

# Rheumatic fever

**Ko e gagao hagahagakelea e rheumatic fever mo e to malona foki e atevili haau. Ko e fakamailoga fakamua he gagao nai ko e mamahi e pū kakia. Tokologa kia lautolu ve hahālotō he tau tau 3 ke he 35 ne moua e gagao nai.**

Māeke ia koe ke moua e gagao nai kaeke kua fai tagat he kaina kua moua e rheumatic fever.

**Vilo atu ke he toketā magafaoa, toketā po ke kiliniki haau, po ke vilo atu e Healthline he numela 0800 611 116 he tau magaaho oti 24/7** kaeke kua fai tagata he vahaloto he tau tau 3 ke he 35 he loto kaina kua mamahi e pū kakia.

Matutaki atu tūmau ke he faahi malolō tino kaeke kua fai tagata ka mamahi e pū kakia.

Ko e fakamailoga fakamua e mamahi he pū kakia, māeke foki e rheumatic fever ke:

- mōmōu e atevili
- fakamamahi e tau matatuli, tepuhui, tulilima po ke tau tutakiaga he tau polohui
- fakalutulutu e tau pololima ne kehe lahi

To māeke ke malona e tau hokohoko he atevili kaeke ka moua e tagata he gagao rheumatic fever. Fakahigoa e mena nai ko e gagao rheumatic fever. Ko lautolu ne moua he gagao nai to huki antibiotics tūmau he tau aho 28 oti (fā e faahi tapu) ke he 10 e tau ki luga, ke taofi ua liu ke moua e gagao rheumatic fever, mo e puipui atu ke ua liu fai malona foki ke he atevili. Fa mahani falu a tagata ne moua he gagao rheumatic fever to ihi he ekekafo e atevili.



## Moua fēfē e rheumatic fever

Kamata e rheumatic fever ha ko e moko ne higoa ko e Group A Streptococcus po ke “strep’ fa mahani ki ai.

Nofo e moko nai he pū kakia haau mo e nakai kitia ha fakamailoga, ka e falu a tagata, to mamahi e pū kakia po ke fai gagao ke he pū kakia (fakaPalagi ko e strep throat).

Falu a magaaho tau tagata ne hāhā i ai e strep throat to moua a lautolu he rheumatic fever. Mitaki lahi ke moua e tului ka mamahi e pū kakia ke puipui ua totolo e moko strep.

Pehē falu a kumikumiaga liga moua e rheumati fever kaeke kua lauia e kakano ke he moko strep, ka e nakai la iloa tonu ia.



## Tau fakamailoga- tau mena ke kitia moe logona hifo e koe

### Kumikumi ke moua taha tului ka mamahi e pū kakia

Koe fakamailoga fa mahani ke he rheumatic fever ko e mamahi e pū kakia. Kia lautolu e tau fanau ikiiki, mamahi e pū kakia mo e uka ke folo po ke uka ke kai po ke inu.

## Mataala atu ke he tau fakamailoga he gagao rheumatic fever

Ke he tau tagata ne hāhā i ai e strep, nakai moua oti a lautolu he rheumatic fever.

Tau tagata ne moua he rheumatic fever kua kitia ki ai e tau fakamailoga he vahaloto taha ke he lima e faahi tapu he mole mai e mamahi he pū kakia:

- Mamahi e tutakiaga he tau polohui – fakamailoga fa mahani ki ai a nai. To kula e tau tutakiaga he tau polohui, fufula mo e velavela ka aamo. To kehe e polohui ka mamahi he taha aho. To fakatitō ka laka po ke uka ke lakahui he mamahi e tau tutakiaga.
- Hotehote e fafagu- kū e fafagu ka faofao e tino
- Patapata e tino
- Mamahi e tau teputepeu ikiiki ke he lalo kili he tau tuli lima, tau panelima, tau matatuli, tau tepuhui mo e hokotua.
- Fakalutulutu e tau lima, tau hui, alelo mo e foliga mata. Fakatatai atu ke he tagata nakai maeke ke nofo taha. Oti e tau fakalutulutu nai kaeke ka mohe.

Ke he tau Tamariki (fanau ikiiki) mo e rangatahi (tau fanau fuata):

- Mamahi e manava.
- Tō hifo e mamafa he tino
- Lolelole tumau
- Fai aho he 38°C ki luga e vevela mo e fiva.

To galo fakahaga e tau fakamailoga nai. Ka e to tūmau e malona ke he atevili.



## Kumi lagomatai mai he faahi malōlō tino

Kaeke ka mamahi e pū kakia haau po ke taha he vahaloto 3 ke he 35 e tau moui ke he loto kaina, vilo atu e toketā magafaoa, toketā po ke kiliniki haau po ke Healthline he numela 0800 611 116 he tau magaaho oti 24/7.

To fakailoa atu he kiliniki kaeke ka manako ke finatu a koe ke moua taha fuafuaaga, mo e moua e tau tegavai antibiotics ma haau mo lautolu he loto kaina.

Fa maahani foki e tau tagata ke moua laga taha ki luga e rheumatic fever, mena ia kua mahuiga ke finatu ke tivi kaeke kua mamahi e pū kakia haau.

Liga manako foki e toketā haau ke tivi a koe kaeke kua fai lekua ke he kakano haau ha ko e strep nai mo e moua e tau tegavai antibiotics ke inu a koe. Tau fakamailoga ke he kakano ha ko e strep:

- Patapata kula ti magiho e kakano mo e kolopūpū ti matapaku (mua atu ke he ihu, gutu po ke tau hui), po ke
- Kula, velavela, fufula po ke mamahi e kili.



## Tau puipui

Mukamuka e strep ke totolo he tau loto kaina, mua atu ka tokologa ne nonofo mo e momohe he taha e poko.

Mohā ia, hanai falu a puhala ke taofi ua totolo e strep:

- Ua inu auloo he taha e lupu inu, tau koloo he poko kai, tau mena kai po ke mama e mena kai he taha muke. Ko e tau puhala nai ne maeke ke moua e moko strep mai he taha tagata.
- Ua tauteute e tau mena kai ma e falu he loto kaina kaeke kua nakai malolō a koe po kef ai lekua ke he kakano haau.
- Uufi e gutu ka koho po ke tihe, liti ke he otaota e holoholo laupepa, mo e holoholo aki e magamoli mo e vai ti fakamōmō e tau lima.
- Lali ke ua tokologa ka momohe he taha e poko po ke mohega.



## Ke moua e tau fakalaulahiaga

- Kumi atu ke he Health New Zealand | Te Whatu Ora he kupega hila [healthnz.govt.nz/rheumatic-fever](https://healthnz.govt.nz/rheumatic-fever)
- Kaeke kua tuli e tau teliga, uka ke logona po ke pouli e tau mata, kumi atu ke he matakau NZ Relay Services he [nzrelay.co.nz](https://nzrelay.co.nz).
- Vilo atu e Healthline he numela **0800 611 116** ha magaaho ni 24/7 ka manako ke moua falu a lagomatai nakai fai totogi. Ka manako, maeke ia koe ke tutala at mo e tagata ne vagahau Māori kaeke ka vilo atu a koe he tau tulā 8am ke he 8pm. Hāhā i ai e tau tagata fakahokohoko mo e NZ Relay ke lagomatai a koe.
- Kia lautolu ne nonofo he tau maaga mamao, matūtaki atu ke he toketā he tau magaaho nakai gahua he Ka Ora Telecare he numela telefoni **0800 2 KA ORA (0800 252 672)** po ke kupega hila [kaora.co.nz](https://kaora.co.nz). Hafagi a lautolu he tau matahola 5.00pm ke he 8.30am he tau aho gahua he vaha tapu, mo e 24 e tulā he tau okioki vaha tapu mo e tau aho okioki.
- Taha pauaki e laini telefoni ke lata mo lautolu ia, hafagi he Aho Gofua ke he Aho Falaile hola 8.00am ke he 5.00pm. Vilo atu e numela telefoni nakai totogi **0800 11 12 13** po text atu e numela **8988** ka manako lagomatai po ke kumi atu e kupega hila [healthpoint.co.nz/disability-helpline](https://healthpoint.co.nz/disability-helpline)