

‘Alá Si’i Ngaahi Mātu’a pe Kau Tauhi Fānau

Mō ‘i he

Na’e ‘i he loki ako tatau ‘a ho’o tamá mo ha tokotaha na’e puke ‘i he moó pe ofi ki ai. ‘E ala pihia ‘a ho’o tamá ‘i he mahakí **kapau ‘oku te’eki faito’o malu’i**. ‘Oku fakahā atu ‘i he tohi ni ‘a e me’a ‘oku fiema’u ke ke fakahokó.

Ko e moó ko ha mahaki pipihi fakatu’utāmaki pea ‘oku mafola ia ‘i he tale mo e mafatua ‘a e kakaí.

Kapau kuo ma’u atu ‘e ho’o tamá:

1. ‘A e huhu malu’i mō tu’o ua (MMR) pea ‘oku fakamo’oni’i ia ‘i he ‘enau tohi Well Child (Plunket), pe mei ho’o tōketā fakafāmilí, ‘e malava ke hū ‘a ho’o **tamá ki he akoteú**.
2. ‘A e fakamo’oni kuó ne ma’u ‘a e huhu MMR ‘e taha, pea fakahoko mo hono huhu MMR tu’o uá ‘i he vave tahá, ‘e kei ‘alu pē ‘a ho’o tama’ **ki he akó, tatau ai pe kapau na’e hoko ia kimu’a ‘i he huhu MMR tu’o uá**.
3. ‘A e ola hono sivi na’e ‘osi puke ‘i he moó ‘i he kuo hili, ‘e kei ‘atā pe ke ‘alu ‘a **ho’o tamá ki he akó**.
4. Hono fakapapau’i ‘oku te’eki ai ke huhu MMR, **‘oku fale’i atu ke ke tauhi pē ia ‘i ‘api ke kakato honau taimi fakamavahe’i (vakai ki lalo) TUKUKEHE kapau ‘e fakahoko honau huhu MMR**. Kapau ‘oku ‘i ai ha fakamo’oni kuo huhu MMR ia, pea ‘e ‘atā leva ke foki ki he akó.

Kapau ‘oku te’eki ai huhu pe malu’i ‘a ho’o tamá, ‘oku fale’i mamafa atu ke tauhi ia ‘i ‘api meí he ‘ahó ni kae ‘oua leva ke

Kapau te ke fili ke ‘oua ‘e huhu malu’i leva ‘a ho’o tamá meí he moó, ‘oku fale’i mamafa atu ke kei tauhi fakamavahe’i pē kinautolu pea ‘oua te nau feohi mo e komiunitií. Kapau kuo kamata puke ‘i he moó, ‘e lava ke pihia ai ha kakai kehe.

‘Oku totonu ke siofi ‘e he mātu’á ‘a e ngaahi faka’ilonga ‘o e moó

‘Oku ‘ikai pēseti ‘e 100 ‘a e ola ‘o e huhu malu’i moó, ko ia ai ‘e kei malava pē ke puke ‘i he taimi ‘e ni’ihi ‘a e kakai kuo nau huhu MMR. Kātaki ‘o siofi ‘a e ngaahi faka’ilonga ‘o e moó ‘i he ngaahi ‘aho ‘e 25 ka hoko’.

Ko e ngaahi faka’ilonga kamakamatá’oku kau ki ai ‘a e mofi, langa’ulu, felāngaaki ‘o e uouá, vaivaia, mo e mole ‘a e u’a kaí. ‘E malava ke fufula ‘a e taha pe fakatou’osi ‘o e ongo halanga fāvaí (salivary glands) ‘i he taha pe fakatou’osi ‘o e ongo kou’ahé pea mamahi hili ha ‘aho ‘e ua. Kapau ‘e ‘asi ‘a e ngaahi faka’ilonga ni ‘i ho’o tamá, ‘e fiema’u ke nau sio leva ki ha tōketā (tomu’a telefoni ‘o fakahā atu ki ho’o senitā fakafaito’o’ kuo ‘asi ‘a e ngaahi faka’ilonga ‘o e moó ‘i ho’o tama’ pea ke toki ‘alú.)

Kapau ‘oku vaivai ‘a e ivi malu’i mahaki ‘a ho’o tamá (‘o hangē ko ha’ane ma’u ha mahaki tukufakaholo pe ko ha faito’o kimo ki he kanisaá), kātaki ‘o fetu’utaki ki ho’o tōketaá ke mou talanoa ki ai.

Ki ha fakamatala lahi ange fekau’aki mo e moó, fetu’utaki ki he Healthline ‘i he 0800 611 116 pe vakai ki he www.arphs.health.nz/mumps

Ki he fānau ‘oku ‘ikai ke malu’i: ko e huhu malu’i ‘a e founga malu’i lelei tahá

Ko e kakai ko ia kuo huhu malu’i tu’o ua kinautolu meí he Mīselé, Moó mo e Lūpelá (Measles, Mumps and Rubella pe MMR) ‘oku fakafuofua ko e pēseti ‘e 85 ‘o kinautolu kuo malu’i meí he mahakí. ‘E malu’i ‘e he fo’i MMR ‘e tahá ‘a e fakafuofua ki he 65% ‘o e kakaí. ‘I ‘Aokalani ‘i he lolotonga ní, ‘oku fakahoko ‘a e huhu MMR ‘i he māhina 6 pea mo e ta’u 4.

‘Oku mau fokotu’u mamafa atu ke huhu malu’i ‘a ho’o tamá kapau ‘oku te’eki ai ke huhu MMR tu’o ua, he ‘e malu’i ai foki kinautolu meí he mīselé mo e lūpelá. Kātaki ‘o kole atu ha fakamatala lahi ange mei ho’omou toketā fakafāmilí hili ‘a e kakato ‘a e taimi tauhi fakamavaheí.

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