

Tokanga mo hoha'a fekau'aki moe māhaki mīsele?

Mahalo pē kuo ke fanongongoa he toe māfola ko 'eni 'a e māhaki mīsele 'i mamani 'o kau ai mo Nu'usila ni. 'E fa'a fakatu'utāmaki ki he longa'i fānau moe kakai lālahi e māhaki mīsele.

Kataki 'o fai e huhu malu'i (vaccinate) 'a ho'o fanau 'i he'enau māhina 12 pea mo 'enau ta'u 4. 'Oku ta'etotongi mei he toketā.

Kataki 'o sio ki ho'o toketā, kapau 'oku te'eki ai ke huhu malu'i koe pē ko ho'o tama.

Koe ngaahi faka'ilonga 'o e māhaki mīsele koe mofi, lele e ihu, tale, kula e kano'i mata pea toki 'asi e falukunga kula e kili (rash). 'E lava ke mafola e māhaki mīsele meia koe mei he 'aho e nima mei he teeki ai ki 'asi e kula 'i ho kili 'o a'u ki he 'aho 'e nima hili 'a 'ene 'asi.

Ka keka ofi ki ha taha mo'ua he māhaki mīsele? Pē 'e 'asi e ngaahi faka'ilonga 'oe mahaki 'ia koe? **Nofo ma'u 'i 'api pea ke fetu'utaki ki ho'o toketā pe koe Healthline (0800 611 116)** ke 'oatu ha fale'i. 'Oku 'i ai 'a e kau fakatonulea 'i he Healthline – talamai ki he tokotaha tali telefoni 'oku ke fiema'u *interpreter* pea pehe foki moe lea teke ngaue'aki.

Worried about measles?

You may have heard there are measles outbreaks around the world at the moment, including here in New Zealand. Measles can be dangerous for children and adults.

Please get your children vaccinated at 12 months and 4 years old to prevent measles. It's free at the doctor.

If you or your child has not had a measles vaccine, please see your doctor.

The symptoms of measles are a fever, runny nose, cough, red eyes, then a rash. You can spread measles to others from five days before, until five days after, the rash appears.

Been close to someone with measles? Or showing symptoms? **Stay at home and call your doctor or Healthline (0800 611 116)** for advice. Healthline has interpreters – when your call is answered, say you'd like an interpreter and the language you'd like to speak in.

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