

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 hahagahakelea, 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](https://www.health.govt.nz/measles-immunity) ke moua falu a fakailoaaga foki hahagao kia 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 hahagakelea 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