

Toksave pepa long sik pinat

Sik pinat em wanpela sik isave kalap isi tru igo long arapela na em minim olsem em isave go ariap tru namel long ol lain husait ino igat stronplela banis bilong bodi. Sik pinat iken kamapim bikpela ol hevi long sait bilong helt, kain olsem sik long bros na solap long het, wea iken mekim wanpela long go stap long hausik o kamapim dai tu. Sik pinat iken daunim stron bilong banis bilong bodi, na iken kamapim bikpela bagarap long helt bilong em long bihain taim.

Yu bai istap olsem ino inap kisim sik pinat sapos yu ibin igat:

- Ibin kisim sik pinat pastaim, O
- kisim pinis 2 pela banis sut bihain long 12-pela mun (e.g. sik pinat, mumps na rubella (MMR) banis sut).

Sapos yu bin kamap o stap long New Zealand bifo long yia 1969, bai yu inap istap long mak bilong yu no nap kisim bikos klostu olgeta lain ibin kisim sik pinat pastaim long dispela taim. Sapos yu bin istap long narapela kantri pastaim long yia 1969, bai yu nid long go sek-ap long hausik.

Em bikpela samting tru olsem yu go sek-ap sapos yu stap long mak bilong no nap kisim sik pinat na painim ol medikol rekod, kain olsem banis sut rekod o ol bekim bilong ol sek-ap, long sekim em tru. Long kisim moa toksave long sekim bodi banis bilong yu go lukim [info.health.nz/measles-immunity](https://www.health.govt.nz/our-services/immunisation/measles-immunity).

Kisim banis sut em namba wan rot bilong banisim yu long kisim sik pinat. Sapos yu istap long mak bilong kisim sik pinat, **o ino klia tumas sapos yu istap long mak bilong kisim sik pinat**, yu mas kisim banis sut (long kisim moa toksave ridim long sait bilong banisim toksave pepa).

Sapos banis bilong bodi bilong yu em stron na yu istap klostu long wanpela igat sik pinat, bai yu no nid long stap hait (stap long haus) o kisim ol arapela spesol lukaut long banisim ol arapela lain, bilong wanem yu igat banis pinis long ino nap kisim na pasim dispela sik pinat.

Ol mak na sain – wanem ol samting yu inap lukim na pilim

Ol sain bilong sik pinat iken stat namel long 7 na 21 pela deis bihain long yu stap klostu long wanpela igat sik pinat tasol bai tru tru kamap insait long 10 pela deis.



Red, paspas
liklik sua



Skin hot



Sua, ai wara
wara na red



Kus



Kus wara
long nus

Ol namba wan mak bilong sik pinat i wankain olsem ol narapela sik bilong bros, kain olsem COVID-19 na kus sik (kus sik). Wantaim sik pinat, wanpela redpela mak i save kamap long 3-5 pela deis bihain long ol sain. Dispela redpela mak save kamap long feis na bihain igo lo olgeta bodi. **Sapos yu igat skin hot na liklik ol sua, em olsem yu ino igat banis lo bodi lo banisim sik pinat (o yu ino klia tumas), bihainim toksave insait long painim ol skul toktok long helt sait.**



Kisim helt skul toktok

Sapos yu ting yu o wanpela insait long femili bilong yu igat sik pinat, yu mas istap long haus na ringim dokta bilong yu, helt woklain, Hauora o wokman long hausik, o rinigm Heltlain fri kol long 0800 611 116, enitaim 24/7 long kisim skul toktok ariap tru. **Long taim nogut kolim III.**

Em bikpela samting tru long yu mas kol pastaim long yu go long hausik sapos yu igo lo lukim woklain long hausik so ol iken banisim ol arapela long kisim sik pinat. Long taim yu go long klinik werim wanpela feis mask wea bai karamapim nus na maus bilong yu olgeta taim.



Sik pinat isave kalap olsem wanem?

Sik pinat isave kalap isi tru namel long ol lain husait ino igat stronpela banis bilong bodi.

Sik pinat isave kalap ikam long wanpela sikman long win, toktok, kus o kus klostu long ol arapela lain. Yu iken tu kisim sik pinat long go insait long wanpela rum bihain long wanpela igat sik pinat kam autsait. 1 pela man wantaim sik pinat iken givim igo long planti lain olsem 18-pela lain.

Wanpela man wantaim sik pinat iken pasim igo long ol arapela lain pastaim long ol save ol igat. Dispela ken kamap long 4-pela deis pastaim inap long 4-pela deis bihain long liklik ol sua kamap.



Husait istap long mak nogut long kisim sik pinat?

Kain olsem 1 pela man insait long 3 pela lain wantaim sik pinat bai kisim sik nogut tru long nid long go long hausik. Dispela bai iken kamap long wanpela lain, sampela lain bai inap tru long kisim sik sapos ol kisim sik pinat. Dispela em ol:

- ol pikinini aninit long 5-pela krismas, em ol beibi istap aninit long 12-pela mun
- wanpela wantaim banis bilong bodi ino stron, em ol meri igat bel taim na igo inap bihain long 6-pela wik bihain long karim beibi (sapos yu kisim sik pinat taim yu igat bel yet, yu iken kisim bikpela sik na em iken bagarapim beibi bilong yu).

Ol Maori na lain long Pasifik Ailan istap long mak bilong kisim long ol arapela ples lain wea bai iken igo stap long hausik long sik pinat.



Wanem samting bai kamap sapos mi kisim sik pinat?

Sapos yu igat sik pinat, bai u nid long stap yu yet (em minim olsem bai yu stap long haus) inap long 4-pela deis bihain long retpela liklik sua ikamap. Dispela bai stopim yu long pasim sik pinat igo long ol arapela. Olsem planti lain isave kisim olsem 1 na 2 pela wik long kamap orait long sik pinat, yu bai ino nap pilim gutpela tumas long go bek long mekim ol nomol wok kain olsem wok o skul long bihain long taim yu stap hait yu yet. Em i bikpela samting long givim taim long yu yet long kisim bek yu.

Ol wokman bilong yu long ol ples bilong yu long sait bilong helt bai toktok wantaim yu na bai ol i givim yu save na helpim. Dispela em ol:

- kisim save long ol samting yu pilim na ol samting yu pilim
- askim yu long wanem hap yu go na husat yu bin lusim taim wantaim taim yu inap long kamapim sik bilong malaria
- yu mas save long wanem samting yu mas mekim sapos ol samting i kamap bikpela moa.



Wanem samting bai kamap sapos mi bungim wanpela man i gat sik mel?

Sapos yu bin stap lo mak bilong kisiim sik pinat. Sapos yu toktok gut wantaim narapela, dispela bai mekim na yu kisim sik bilong malaria. Ol samting yu mas mekim bai i makim olsem yu no gat sik, yu no kisim sampela marasin, o yu no nap kisim sik pinat.

Ol palik helt sevis tim bai kontektim yu long givim yu sapot na moa toksave long wanem samting long mekim. Ol bai sekim ol rekod bilong yu na bai inap tokim yu long kisim blad test long sekim sapos yu bai ino nap kisim sik pinat.

Sapos yu istap long mak bilong kisim sik na pasim sik pinat. Yu mas stap longwe long ol narapela (stap long haus) long pasim rot bilong givim sik pinat igo long ol narapela.

Sapos yu kisim 1 pela sik pinat banis sut tasol, yu stap olsem kisim hap banis sut, **minim olsem yu bai inap long kisim sik pinat** na stap long mak bilong kisim na givim arapela. Bai yu nid long:

- stap longwei long ol ples wea sik pinat bai isi long kalap, kain olsem woklain bilong hausik, ol skul na skul bilong ol liklik pikinini
- stap longwei long ol lain husait iken kisim sik pinat ariap tru (ridim long husait istap long mak bilong kisim sik pinat long antap seksen)
- putim was long ol sik pinat na sapos yu kisim wanpela bilong ol dispela ol sain, em bai inap minim olsem yu igat sik pinat na em bikpela samting tru olsem yu (haitim) stap long haus na kisim halivim long helt skul toktok.

Sapos yu i **igat banis** yu istap long mak bilong ino nap kisim na pasim sik pinat so yu iken mekim yet ol wok yu isave mekim kain olsem, wok na skul, sapos yu pilim olsem yu stap gut. Sapos long taim wea yu kisim sain bilong sik pinat, stap yu yet (stap long haus) na bihainim dispela wei bilong kisim halivim long hausik istap antap.



Long pasim

Kisim banis sut em nambawan rot bilong ol lain long banisim ol yet long sik pinat, 99% bilong ol lain husait kisim pinis 2 pela banis sut bilong sik pinat (e.g. bilong sik pinat, mumps and rubella (MMR) banis sut) bihain long 12 pela mun, bai istap stron long ino nap kisim sik pinat na pasim sik igo long ol arapela.

- Ol beibi isave kisim namba wan MMR banis sut long 12-pela mun na namba tu- banis sut long 15-pela mun. Taim pikinini bilong yu kisim banis sut long taim em namba wan rot long banisim em long sik pinat.
- MMR banis sut em fri long olgeta lain aninit long 18-pela krismas na long ol lain 18-pela krismas na antap ol istap long mak blong kisim fri New Zealand helt ker. Long kisim moa save long stap long mak bilong kisim pablik fund helt ker, [kisim pablik fund helt sevis | New Zealand gavman](#).

- Sapos yu gat sik ea daunim stron bilong banis bilong bodi bilong yu, toktok wantaim dokta bilong yu long skelim sapos yu inap kisim MMR banis sut.
- Taim yu gat bel, yu no inap kisim MMR banis sut, tasol yu ken kisim MMR banis sut bihain long yu karim pikinini na em i gutpela long kisim taim yu givim susu. Em bikpela samting olsem yu kisim olgeta banis sut bilong sik pinat Sapos yu igat tingting long kisim bel.
- Sapos yu no save yu bin kisim 2-pela banis sut bilong sik pinat, orait olsem yu mas kisim narapela banis marasin MMR (em i gutpela long kisim sampela extra marasin).

Bilong kisim sampela save moa long MMR banis sut, go long info.health.nz/measlesvaccine.

Long kisim banis sut go lukim dokta bilong yu, Hauora o hausik lain, o kolim banis sut Helplain fri kol long 0800 28 29 26 (8.30am igo long 5.00pm Monday igo Friday) – dispela sevis igat ol lain bilong tanim tok istap na yu mekim tingting long toktok wantaim wanpela Māori o Pasifik advisor, a disability advisor, o usim NZ Relay. Yu iken tu bukim wanpela banis sut apointment long info.health.nz/bookavaccine. Planti ol kemist igivim MMR banis sut na sampela tu iken givim banis sut long ol pikinini. Yu iken painim ol dispela lain long healthpoint.co.nz/immunisation.



Long kisim moa toktok:

- Go lukim New Zealand Helt | Te Whatu Ora website info.health.nz/measles.
- Fri NZ Relay Sevis istap long nzrelay.co.nz sapos yu ear pass, had long harim, eya pass aie pass o painim had liklik long toktok.
- Kolim Healthline (Heltlain) long **0800 611 116**, eni taim 24/7 long fri helt skul toktok na toksave long sait bilong wanem samting long mekim. Long laik bilong yu yet yu ken toktok wantaim wanpela Maori helt wokman sapos yu kol namel long 8am na 8pm. Igat ol lain bilong tanim tok istap na NZ Relay tu istap long halivim.
- Long ol lain husait istap long o ikam raun long ples, yu ken kontektim wanpela dokta long afta auwas long **Ka Ora Telecare 0800 2 KA ORA (0800 252 672)** or kaora.co.nz.
- Wanpela trupla helplain bilong ol lain igat asua long bodi long kisim sapot istap long Mande i go long Fraidei, namel long 8.00am na 5.00pm. Mekim fri kol long **0800 11 12 13** o salim text **8988** long kisim halivim na moa toksave o visitim healthpoint.co.nz/disability-helpline.