke moua e tau puipuiaga ma e gagao mo.

Fakafufula he 'gagao mo' e tau vala kakano he tau mata haau Maeke foki ke hoko ke he gagao he uho ulu (meningitis) ke he taha mai he 10 e tagata.

Manako nakai ke he falu a fakailoaga foki?
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