

PUIPUI MAI HE MISELE



Kua puipui nakai haau a tau fanau ki lalo hifo he 5 e tautau moui, mai he misele?

- Maeke e misele ke hagahagakelea lahi, muaatu ke he tau fanau ki lalo hifo he 5.
- Ko e na mafiti lahi ke pikitia mo e kaeke ke to kelea lahi to hoko foki ke moua he nimonia mo e pikitia ke he uhoulu.
- Ko e 1 mai he 10 e tau tagata ne moua e misele ne kua lata ke finaatu ke he falegagao.
- Ke he falu a numela toko gahoa, maeke e misele ke hoko ke he mate.
- Kua lata he haau a tama ke moua ua e fufuta he huki fakagata ke he misele ke maeke ke moua e puipui katoatoa.
- Ko e fufuta fakamua na moua he 12 e mahina mo e fufuta ke uaaki moua ka 15 e mahina he moui.
- Kaeke kua molea e 15 e mahina mo e kua nakai la moua e tau fufuta huki ne ua ke lata mae misele, tutala ke he haau a ekekafo poke nosi.

Ko e heigoa e misele?

- Ko e misele ko e gagao pikitia mo e mukamuka lahi ke fakapikitia ke he taha.
- Ko e na maeke ke utafano ka koho mo e tihe.
- Ko e na kamata e tau fakamailoga ka moua he velavela tokoluga, koho, hi e ihu, mo e kula mo e pukepuke e tau mata, mo e kamata ke patapata e tau mata mo e hifo fakahaga he tino.

Gahuahua mooli nakai e huki fakagata misele?

- Ko e huki misele, ne fakahigoa foki ko e huki MMR, ne puipui e tau fanau mai he tolu e tau gagao pikitia - misele, mo e lupela.
- Gahuahua mitaki e huki. Ka mole e taha e fufuta huki, 95 e pasene he tau tagata ne moua e puipui mai he misele mo e ka mole e ua e fufuta huki molea e 99 e pasene he tau tagata ne kua puipui.

Iloa fefe e au kua fita e moua e huki fakagata mae misele he haaku a tama?

- Kumikumi kua katoatoa nakai e tau huki he haau a tama kaeke ke totou ke he pepa New Zealand Well Child Tamariki Ora (Plunket) book. Poke kumikumi ke he haau a ekekafo.

Fai fakakiteaga nakai kaeke ke moua e huki fakagata mae misele?

- Toko gahoa e tama ne ligaliga ke mamahi e ulu, velavela, hahalua (logona e gagao) mo e ai malolo he logona mo e lolole.
- Fai he tau fanau ne liga ke moua e patapata.
- Laulahi ni he tau fakakiteaga ne moua ni ke taha poke ua e aho.

Maeke nakai e tama ne molea e 5 ke moua e huki fakagata misele kaeke kua nakai la moua ia?

- Ko e tau tagata ne mole e 5, muaatu ke he tau fanau fuata ne kua omai ki Niu Silani he magaaho kua lahilahi e tau tau moui, ne ligaliga kua nakai la moua ia e tau huki fakatagata mae misele.
- Mahuiga lahi ke moua e huki fakagata misele haau pete ni ko e heigoa haau a tau moui, ha ko e mena pikitia mo e mafiti lahi e totolo.
- Kaeke kua nakai iloa mooli e koe kua moua nakai e huki fakagata mae misele haau huhu ke he haau a ekekafo.

Mukamuka mo e NAKAI FAI TOTOGI ke moua e huki fakagata mae misele he haau a tama.

- Maeke he tama haau ke moua e huki fakagata mae misele ne NAKAI FAI TOTOGI mai he haau a ekekafo.
- Toko loga e tau fale talavai ne foaki foki e huki fakagata mae misele.



Fakatutala mo e haau a ekekafo, nosi mai he Well Child Tamariki Ora poke ahiahi atu ke haau a fale talavai ke moua falu a vala tala foki.

Ke moua foki e falu vala tala finaatu ke he www.health.govt.nz/children-measles poke tauhea Healthline he numela **0800 611 116**