

Tigikī

Niuean

Tau fakailoaaga he faahi malolō tino



Koe gagao tigikī (taha higoa ko e fiva tigikī) moua mai kaeke ka gagau he namu ne toka ai e tigikī a koe. Nakai fai namu pehē nai i Niu Silani, kakano koe moua ni a koe he moko gagao nai kehe falu a motu i fafo. Nakai fai vai tului ke puipui mai e tau tagata he gagao tigikī. Ko e puhala ni kua mitaki ko e lali ke puipui ke ua gagau he namu a koe ka fenoga atu ke he motu ne ha hā ki ai e gagao tigikī.

Tau puhala ka fakatotolo ai e gagao ia.

To moua he tagata e gagao tigikī kaeke kua gagau he namu ne ha hā i ai e moko gagao ia ia. Nakai maeke e gagao tigikī ke fakapikitia atu falu tagata ke tuga e fulū.

Tau fakamailoga

To kitia e tau fakamailoga ke he gagao tigikī ke he vahāloto he fā ke he fitu e aho he mole mai e gagau he namu e tagata.

Tau fakamailoga fa kitia tumau:

- mafiti ke moue e fiva tokoluga
- mamahi lahi e ulu (mua atu ki tua he tau pū mata)
- mamahi e tau tutaki polohui mo e tau masolo
- lolelele lahi e tino
- hāhālua/kōkō
- patapata kula e tau lima mo e tau hui; magiho e kakano mo e mafulefule e kili.

To galo kehe e tau fakamailoga nai ke he vahāloto he ua ke he fitu e aho.

Kaeke kua kitia e tau fakamailoga nai he mole e fano fenoga haau, kumi fakamafiti atu ke he ekekafo magafaoa po ke vilo atu e Healthline he numela 0800 611 116. Huhū atu ka manako ke moua taha tagata fakahokohoko he Vagahau Niue.

Tigikī hagahaga kelea lahi

Falu a magaaho ko e gagao tigikī kua holo ki mua e kelea ti moua mai ai e tigikī kua hagahaga kelea lahi (taha higoa ko e dengue haemorrhagic fever), mo e to maeke ke haofia e moui tagata.

Tau tagata ne fai fakamailoga ke he tigikī hagahaga kelea nai to taatu a lautolu ke he fale gagao ha ko e

mena maeke e moui ke haofia he gagao nai.

Tau tagata ne kua molea e lagataha he moua e gagao tigikī ko lautolu ia ne liga mukamuka ke moua e tigikī hagahaga kelea nai.

Hanai falu a fakamailoga he tigikī hagahaga kelea nai:

- mamahi lahi e manava
- kōkō tumau
- toto e ihu po ke tau meamea
- kōkō toto
- hakehake lahi e fafagu
- lolelele e tino
- nakai maeke ke nofo taha.

Tului

Nakai fai tului ke lata mo e gagao tigikī, ka e maeke ia koe ke fakamatulutulu hifo e tau fakamailoga tuga e:

- inu fakalahi e tau vai
- lali ke moua e okioki
- inu e tau tegavai tuga e paracetamol ke tukutukuhifo e mamahi he tino
- kaeke kua fai tegavai foki a koe kua inu, tutala atu kia lautolu he faahi malolō tino to inu e koe falu a tegavai foki.

Kaeke ka moua a koe he gagao tigikī, ua inu e tegavai aspirin, ibuprofen po ke falu a tegavai tuga e non-steroidal anti-inflammatory (NSAIDS).

Puhala Puipui

Ko e puipuiaga kua mitaki lahi ke lali ke ua gagau he namu kaeke ko koe he tau motu kehe.

Kia lautolu e tau tagata o fenoga, nakai fai tegavai po ke vai huki ke puipui mai he gagao tigikī.



Tau puipuiaga ke ua gagau he namu kaeke ko koe i fafo:

- fakaaoga e pamu puipui moko. Mitaki lahi e pamu DEET ke puipui atu ke he namu ne toka ai e gagao tigikī mo e falu a gagao foki. Hanai e tau fakataitaiaga 20% ke he 50% ma e tau tagata motua mo e 20% ke he 30% ma e tau fanau ikiiki. Muihua ke he tau fakamaamaaga kua tohia to fakaaoga e pamu puipui moko, mua atu kaeke ka fakaaoga ma e tau fanau ikiiki, mo e tutala atu ke he ekekafo po ke tagata tala vai ka manako ke moua falu hatakiaga foki.
- kaeke kua fitā he fakaaoga e sunscreen, pamu atu e pamu puipui moko ke he tau vala kakano ia.
- fakaaoga e taenamu kaeke kua nonofo he fale lā.
- fakamamao mai mo e tau matakavi ne loga lahi e tau namu, tuga e tau matakavi ne lahi e puke vai.
- tui e pulou mo e tevae (ai mitaki e tau senetolo).
- loga lahi e tau namu fa kitia he tau magaaho pogipogi mo e magaaho tupou lā, ko e mena ia mataala tumau he tau magaaho nā.



Tau puipuiaga ke ua gagau he namu kaeke ko koe i loto he fale, kua lata ke:

- puipui aki e tau pa namu e tau gutuhala mo e tau pū hio.
- tuku e tau puipui moko ne fakaaoga he hila, po ke tau fainamu.
- pamu aki e vai permethrin insecticide e tau mena tui (fakatau mai e tau vai nai he fale koloa Travel Medicine Clinics).
- fakaaoga e ie taenamu he pō. Pamu aki foki e permethrin ka manako.
- fakaaoga e lakau air condition kaeke kua fai he loto kaina. Mitaki lahi e lakau nai ke taofi e tau namu ua hohoko ki loto he fale.



Ke moua falu a fakailoaaga foki

Falu a hatakiaga ke he tau gagao ka moua ha ko e namu, pihia ka fenoga atu ke he tau motu kehe, kumi atu ke he kupega hila: safetravel.govt.nz.

Ke moua falu a fakailoaaga foki haggao ke he gagao tigikī mo e tau puhala ke leveki atu kaeke kua tuku fenoga ke he tau motu kehe, kumi atu ke he kupega hila: [info.health.nz/dengue-fever](https://www.health.nz/dengue-fever).

Ke moua falu a hatakiaga ke he tau malolō tino, vilo atu e Healthline he numela nakai fai totogi 0800 611 116, po ke matūtaki atu ke he ekekafo haau po ke faahi malolō tino.