

Tau fakailoaaga ke he gagao Misele

Ko e gagao misele mukamuka lahi ke fakapikitia falu mo e totolo ke he tau tagata ne nakai katoatoa e puipui ke he tau gagao. To moua e lautolu e tau gagao hagamakele, tuga e gagao ke he fatafata mo e fufula e uho niu, mo e taatu ke toka ke he fale gagao po ke kaumahala e moui. Maeke e gagao misele ke fakalolele e puipuiaga he tino ke he tau gagao, ti moua e lautolu e tau kafokia ke he loga e tau tau i mua.



Iloa fēfē e au kaeke kua fai puipuiaga mai au he gagao misele?

To fai puipuiaga a koe ke he gagao misele kaeke kua:

- moua e koe e gagao misele fakamua, po ke
- kua laga 2 e huki misele haau he mole mai e 12 e tau moui (huki misele, mō mo e rubella (MMR) ne fa iloa ki ai).

Ka fanau a koe po ke nofo i Niu Silani to hoko e tau 1969, liga to fai puipui a koe ha ko e laulahi he tau tagata he magahala ia moua e lautolu e gagao misele. Kaeke kua nofo a koe ke he taha motu foki to hoko e tau 1969, kumi atu ke he kiliniki haau ke moua falu a talahauaga.

Ko e mena mahuiga ke kumikumi ke moua haau a tau tohiaaga, tau fakamauaga ke he tau huki kua moua e koe mo e tau fuafuaaga ke iloa mooli kua nakai maeke a koe ke moua he gagao misele. Kumi atu ke he kupega hila nai info.health.nz/measles-immunity ke moua falu a fakailoaaga foki hagamakele kua koe.

Ko e puhala ne mua atu e mitaki ke totoko atu ke he gagao misele ko e huki puipui. Kaeke kua nakai fai puipui a koe ke he gagao misele, **po ke nakai iloa tonu e koe**, finatu ke moua e huki puipui haau (ha hā he laupepa Information Sheet e falu a fakailoaaga ke totou a koe ki ai).

Kaeke kua fai puipui a koe ke he gagao misele ti feleveia mo e taha kua moua he gagao nai, nakai lata a koe ke nofo i kaina po ke muitua ke he tau hatakiaga, ha kua fitā a koe he moua he gagao nai fakamua.



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

Kitia e tau fakamailoga ke he gagao misele 7 ke he 21 e tau aho he mole mai e matūtaki haau ke he tagata kua moua he gagao misele, ka e fa mahani ke kitia he aho 1 ke he 10.



Patapata kula e tino



Tokoluga e fiva



Mamahi mo e tagitagi e tau mata



Koho



Tafe e ihu

Ko e tau fakamailoga fakamua he misele kua tatai atu ke he COVID-19 mo e fulū. To kitia ai e patapata kula he tino ke he vahāloto he 3 ke he 5 e tau aho. Kamata mua e patapata kula ke he tau foliga to totolo atu ke he tau faahi tino ne toe. **Kaeke kua tokoluga e fiva haau mo e patapata kula e kakano, pehē e mena ia kua nakai fai puipui a koe ke he gagao misele (po ke nakai iloa tonu e koe), muitua atu ke he tau fakailoaaga na i kelekele.**



Kumi lagomatai mai he faahi malolō tino

Kaeke kua tuahā kua moua a koe po ke taha mai he magafaoa he gagao misele, kua lata ia koe ke nofo i kaina mo e vilo atu e toketā, kiliniki haau po ke Healthline he numela 0800 611 116, he tau magaaho oti 24/7 ke moua falu a hatakiaga mai ia lautolu ia. **Kaeke ko e lekua fakafofo, vilo atu e numela 111.**

Ka amanaki a koe ke finatu ke he kiliniki haau, vilo fakamua kia lautolu ke fai tauteaga ke puipui aki falu a tagata ke ua fakapikitia e koe. Tui e pā ihu mo e gutu he tau magaaho oti.



Tau puhala fefē ne fakatotolo e gagao misele.

Mukamuka ke fakatotolo e gagao misele kia lautolu ne nakai katoatoa e tau puipui ke he tau gagao. Ka moua a koe he misele, maeke ia koe ke fakapikitia falu ka fafagu, tutala, tihe po ke koho fakatata kia lautolu. Maeke agaia foki a koe ke moua e misele ka hū atu ke he taha poko pete ni kua fitā a ia ne gagao he fano kehe. Maeke l e tagata ke fakapikitia ke hoko hake ke he 18 e tagata.

Maeke e tagata kua moua he gagao misele ke fakapikitia falu foki pete ni he nakai iloa kua moua a ia he gagao. To pehē nai e mena ka tupu kamata mai 4 e aho to kitia ke he 4 e aho he mole e patapata kula he tino.



Ko hai ne hagahagakelea lahi ka moua he gagao misele?

Fuafua ki ai liga 1 mai he 3 e tagata ne moua he misele kua lata ke taatu ke he fale gagao. To fai tagata ka gagao lahi ka moua he misele. Hanai e tau faga tagata pihia:

- tau fanau ikiiki ki lalo hifo he 5 e tau moui, mua atu ke he tau mukemuke ki lalo hifo he 12 e mahina
- lautolu ne lololole e atu puipuiaga ke he tau gagao, pihia ke he tau fifine fatu mo e 6 e tau faahi tapu he mole mai e fanau he tama (kaeke kua moua a koe he misele he magaaho ne fatu a koe, to liga gagao lahi a koe mo e liga laua foki e mukemuke haau).

Ka fakataitai atu ke he tau tagata oti, liga tokoluga lahi e numela he tau tagata Māori mo e Pasifika ka taatu ke he fale gagao ha ko e gagao misele.



Heigoa e tau mena tutupu ka moua au he misele?

Kaeke kua moua a koe he misele, kua lata ia koe ke nofo fakamamao mai he tau tagata (kakano nofo i kaina) a to mole 4 e aho he moua e patapata kula. Ko e hataki pihia ke ua maeke a koe ke fakapikitia atu falu. Tokologa he tau tagata to malolō ke he vahālotō he 1 ke he 2 e faahi tapu, ka e nakai pehē kua malolō mitaki ke liu atu he aoga po ke gahua. Ko e mena mahuiga ke fakaaoga e tau magaaho ke malolō mitaki a koe.

To matutaki atu a lautolu mai he faahi malolō tino ke foaki atu falu fakailoaaga mo e tau lagomatau kia koe. Tuga e:

- fakaati atu mo e fuafua e tau fakamailoga mo e haau a malolō tino
- huhū ke iloa haau a tau fanoaga mo lautolu kua ahiahi atu a koe ki ai he magaaho ne maeke ia koe ke fakapikitia atu falu
- fakakite atu falu a mena ke taute kaeke kua kelea fakahaga e tau fakamailoga.



Ko e heigoa ka tupu ka pehē fai matutakiaga au ke he tagata kua moua he misele?

Kaeke kua fakatata a koe ke he tagata ne moua he gagao misele, kua fakahigoa a koe ko e 'tagata fakatata'. Tau tagata pehē na ka mukamuka ke moua e gagao misele. Ko e haau a tau mena ke taute ko e muitua ni ke he tuaga he tau puipuiaga he tino haau ke he gagao misele.

To matutaki atu a lautolu mai he faahi malolō tino ke foaki atu e tau lagomatai mo e fakailoa atu e tau mena haau kua lata ke taute. To tivi e lautolu haau a tau tohiaaga mo e manako foki ke finatu a koe ke huki toto ke iloa tonu kua fai puipui a koe mai he gagao misele.

Kaeke ka nakai fai puipui a koe, to liga maeke ia koe ke moua mo e fakatotolo e gagao misele. Ko e mena ia kua lata ia koe ke nofo i kaina ke ua fakatotolo atu e misele ke he falu foki.

Kaeke kua 1 ni e huki misele haau, pehē e mena ia **liga fai tama puipui a koe, kakano liga nakai katoatoa haau a puipuiaga ke he gagao misele** ti mukamuka ke moua mo e fakatotolo atu e gagao nai. Kua lata ia koe ke:

- nofo fakamamao mai he tau matakavi ne mukamuka ke fakatotolo e gagao misele, tuga e tau kiliniki, tau aoga mo e tau aoga fakamahani
- nofo fakamamao mai mo lautolu ne maeke ke gagao lahi ka moua he misele (totou falu a fakailoaaga na i luga)
- tau fakakia mo e onoono tumau ke he tau fakamailoga, kaeke kua kitia e tau fakamailoga nai kia koe, kakano liga lauia tuai a koe he gagao misele, ti kua lata ia koe ke nofo i kaina mo e fakailoa atu ke he faahi malolō tino.

Kaeke kua katoatoa haau a tau puipui, liga to nakai moua a koe he gagao misele, ko e mena ia ua fakamaoki haau a tau gahua. Moha ia, kaeke kua kitia e tau fakamailoga kia koe, nofo i kaina ti muitua ke he tau hatakiaga na i luga.



Tau puipuiaga

Ko e huki puipui ni e puhala ne mua atu e mitaki ke leveki mai e tau tagata he gagao misele, 99 e pasene he tau tagata ne moua 2 e huki puipui misele (MMR) he mole 12 e mahina he tau moui to nakai moua mo e fakatotolo e lautolu e gagao misele.

- Moua he tau mukemuke e huki MMR fakamua ka tu 12 e mahina, mo e huki ke ua ka tu 15 e mahina. Mua atu e mitaki ke huki e muke haau he tau magaaho na.
- Nakai fai totogi e vai huki MMR nai kia lautolu i lalo hifo he 18 e tau moui, mo lautolu 18 e tau moui ki luga kaeke kua putoia a lautolu ke he tau fakaholoaga malolō tino nakai fai totogi i Niu Silani. Ka manako ke iloa po ke putoia nakai a koe he tau fakaholoaga nai, kumi atu ke he [Get publicly funded health services | New Zealand Government](#).
- Kaeke kua fai kafokia a koe ne fakalolelolo haau a tino ke puipui atu ke he tau gagao kehekehe, tutala atu kia lautolu he kiliniki haau ke iloa po ke kua lata nakai a koe moua e huki MMR nai.
- Ka fatu a koe, nakai maeke ke moua e huki MMR nai, ka e maeke la ka oti e fanau, mo e mitaki foki ni he magaaho fakahuhu tama. Lali ke katoatoa e tau puipuiaga gagao kaeke ka manako a koe ke fai tama he tau magaaho i mua.
- Ka nakai iloa mooli e koe po kua moua nakai 2 e huki puipui ke he gagao misele, finatu ke moua e huki MMR (mitaki agaia ni kaeke ke molea e tau huki ka moua e koe).

Ha hā he kupega hila nai e tau fakailoaaga hāgaao ke he huki MMR info.health.nz/MeaslesVaccine

Ka manako ke moua e huki haau, kumikumi atu ke he ekekafo, kiliniki haau, po ke laini telefoni Vaccination Helpline he numela 0800 28 29 26 (tau tula 8.30am ke he 5.00pm- Aho Gofua ke he Aho Falaile)- haia e tau tagata fakahokohoko ke lagomatai a koe, mo e tau tagata Maori po ke Pasifika ka manako ke tutala ki ai, tau tagata lagomatai ma ha lautolu ne nakai katoatoa e tau tino/manamanatuaga, po ke fakaaoga e NZ Relay.

Maeke foki ia koe ke fakamau e magaaho ke moua e huki ke he info.health.nz/bookavaccine. Loga e tau fale tala vai ke moua e huki MMR haau mo e huki foki e tau fanau iiki. Kumi atu e tau fakalaulahiaga ke he kupega hila healthpoint.co.nz/immunisation



Ke moua falu a fakailoaaga foki:

- Kumi atu ke he kupega Health New Zealand | Te Whatu Ora info.health.nz/measles
- Kaeke kua tuli e tau teliga, uka ke logona po ke pouli e tau mata, uka ke vagahau, kumi atu ke he matakau NZ Relay Services he nzrelay.co.nz
- Vilo atu e Healthline he numela 0800 611 116 ha magaaho ni ka manako 24/7 ke moua falu a lagomatai nakai fai totogi. Ka manako, maeke ia koe ke tutala mo e tagata ne vagahau Māori kaeke ka vilo atu a koe he tau tulā 8am ke he 8pm. Ha hā i ai foki 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 www.kaora.co.nz
- 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 falu a fakailoaaga ke he kepega hila healthpoint.co.nz/disability-helpline